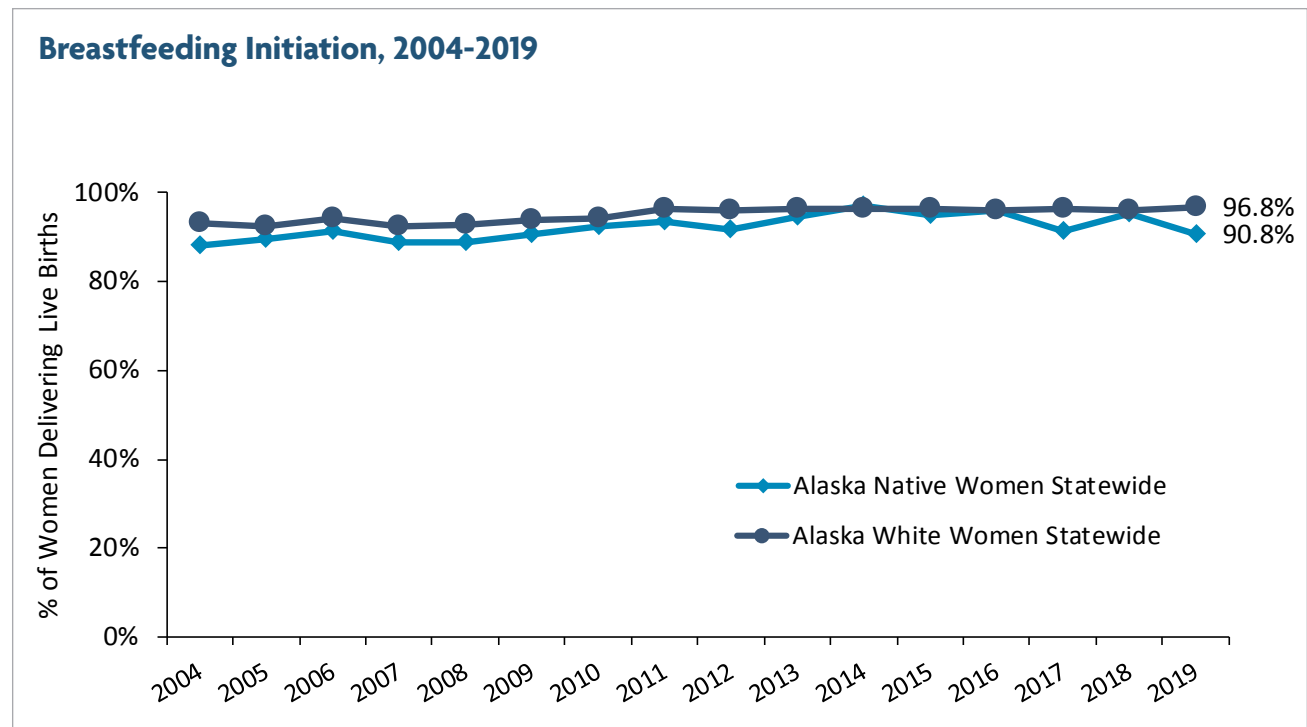


Breastfeeding



Data Source: Alaska Division of Public Health, Alaska Pregnancy Risk Assessment Monitoring System
 AK Data Analysis: Alaska Division of Public Health, Section of Women's, Children's & Family Health, Maternal & Child Health Epidemiology Unit
 Table C-74

