

## **2018 Texas WIC Infant Feeding Practices Survey State Report**

### **Introduction**

The Texas Legislature recognizes that breastfeeding is the “best method of infant nutrition” in Chapter 165 of Texas Health and Safety Code. This statement echoes similar positions held by organizations such as the U.S. Surgeon General, the American Academy of Pediatrics, the American College of Obstetricians and Gynecologists, the Texas Department of State Health Services (DSHS) and a large body of research findings. Texas Health and Human Services Commission’s Texas WIC and DSHS Maternal and Child Health (MCH) Programs are committed to supporting a woman’s choice to breastfeed. MCH and Texas WIC implement programs to encourage recommended practices in infant nutrition and care including the Texas Ten Step Program and the Ten Steps to Successful Breastfeeding, the Texas Mother-Friendly Worksite Program and worksite lactation support, access to direct lactation support services, breastfeeding-friendly child care practices, breastfeeding friendly environments, and other initiatives. These efforts are in addition to breastfeeding promotion and support services provided directly to Texas WIC participants through their local WIC agencies.

In their efforts to promote breastfeeding, Texas WIC, MCH, and MCH Epidemiology Programs regularly collaborate to conduct a survey of breastfeeding beliefs, attitudes and practices among Texas women receiving WIC services. The purpose of this survey is to provide data to local WIC agencies, MCH and Texas WIC to aid in program planning and activity development. Survey findings may also be used by coalitions, public health partners, policy makers and others interested in supporting breastfeeding.

### **Questionnaire and Sample**

The bilingual survey questionnaire, which included 49 questions and was 12 pages in length, allowed multiple choice (close-ended) responses. Surveys were assigned to clinics in all 65 local WIC agencies operating at the time of the survey. Each clinic that served eight or more infants from May through July 2017 was assigned a specified number of surveys proportionate to the number of participants served in that clinic. Surveys, instructions and an informed consent script were provided to WIC clinics via local WIC agency directors. WIC clinic supervisors were instructed to offer the survey using the informed consent script to each eligible participant at the clinic for services during the survey administration period. The eligible population of women were biological mothers age 18 or older that had a baby who was 1 month through 30 months old at the time of the survey.

Eligible participants who agreed to participate in the survey completed the survey booklet in the language (English or Spanish) of their choice. Surveys were administered until all surveys had been completed or until the survey period ended, whichever came first.

A total of 16,450 surveys were assigned and distributed to WIC local agencies, and a total of 14,299 surveys were completed during the survey period (October 15 through December 21, 2018) and returned for scoring. Completed surveys were returned by all 65 local WIC agencies operating at the time of the survey.

The final sample includes 10,076 completed surveys after omission of surveys completed by ineligible respondents. Survey findings represent a snapshot of the survey respondents' infant feeding practices. Sampling methods did not include random sampling, and survey responses were not weighted or adjusted. Therefore, survey findings may not be generalizable to the broader population of women participating in WIC services in Texas. However, geographic one-stage cluster probability sampling design was used to increase the chance that the respondent sample was representative of the eligible study population.

Questionnaires were self-administered as Scantron paper surveys. Respondents were asked to select responses or reasons that were most applicable to them. While the questionnaire included skip patterns, respondents did not always adhere to instructions. Following data entry, all questions that were mistakenly answered were recoded as an appropriate skip. Some respondents did not answer all items. Blank responses were coded as missing data and were omitted from analyses. Therefore, the totals in each section may not match the total number of surveys and the totals may not match from section to section.

Within-question validity checks were completed for questions 19, 40, and 45. If response options for these questions were incompatible (e.g. the respondent reported both that *they did* and that *they did not* ask for help, use a pump, or pump during their work day), then these responses were not included. Between-question agreement for question 8 ("How many months old is your baby today?") and for the baby's calculated age from screener question C ("When was your baby born?") and screener question A ("Bubble in today's date") was used to screen out random responses. Respondents were omitted from the analysis sample if:

- the date of birth for the baby reported in question 8 occurred at sometime in the future after the date of survey completion; and/or
- the calculated difference between screener question C: "When was your baby born?" and the response to question 8, "How many months old is your baby today?" was greater than two months.

Data analysis was completed in July 2019 by DSHS Maternal and Child Health Epidemiology, in consultation with Jule Stagg, DSHS State Breastfeeding Coordinator and Principal Investigator for the Texas WIC Infant Feeding Practices Survey.

## Interpretation

Survey findings are not comparable to surveys prior to 2011 due to changes in eligible respondent selection criteria.

This document contains data analyses at a state and regional level. Findings from all 11 Texas Health and Human Services Public Health Regions are presented to allow for regional comparisons. Some regional analyses were derived from a small number of responses for a given response category. Caution should be used when interpreting these responses. Comparisons or conclusions cannot be reliably made when using analyses with small sample sizes. Results for categories with fewer than 20 responses were not included due to extremely small sample sizes and are marked as having “insufficient data” (ID). In instances where regional data is insufficient to report, it may be useful to reference the data reported for the state instead.

Age of respondents’ children ranged from 1 through 30 months old without even distribution of age. For this reason, breastfeeding duration and exclusivity rates for children 6 months old and older should be interpreted with caution.

The final sample size is different for each question and is determined by number of completed responses as well as limits or filters used to limit the population included in the response. Missing or blank responses were excluded from each denominator. Questions 16 through 26 were limited to women reporting they ever breastfed their child, even if only once. Questions referring to work experiences were limited to women responding they returned to work after their child was born. Reporting for some other questions was limited to certain respondents. In these instances, description of response limits was provided in italics or parentheses within the report.

Duration of exclusive breastfeeding was calculated from responses to the breastfeeding duration, introduction of formula, and introduction of complementary foods questions.

Questions about this report should be directed to both Julie Stagg and Lindsey Gray.

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### Number of Surveys Assigned and Number and Proportion of Surveys Completed and Returned per WIC Local Agency (LA)

WIC LA	PHR	Number of surveys assigned per LA	Percent eligible surveys completed and returned, per LA	Percent of assigned surveys completed, returned, and included in analysis
001	7	495	309	54.7%
003	11	405	352	80.0%
004	11	25	15	52.0%
005	11	145	66	42.8%
007	3	1670	971	51.7%
010	3	60	17	25.0%
011	6	120	95	75.8%
012	11	1025	778	69.0%
013	11	405	235	52.3%
017	6	595	368	53.8%
019	8	40	25	55.0%
020	1, 8	85	54	57.6%
021	2	80	42	48.8%
022	7	160	103	57.5%
024	8	75	39	44.0%
026	6	1290	689	48.2%
028	10	30	25	73.3%
029	6	285	194	62.5%
030	5	70	50	60.0%
031	7	315	235	67.3%
033	10	665	366	50.4%
034	2	80	72	87.5%
035	3	200	60	26.5%
036	7, 8	175	138	74.9%
037	8	95	24	22.1%
038	11	90	38	37.8%
039	4	515	321	57.3%
040	5	90	70	71.1%
041	8	770	471	56.8%
042	7	125	100	73.6%
043	8	25	20	76.0%
044	8	50	29	44.0%
046	6	120	86	67.5%

WIC LA	PHR	Number of surveys assigned per LA	Number of eligible surveys completed and returned, per LA	Percent of assigned surveys completed, returned, & included in analysis
048	6	1,110	641	52.9%
049	8	20	7	25.0%
051	11	65	39	56.9%
053	8	35	6	11.4%
054	3	985	556	52.3%
056	2, 9	85	44	47.1%
058	5	65	16	20.0%
059	8	80	59	65.0%
060	6	30	23	76.7%
061	5	35	20	45.7%
062	4	30	17	40.0%
063	5	25	18	72.0%
064	8	35	11	31.4%
065	4	50	38	70.0%
067	3	40	28	62.5%
069	8,11	50	40	80.0%
070	6	25	12	44.0%
071	3	180	131	66.7%
073	8	240	179	71.7%
074	2	20	17	75.0%
077	5, 6	730	447	54.2%
089	8	85	51	57.6%
090	3	95	51	45.3%
095	7, 8	45	17	35.6%
100	1	145	114	73.8%
105	7	20	15	65.0%
108	4	90	66	72.2%
110	7	20	17	75.0%
126	7	20	15	75.0%
130	1,9,10	665	345	45.9%
131	2, 3, 7	800	475	55.4%
132	7	155	104	61.3%
TOTAL		16,450	10,076	55.7%

