

Breastfeeding Updates from MI PRAMS: Initiation, Duration, Reasons for Stopping, and Why Mothers Never Started

Northern Michigan Perinatal Collaborative

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Outline 1

- **Michigan PRAMS**

- Initiation and duration

- Michigan 2005-2016
- Michigan 2009-2016
- By race / ethnicity 2009-2016

- Reasons for stopping

- Michigan 2009-2014
- By race / ethnicity 2009-2014
- By breastfeeding duration 2009-2014

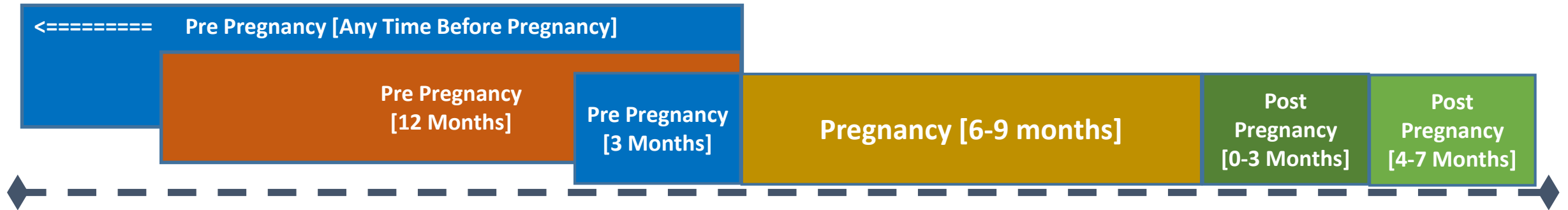
- Reasons for not initiating

- Michigan 2016
- By maternal demographics
- BF conversations

- **QUESTIONS:**

- What makes PRAMS data different from other data sources?
- When do moms complete the PRAMS survey?
- What topics does PRAMS ask?

PRAMS Windows of Measurement



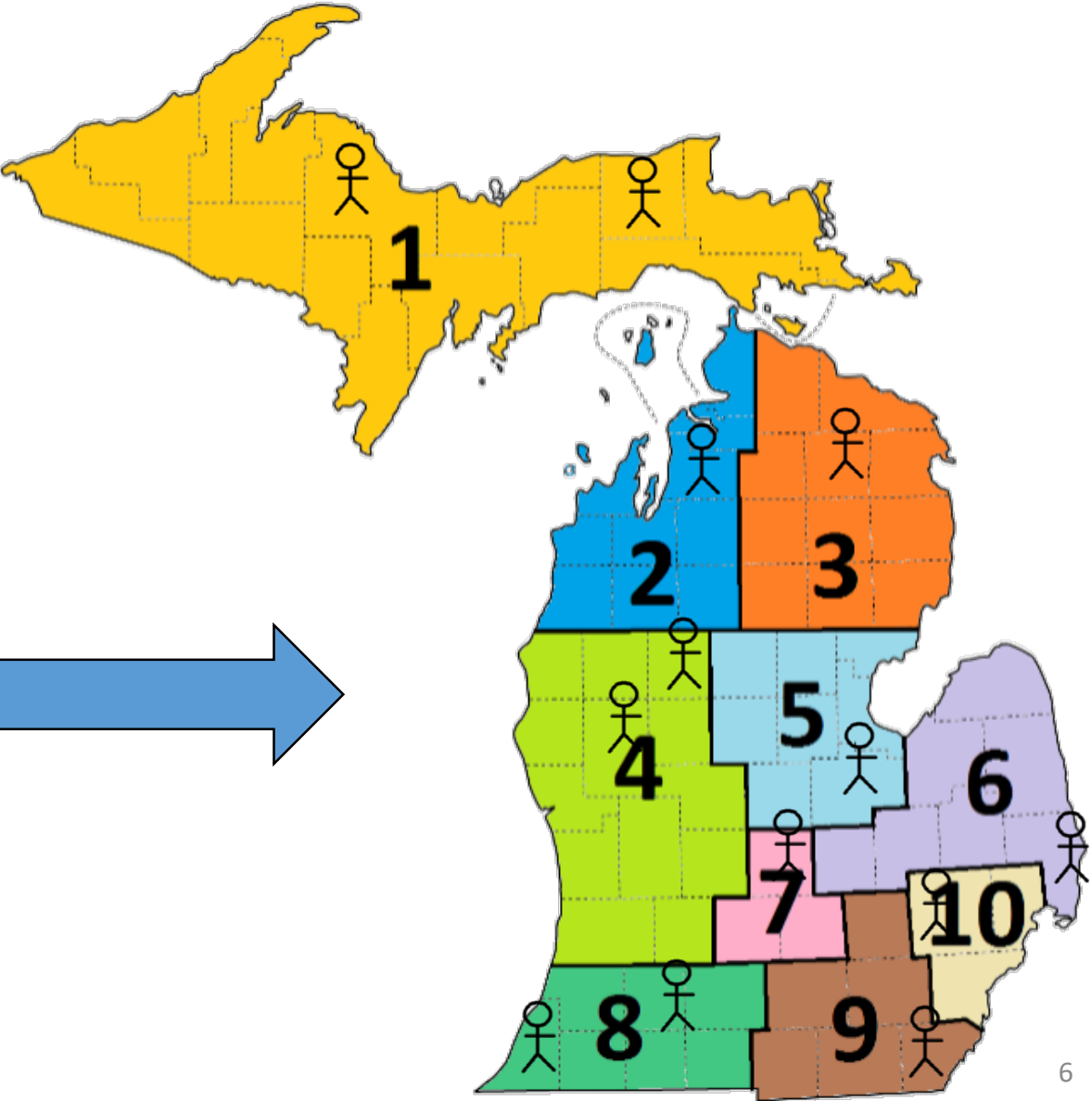
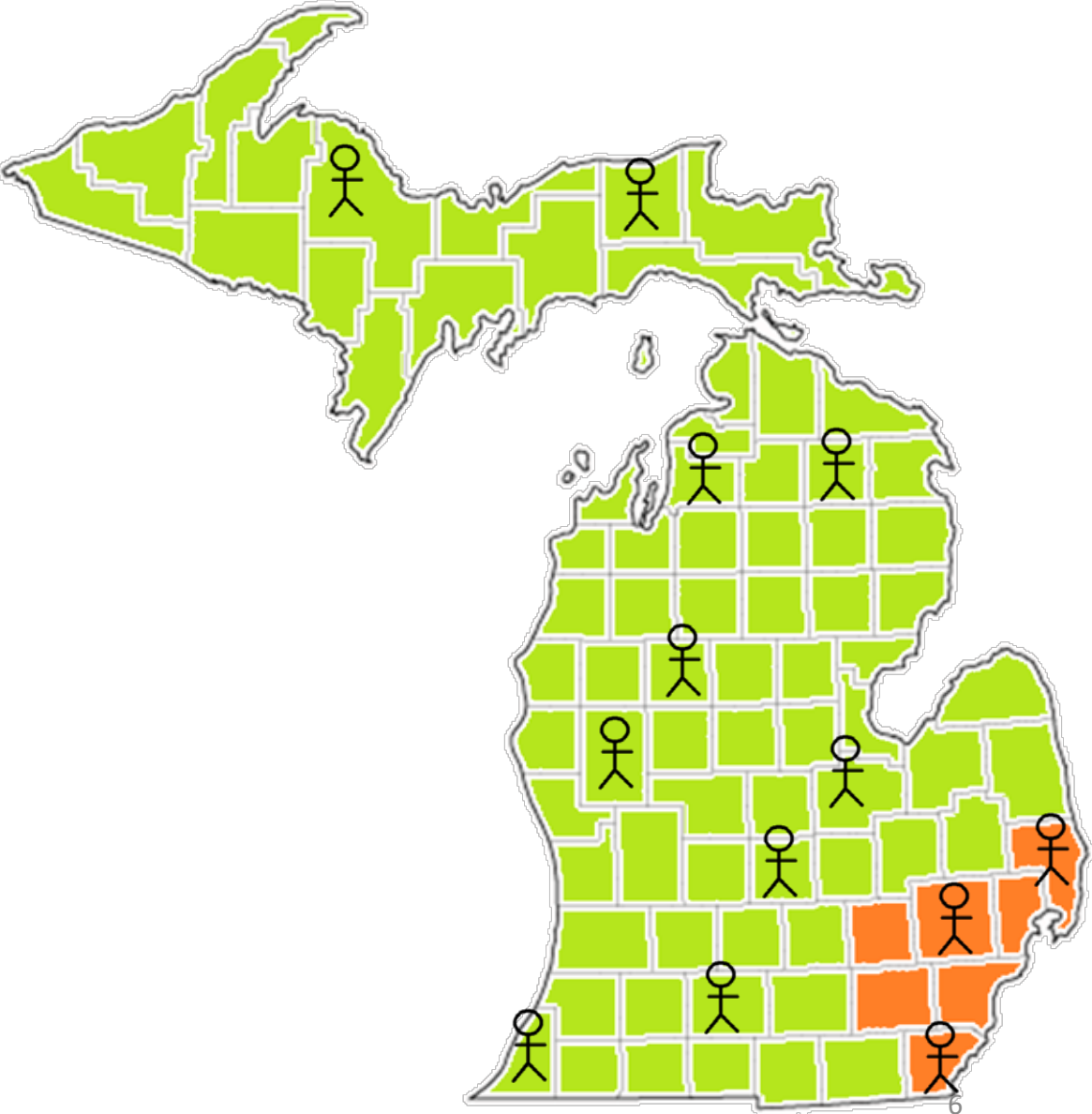
What can PRAMS tell us?

