

Utah PRAMS breastfeeding data report

2019 to 2022



Benefits of breastfeeding

The American Academy of Pediatrics recommends you feed your baby only breast milk for the first 6 months of their life. You can introduce recommended baby foods around 6 months old and keep breastfeeding as long as you and your baby would like.

There are many health benefits of breastfeeding, including:

- Lowers your baby's risk of asthma, allergies, respiratory and ear infections, and sudden infant death syndrome (SIDS).
- Lowers the risk of disease and serious health conditions for you and your baby.
- Lowers your baby's risk of being overweight later in life.
- Lowers your risk of postpartum depression and anxiety.
- Breastfeeding helps the planet. It reduces the number of bottles, cans, and boxes that are thrown away.

Medical experts agree there are more health benefits for both you and your baby the longer you breastfeed.

We help moms on their breastfeeding journey.

There are many resources to help Utah families, including:

- **Stepping Up For Utah Babies** helps hospitals implement practices that support breastfeeding.
- Utah **WIC** offers lactation consultants and peer counselors who understand what you're going through.

What is PRAMS?

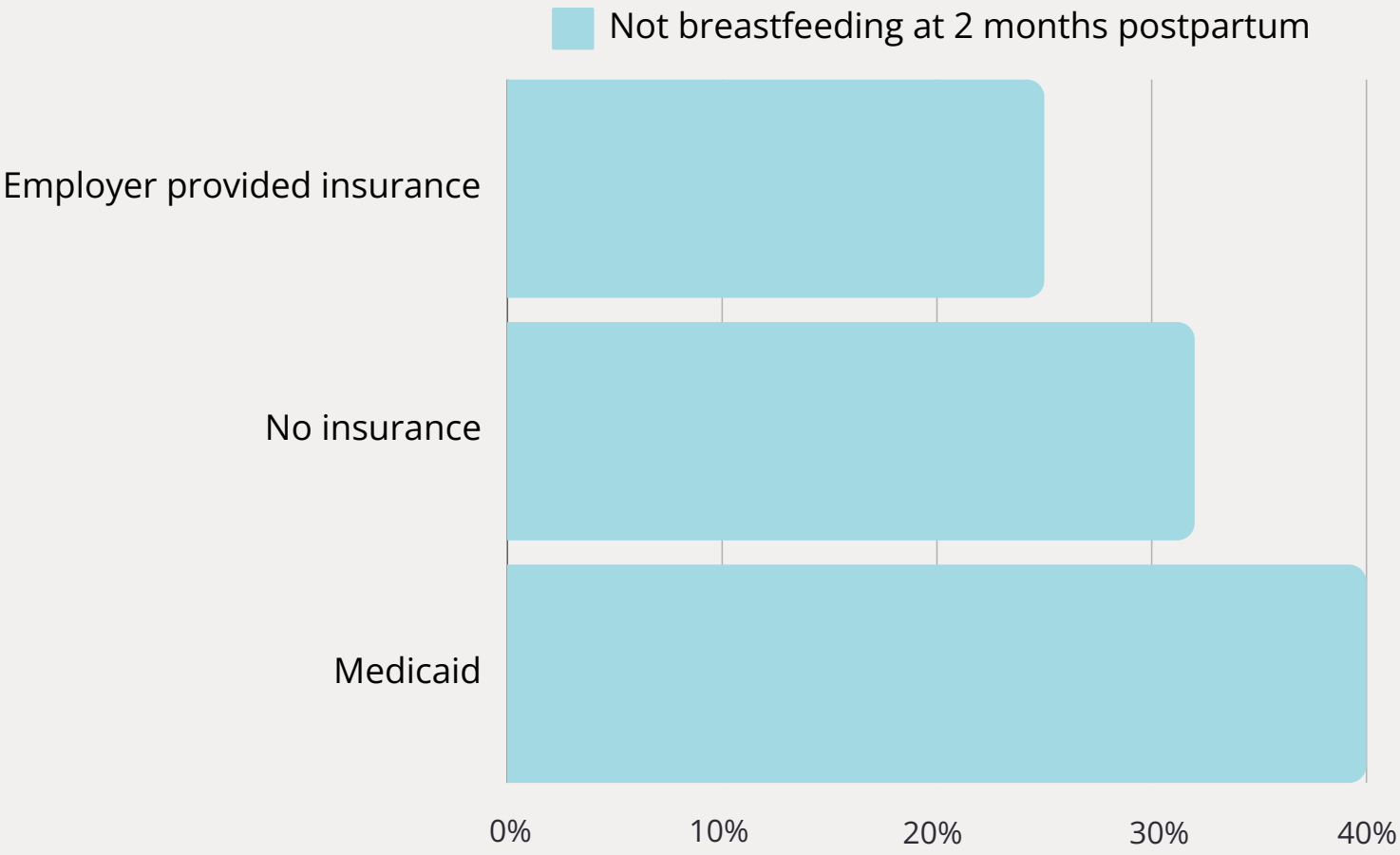
The Pregnancy Risk Assessment Monitoring System or PRAMS is a survey given to Utah moms after they have a baby. It asks about their experiences before, during, and after pregnancy. [Click here](#) to learn more about PRAMS in Utah.