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### Section 1. Distribution of Completed Surveys and Respondent Demographics

#### Number and percentage of all eligible surveys completed and returned by Public Health Region

Number and percentage of surveys by PHR	State	PHR 1	PHR 2	PHR 3	PHR 4	PHR 5	PHR 6	PHR 7	PHR 8	PHR 9	PHR 10	PHR 11
number completed	10,076	277	213	2,103	442	291	2,438	1,072	1,032	258	404	1,546
percent of total	100%	2.7%	2.1%	20.9%	4.4%	2.9%	24.2%	10.6%	10.2%	2.6%	4.0%	15.3%

#### Q1. Were you enrolled in WIC at any time during your pregnancy with this child?

Mother enrolled in WIC during pregnancy	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes	6,711 (76.4%)	186 (79.1%)	143 (74.9%)	1,232 (68.3%)	319 (80.4%)	187 (77.0%)	1,646 (77.4%)	713 (76.5%)	711 (76.9%)	156 (70.3%)	265 (75.3%)	1,153 (85.2%)

#### Q2. Were you enrolled in Medicaid or CHIP at any time during your pregnancy with this child and/or after giving birth?

Mother enrolled in Medicaid or CHIP during pregnancy or after giving birth	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes	8,017 (91.4%)	214 (91.1%)	172 (90.1%)	1,652 (91.9%)	369 (93.2%)	230 (94.3%)	1,955 (92.1%)	804 (86.1%)	852 (91.8%)	205 (92.3%)	299 (84.9%)	1,265 (93.8%)

#### Q3. Is your baby enrolled in Medicaid or CHIP now?

Baby enrolled in Medicaid or CHIP	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes	8,108 (92.7%)	217 (92.3%)	174 (91.1%)	1,696 (94.2%)	376 (94.9%)	222 (90.6%)	1,977 (93.5%)	810 (87.1%)	852 (92.8%)	207 (93.7%)	301 (86.0%)	1,276 (95.0%)

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### Q4. What is the highest level of education you have finished?

Highest level of education finished	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Less than high school diploma	2,021 (23.5%)	40 (17.2%)	32 (17.4%)	498 (28.2%)	77 (19.8%)	35 (14.7%)	547 (26.1%)	180 (19.8%)	168 (18.5%)	49 (22.6%)	51 (14.9%)	344 (25.9%)
High school diploma or GED	3,229 (37.5%)	115 (49.6%)	91 (49.5%)	646 (36.6%)	158 (40.6%)	117 (49.2%)	769 (36.7%)	351 (38.5%)	351 (38.6%)	87 (40.1%)	97 (28.4%)	447 (33.7%)
Some college credit, but no degree	2,322 (27.0%)	56 (24.1%)	48 (26.1%)	428 (24.2%)	114 (29.3%)	54 (22.7%)	522 (24.9%)	263 (28.9%)	289 (31.8%)	60 (27.6%)	125 (36.5%)	363 (27.4%)
Associate's, Bachelor's, or Postgraduate degree	1,038 (12.1%)	21 (9.1%)	ID	193 (10.9%)	40 (10.3%)	32 (13.4%)	259 (12.4%)	117 (12.8%)	101 (11.1%)	21 (9.7%)	69 (20.2%)	172 (13.0%)

### Q6. What is your race/ethnicity?

Race/ethnicity	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
White	1,707 (19.3%)	62 (26.2%)	103 (53.6%)	286 (15.6%)	191 (47.9%)	103 (41.7%)	323 (15.1%)	266 (28.2%)	153 (16.5%)	49 (21.9%)	37 (10.4%)	134 (9.8%)
Black	1,078 (12.2%)	ID	ID	343 (18.7%)	75 (18.8%)	51 (20.6%)	369 (17.2%)	144 (15.3%)	44 (4.7%)	ID	ID	ID
Hispanic or Latina	5,719 (64.5%)	150 (63.3%)	69 (35.9%)	1,110 (60.7%)	120 (30.1%)	79 (32.0%)	1,342 (62.6%)	483 (51.2%)	701 (75.4%)	154 (68.8%)	304 (85.6%)	1,207 (88.5%)
Other	362 (4.1%)	ID	ID	91 (5.0%)	ID	ID	110 (5.1%)	51 (5.4%)	32 (3.4%)	ID	ID	ID

### Q7. How many years old are you?

*Mothers 17 years or younger were not included in this study*

Mother's age	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
18 -24	3,298 (37.2%)	106 (44.7%)	99 (51.6%)	663 (36.2%)	166 (41.6%)	97 (39.3%)	720 (33.6%)	348 (36.9%)	345 (37.1%)	88 (39.3%)	139 (39.2%)	527 (38.6%)



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Mother's age	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>25-29</b>	2,677 (30.2%)	81 (34.2%)	48 (25.0%)	521 (28.5%)	133 (33.3%)	81 (32.8%)	652 (30.4%)	285 (30.2%)	288 (31.0%)	70 (31.2%)	107 (30.1%)	411 (30.1%)
<b>30-34</b>	1,751 (19.7%)	36 (15.2%)	31 (16.1%)	374 (20.4%)	68 (17.0%)	44 (17.8%)	455 (21.2%)	174 (18.4%)	186 (20.0%)	47 (21.0%)	74 (20.8%)	262 (19.2%)
<b>35 years or older</b>	1,140 (12.9%)	ID	ID	272 (14.9%)	32 (8.0%)	25 (10.1%)	317 (14.8%)	137 (14.5%)	111 (11.9%)	ID	35 (9.9%)	164 (12.0%)

### Q8. How many months old is your baby today? (On date of survey)

*Note: Only responses for infants from 1 through 30 months were included in analyses for this report.*

*\*Categories are not mutually exclusive; therefore, the responses may be included in more than one category.*

Age of baby in months	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>3 months or older*</b>	8,489 (95.7%)	233 (98.3%)	185 (96.4%)	1,745 (95.4%)	389 (97.5%)	242 (98.0%)	2,042 (95.2%)	909 (96.3%)	859 (92.4%)	214 (95.5%)	332 (93.5%)	1,339 (98.2%)
<b>6 months or older*</b>	6,143 (69.3%)	156 (65.8%)	133 (69.3%)	1,150 (62.8%)	303 (75.9%)	171 (69.2%)	1,503 (70.1%)	675 (71.5%)	621 (66.8%)	148 (66.1%)	255 (71.8%)	1,028 (75.4%)
<b>12 months or older*</b>	2,176 (24.5%)	61 (25.7%)	34 (17.7%)	309 (16.9%)	130 (32.6%)	69 (27.9%)	508 (23.7%)	243 (25.7%)	247 (26.6%)	52 (23.2%)	106 (29.9%)	417 (30.6%)

### Q9. What language do you usually speak at home?

Language usually spoken at home	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>English</b>	4,614 (52.0%)	162 (68.4%)	168 (87.5%)	863 (47.2%)	303 (75.9%)	172 (69.6%)	963 (44.9%)	606 (64.2%)	622 (66.9%)	125 (55.8%)	136 (38.3%)	494 (36.2%)
<b>Spanish</b>	2,302 (26.0%)	34 (14.3%)	ID	578 (31.6%)	48 (12.0%)	35 (14.2%)	688 (32.1%)	203 (21.5%)	131 (14.1%)	40 (17.9%)	106 (29.9%)	431 (31.6%)
<b>English &amp; Spanish</b>	1,694 (19.1%)	35 (14.8%)	ID	318 (17.4%)	45 (11.3%)	35 (14.2%)	397 (18.5%)	108 (11.4%)	165 (17.7%)	51 (22.8%)	105 (29.6%)	425 (31.2%)
<b>Other language</b>	91 (1.0%)	ID	ID	29 (1.6%)	ID	ID	42 (2.0%)	ID	ID	ID	ID	ID

