



Breastfeeding

Illinois — PRAMS, 2020-2022



Background

Breastfeeding provides mothers and their infants with many health benefits. Compared to infants fed formula, infants fed human milk have a lower risk of asthma, ear infections, and sudden infant death syndrome. For breastfeeding mothers, the risk of ovarian and breast cancers is lower compared to mothers who never breastfeed. The American Academy of Pediatrics recommends exclusively breastfeeding for the first six months of life and continuing to breastfeed, as solid foods are introduced, through 2 years of age or beyond.¹

Pregnancy Risk Assessment Monitoring System (PRAMS)

PRAMS collects state-specific, population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy. PRAMS sites that met the 50% response rate threshold for data analysis are included in overall estimates. Results presented in this report include both “Core” questions, which are asked by all participating PRAMS sites, and “Standard” questions, which sites had the option to include on their PRAMS survey.

To learn more about PRAMS methods and to see “Data Availability by State and Year,” visit: <https://www.cdc.gov/prams>.

National Breastfeeding Goals

Breastfeeding	Healthy People 2030 Objectives ²	Title V National Performance Measures ³
Initiation	Increase the proportion of infants who are ever breastfed.	Percent of infants who are ever breastfed.
Duration	Increase the proportion of infants who are breastfed at 1 year.	Percent of infants who are breastfed at 6 months.
Exclusivity*	Increase the proportion of infants who are breastfed exclusively through 6 months.	Percent of infants who are breastfed exclusively through 6 months.

* Infants only receive human milk except for medicine, vitamins, and minerals when necessary.

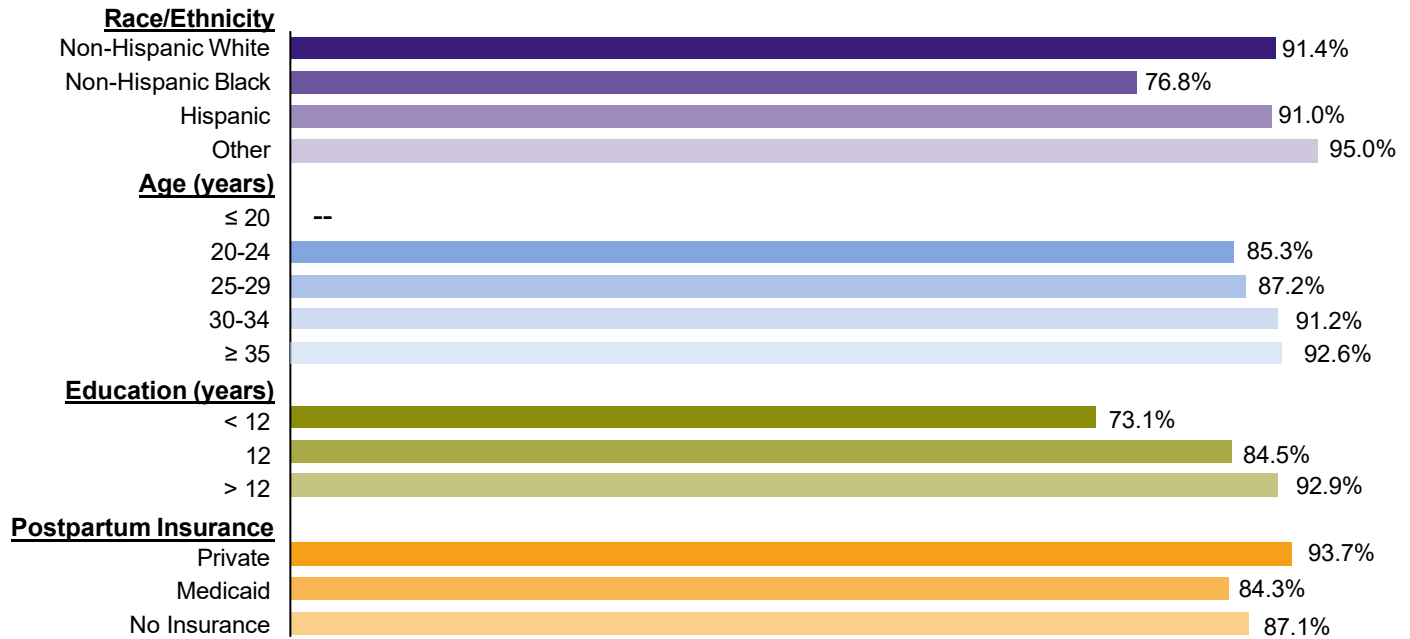
Breastfeeding Rates

Healthy People 2030 breastfeeding targets and Title V Performance Measures are tracked using data from the National Immunization Survey, which collects data on breastfeeding practices from caregivers when the child is 19 to 35 months old. PRAMS data are collected from mothers when their infant is 2 to 9 months old. PRAMS data can be used to assess influences on breastfeeding practices and to identify populations at risk of not following breastfeeding recommendations.

