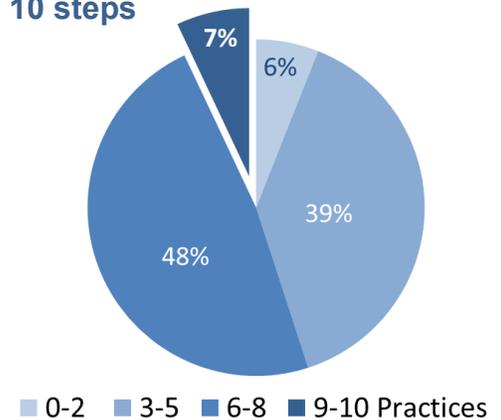


# Tracking the Ten Steps to Successful Breastfeeding Maternity Practices in Infant Nutrition and Care (mPINC), 2009

California data from the 2009 mPINC survey were analyzed for ten indicators consistent with WHO/UNICEF’s Ten Steps to Successful Breastfeeding. In 2009, most California hospitals reported providing prenatal breastfeeding education (91%), teaching women breastfeeding techniques (88%), and teaching women how to recognize and respond to infant feeding cues (82%). Fewer California hospitals followed recommended practices related to limiting breastfeeding supplement use (21%), having a model breastfeeding policy (22%), and providing adequate breastfeeding support to breastfeeding mothers post-discharge (31%). The majority of California hospitals had implemented six to eight recommended practices (48%), while only 7% had recommended practices covering at least nine of the ten steps.

**Only 7% of hospitals had recommended practices covering at least 9 of the 10 steps**



Ten Steps to Successful Breastfeeding	mPINC Indicator	Percent of CA Hospitals
1. Have a written breastfeeding policy that is routinely communicated to all health care staff	Model breastfeeding policy: hospitals has a written policy that includes 10 model policy elements	<b>22</b>
2. Train all health care staff in skills necessary to implement this policy	Staff competency assessment: nurses/birth attendants are assessed for competency in basic breastfeeding management and support at least once per year	<b>60</b>
3. Inform all pregnant women about the benefits and management of breastfeeding	Prenatal breastfeeding education: breastfeeding education is included as a routine element of prenatal classes	<b>91</b>
4. Help mothers initiate breastfeeding within an hour of birth	Early initiation of breastfeeding: ≥90% of healthy full-term breastfed infants initiate breastfeeding within one hour of uncomplicated vaginal birth	<b>50</b>
5. Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants	Teach breastfeeding techniques: ≥90% of mothers who are breastfeeding or intend to breastfeed are taught breastfeeding techniques	<b>88</b>
6. Give breastfeeding newborn infants no food or drink other than breast milk unless medically indicated	Limited use of breastfeeding supplements: <10% of healthy full-term breastfed infants are supplemented with formula, glucose water, or water	<b>21</b>
7. Practice rooming-in, that is, allow mothers and infants to remain together 24 hours per day	Rooming-in: ≥90% of healthy full-term infants, regardless of feeding method, remain with their mother for at least 23 hours per day during the hospital stay	<b>64</b>
8. Encourage breastfeeding on demand	Teach feeding cues: ≥90% of mothers are taught to recognize and respond to infant feeding cues instead of feeding on a set schedule	<b>82</b>
9. Given no artificial teats or pacifiers to breastfeeding infants	Limited use of pacifiers: <10% of healthy full-term breastfed infants are given pacifiers by maternity care staff members	<b>47</b>
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic	Post-discharge support: hospital routinely provides three modes of post-discharge support to breastfeeding mothers: physical contact, active reaching out, and referrals	<b>31</b>