## Section 2. Infant Feeding Practices—Prenatal Plans for Infant Feeding

### Q13. During the time that you were pregnant, did you take a class about breastfeeding?

Took a prenatal class about breastfeeding	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes	3,917 (44.5%)	87 (37.2%)	94 (49.2%)	782 (43.2%)	122 (30.8%)	95 (39.3%)	1,013 (47.6%)	353 (37.6%)	449 (48.4%)	77 (34.5%)	182 (51.4%)	663 (49.1%)

### Q12. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?

Planned to feed baby during his or her first few weeks of life	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I was not sure how I would feed my baby	519 (5.9%)	20 (8.4%)	ID	84 (4.6%)	21 (5.3%)	26 (10.5%)	147 (6.9%)	45 (4.8%)	57 (6.1%)	ID	26 (7.3%)	71 (5.2%)
Breastfeed or feed breastmilk only	3,635 (41.0%)	109 (46.0%)	91 (47.4%)	763 (41.7%)	192 (48.1%)	76 (30.8%)	782 (36.5%)	473 (50.1%)	382 (41.1%)	105 (46.9%)	168 (47.3%)	494 (36.2%)
Formula feed only	967 (10.9%)	40 (16.9%)	35 (18.2%)	177 (9.7%)	54 (13.5%)	52 (21.1%)	197 (9.2%)	94 (10.0%)	135 (14.5%)	39 (17.4%)	36 (10.1%)	108 (7.9%)
Both breast and formula feed	3,554 (40.1%)	64 (27.0%)	52 (27.1%)	764 (41.7%)	125 (31.3%)	73 (29.6%)	962 (44.9%)	325 (34.4%)	343 (36.9%)	64 (28.6%)	117 (33.0%)	665 (48.8%)

## Section 3. Knowledge and Beliefs About Breastfeeding

### Q48. Do you believe the following statements about breastfeeding are true or false?

Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
True	3,713 (45.7%)	90 (41.5%)	80 (43.2%)	740 (44.5%)	154 (44.4%)	114 (50.0%)	915 (47.4%)	441 (50.9%)	359 (40.9%)	84 (41.8%)	163 (48.5%)	573 (45.1%)
False	1,641 (20.2%)	53 (24.4%)	46 (24.9%)	344 (20.7%)	71 (20.5%)	29 (12.7%)	333 (17.2%)	161 (18.6%)	205 (23.4%)	47 (23.4%)	61 (18.2%)	291 (22.9%)

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Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I don't know	2,769 (34.1%)	74 (34.1%)	59 (31.9%)	580 (34.9%)	122 (35.2%)	85 (37.3%)	683 (35.4%)	265 (30.6%)	313 (35.7%)	70 (34.8%)	112 (33.3%)	406 (32.0%)

Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
True	5,605 (69.1%)	136 (64.2%)	117 (64.6%)	1,182 (71.1%)	226 (65.5%)	153 (66.5%)	1,365 (70.5%)	620 (71.4%)	569 (65.2%)	122 (60.4%)	232 (68.6%)	883 (69.6%)
False	713 (8.8%)	23 (10.8%)	22 (12.2%)	130 (7.8%)	32 (9.3%)	23 (10.0%)	140 (7.2%)	73 (8.4%)	104 (11.9%)	27 (13.4%)	31 (9.2%)	108 (8.5%)
I don't know	1,797 (22.1%)	53 (25.0%)	42 (23.2%)	350 (21.1%)	87 (25.2%)	54 (23.5%)	430 (22.2%)	175 (20.2%)	200 (22.9%)	53 (26.2%)	75 (22.2%)	278 (21.9%)

Mothers who breastfeed are less likely to get breast or ovarian cancer	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
True	4,469 (55.1%)	101 (47.0%)	82 (44.6%)	959 (57.9%)	184 (52.6%)	125 (55.1%)	1,096 (56.6%)	486 (56.4%)	438 (50.3%)	103 (52.3%)	204 (60.2%)	691 (54.4%)
False	974 (12.0%)	33 (15.3%)	31 (16.8%)	180 (10.9%)	43 (12.3%)	20 (8.8%)	200 (10.3%)	86 (10.0%)	123 (14.1%)	33 (16.8%)	41 (12.1%)	184 (14.5%)
I don't know	2,661 (32.8%)	81 (37.7%)	71 (38.6%)	516 (31.2%)	123 (35.1%)	82 (36.1%)	639 (33.0%)	289 (33.6%)	310 (35.6%)	61 (31.0%)	94 (27.7%)	395 (31.1%)

## 2018 Texas WIC Infant Feeding Practices Survey

In Texas, there is a law that gives women the right to breastfeed their babies in public	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>True</b>	5,131 (63.3%)	131 (61.2%)	133 (72.3%)	1,021 (61.9%)	212 (61.3%)	138 (60.8%)	1,199 (62.1%)	595 (68.7%)	595 (67.8%)	127 (62.9%)	186 (55.5%)	794 (62.5%)
<b>False</b>	260 (3.2%)	ID	ID	48 (2.9%)	ID	ID	72 (3.7%)	ID	21 (2.4%)	ID	ID	52 (4.1%)
<b>I don't know</b>	2,711 (33.5%)	79 (36.9%)	44 (23.9%)	580 (35.2%)	121 (35.0%)	80 (35.2%)	660 (34.2%)	255 (29.4%)	261 (29.8%)	70 (34.7%)	136 (40.6%)	425 (33.4%)

There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>True</b>	3,584 (44.4%)	101 (47.2%)	94 (51.4%)	700 (42.5%)	164 (47.5%)	114 (50.0%)	819 (42.7%)	445 (51.6%)	422 (48.3%)	92 (46.2%)	143 (42.4%)	490 (38.5%)
<b>False</b>	404 (5.0%)	ID	ID	83 (5.0%)	ID	ID	88 (4.6%)	38 (4.4%)	33 (3.8%)	ID	ID	88 (6.9%)
<b>I don't know</b>	4,093 (50.6%)	103 (48.1%)	75 (41.0%)	865 (52.5%)	163 (47.2%)	105 (46.1%)	1,010 (52.7%)	380 (44.0%)	419 (47.9%)	103 (51.8%)	175 (51.9%)	695 (54.6%)

## 2018 Texas WIC Infant Feeding Practices Survey

Breastfed babies are less likely to become obese children and adults	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
True	4,174 (51.0%)	101 (46.8%)	82 (44.3%)	863 (51.7%)	164 (45.9%)	118 (51.1%)	1,059 (54.2%)	448 (51.5%)	430 (49.1%)	87 (42.9%)	181 (53.6%)	641 (50.0%)
False	1,737 (21.2%)	53 (24.5%)	47 (25.4%)	340 (20.4%)	58 (16.2%)	40 (17.3%)	355 (18.2%)	179 (20.6%)	222 (25.3%)	49 (24.1%)	72 (21.3%)	322 (25.1%)
I don't know	2,270 (27.7%)	62 (28.7%)	56 (30.3%)	466 (27.9%)	135 (37.8%)	73 (31.6%)	541 (27.7%)	243 (27.9%)	224 (25.6%)	67 (33.0%)	85 (25.1%)	318 (24.8%)

