Maternal and Child Health

Infant breastfeeding

Breast milk is the most complete form of nutrition for infants; its benefits for infants’ health, growth, immunity, and development are well documented. The American Academy of Pediatrics recommends breastfeeding for reduced risk of infection in infants and for the prevention of childhood obesity. Breastfeeding enhances bonding between infant and mother.

At 6 months postpartum, Oregon has the highest rate of breastfeeding in mothers in the U.S.: 62.2% in Oregon compared to 43.0% in the U.S. in 2007\(^1\). Lower rates of breastfeeding are associated with mothers aged <25 years, black race and low-income status. Breastfeeding rates have increased slightly in Oregon since 2004\(^2\).

\(^1\) Breastfeeding Among U.S. Children Born 2000-2010, CDC National Immunization Survey

\(^2\) CDC CPONDER System, Oregon, Breastfeeding 8 weeks After Delivery, 2004-2010
Infant breastfeeding overall in Oregon is high, but mothers who are young, African American and/or low-income have lower rates.

Additional Resources: Breastfeeding

About the Data: Data is from the Oregon Pregnancy Risk Assessment Monitoring System (PRAMS) by year of birth. Unknowns are excluded from the analysis. Percentage of infants breastfed includes any breastfeeding of the infant at 8 weeks postpartum.

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