

Healthy People 2010 Operational Definition

16-19. Increase the proportion of mothers who breastfeed their babies.

16-19d. Exclusively through 3 months.

National Data Source	National Immunization Survey (NIS), CDC, NCIRD and NCHS.
State Data Source	National Immunization Survey (NIS), CDC, NCIRD and NCHS.
Healthy People 2000 Objective	Not applicable.
Changes since the 2000 Publication	New subobjective (see Comments). Revised baseline (see Comments). Revised target (see Comments).
Measure	Percent.
Baseline (Year)	30 (2003)
Target	40
Target-Setting Method	Better than the best racial/ethnic subgroup For a discussion of target-setting methods, see Part A, section 4.
Numerator	Number of children aged 19 to 35 months who had breastmilk as the only type of milk they were fed for the first three months after delivery.
Denominator	Number of children aged 19 to 35 months born in one calendar year.
Population Targeted	U.S. civilian noninstitutionalized population.
Questions Used to Obtain the National Baseline Data	From the 2003 National Immunization Survey: ➤ <i>Was [child's name] ever breastfed or fed breastmilk?"</i> ➤ <i>How old was [child's name] when [child's name] completely stopped breastfeeding or being fed breastmilk?</i> ➤ <i>How old was [child's name] when (he/she) was first</i>

fed formula?

- *This next question is about the first thing that [child] was given other than breastmilk or formula. Please include juice, cow's milk, sugar water, baby food, or anything else that [child] may have been given, even water. How old was [child's name] when (he/she) was fed something other than breastmilk or formula?*

Expected Periodicity Annual.

Comments

Exclusive breastfeeding is defined in this study as only breastmilk—no solids or other liquids.

“Exclusive breastfeeding” has been recommended for the first six months of the baby’s life by the American Academy of Pediatrics and recently by the World Health Organization.

The NIS covers all 50 states, District of Columbia, and selected geographic areas within states. Using a computer generated list across the county, the NIS identifies households with children aged 19–35 months and interviews the person who is most knowledgeable about the child’s immunization status. Beginning January 2003, all respondents to the household telephone survey were asked questions about breastfeeding.

This subobjective was added at the Healthy People 2010 Midcourse Review due to recent evidence of the benefits of exclusive breastfeeding. Data for this subobjective became available in 2004 from the National Immunization Survey.

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Survey years were combined to calculate breastfeeding by year of child’s birth instead of year in which the participant was surveyed. The original 2002 baseline of 43 of children aged 19 to 35 months was revised to 30 percent in 2003 due to changes in the NIS. The target was proportionally adjusted from 60 percent to 40 percent to reflect the revised baseline using the original target-setting method.

See Appendix C for a description of NIS and Appendix A for focus area contact information.