Breastfed babies are less likely to develop diabetes	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
True	4,276 (52.4%)	107 (49.8%)	81 (44.0%)	888 (53.5%)	159 (45.3%)	122 (53.0%)	1,053 (54.1%)	457 (52.6%)	441 (50.3%)	96 (47.5%)	197 (57.9%)	675 (52.8%)
False	1,369 (16.8%)	39 (18.1%)	45 (24.5%)	266 (16.0%)	46 (13.1%)	36 (15.7%)	289 (14.8%)	148 (17.1%)	177 (20.2%)	35 (17.3%)	50 (14.7%)	238 (18.6%)
I don't know	2,508 (30.8%)	69 (32.1%)	58 (31.5%)	506 (30.5%)	146 (41.6%)	72 (31.3%)	605 (31.1%)	263 (30.3%)	259 (29.5%)	71 (35.1%)	93 (27.4%)	366 (28.6%)

Mothers who breastfeed are less likely to get heart disease	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
True	3,100 (38.3%)	78 (36.3%)	60 (32.8%)	630 (38.0%)	117 (33.9%)	102 (44.3%)	785 (40.8%)	351 (40.7%)	312 (35.7%)	73 (36.1%)	128 (38.0%)	464 (36.8%)
False	1,162 (14.4%)	32 (14.9%)	36 (19.7%)	215 (13.0%)	56 (16.2%)	26 (11.3%)	250 (13.0%)	105 (12.2%)	134 (15.3%)	33 (16.3%)	49 (14.5%)	226 (17.9%)
I don't know	3,828 (47.3%)	105 (48.8%)	87 (47.5%)	814 (49.1%)	172 (49.9%)	102 (44.3%)	888 (46.2%)	406 (47.1%)	427 (48.9%)	96 (47.5%)	160 (47.5%)	571 (45.3%)

## 2018 Texas WIC Infant Feeding Practices Survey

Breastfeeding mothers get more food on WIC than non-breastfeeding mothers	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>True</b>	3,786 (47.0%)	98 (46.0%)	109 (59.6%)	704 (42.8%)	161 (46.8%)	116 (50.7%)	936 (48.9%)	448 (51.9%)	397 (45.7%)	96 (47.1%)	147 (44.4%)	574 (45.4%)
<b>False</b>	1,095 (13.6%)	29 (13.6%)	15 (8.2%)	227 (13.8%)	41 (11.9%)	24 (10.5%)	237 (12.4%)	109 (12.6%)	120 (13.8%)	37 (18.1%)	58 (17.5%)	198 (15.7%)
<b>I don't know</b>	3,179 (39.4%)	86 (40.4%)	59 (32.2%)	715 (43.4%)	142 (41.3%)	89 (38.9%)	742 (38.7%)	307 (35.5%)	351 (40.4%)	71 (34.8%)	126 (38.1%)	491 (38.9%)

### Q49. Have you visited the website [www.breastmilkcounts.com](http://www.breastmilkcounts.com)?

Visited Breastmilk: Every Ounce Counts campaign website	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	776 (9.4%)	22 (10.1%)	ID	130 (7.6%)	32 (9.0%)	25 (10.7%)	226 (11.6%)	70 (8.0%)	77 (8.8%)	25 (12.1%)	16 (4.7%)	137 (10.8%)
<b>No</b>	7,134 (86.8%)	192 (88.1%)	166 (90.2%)	1,515 (88.7%)	306 (86.4%)	198 (85.0%)	1,641 (84.1%)	776 (88.9%)	775 (88.4%)	172 (83.5%)	314 (92.6%)	1,079 (84.7%)
<b>I don't know</b>	308 (3.7%)	ID	ID	63 (3.7%)	ID	ID	85 (4.4%)	27 (3.1%)	25 (2.9%)	ID	ID	58 (4.6%)

## Section 4. Infant Feeding Practices—Breastfeeding

### Q15. Was this child ever breastfed or fed breastmilk even if only once?

Child ever breastfed, even if only once	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	7,503 (86.3%)	184 (80.3%)	147 (77.4%)	1,587 (89.4%)	329 (83.5%)	170 (71.7%)	1,817 (86.8%)	820 (88.1%)	750 (81.6%)	179 (81.0%)	304 (86.6%)	1,216 (90.1%)

## 2018 Texas WIC Infant Feeding Practices Survey

### Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breastmilk?

*Among respondents who reported this child was ever breastfed*

Average age when baby stopped breastfeeding	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Child was still breastfeeding at time of survey	1,728 (23.0%)	35 (19.0%)	26 (17.7%)	367 (23.1%)	85 (25.8%)	49 (28.8%)	420 (23.1%)	235 (28.7%)	182 (24.3%)	36 (20.1%)	63 (20.7%)	230 (18.9%)
The average age ( <i>mean</i> ) at which breastfed children stopped breastfeeding among children who ever breastfed and stopped	88 days	76 days	68 days	85 days	100 days	80 days	96 days	99 days	76 days	63 days	85 days	87 days
The average age ( <i>mode/ most frequent answer</i> ) at which breastfed children stopped breastfeeding among children who ever breastfed and stopped	2 months	1 month	2 months	1 month	2 months	1 month	2 months	2 months	2 months	1 month	3 months	3 months

### Q24. Was your baby ever fed formula?

*Among respondents who reported this child was ever breastfed*

Was baby ever given formula	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes	6,564 (90.3%)	160 (89.9%)	134 (91.8%)	1,385 (91.2%)	275 (86.5%)	142 (85.5%)	1,602 (91.4%)	684 (85.8%)	651 (88.7%)	154 (88.5%)	266 (90.2%)	1,111 (93.2%)

## 2018 Texas WIC Infant Feeding Practices Survey

### Q25. How old was your baby when he or she was first fed formula?

*Among respondents who reported this child was ever breastfed*

Formula supplementation of the breastfed child	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
The average age at which breastfed children had formula for the first time ( <i>mean</i> )	35 days	39 days	45 days	37 days	47 days	23 days	34 days	43 days	32 days	32 days	36 days	31 days
The age at which breastfed children most often had formula for the first time ( <i>mode/most frequent answer</i> )	1 day	1 day	1 day	1 day	1 day	1 day	1 day	1 day	1 day	1 day	1 day	1 day
Percent of breastfed newborns who were given formula on day 1 of life	1,772 (25.3%)	44 (25.0%)	30 (20.0%)	290 (19.5%)	68 (23.3%)	57 (35.6%)	427 (25.1%)	170 (23.1%)	192 (27.3%)	48 (28.7%)	57 (20.4%)	389 (33.4%)
Percent of breastfed newborns who received formula supplementation within the first 2 days of life ( <i>Healthy People target: reduce to 14.2% by 2020</i> )	2,239 (32.7%)	55 (31.3%)	45 (30.0%)	390 (26.2%)	86 (29.5%)	70 (43.7%)	558 (32.8%)	218 (29.6%)	262 (37.2%)	56 (33.5%)	86 (30.8%)	463 (39.8%)



## 2018 Texas WIC Infant Feeding Practices Survey

### Q15, Q22, Q24, Q38. Exclusive breastfeeding of children who were ever breastfed

*Among respondents who reported this child was ever breastfed and who were \*3 months or older and ^6 months or older, respectively, at the time of the survey*

Duration of exclusive breastfeeding	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
*Breastfed exclusively for 3 or more months (Healthy People target: increase to 46.2% by 2020)	733 (15.2%)	23 (18.3%)	23 (21.5%)	138 (14.3%)	46 (21.7%)	ID	171 (14.6%)	96 (19.0%)	71 (14.9%)	ID	34 (17.3%)	109 (13.1%)
^Breastfed exclusively for 6 or more months (Healthy People target: increase to 25.5% by 2020)	173 (4.4%)	ID	ID	31 (4.4%)	ID	ID	44 (4.6%)	23 (5.4%)	ID	ID	ID	28 (4.0%)