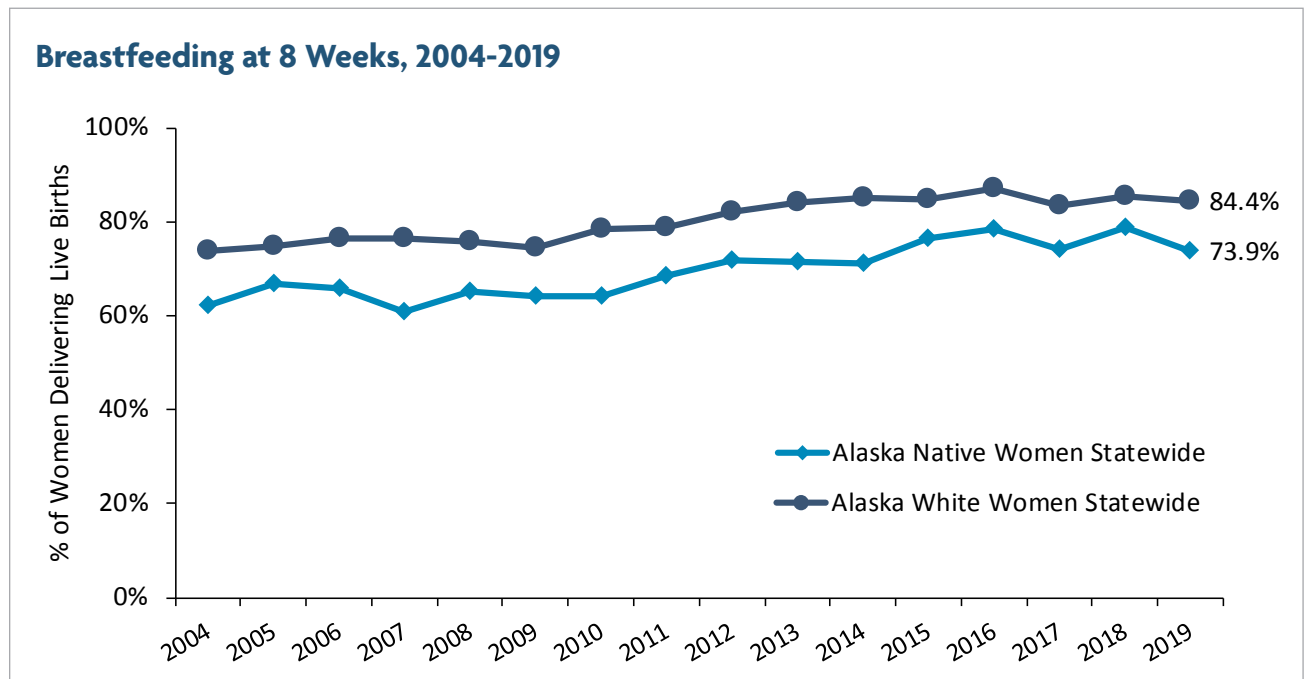
Definition

Breastfeeding is beneficial to both infants and mothers. Benefits to the infant include protection against infectious diseases and sudden infant death syndrome, and reduced risk of diabetes, certain cancers, overweight/obesity, and asthma.¹⁸ Benefits to the mother include earlier return to pre-pregnancy weight, decreased risk of breast and ovarian cancer, and infant bonding.¹⁸ The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months of life, and continued breastfeeding for the first year of life and beyond as mutually desired by mother and child.¹⁹ Breastfeeding initiation includes women who report having ever breastfed or pumped breast milk to feed to their newborn. Breastfeeding at 8 weeks includes mothers who report that they were still breastfeeding or feeding pumped milk to their newborn at 8 weeks postpartum.

Summary

- » In 2019, 90.8% of Alaska Native women reported initiating breastfeeding. At 8 weeks postpartum, 73.9% were still breastfeeding.
- » Between 2004 and 2019, the percent of Alaska Native mothers initiating breastfeeding appeared to remain relatively stable.

Breastfeeding



Data Source: Alaska Division of Public Health, Alaska Pregnancy Risk Assessment Monitoring System
 AK Data Analysis: Alaska Division of Public Health, Section of Women's, Children's & Family Health, Maternal & Child Health Epidemiology Unit
 Table C-75

Breastfeeding

Table C-74: Breastfeeding Initiation, 2004-2019

	Alaska Native Women Statewide	Alaska White Women Statewide
	%	%
2004	88.3%	93.3%
2005	89.5%	92.6%
2006	91.4%	94.4%
2007	88.7%	92.3%
2008	88.7%	92.7%
2009	90.8%	94.0%
2010	92.6%	94.2%
2011	93.6%	96.3%
2012	91.6%	96.0%
2013	94.5%	96.3%
2014	97.0%	96.4%
2015	94.8%	96.4%
2016	96.2%	96.2%
2017	91.3%	96.3%
2018	95.2%	96.1%
2019	90.8%	96.8%

Table C-75: Breastfeeding at 8 Weeks, 2004-2019

	Alaska Native Women Statewide	Alaska White Women Statewide
	%	%
2004	62.0%	73.8%
2005	66.9%	74.8%
2006	65.7%	76.3%
2007	60.9%	76.3%
2008	65.3%	75.9%
2009	64.2%	74.4%
2010	64.1%	78.4%
2011	68.6%	78.7%
2012	71.7%	82.1%
2013	71.3%	84.1%
2014	71.1%	85.2%
2015	76.4%	84.9%
2016	78.3%	87.2%
2017	74.1%	83.4%
2018	78.7%	85.4%
2019	73.9%	84.4%

Data Source: Alaska Division of Public Health, Alaska Pregnancy Risk Assessment Monitoring System
 AK Data Analysis: Alaska Division of Public Health, Section of Women's, Children's & Family Health, Maternal & Child Health Epidemiology Unit

18 Centers for Disease Control and Prevention. (2021). About Breastfeeding. Retrieved from www.cdc.gov/breastfeeding/about-breastfeeding/index.html

19 Eidelman, A. I., Schanler, R. J., Johnston, M., Landers, S., Noble, L., Szucs, K., & Viehmann, L. (2012). Breastfeeding and the use of human milk. *Pediatrics*, 129(3), e827-e841