- **Topic Map**

- www.Michigan.gov/PRAMS
- Prepregnancy health
- Pregnancy intention
- Physical abuse
- Insurance source
 - Before, During, After
- Substance use
 - Alcohol, tobacco
 - Opiate pain relievers, marijuana
- Mental health
- Home visiting

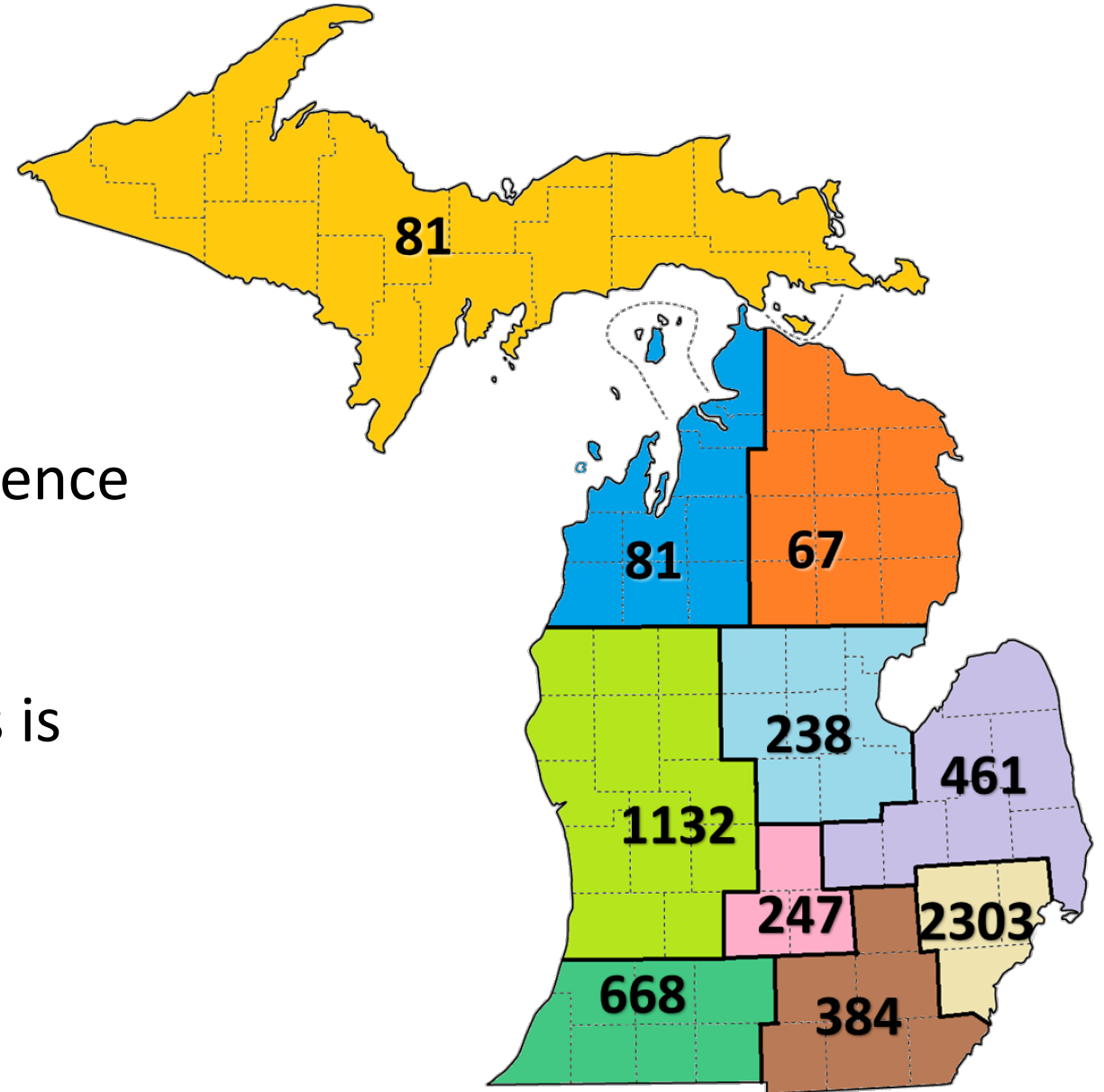
- Satisfaction with prenatal care
- Content of prenatal care discussions
- Life stressors
- Postpartum contraceptive use
- Intent to vaccinate
- Safe sleep
- ACES
- Partner support
- Housing, food, transportation
- Breastfeeding

Data Source - Regional PRAMS



Data Source - Regional PRAMS

- Survey responders by region
- More responders = more precise estimates
- More precision = narrower confidence intervals, greater ability to see statistically significant differences
- Data representing smaller regions is less able to describe subgroups



Outline 2

- Michigan PRAMS
- **Initiation and duration**
 - **Michigan 2005-2016**
 - **Michigan 2009-2016**
 - **By race / ethnicity 2009-2016**
- **Reasons for stopping**
 - Michigan 2009-2014
 - By race / ethnicity 2009-2014
 - By breastfeeding duration 2009-2014
- **Reasons for not initiating**
 - Michigan 2016
 - By maternal demographics
 - BF conversations
- **QUESTIONS:**
 - How many Michigan mothers initiate breastfeeding?
 - How many continue for one, two, or three months?
 - How do these change over time?
 - What are the trends over time for non-Hispanic white and non-Hispanic black mothers?

Breastfeeding Initiation and Duration

54. Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?

