



# Breastfeeding in Louisiana

Breastfeeding is one of the best ways to help babies have a healthy start to life.

## Breastfeeding at Initiation

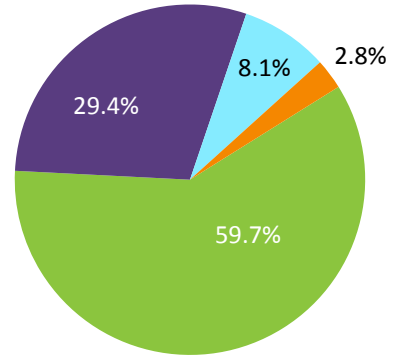
In 2013, 3 out of 5 Louisiana moms reported that they had tried breastfeeding.<sup>1</sup>



“I breastfed [with both of my children.] Please push for breastfeeding in the hospital. It saves so much money and benefits the baby so much. Louisiana has a low breastfeeding rate. I'd love to see that change.”

2011 Louisiana PRAMS Mom

Women Who Reported Initiating Breastfeeding by Race, 2011<sup>2</sup>



■ Non-Hispanic White ■ Non-Hispanic Black ■ Hispanic ■ Other

## Breastfeeding at 6 Months

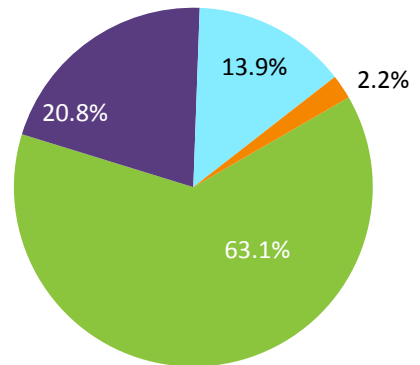
1 out of 3 moms reported that they were still breastfeeding when their babies were 6 months old.<sup>1</sup>



“I think if there was more support offered to mothers who wanted to breastfeed the success rate would be higher. I stopped breastfeeding because of problems that could have been resolved had I had support.”

2011 Louisiana PRAMS Mom

Women Who Reported Continuation of Breastfeeding at 6 months by Race, 2011<sup>2</sup>



■ Non-Hispanic White ■ Non-Hispanic Black ■ Hispanic ■ Other

## Top Reasons Louisiana Mothers Reported Not Breastfeeding<sup>2</sup>

Did not want to	37.3%
Tried but it was hard	17.4%
Did not like it	16.9%
Other Reasons	13.8%

Sources: <sup>1</sup>CDC Breastfeeding Report Card 2013, <sup>2</sup>Louisiana Pregnancy Risk Assessment Monitoring System (PRAMS) Data 2012