### Q23. Did you breastfeed for as long as you wanted to?

*Among respondents who reported this child was ever breastfed*

Breastfed for as long as wanted	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes	2,222 (40.6%)	57 (40.1%)	40 (34.5%)	470 (41.2%)	95 (41.1%)	52 (45.2%)	567 (43.7%)	209 (37.3%)	192 (35.3%)	48 (35.6%)	70 (29.9%)	422 (44.2%)
No	59.4%	59.9%	65.5%	58.8%	58.9%	54.8%	56.3%	62.7%	64.7%	64.4%	70.1%	55.8%

# 2018 Texas WIC Infant Feeding Practices Survey

**Q26. Below is a list of reasons why women may begin feeding their babies formula. For each reason, please answer if it was a reason why you began feeding your baby formula.**

*Among respondents who reported this child was ever breastfed and reported their baby was ever fed formula, percent who marked 'yes,' to "I started feeding my baby formula because..."*

Yes, this is a reason why I began feeding my baby formula	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I didn't think that I had enough milk	3,308 (58.7%)	92 (63.9%)	69 (56.1%)	729 (62.7%)	121 (52.6%)	61 (50.8%)	834 (60.8%)	318 (54.6%)	341 (59.9%)	76 (54.7%)	132 (58.7%)	535 (55.2%)
I was going back to work or school outside of the home (among respondents who worked)	865 (54.4%)	20 (46.5%)	25 (51.0%)	175 (59.7%)	44 (50.0%)	ID	189 (53.2%)	98 (49.5%)	95 (54.0%)	ID	46 (74.2%)	149 (56.7%)
I was going back to work or school outside of the home (among all respondents)	1,602 (29.6%)	36 (26.3%)	39 (33.3%)	345 (31.6%)	68 (30.6%)	31 (25.8%)	371 (28.1%)	173 (30.9%)	166 (29.4%)	20 (16.7%)	78 (36.1%)	275 (28.9%)
Breastmilk alone did not satisfy my baby	2,765 (49.9%)	70 (50.4%)	54 (45.4%)	586 (51.3%)	115 (49.8%)	57 (47.1%)	715 (53.1%)	250 (44.3%)	280 (49.6%)	65 (49.2%)	110 (50.0%)	463 (48.0%)
My baby had trouble sucking or latching on	2,474 (44.5%)	52 (38.8%)	53 (44.2%)	512 (45.0%)	91 (39.9%)	58 (46.8%)	591 (43.6%)	240 (41.5%)	262 (46.8%)	53 (39.8%)	107 (48.0%)	455 (47.0%)
I was not able to make enough milk after I went back to work (among respondents who worked)	625 (40.1%)	ID	21 (39.6%)	129 (45.7%)	35 (40.2%)	ID	137 (39.3%)	67 (34.9%)	73 (42.7%)	ID	29 (47.5%)	100 (39.1%)

## 2018 Texas WIC Infant Feeding Practices Survey

Yes, this is a reason why I began feeding my baby formula	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I was not able to make enough milk after I went back to work (among all respondents)	1,230 (23.1%)	31 (22.5%)	34 (28.8%)	264 (24.8%)	52 (23.6%)	24 (20.3%)	281 (21.9%)	121 (22.1%)	131 (23.7%)	22 (18.0%)	59 (28.0%)	211 (22.4%)
I could not tell how much my baby ate	1,833 (35.1%)	52 (38.8%)	43 (37.4%)	355 (33.7%)	64 (29.6%)	43 (37.4%)	461 (36.7%)	171 (31.9%)	201 (37.2%)	41 (33.3%)	78 (37.3%)	324 (35.0%)
Breastfeeding was too painful	1,393 (25.6%)	26 (19.0%)	39 (32.0%)	306 (27.9%)	57 (25.3%)	28 (23.1%)	330 (25.0%)	144 (25.4%)	117 (20.9%)	ID	78 (35.6%)	249 (25.8%)
My baby lost interest in nursing or began to wean him or herself	1,303 (24.6%)	29 (21.3%)	ID	258 (24.2%)	39 (18.1%)	26 (22.6%)	337 (26.3%)	115 (20.8%)	127 (23.7%)	29 (23.0%)	56 (26.8%)	275 (29.4%)
Pumping milk no longer seemed worth the effort that it required (among respondents who worked)	296 (19.4%)	ID	ID	56 (20.4%)	ID	ID	80 (23.5%)	32 (16.5%)	29 (17.2%)	ID	ID	44 (17.5%)
Pumping milk was too painful	922 (17.4%)	21 (15.7%)	21 (17.6%)	193 (18.1%)	32 (14.7%)	ID	227 (17.9%)	76 (13.8%)	81 (14.8%)	ID	40 (19.4%)	194 (20.7%)
Pumping milk no longer seemed worth the effort that it required (among all respondents)	889 (16.8%)	ID	ID	188 (17.8%)	41 (18.7%)	19 (16.1%)	233 (18.2%)	89 (16.4%)	88 (16.1%)	ID	43 (20.8%)	140 (15.0%)
A health professional said I should feed my baby formula	858 (16.5%)	24 (18.3%)	ID	183 (17.4%)	29 (13.6%)	17 (15.0%)	210 (16.8%)	98 (18.1%)	82 (15.2%)	27 (21.8%)	40 (19.8%)	132 (14.3%)

## 2018 Texas WIC Infant Feeding Practices Survey

Yes, this is a reason why I began feeding my baby formula	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I felt that I breastfed long enough for my baby to get the benefits of breastfeeding	804 (15.7%)	21 (15.8%)	ID	147 (14.3%)	40 (19.3%)	ID	203 (16.4%)	84 (15.7%)	83 (15.8%)	ID	28 (13.6%)	152 (16.7%)
I did not like breastfeeding	710 (14.0%)	ID	19 (16.4%)	149 (14.6%)	30 (14.2%)	24 (21.4%)	177 (14.5%)	70 (13.2%)	73 (13.9%)	ID	23 (11.4%)	114 (12.6%)
I did not want to breastfeed in public	724 (13.8%)	20 (14.8%)	ID	137 (13.0%)	31 (14.3%)	21 (18.3%)	183 (14.2%)	61 (11.3%)	76 (13.8%)	ID	27 (13.2%)	144 (15.5%)
Breastfeeding was too inconvenient	591 (11.1%)	ID	ID	116 (10.8%)	33 (15.1%)	ID	152 (11.8%)	51 (9.26%)	65 (11.8%)	ID	22 (10.6%)	99 (10.6%)
My baby became sick and could not breastfeed	339 (6.49%)	ID	ID	71 (6.75%)	ID	ID	80 (6.32%)	28 (5.14%)	30 (5.59%)	ID	23 (11.3%)	67 (7.24%)
My baby's father or another family member didn't want me to breastfeed	178 (3.50%)	ID	ID	33 (3.24%)	ID	ID	52 (4.26%)	ID	ID	ID	ID	35 (3.86%)
Another reason not listed here	1,162 (22.7%)	31 (23.0%)	26 (22.8%)	240 (23.4%)	48 (22.6%)	23 (20.9%)	271 (21.7%)	138 (26.1%)	141 (26.7%)	32 (27.4%)	53 (26.6%)	159 (17.7%)

## Section 5. Infant Feeding Practices—Reasons for Not Breastfeeding

**Q27. Below is a list of reasons why women do not breastfeed their babies. For each reason, please answer if it was a reason why you did not breastfeed.**

*Among respondents who reported this child was not breastfed, the percent who marked 'yes,' to "I did not breastfeed because..."*