No → **Go to Question 58**

Yes
↓

55. Are you currently breastfeeding or feeding pumped milk to your new baby?

No

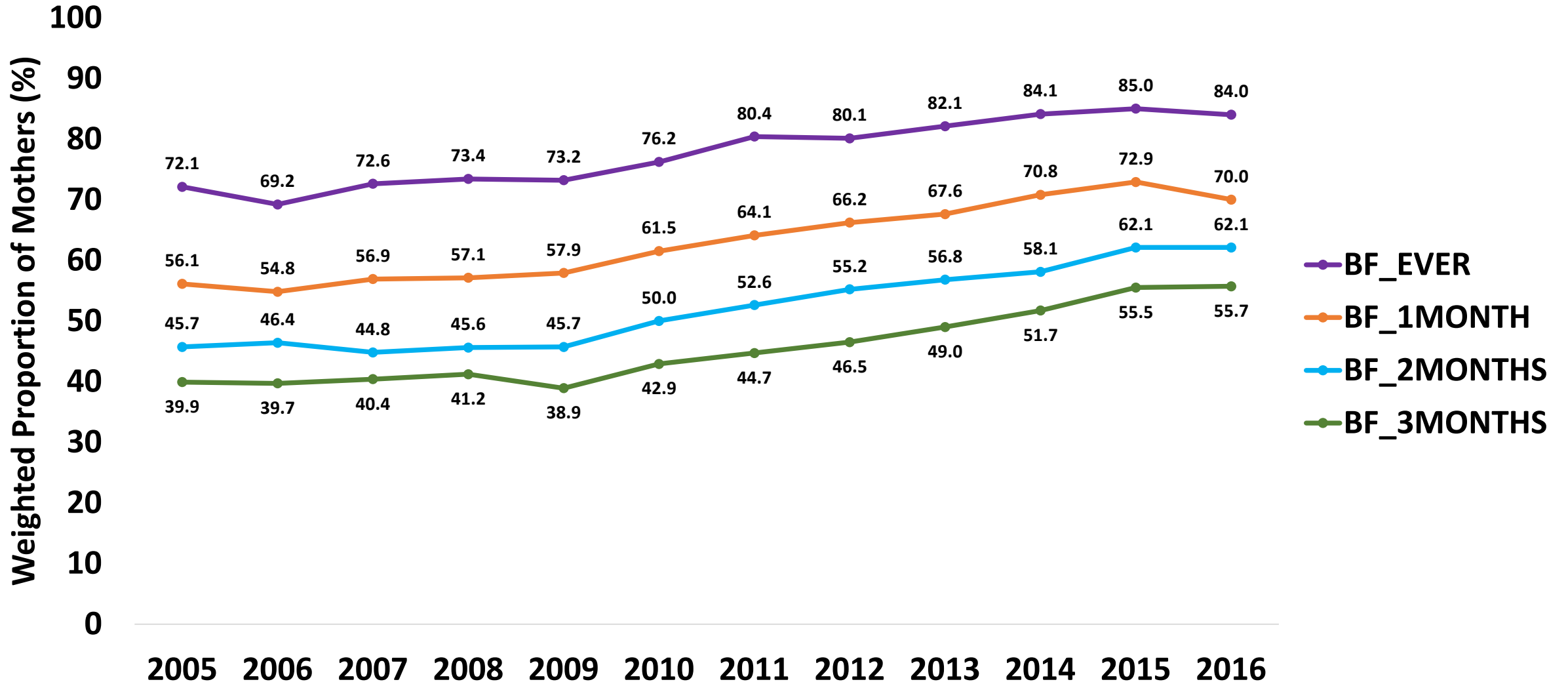
Yes → **Go to Question 58**

56. How many weeks or months did you breastfeed or pump milk to feed your baby?

