



Aggregate Results From the

Wisconsin Native Breastfeeding Survey 2017-2018

Breastfeeding is traditional in Native communities, and it is an important determinant of health for mothers and babies. Breastfeeding provides numerous health benefits, including reducing the risk of ear infections and obesity for breastfed children; reducing the risk of certain types of cancer for women who breastfeed; and increased connection and bonding between mother and baby.

Although data exist regarding how many women begin breastfeeding, and how long they do so, there are gaps in knowledge about the experiences of new mothers as related to breastfeeding. The Native Breastfeeding Coalition of Wisconsin, with support from one of its members (the Great Lakes Inter-Tribal Epidemiology Center), conducted a survey to learn more about breastfeeding in Native communities in Wisconsin.

Women age 18 or older, whose most recent baby was age five or younger and enrolled in or a descendant of a Tribe, were eligible to take the survey. In 2017 and 2018, 218 valid surveys were collected from nine Tribal communities in Wisconsin.

Ninety percent of the participants breastfed their baby at least one time. About half reported that their baby was age six months or older when they stopped breastfeeding completely (among women who were no longer breastfeeding). Half the women reported a lactation consultant helped them breastfeed; family member(s) and nurses also commonly helped (42% and 40%, respectively). At the hospital, the majority of women stayed in the same room as their baby (94%) and received help learning how to breastfeed (79%), practices which encourage breastfeeding; however, 38% received a gift pack at the hospital that included formula, a practice which does not support breastfeeding. One-fifth reported using traditional medicines/herbal remedies while breastfeeding; Mother's Milk Tea was the most commonly reported type. The Coalition can use these results to better educate and outreach to women, hospitals, and community supports.

Nine out of ten participating women **breastfed** their baby



at least one time

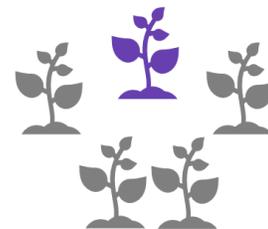
About

1/2 of women breastfed **6 months**

or longer

Professionals and family & friends helped women breastfeed

One out of five women used



traditional medicines/ herbal remedies while breastfeeding