PRAMS Indicators	Illinois %			Multiple Sites %
	2020	2021	2022	2022
Ever breastfed	89.5	88.2	89.6	91.2
Any breastfeeding at 8 weeks	71.1	67.5	69.1	74.2
Exclusive breastfeeding at 8 weeks	44.1	41.4	43.8	36.3

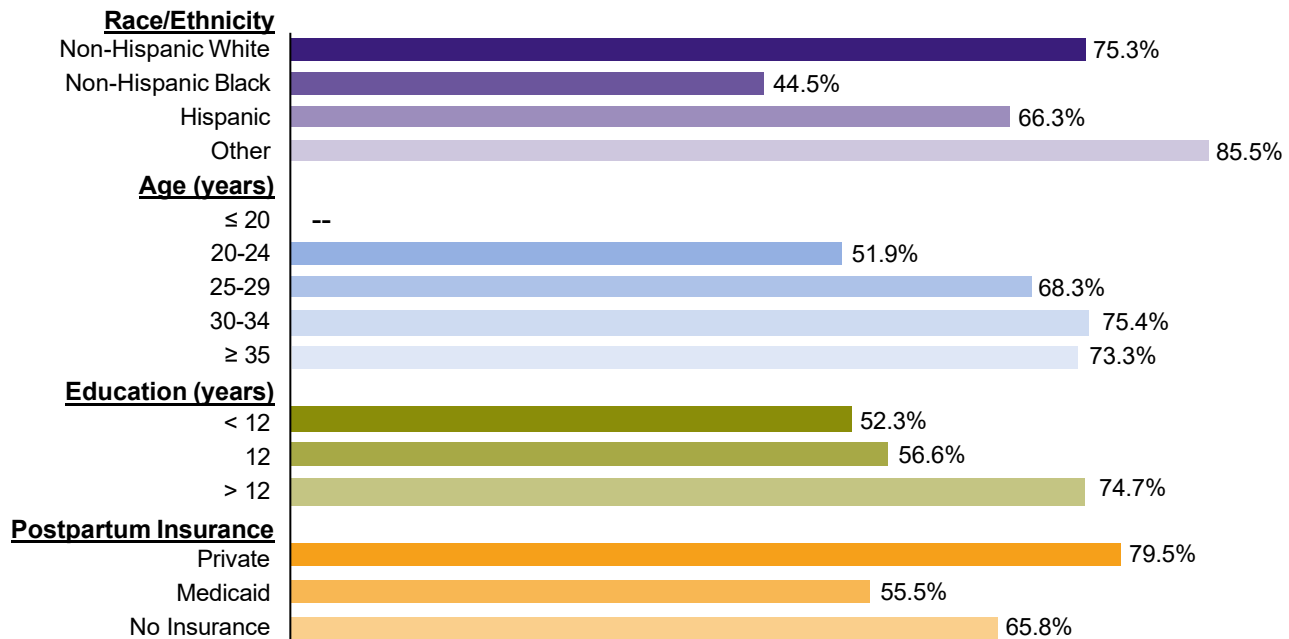
Who Initiates Breastfeeding?

Mothers who reported ever breastfeeding, by selected characteristics — Illinois, 2022



Who Breastfeeds at 8 Weeks?

Mothers who reported any breastfeeding at 8 weeks, by selected characteristics — Illinois, 2022



Reasons Women Did Not Breastfeed

Standard PRAMS indicator completed by mothers who reported never breastfeeding	Illinois %			Multiple Sites %
	2020	2021	2022	2022
I didn't want to	29.3	31.4	45.8	46.8
I didn't like breastfeeding	31.9	29.6	34.2	27.1
I had other children to take care of	19.5	24.8	32.0	23.5
I went back to work	15.2	16.9	15.5	18.9
I was sick or on medicine	12.8	6.3	9.8	12.9
I tried, but it was too hard	15.7	18.7	24.6	16.2
I had too many household duties	14.2	13.6	21.6	13.8

Public Health Action

- The majority of Illinois PRAMS respondents reported breastfeeding (89.6%), and more than half (69.1%) reported they were breastfeeding at 8 weeks.
- 43.8% of PRAMS respondents reported exclusively breastfeeding at 8 weeks.
- Among mothers who did not initiate breastfeeding, the most common reason (45.8%) was that they didn't want to.
- Public health efforts can focus on providing mothers with the support they need to reach their breastfeeding goals.⁴

Resources

CDC Website on Breastfeeding: <https://www.cdc.gov/breastfeeding/>

Office on Women's Health Website on Breastfeeding: <https://www.womenshealth.gov/breastfeeding/>

References:

1. Breastfeeding and the Use of Human Milk: <https://publications.aap.org/pediatrics/article/150/1/e2022057988/188347/Policy-Statement-Breastfeeding-and-the-Use-of>
2. Healthy People 2030 Objectives: <https://health.gov/healthypeople/objectives-and-data/browse-objectives/infants>
3. Title V National Performance Measures: <https://mchb.tvisdata.hrsa.gov/PrioritiesAndMeasures/NPMDistribution>
4. CDC Guide to Strategies to Support Breastfeeding Mothers and Babies: <https://www.cdc.gov/breastfeeding/resources/guide.htm>