Yes, this is a reason why I did not breastfeed	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I planned to go back to work or school (among respondents who worked)	165 (66.5%)	ID	ID	31 (70.5%)	ID	ID	31 (67.4%)	19 (65.5%)	26 (74.3%)	ID	ID	ID
I planned to go back to work or school (among all respondents)	396 (40.8%)	ID	ID	67 (45.9%)	20 (40.0%)	ID	95 (41.9%)	36 (39.1%)	68 (45.0%)	ID	ID	34 (31.2%)
I did not think I would like breastfeeding	349 (36.4%)	ID	ID	53 (37.9%)	ID	ID	81 (35.8%)	33 (35.9%)	63 (41.7%)	ID	ID	32 (30.5%)
I tried breastfeeding with a previous child and didn't like it or it didn't work out	340 (35.1%)	ID	ID	50 (35.0%)	ID	ID	63 (28.0%)	29 (30.9%)	67 (44.7%)	ID	ID	45 (40.5%)
I believe that formula is as good as breastfeeding or that formula is better	312 (32.9%)	ID	ID	45 (33.3%)	ID	ID	72 (32.3%)	38 (41.8%)	40 (27.2%)	ID	ID	35 (32.7%)
I thought I wouldn't have enough milk	253 (26.6%)	ID	ID	29 (20.9%)	ID	ID	58 (25.8%)	23 (25.3%)	54 (36.2%)	ID	ID	31 (29.0%)
I had too many other things to do	173 (18.3%)	ID	ID	36 (26.1%)	ID	ID	42 (19.2%)	ID	32 (21.2%)	ID	ID	ID

## 2018 Texas WIC Infant Feeding Practices Survey

Yes, this is a reason why I did not breastfeed	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
People told me it was hard to breastfeed	167 (17.7%)	ID	ID	23 (16.7%)	ID	ID	44 (20.1%)	ID	33 (22.1%)	ID	ID	ID
I was sick or taking medication	166 (17.4%)	ID	ID	29 (20.6%)	ID	ID	42 (18.9%)	ID	27 (18.1%)	ID	ID	21 (19.6%)
I wanted or needed someone else to feed my baby	128 (13.6%)	ID	ID	29 (21.3%)	ID	ID	31 (14.1%)	ID	ID	ID	ID	ID
I did not think that my baby would be able to breastfeed	122 (13.0%)	ID	ID	ID	ID	ID	25 (11.4%)	ID	32 (21.5%)	ID	ID	ID
A health professional said I should not breastfeed for medical reasons	116 (12.0%)	ID	ID	ID	ID	ID	25 (11.2%)	ID	20 (13.2%)	ID	ID	ID
I wanted to use a birth control method that can't be used while breastfeeding	92 (9.8%)	ID	ID	ID	ID	ID	24 (11.1%)	ID	ID	ID	ID	ID
My baby's father or another family member didn't want me to breastfeed	54 (5.8%)	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID

## Section 6. Infant Feeding Practices—Introduction of Complementary or Replacement Feeding/Weaning Foods

### Q36. How old was your baby when he or she first had any foods or liquids other than breastmilk/formula?

*\*Categories are not mutually exclusive; therefore, the responses may be included in more than one category.*

Age at which complementary or replacement (weaning) foods were introduced	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Before 1 month*</b>	149 (2.8%)	ID	ID	26 (2.6%)	ID	ID	43 (3.3%)	ID	ID	ID	ID	27 (3.1%)
<b>3 months or before*</b>	577 (10.6%)	ID	ID	125 (12.3%)	30 (11.7%)	23 (14.8%)	150 (11.6%)	67 (10.7%)	51 (8.8%)	ID	ID	76 (8.8%)
<b>Before 6 months*</b>	2,584 (47.6%)	82 (57.3%)	73 (57.0%)	504 (49.5%)	119 (46.5%)	83 (53.5%)	628 (48.4%)	293 (46.6%)	262 (45.2%)	78 (57.4%)	95 (43.0%)	367 (42.5%)
<b>6 months or after*</b>	2,843 (52.4%)	61 (42.7%)	55 (43.0%)	515 (50.5%)	137 (53.5%)	72 (46.5%)	669 (51.6%)	336 (53.4%)	318 (54.8%)	58 (42.6%)	126 (57.0%)	496 (57.5%)

### Q37. Have you ever added cereal or other solids to your baby's bottle?

Added cereal or other solids in baby's bottle	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	3,166 (37.5%)	80 (36.4%)	94 (49.2%)	637 (37.0%)	172 (46.4%)	96 (40.9%)	773 (38.2%)	346 (38.6%)	282 (31.2%)	82 (38.9%)	93 (27.1%)	511 (38.9%)

## Section 7. Experiences with WIC

**Q14. The following statements are experiences that you may have had with WIC staff. Please indicate if you had these experiences.**

**a. WIC staff encouraged me to breastfeed.**

WIC staff encouraged breastfeeding	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	7,585 (88.2%)	190 (81.5%)	171 (90.5%)	1,512 (86.0%)	345 (90.1%)	205 (87.6%)	1,826 (87.8%)	816 (88.7%)	812 (88.8%)	178 (82.8%)	293 (84.7%)	1,237 (92.9%)
<b>No</b>	667 (7.8%)	23 (9.9%)	ID	176 (10.0%)	26 (6.8%)	ID	163 (7.8%)	69 (7.5%)	64 (7.0%)	21 (9.8%)	34 (9.8%)	58 (4.4%)
<b>I don't know</b>	351 (4.1%)	20 (8.6%)	ID	71 (4.0%)	ID	ID	90 (4.3%)	35 (3.8%)	38 (4.2%)	ID	ID	36 (2.7%)

**b. WIC staff told me who to call for help with breastfeeding.**

WIC staff told who to call for help with breastfeeding	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	7,464 (87.3%)	183 (79.6%)	167 (88.8%)	1,474 (85.0%)	339 (88.7%)	191 (82.3%)	1,811 (87.5%)	814 (89.5%)	786 (86.4%)	184 (85.6%)	301 (86.2%)	1,214 (91.2%)
<b>No</b>	678 (7.9%)	24 (10.4%)	ID	177 (10.2%)	25 (6.5%)	31 (13.4%)	160 (7.7%)	62 (6.8%)	81 (8.9%)	ID	28 (8.0%)	61 (4.6%)
<b>I don't know</b>	410 (4.8%)	23 (10.0%)	ID	84 (4.8%)	ID	ID	99 (4.8%)	34 (3.7%)	43 (4.7%)	ID	20 (5.7%)	56 (4.2%)



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### c. WIC staff told me about the benefits of the food package for breastfeeding mothers.

WIC staff told about the benefits of the food package for breastfeeding mothers	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	7,666 (89.1%)	191 (83.0%)	178 (93.7%)	1,515 (86.5%)	349 (90.4%)	208 (87.8%)	1,845 (88.8%)	843 (91.1%)	803 (88.0%)	184 (84.4%)	298 (86.1%)	1,252 (94.0%)
<b>No</b>	530 (6.2%)	24 (10.4%)	ID	144 (8.2%)	21 (5.4%)	ID	127 (6.1%)	49 (5.3%)	65 (7.1%)	ID	30 (8.7%)	34 (2.6%)
<b>I don't know</b>	410 (4.8%)	ID	ID	93 (5.3%)	ID	ID	106 (5.1%)	33 (3.6%)	44 (4.8%)	24 (11.0%)	ID	46 (3.5%)

## Section 8. Experiences in the Hospital or Birth Center

### Q10. Was your baby delivered prematurely (before the 37<sup>th</sup> week of pregnancy)?

Baby born preterm	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	1,150 (13.1%)	27 (11.4%)	36 (18.8%)	223 (12.3%)	52 (13.1%)	42 (17.4%)	239 (11.2%)	120 (12.7%)	121 (13.1%)	35 (15.7%)	42 (11.8%)	213 (15.7%)
<b>No</b>	7,614 (86.4%)	206 (87.3%)	154 (80.2%)	1,586 (87.4%)	342 (86.4%)	199 (82.2%)	1,877 (88.3%)	819 (86.9%)	798 (86.4%)	179 (80.3%)	312 (87.9%)	1,142 (84.1%)
<b>I don't know</b>	44 (0.5%)	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID

### Q11. Was your baby delivered by cesarean section (C-section)?

Baby delivered by C-section	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	3,050 (34.6%)	57 (24.2%)	59 (30.9%)	576 (31.7%)	136 (34.2%)	93 (37.8%)	746 (35.0%)	288 (30.6%)	345 (37.4%)	76 (34.2%)	124 (35.0%)	550 (40.4%)

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### Q16. About how long after your delivery did you breastfeed or try to breastfeed your baby for the very first time? (Among respondents reporting that they ever breastfed)

Time after delivery to first breastfeeding	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
In the first hour	3,117 (42.5%)	63 (35.2%)	66 (45.2%)	653 (42.3%)	146 (45.1%)	72 (45.6%)	795 (44.7%)	410 (50.7%)	322 (43.6%)	57 (34.1%)	119 (40.1%)	414 (34.6%)
1 to 2 hours	1,386 (18.9%)	49 (27.4%)	29 (19.9%)	279 (18.1%)	71 (21.9%)	28 (17.7%)	360 (20.2%)	138 (17.1%)	125 (16.9%)	34 (20.4%)	54 (18.2%)	219 (18.3%)
3 hours to 24 hours	1,110 (15.1%)	21 (11.7%)	25 (17.1%)	220 (14.3%)	36 (11.1%)	30 (19.0%)	245 (13.8%)	85 (10.5%)	119 (16.1%)	31 (18.6%)	47 (15.8%)	251 (21.0%)
2 or more days	1,724 (23.5%)	46 (25.7%)	26 (17.8%)	391 (25.3%)	71 (21.9%)	28 (17.7%)	380 (21.3%)	176 (21.8%)	173 (23.4%)	45 (26.9%)	77 (25.9%)	311 (26.0%)

### Q30. The following are things that may have happened while you were in the hospital or birth center when your baby was born.

The following things happened while in the hospital or birthing center:	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I was encouraged to spend time holding my baby “skin-to-skin”	7,233 (87.3%)	187 (88.2%)	168 (88.9%)	1,586 (92.9%)	324 (89.0%)	165 (72.1%)	1,735 (87.6%)	794 (89.7%)	787 (87.9%)	167 (79.5%)	290 (85.8%)	1,030 (80.5%)
My baby was placed on my stomach or chest “skin-to-skin” immediately after birth	6,139 (74.9%)	145 (68.1%)	127 (67.9%)	1,391 (82.2%)	253 (70.3%)	147 (64.5%)	1,515 (77.4%)	684 (77.9%)	630 (71.3%)	133 (63.3%)	231 (71.3%)	883 (69.7%)

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The following things happened while in the hospital or birthing center:	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth	5,856 (71.6%)	154 (72.3%)	138 (73.4%)	1,274 (75.7%)	265 (74.0%)	142 (62.6%)	1,432 (73.5%)	662 (76.0%)	635 (71.7%)	140 (66.7%)	210 (63.8%)	804 (63.7%)
My baby received breastmilk at the very first feeding	5,463 (67.8%)	137 (65.6%)	118 (63.4%)	1,228 (73.8%)	229 (66.0%)	120 (52.2%)	1,348 (70.2%)	623 (72.4%)	543 (62.2%)	130 (62.2%)	220 (68.3%)	767 (61.8%)
My baby stayed in the same room as me at all times except for surgical procedures	6,097 (75.6%)	176 (82.6%)	140 (74.9%)	1,326 (80.2%)	262 (74.2%)	152 (67.0%)	1,489 (77.8%)	704 (81.3%)	645 (73.3%)	150 (71.8%)	228 (70.8%)	825 (66.3%)
My baby spent one night or more away from me in the nursery	2,300 (28.5%)	51 (23.8%)	42 (23.1%)	391 (23.6%)	122 (34.4%)	79 (35.0%)	532 (27.8%)	203 (23.7%)	246 (28.0%)	54 (26.1%)	91 (28.2%)	489 (38.9%)

### Q17. Percent reporting 'yes' when asked, "While you were in the hospital or birth center for delivery of this baby, did someone..."

Yes, while the mother was in the hospital or birth center someone did the following:	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Encourage you to give your baby only breastmilk	5,577 (75.4%)	136 (74.7%)	94 (64.4%)	1,245 (79.9%)	196 (60.1%)	118 (69.4%)	1,374 (77.0%)	599 (73.8%)	537 (72.2%)	119 (70.0%)	241 (80.1%)	918 (76.7%)

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Yes, while the mother was in the hospital or birth center someone did the following:	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Tell you how to know when your baby is hungry	6,676 (90.0%)	162 (89.0%)	127 (86.4%)	1,467 (93.6%)	284 (88.2%)	132 (78.1%)	1,617 (90.2%)	745 (91.3%)	660 (89.2%)	142 (83.5%)	266 (87.8%)	1,074 (89.1%)
Tell you to breastfeed your baby each time your baby showed signs of getting hungry	6,420 (86.8%)	156 (86.2%)	120 (82.8%)	1,412 (90.5%)	261 (81.1%)	126 (75.0%)	1,565 (87.4%)	708 (87.4%)	631 (85.0%)	127 (74.7%)	266 (87.5%)	1,048 (87.1%)
Help you with breastfeeding by showing you how, or talk to you about breastfeeding	6,653 (89.7%)	162 (88.5%)	136 (92.5%)	1,467 (93.5%)	281 (86.2%)	121 (71.2%)	1,621 (90.5%)	726 (90.0%)	664 (89.5%)	149 (87.1%)	271 (89.4%)	1,055 (87.4%)
Tell you to limit the length of time your baby breastfed <i>*Note that this practice is NOT recommended</i>	4,014 (54.8%)	109 (59.9%)	81 (55.5%)	886 (57.3%)	166 (51.9%)	80 (47.9%)	967 (54.7%)	399 (49.7%)	409 (55.8%)	97 (57.1%)	147 (49.2%)	673 (56.5%)
Show you how to hand express	5,577 (75.9%)	136 (75.1%)	103 (71.0%)	1,278 (82.2%)	226 (70.2%)	83 (49.7%)	1,352 (76.2%)	600 (74.8%)	555 (75.4%)	111 (65.7%)	233 (78.5%)	900 (75.3%)
Provide or offer formula <i>*Note that this practice is NOT recommended</i>	5,009 (68.6%)	129 (71.7%)	85 (58.2%)	992 (64.4%)	220 (68.5%)	118 (71.5%)	1,190 (67.9%)	507 (63.5%)	517 (70.2%)	115 (68.9%)	194 (64.9%)	942 (78.9%)
Give your baby a pacifier	3,969 (54.1%)	120 (65.9%)	84 (57.9%)	657 (42.6%)	180 (55.6%)	100 (60.2%)	903 (51.0%)	449 (55.9%)	492 (66.4%)	126 (74.1%)	111 (37.0%)	747 (62.7%)

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Yes, while the mother was in the hospital or birth center someone did the following:	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<i>*Note that this practice is NOT recommended</i>												
Give you a telephone number to call for breastfeeding support	5,464 (74.2%)	135 (74.6%)	113 (77.4%)	1,232 (79.1%)	220 (68.3%)	104 (63.0%)	1,239 (69.6%)	644 (79.6%)	555 (75.0%)	118 (69.8%)	216 (72.0%)	888 (74.1%)
Give you information about breastfeeding support groups or services	5,535 (75.0%)	142 (78.5%)	115 (78.2%)	1,249 (80.2%)	209 (64.5%)	96 (57.5%)	1,264 (70.9%)	639 (78.5%)	569 (77.0%)	111 (65.3%)	218 (72.7%)	923 (76.9%)
Give your baby water or sugar water <i>*Note that this practice is NOT recommended</i>	991 (13.6%)	38 (21.2%)	22 (15.4%)	166 (10.8%)	70 (21.9%)	30 (18.1%)	220 (12.5%)	117 (14.7%)	107 (14.6%)	44 (26.2%)	30 (10.2%)	147 (12.4%)