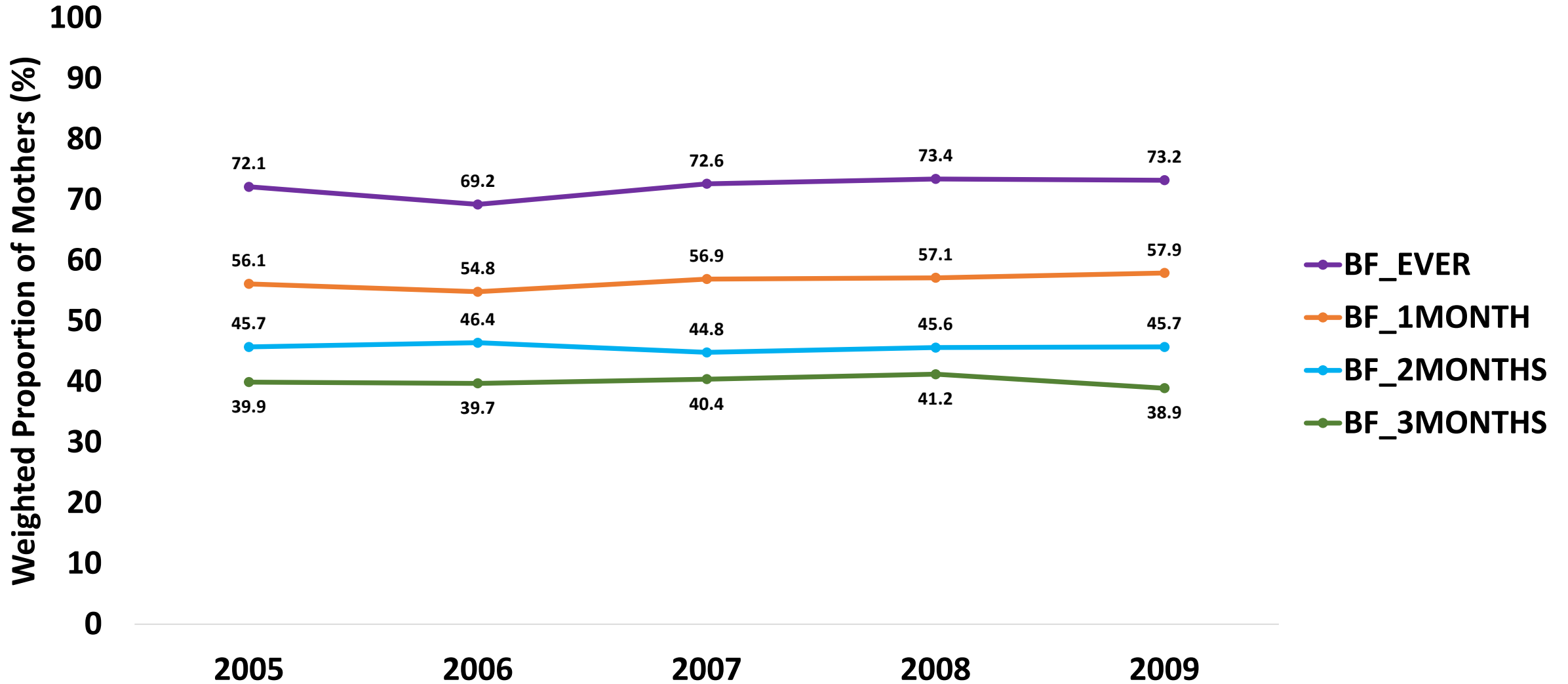
Weeks **OR** Months

Less than 1 week

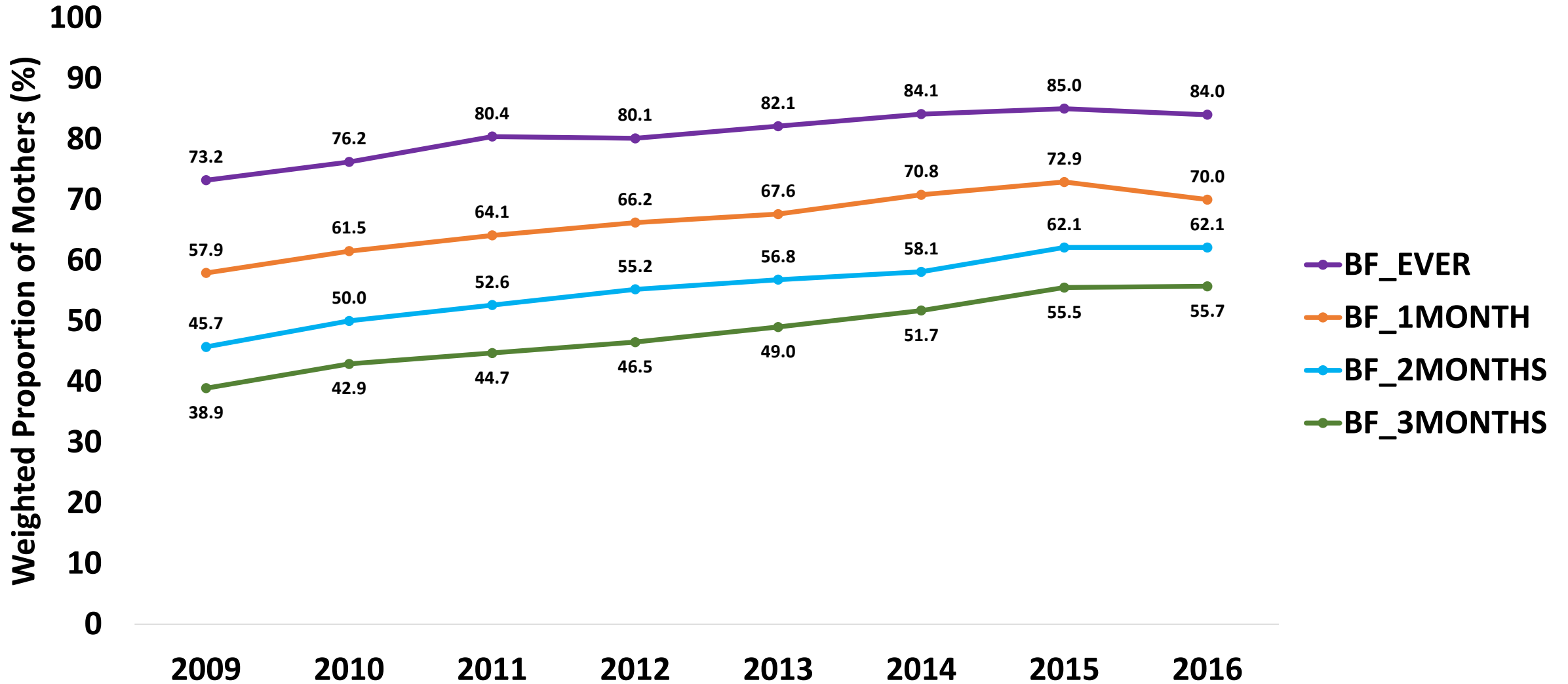
Breastfeeding Initiation and Duration MI PRAMS 2005-2016



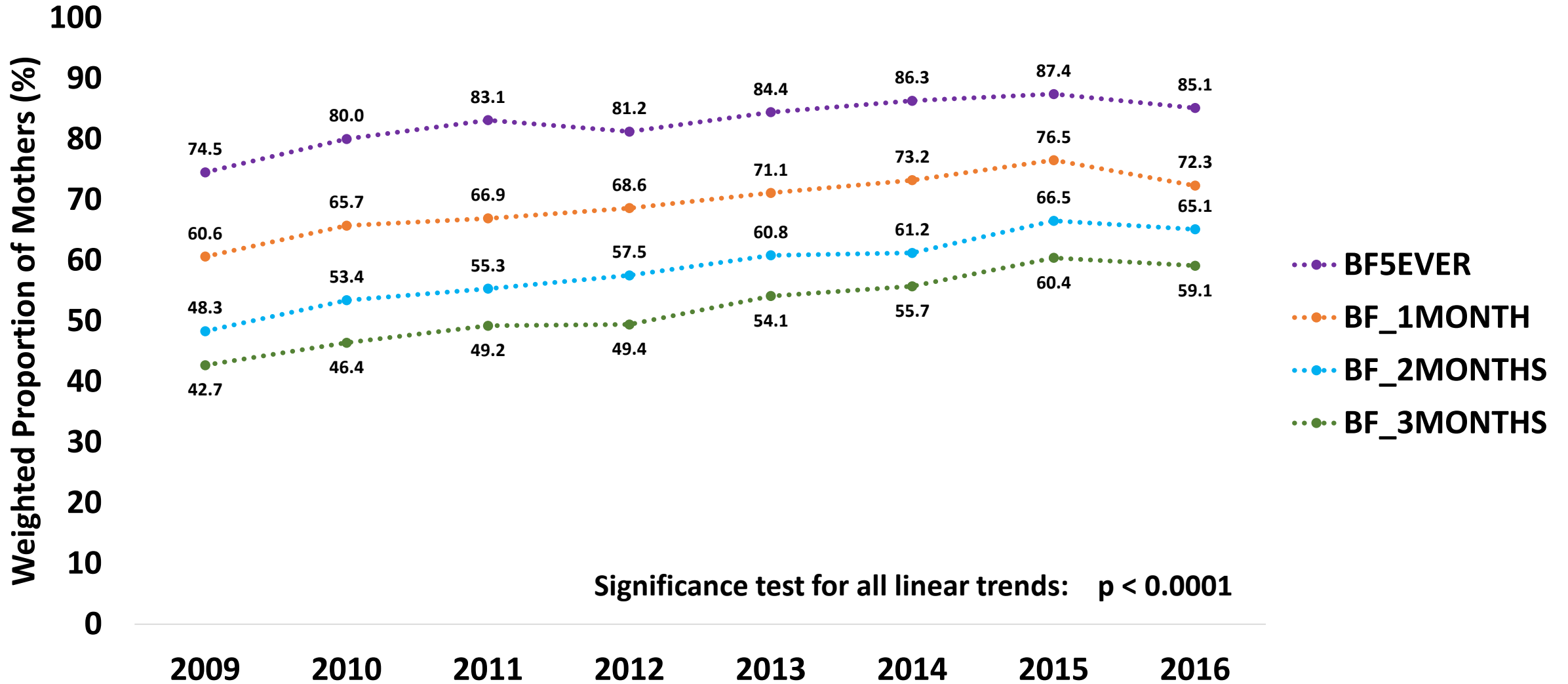
Breastfeeding Initiation and Duration MI PRAMS 2005-2009



