

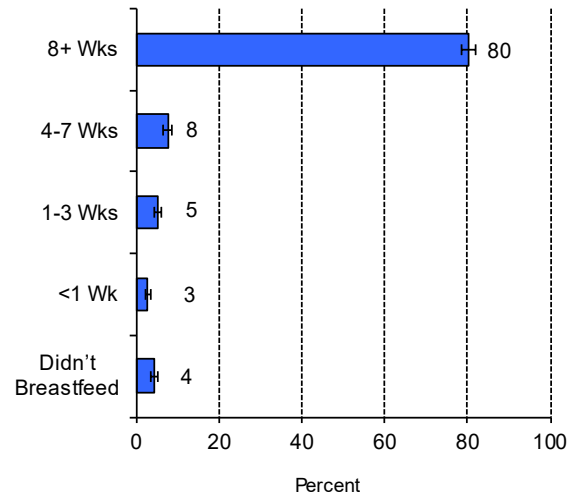
Breastfeeding Duration

Key Findings:

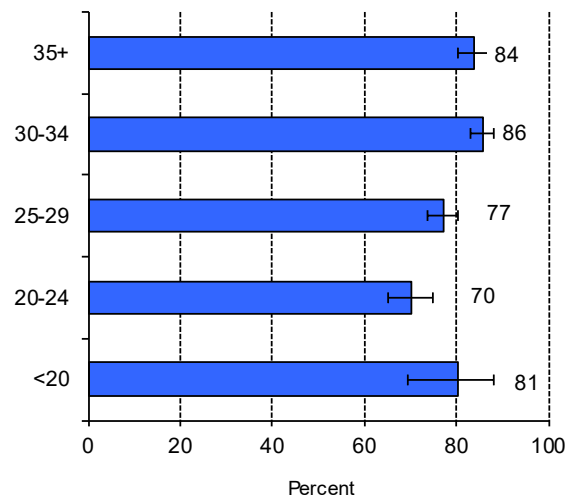
- From 2017-2019, about 80 percent of birthing persons breastfed their infant for 8 or more weeks, while another 8 percent of birthing parents breastfed for 4-7 weeks.¹
- Birthing persons ages 20-29 were significantly less likely to breastfeed for 8 or more weeks than those aged 30 and older.¹
- Non-Hispanic American Indian/Alaska Native and non-Hispanic Pacific Islander birthing persons were significantly less likely to breastfeed 8 or more weeks than birth parents of other races/ethnicities. Non-Hispanic Asian birth parents were significantly more likely than birth parents of other races/ethnicities to breastfeed at 8 weeks.¹
- Birthing persons not covered by Medicaid were significantly more likely to breastfeed 8 or more weeks (89 percent) compared to those covered by Medicaid (71 percent).^{1,2, a}
- The National Immunization Survey estimated that 74.6 of Washington birthing persons breastfed their infants at six months of age in 2017 (data not shown).³ Healthy People 2030 has set the goal of 42.4 percent of infants breastfed exclusively through 6 months postpartum.⁴ Washington State is meeting this goal.

Definition: Self-reported data from Pregnancy Risk Assessment Monitoring System (PRAMS) on duration of breast feeding. Data presented in this report are from 2017-2019.

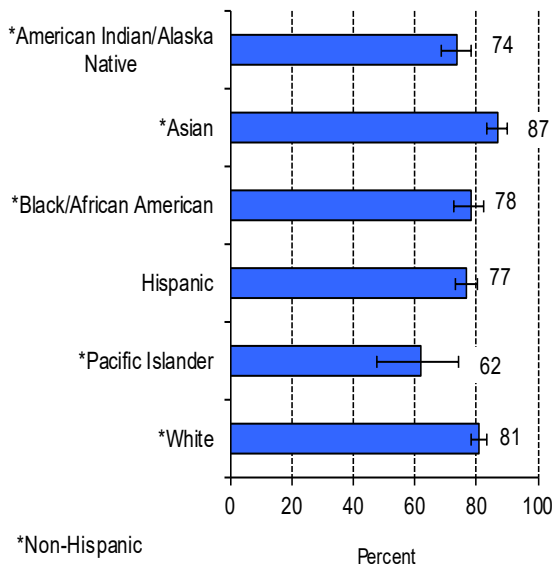
Breastfeeding Duration, 2017-2019¹



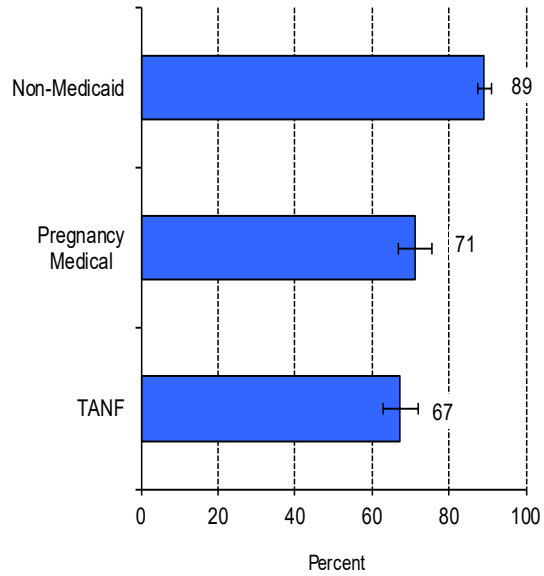
Breastfeeding Eight or More Weeks by Maternal Age, 2017-2019¹



**Breastfeeding Eight or More Weeks
By Maternal Race and Ethnicity, 2017-2019**
1



**Breastfeeding Eight or More Weeks
By Medicaid Status, 2017-2019**^{1,2, a}



Data Sources

1. *Washington Pregnancy Risk Assessment Monitoring System (PRAMS) Phase 8 (2017-2019)* [Data file]. (2021). Olympia, WA: Washington State Department of Health.
2. *First Steps Database 2020* [Data file]. Olympia, WA: Washington State Department of Social and Health Services, Research and Data Analysis Division.
3. Centers for Disease Control and Prevention. *Breastfeeding Report Card United States, 2020*. (2020) <https://www.cdc.gov/breastfeeding/pdf/2020-Breastfeeding-Report-Card-H.pdf>
4. U.S. Department of Health and Human Services. (2011). Healthy People 2030. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/infants/increase-proportion-infants-who-are-breastfed-exclusively-through-age-6-months-mich-15>

Endnotes

- a. Medicaid recipients were divided into two major subgroups based on program eligibility. **Pregnancy Medical** were individuals eligible for the pregnancy medical assistance “S” program. These individuals were U.S. citizens or legal US residents and were eligible to receive Medicaid because they were pregnant and had incomes at or below 195% the federal poverty line; **TANF** were individuals enrolled in the Temporary Assistance for Needy Families (TANF) program. These individuals were very low income (generally < 50% the federal poverty level) and received cash assistance (TANF) in addition to Medicaid

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