Data from Utah PRAMS shows that certain groups of women are less likely to breastfeed their babies. Resources to educate and support these women can improve breastfeeding rates and the health of them and their babies.

Insurance coverage

Women with employer provided health insurance were the most likely to breastfeed at 2 months postpartum, while women with Medicaid were the least likely.

What can be done? All moms should receive education on breastfeeding, support from professionals, and tools such as breast pumps, regardless of insurance coverage.



Mental and chronic health conditions

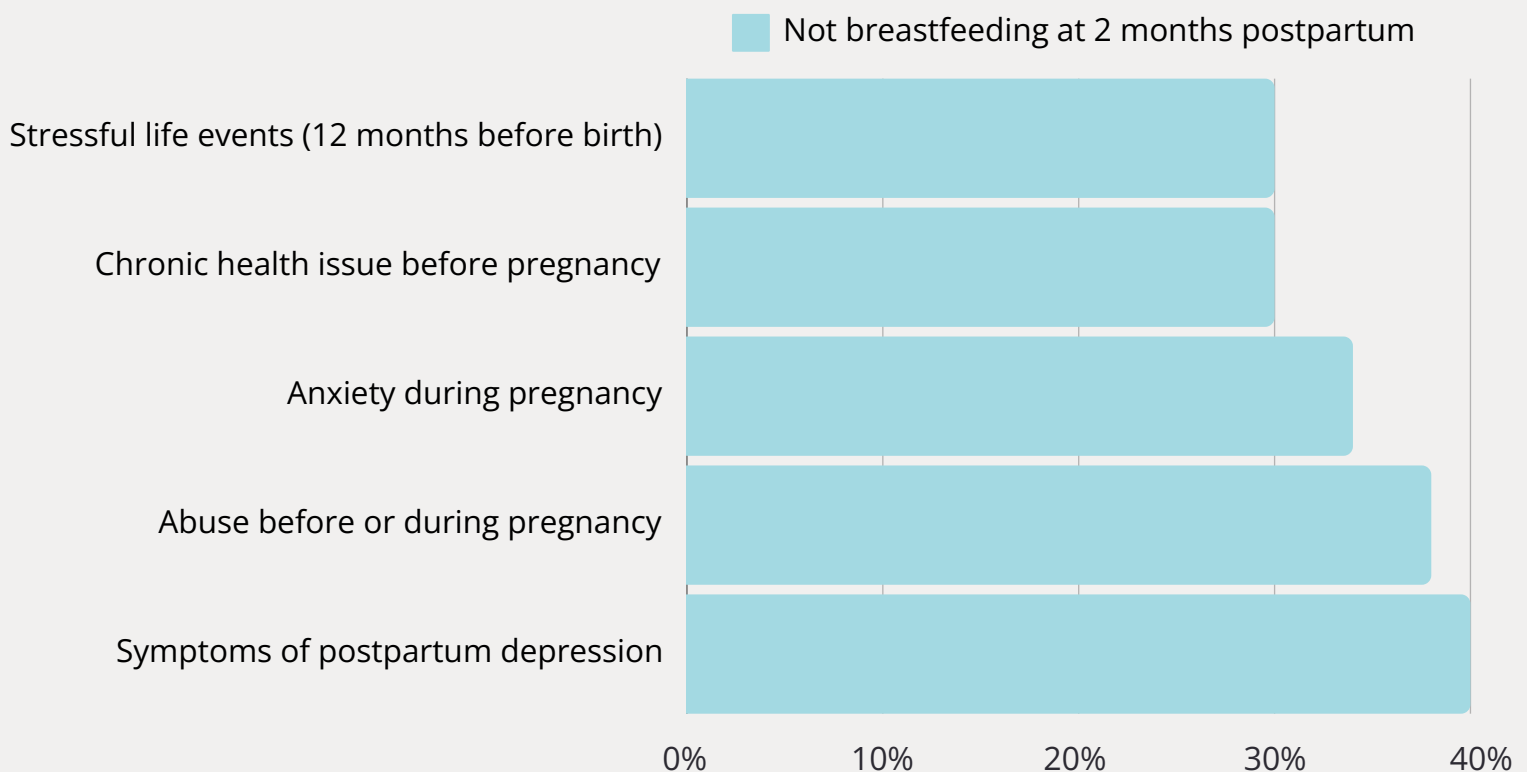
Women who reported adverse experiences before and during pregnancy were less likely to breastfeed at 2 months postpartum.

What can be done? Investment in resources and support networks to address perinatal mental health conditions are important to support the overall health of moms and their babies, including improving breastfeeding rates.

The Utah Maternal Mental Health Referral Network can help families find providers who are trained in perinatal mental health.



Scan or click this code to access the Utah Maternal Mental Health Referral Network.



Race and ethnicity

Black (non-Hispanic) women were the most likely to breastfeed at 2 months postpartum. American Indian (non-Hispanic) women were the least likely.

What can be done? Strong social support systems within communities can help new moms reach their breastfeeding goals.