Breastfeeding Initiation and Duration MI PRAMS 2009-2016

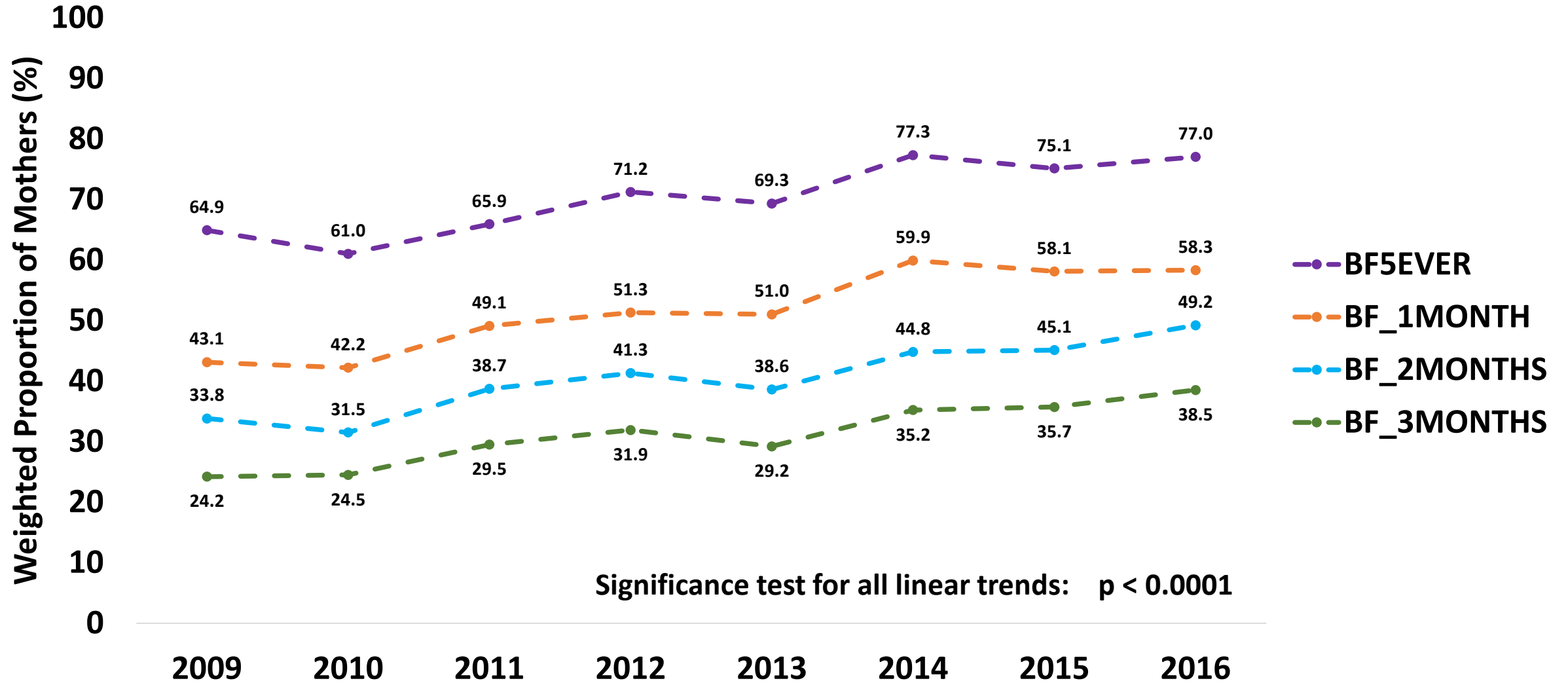


Breastfeeding Initiation and Duration - Non-Hispanic White Mothers MI PRAMS 2009-2016



Breastfeeding Initiation and Duration - Non-Hispanic Black Mothers

MI PRAMS 2009-2016



Answers: Initiation and Duration

- Breastfeeding rates static for 2005-2009
- Initiation and one, two, three month duration increasing 2010-2016
 - Improving for non-Hispanic White mothers
 - Is the rate of improvement slowing?
 - Improving for non-Hispanic Black mothers

Outline 3

- Michigan PRAMS
- Initiation and duration
 - Michigan 2005-2015
 - Michigan 2009-2015
 - By race / ethnicity 2009-2015
- **Reasons for stopping**
 - **Michigan 2009-2014**
 - **By race / ethnicity 2009-2014**
 - **By breastfeeding duration 2009-2014**
- Reasons for not initiating
 - Michigan 2016
 - By maternal demographics
 - BF conversations
- **QUESTIONS:**
 - Why do women stop breastfeeding?
 - How many reasons do women cite for stopping breastfeeding?
 - Do reasons for stopping differ by race / ethnicity?
 - Do reasons for stopping vary by breastfeeding duration?

Reasons for Stopping

57. What were your reasons for stopping breastfeeding?

Check ALL that apply

- My baby had difficulty latching or nursing
- Breast milk alone did not satisfy my baby
- I thought my baby was not gaining enough weight
- My nipples were sore, cracked, or bleeding
- It was too hard, painful, or too time consuming
- I thought I was not producing enough milk, or my milk dried up

- I had too many other household duties
- I felt it was the right time to stop breastfeeding
- I got sick or I had to stop for medical reasons
- I went back to work or school
- My baby was jaundiced (yellowing of the skin or whites of the eyes)
- Other → Please tell us:

Reasons for Stopping Breastfeeding, MI PRAMS 2009 - 2014

Reason	Weighted Percent	95% Confidence Interval	Number of Mothers Per Year
Wasn't Producing Enough Milk	47.8	(45.8-49.8)	20,156
Breastmilk Didn't Satisfy Baby	37.0	(35.1-39.0)	15,597
Baby Had Difficulty Nursing / Latching	32.2	(30.4-34.1)	13,596
Too Hard / Painful / Time Consuming	25.5	(23.8-27.3)	10,763
Nipples Were Sore / Cracked / Bleeding	20.3	(18.7-22.0)	8,565
Other Reason	20.3	(18.7-21.9)	8,543
Went Back to Work / School	18.8	(17.4-20.4)	7,946
Too Many Household Duties	12.4	(11.2-13.7)	5,226
Baby Wasn't Gaining Weight	10.3	(9.1-11.6)	4,349
It Was Right Time to Stop	9.0	(8.0-10.1)	3,793
Baby Was Jaundiced	7.7	(6.7-8.8)	3,236
I Was Sick	7.4	(6.4-8.5)	3,131

Reasons for Stopping Breastfeeding by Race / Ethnicity MI PRAMS 2009 - 2014

Reason	Relative Rank		
	State	Non-Hispanic White	Non-Hispanic Black
Mother felt she was not producing enough milk	#1	#1	#1
Breast milk alone did not satisfy baby	#2	#2	#3
Baby had difficulty nursing or latching	#3	#3	#4
Too hard, painful, time consuming	#4	#4	#2
Nipples were sore, cracked, or bleeding	#5	#5	#6
Went back to work or school	#6	#6	#5

Reasons for Stopping Breastfeeding by Duration

- Early Stoppers

- Initiated
- Stopped before 1 month

1. Baby difficulty nursing / latching
2. Not enough milk
3. Hard/painful/time
4. Milk didn't satisfy
5. Nipples sore / cracked / bleeding

