

## **Data to Monitor Progress in Hospital Policies and Practices that Support Breastfeeding in California**

### **Hospital Breastfeeding Data**

The California Department of Public Health (CDPH) has released 2019 in-hospital breastfeeding initiation rates. Hospital staff and administrators can use this information to examine the percentage of women who initiate “exclusive” or “any” breastfeeding at their hospital. For these data, exclusive breastfeeding is defined as infants receiving only breast milk up to the time of specimen collection for newborn genetic screening tests prior to hospital discharge. Reference to any breastfeeding includes infants who were exclusively breastfed, as well as infants receiving both breast milk and formula.

California in-hospital breastfeeding initiation rates remained stable in 2019. From 2010 to 2018, the rate of any breastfeeding increased from 90.8% to 93.8%, while exclusive breastfeeding rates increased from 56.6% to 70.2%. This translated to an overall decrease in formula supplementation from 34.2% to 23.6% during this time period. Although improvements were seen, racial/ethnic disparities in in-hospital breastfeeding initiation persist. In 2019, Hispanics (66.1%), Pacific Islanders (65.1%), Asians (64.2%) and African Americans (61.6%) had lower exclusive breastfeeding rates than the overall state rate of 70.2%. (Data source: Genetic Disease Screening Program, Newborn Screening Data, 2010-2019)

### **Maternity Practices in Infant Nutrition and Care Survey**

The Centers for Disease Control and Prevention (CDC) recently completed data collection for the 2020 Maternity Practices in Infant Nutrition and Care (mPINC) Survey among hospitals and birth centers throughout the United States. As in past years, each participating facility will receive their survey results in the form of a customized mPINC Benchmark Report that addresses barriers to evidence-based maternity care related to breastfeeding. Hospitals are encouraged to utilize their mPINC report to support quality improvement efforts within the maternity care setting. For more information, visit the [CDC’s mPINC Survey website](#).

### **Baby Friendly Hospital Initiative**

California leads the nation with 95 designated [Baby-Friendly hospitals](#), representing nearly 40% of California’s birthing hospitals. Information and the names of the California facilities with this designation can be found on the [California Breastfeeding Coalition website](#).

## Hospital Infant Feeding and Care Requirements

### **The Joint Commission's Perinatal Care Core Measure Set**

The Joint Commission has expanded the mandatory performance measure requirements for accredited hospitals with 300 or more births per year to include the Perinatal Care Core Measure Set that includes exclusive breast milk feeding. The Perinatal Care measures focuses on achieving integrated, coordinated, patient-centered care for clinically uncomplicated pregnancies and births. The [United States Breastfeeding Committee](#) (USBC) produced a resource entitled "[Implementing the Joint Commission Perinatal Core Measure on Exclusive Breast Milk Feeding.](#)"

### **Hospital Infant Feeding Act**

The Hospital Infant Feeding Act (California Health & Safety Code §123366) requires all California hospitals with a perinatal unit to have an infant feeding policy. Policies need to promote breastfeeding and utilize guidance from the [Baby-Friendly Hospital Initiative](#) or the [California Breastfeeding Model Hospital Policy Recommendations](#) most recently updated guidelines approved and published by the California Department of Public Health (currently under revision). These policies must be clearly posted and routinely communicated to staff.

### **California Health & Safety Code § 123367**

California Health & Safety Code §123367 requires that by 2025 all hospitals with a perinatal unit adopt either the "Ten Steps to Successful Breastfeeding" per Baby Friendly USA's [Baby-Friendly Hospital Initiative](#), the California Breastfeeding Model Hospital Policy Recommendations, or an alternate process adopted by a health care service plan that includes evidenced-based policies and practices with targeted outcomes.

## Resources and Technical Assistance for Developing Hospital Policies that Support Breastfeeding

### **CDPH Breastfeeding website**

The [CDPH Breastfeeding website](#) includes a variety of resources:

- *The California Infant Feeding Guide*
- *Breastfeeding Model Hospital Policy Recommendations, 2005* (currently being revised)
- *9 Steps To Breastfeeding Friendly: Guidelines for Community Health Centers and Outpatient Care Settings*

### **Local Breastfeeding Coalitions and Coordinators:**

CDPH urges all labor and delivery facilities to work with their [local breastfeeding coalition](#) and/or their [local health jurisdiction breastfeeding coordinator](#) to address barriers to exclusive breastfeeding.

### **The Regional Perinatal Programs of California:**

The Regional Perinatal Programs of California (RPPC) is a network of regional public health consultants who promote access to risk-appropriate perinatal care for pregnant women and their infants and can assist hospitals in implementing breastfeeding quality improvement. The contact information for each Region's RPPC Coordinator can be found on the [RPPC website](#).

### **Women, Infants and Children:**

Women, Infants and Children (WIC) provides prenatal breastfeeding education, breast pumps when needed and peer counselors to support breastfeeding mothers. Regional breastfeeding liaisons (RBLs) facilitate seamless breastfeeding support by collaborating with health care providers, hospitals, employers and the community. To see if there is a WIC RBL in your region, contact your WIC Local Agency. To locate WIC sites near your hospital, use the "WIC Office" search function, located on the [MyFamily.WIC.ca.gov website](#).