- Mid Stoppers

- Initiated
- Stopped between 1 and 2 months

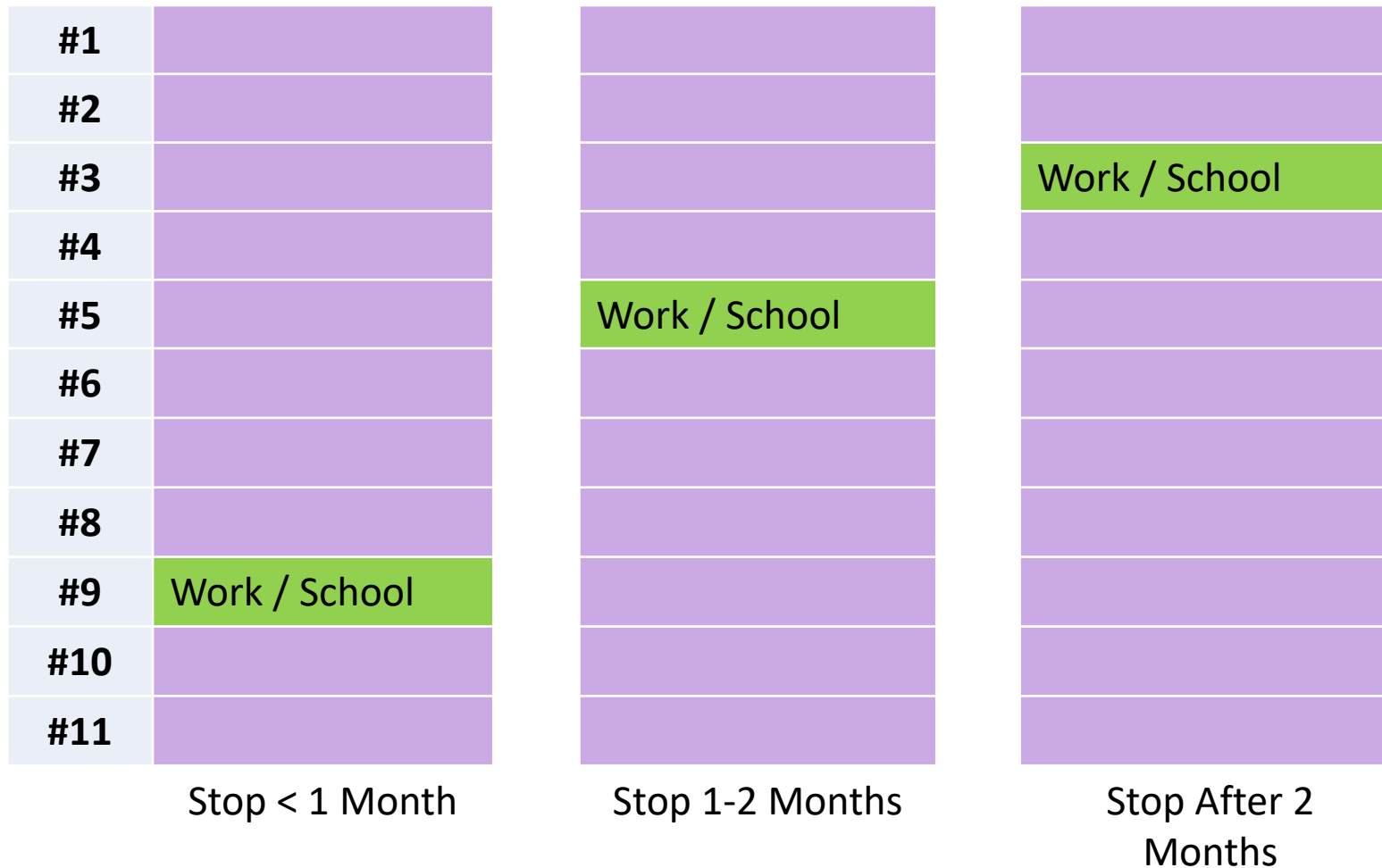
1. Not enough milk
2. Milk didn't satisfy
3. Baby difficulty nursing/latching
4. Hard/painful/time
5. Back to work/school

- Late Stoppers

- Initiated
- Stopped after 2 months

1. Not enough milk
2. Milk didn't satisfy
3. Back to work/school
4. Hard/painful/time
5. Baby difficulty nursing/latching

Growing Impact of Work / School



Answers: Reasons for Stopping

- The reasons women stop are fairly consistent
 - Not enough milk
 - Baby not satisfied by breastmilk alone
- More black mothers report breastfeeding being too hard, painful, time consuming as a contributor to stopping
- "Early" stoppers more likely to report baby having problems latching
- Returning to work / school grows in importance with longer duration

Outline 4

- Michigan PRAMS
- Initiation and duration
 - Michigan 2005-2015
 - Michigan 2009-2015
 - By race / ethnicity 2009-2015
- Reasons for stopping
 - Michigan 2009-2014
 - By race / ethnicity 2009-2014
 - By breastfeeding duration 2009-2014
- **Reasons for not initiating**
 - **Michigan 2016**
 - **By race / ethnicity**
 - **BF conversations**
- **QUESTIONS:**
 - Why do women never start breastfeeding?
 - How many reasons do women cite for not initiating breastfeeding?
 - Is there a relationship between breastfeeding information sources and initiation?

Reasons for Not Initiating

- New question in 2016
- Valuable information for planning how to better support women in starting to breastfeed

43. Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?

No

Yes

Go to Question 45

44. What were your reasons for not breastfeeding your new baby?

Check ALL that apply

I was sick or on medicine

I had other children to take care of

I had too many household duties

I didn't like breastfeeding

I tried but it was too hard

I didn't want to

I went back to work

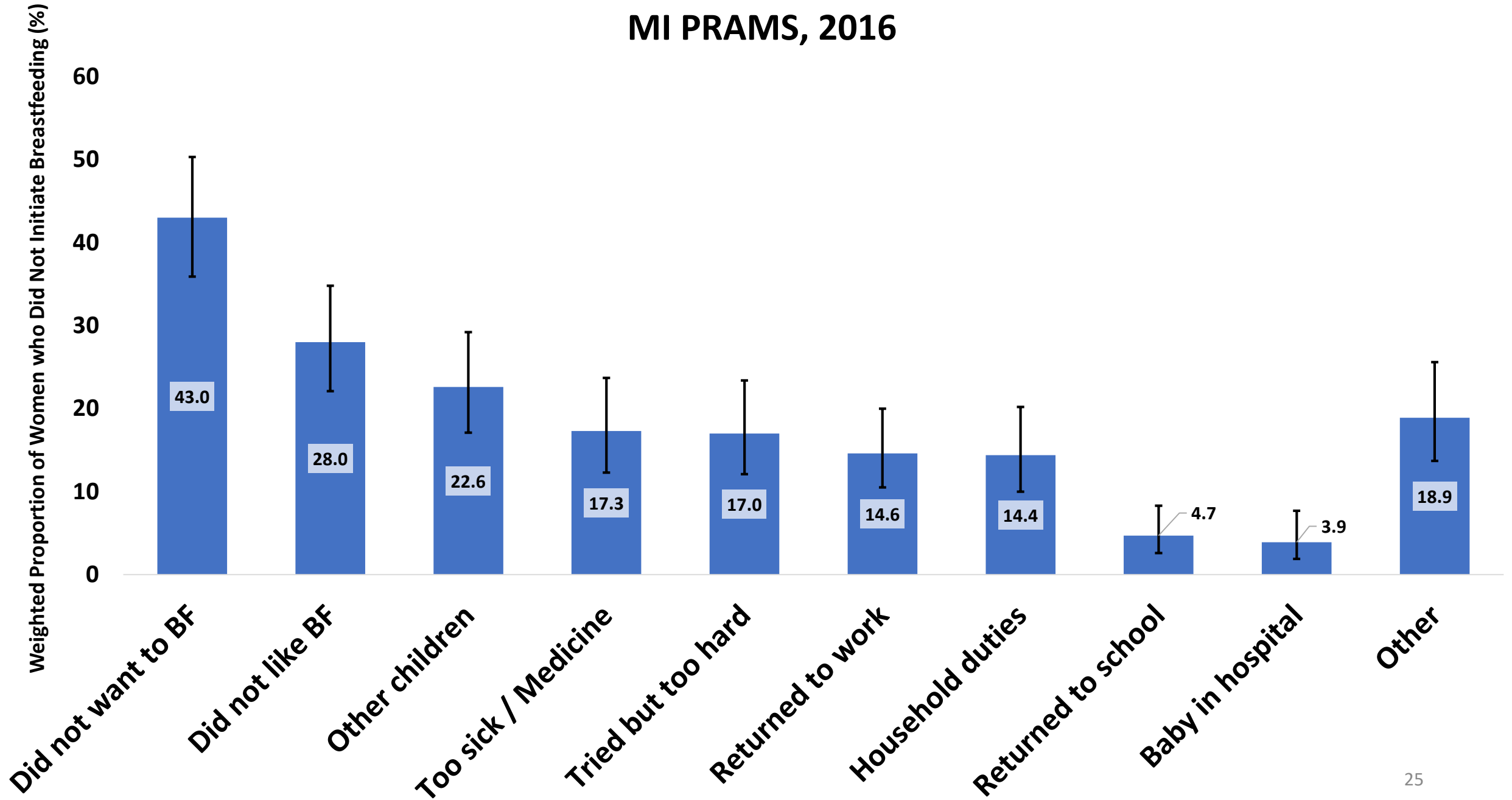
I went back to school

My baby was in the hospital

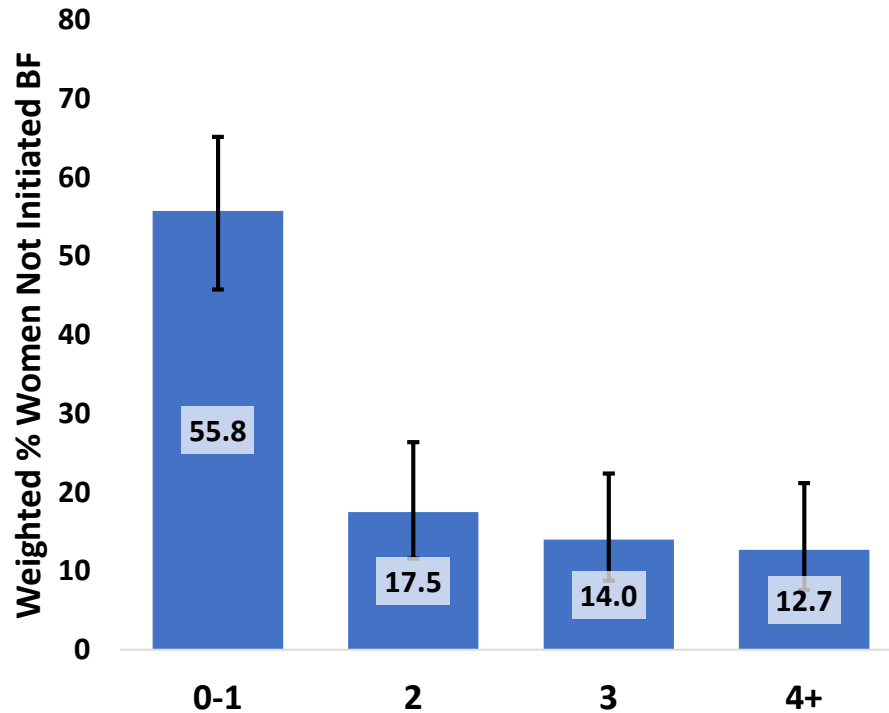
Other → Please tell us:

Reasons for Not Initiating Breastfeeding

MI PRAMS, 2016



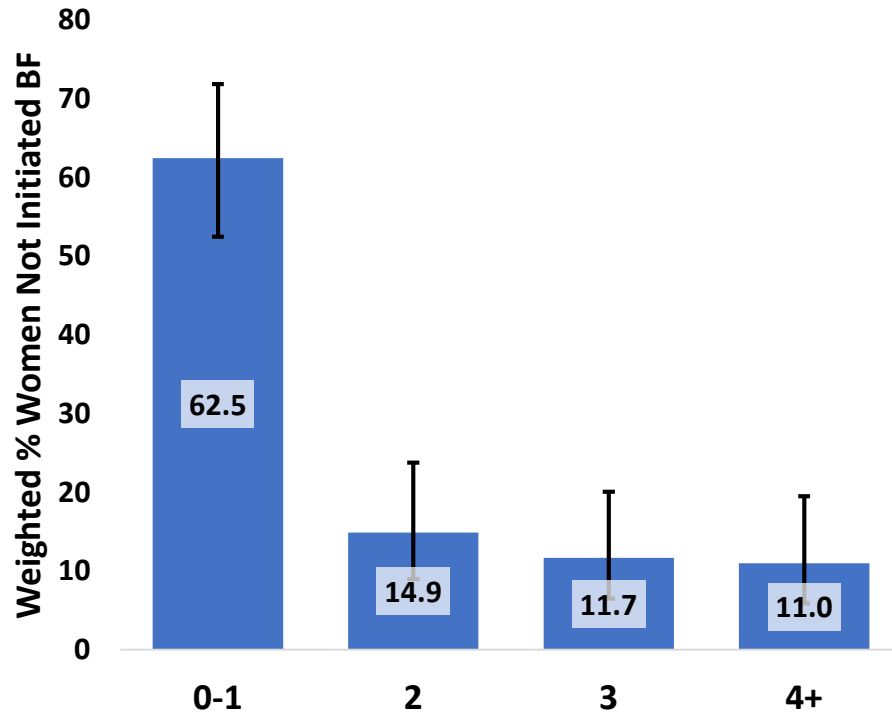
Number of Reasons Not Initiated BF
MI PRAMS 2016



- Median number of reasons
- 0.88, 95% CI: 0.75 - 1.08

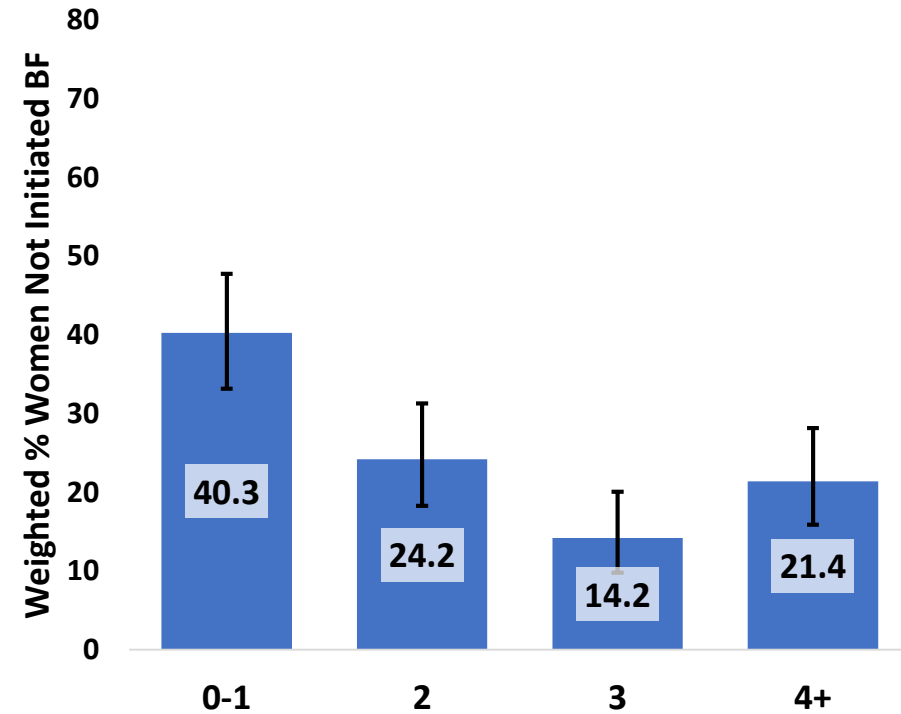
- Most moms had just one reason that they reported for not initiating breastfeeding
- About 1/3 had two or three reasons they did not start
- About 1/8 had many reasons [4 or more] for not starting breastfeeding

Number of Reasons Not Initiated BF, NH-White
MI PRAMS 2016



- Median number of reasons
- 0.78, 95% CI: 0.63 - 0.95

Number of Reasons Not Initiated BF, NH-Black
MI PRAMS 2016



- Median number of reasons
- 1.40, 95% CI: 1.10 - 1.70

Non-Hispanic Black mothers report more reasons they did not initiate breastfeeding compared to non-Hispanic White mothers.

42. Before or after your new baby was born, did you receive information about breastfeeding from any of the following sources? For each one, check **No** if you did not receive information from this source or **Yes** if you did.

- | | No | Yes |
|---|--------------------------|--------------------------|
| a. My doctor | <input type="checkbox"/> | <input type="checkbox"/> |
| b. A nurse, midwife, or doula | <input type="checkbox"/> | <input type="checkbox"/> |
| c. A breastfeeding or lactation specialist | <input type="checkbox"/> | <input type="checkbox"/> |
| d. My baby's doctor or health care provider..... | <input type="checkbox"/> | <input type="checkbox"/> |
| e. A breastfeeding support group..... | <input type="checkbox"/> | <input type="checkbox"/> |
| f. A breastfeeding hotline or toll-free number..... | <input type="checkbox"/> | <input type="checkbox"/> |
| g. Family or friends | <input type="checkbox"/> | <input type="checkbox"/> |
| h. Other..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please tell us:

Breastfeeding information sources before or after delivery, MI PRAMS, 2016

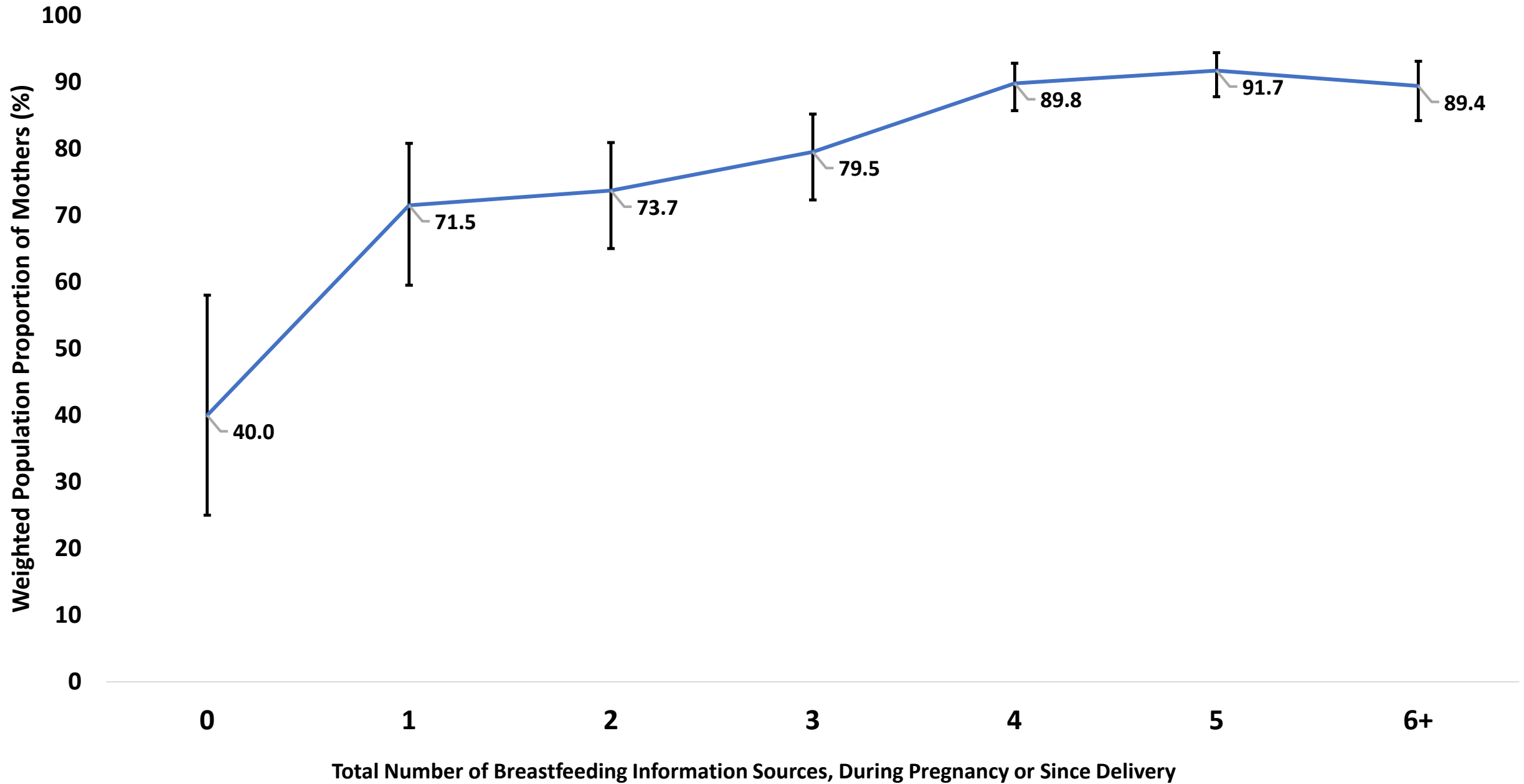
	Sample Freq	Weight Freq	Weight Percent	95% CI	RSE
Mom's doctor	1,440	86,507	81.9	(79.4-84.2)	6.7
Nurse or midwife	1,291	79,390	76.0	(73.3-78.5)	5.5
Breastfeeding or lactation specialist	1,247	74,491	71.1	(68.3-73.8)	4.9
Baby's doctor	1,175	70,236	68.4	(65.4-71.2)	4.6
Family or friends	1,009	63,097	60.8	(57.8-63.7)	3.9
Breastfeeding support group	459	25,194	24.6	(22.1-27.3)	5.4
Hotline or toll-free number	191	10,940	10.8	(9.0-12.8)	9.0
Other	230	13,833	16.7	(14.3-19.5)	7.9

Total number of breastfeeding information sources, MI PRAMS, 2016

Number of Sources of Breastfeeding Information	Sample Freq	Weight Freq	Weight Percent	95% CI	RSE
0-1	154	10,619	9.9	(8.2-11.9)	9.4
2-3	450	28,919	26.9	(24.3-29.6)	5.1
4-5	791	50,357	46.8	(43.8-49.8)	3.3
6+	337	17,668	16.4	(14.4-18.7)	6.6

Breastfeeding Initiation by Number of Sources of Breastfeeding Information

MI PRAMS 2016



Answers: Reasons for Not Starting

- Among women who did not start breastfeeding, the most frequently cited reasons were:
 - Mom did not want to breastfeed
 - Mom did not like breastfeeding
 - Other children to take care of
- Given a choice of several reasons why, most mothers choose just one
 - Non-Hispanic Black mothers cite more reasons for not initiating
- Number of information sources for breastfeeding inversely associated with initiation
 - Mothers receiving BF info from few sources are less likely to initiate
 - Mothers receiving BF info from many sources more likely to initiate
 - Possible confounding by insurance type, engagement with care, mom's excitement around breastfeeding

Every Drop Matters!

WILEY | Maternal & Child Nutrition

ORIGINAL ARTICLE

Suboptimal breastfeeding in the United States: Maternal and pediatric health outcomes and costs

Melissa C. Bartick^{1,2} | Eleanor Bimla Schwarz³ | Brittany D. Green⁴ | Briana J. Jegier⁵ | Arnold G. Reinhold⁶ | Tarah T. Colaizy⁷ | Debra L. Bogen⁸ | Andrew J. Schaefer⁹ | Alison M. Stuebe^{10,11}

- Number needed to treat to prevent:
 - One infant death = 2,764
 - One woman's death = 761
 - One maternal or child death = 597

MI PRAMS People

- **MDHHS**

- Chris Fussman, MS
- Patricia McKane, DVM MPH
- Jill Hardy
 - Abby Wallace
 - Omar Said
- Mei You, MS
- Carol Davis
- Virginia Ganzevoort
- Karen Andruszewski

- **Marji Cyrul - State BF Plan**

- CDC

- Tanya Williams MPH

- Rutgers Bloustein Center for Survey Research (2016 -->)

- Nancy Wolff
- Vanessa Loyola | Griselda Villanueva

- Michigan State University Office for Survey Research

- (1987 - 2015)

- Larry Hembroff Survey Consulting

Conclusion

- The mission of Michigan PRAMS is to **collect** high-quality data and **provide** analytic products that help **facilitate** positive changes for Michigan mothers and babies.
- If these results have been useful for you or your organization, please let us know! Your reports of how PRAMS data has been useful to your organization are vital to keeping PRAMS running.
- ***If you need different analyses to help make positive changes for the mothers and babies that you serve, please contact me!***
- ***HaakP@Michigan.gov***