### Q31. While your baby was in the hospital or birth center, what was your baby fed?

Infant feeding while in the hospital or birth center	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Breastmilk only	2,923 (35.2%)	74 (34.1%)	85 (45.7%)	674 (40.0%)	136 (37.5%)	62 (27.1%)	705 (35.1%)	389 (44.0%)	266 (29.9%)	63 (29.6%)	134 (40.0%)	335 (26.1%)
Formula only	1,747 (21.1%)	53 (24.4%)	51 (27.4%)	294 (17.5%)	81 (22.3%)	76 (33.2%)	402 (20.0%)	155 (17.5%)	235 (26.4%)	52 (24.4%)	61 (18.2%)	287 (22.3%)
Both breastmilk and formula	3,623 (43.7%)	90 (41.5%)	50 (26.9%)	716 (42.5%)	146 (40.2%)	91 (39.7%)	899 (44.8%)	340 (38.5%)	390 (43.8%)	98 (46.0%)	140 (41.8%)	663 (51.6%)

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### **Q32. How did you get the formula for your baby the first time your baby was given formula in the hospital or birthing center?**

*Among respondents who reported their baby was fed “formula only” or “both breastmilk and formula” while in the hospital or birth center*

**\*\*Note: The response options have changed for this question and findings are no longer comparable to prior years\*\***

How mother got formula the first time	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I asked for the formula	1,891 (35.2%)	58 (40.6%)	39 (38.6%)	411 (40.7%)	68 (30.0%)	48 (28.7%)	527 (40.5%)	146 (29.5%)	223 (35.7%)	39 (26.0%)	72 (35.8%)	260 (27.4%)
Hospital staff asked if I wanted the formula and I said yes	2,450 (45.6%)	71 (49.7%)	45 (44.6%)	468 (46.3%)	111 (48.9%)	78 (46.7%)	555 (42.7%)	231 (46.7%)	308 (49.3%)	80 (53.3%)	79 (39.3%)	424 (44.6%)
Formula was available in my room without me asking for it	935 (17.4%)	23 (16.1%)	ID	139 (13.8%)	41 (18.1%)	33 (19.8%)	199 (15.3%)	93 (18.8%)	131 (21.0%)	30 (20.0%)	34 (16.9%)	198 (20.8%)
Hospital staff brought me the formula without me asking for it	811 (15.1%)	21 (14.7%)	ID	133 (13.2%)	29 (12.8%)	24 (14.4%)	191 (14.7%)	71 (14.3%)	98 (15.7%)	27 (18.0%)	26 (12.9%)	178 (18.7%)
Hospital staff fed my baby the formula without me asking for it	776 (14.5%)	ID	ID	111 (11.0%)	36 (15.9%)	23 (13.8%)	183 (14.1%)	70 (14.1%)	84 (13.4%)	27 (18.0%)	38 (18.9%)	177 (18.6%)

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### Q33. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breastmilk and formula?

*Among respondents who reported their baby was fed “formula only” or “both breastmilk and formula” while in the hospital or birth center*

A nurse or doctor talked to the mother about the differences between breastmilk and formula before giving formula	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	3,879 (62.4%)	84 (53.2%)	80 (63.0%)	881 (71.9%)	143 (55.0%)	68 (38.4%)	928 (60.6%)	375 (62.5%)	404 (59.9%)	89 (55.6%)	132 (57.4%)	695 (64.5%)
<b>No</b>	1,856 (29.8%)	63 (39.9%)	41 (32.3%)	273 (22.3%)	86 (33.1%)	84 (47.5%)	449 (29.3%)	185 (30.8%)	225 (33.3%)	57 (35.6%)	82 (35.7%)	311 (28.9%)
<b>I don't know</b>	485 (7.8%)	ID	ID	71 (5.8%)	31 (11.9%)	25 (14.1%)	154 (10.1%)	40 (6.7%)	46 (6.8%)	ID	ID	71 (6.6%)

### Q34. When you left the hospital or birth center, what was your baby being fed?

Infant feeding when mother left the hospital or birth center	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Breastmilk only</b>	3,125 (37.0%)	93 (42.3%)	88 (46.3%)	720 (41.4%)	151 (40.9%)	71 (30.5%)	721 (35.3%)	420 (46.8%)	283 (31.4%)	72 (33.6%)	135 (40.1%)	371 (28.2%)
<b>Formula only</b>	1,959 (23.2%)	69 (31.4%)	63 (33.2%)	340 (19.6%)	88 (23.8%)	82 (35.2%)	436 (21.4%)	161 (17.9%)	265 (29.4%)	61 (28.5%)	75 (22.3%)	319 (24.2%)
<b>Both breastmilk and formula</b>	3,371 (39.9%)	58 (26.4%)	39 (20.5%)	678 (39.0%)	130 (35.2%)	80 (34.3%)	883 (43.3%)	316 (35.2%)	353 (39.2%)	81 (37.9%)	127 (37.7%)	626 (47.6%)

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### Q35. Did you receive free samples of infant formula?

Received free samples of formula (Yes)	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
In a gift bag or diaper bag from the hospital or birth center	4,801 (60.9%)	131 (61.2%)	106 (58.2%)	828 (53.1%)	203 (58.0%)	143 (62.2%)	1,128 (60.5%)	461 (55.3%)	551 (64.4%)	117 (56.8%)	177 (55.8%)	956 (75.2%)
From a doctor or other healthcare provider outside of the hospital	2,158 (30.0%)	46 (22.9%)	47 (26.7%)	409 (29.3%)	92 (29.2%)	83 (37.4%)	584 (34.3%)	264 (34.3%)	225 (28.1%)	37 (19.6%)	112 (37.2%)	259 (23.0%)
Through the mail	2,102 (29.7%)	61 (30.5%)	81 (45.0%)	397 (29.1%)	140 (43.6%)	90 (40.9%)	466 (28.2%)	280 (36.5%)	232 (29.2%)	39 (20.4%)	69 (24.0%)	247 (22.4%)

## Section 9. Experiences in the Hospital or Birth Center Among Respondents Whose Babies Spent Any Time in a Hospital Neonatal Intensive Care Unit (NICU)

### Q28. After your baby was born, did your baby have to spend any time in a hospital neonatal intensive care unit (NICU)?

Baby ever in the NICU	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes	1,163 (14.2%)	29 (13.4%)	27 (14.7%)	242 (14.6%)	48 (13.3%)	30 (13.0%)	257 (13.1%)	128 (14.5%)	136 (15.2%)	37 (17.6%)	53 (16.1%)	176 (14.0%)

### Q29. During the time your baby was in the NICU, did any of the following happen?

Yes, the following experiences happened while the baby was in the NICU	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I was encouraged to spend time holding my baby skin-to-skin	883 (79.4%)	ID	20 (74.1%)	192 (83.8%)	39 (84.8%)	24 (82.8%)	196 (81.0%)	97 (79.5%)	107 (82.9%)	25 (69.4%)	40 (76.9%)	126 (72.8%)



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Yes, the following experiences happened while the baby was in the NICU	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Someone talked to me about the importance of breastmilk for my baby	968 (86.6%)	23 (82.1%)	23 (85.2%)	200 (87.0%)	39 (84.8%)	24 (80.0%)	213 (87.7%)	103 (84.4%)	116 (89.9%)	29 (78.4%)	46 (88.5%)	152 (87.4%)
I was offered an electric breast pump while I was separated from my baby	884 (79.3%)	ID	ID	184 (80.3%)	37 (80.4%)	20 (66.7%)	197 (81.7%)	95 (77.9%)	109 (83.2%)	27 (73.0%)	44 (86.3%)	134 (77.5%)
Someone showed me how to use an electric breast pump	875 (78.2%)	ID	ID	188 (81.7%)	34 (73.9%)	21 (70.0%)	198 (80.8%)	93 (76.2%)	104 (80.0%)	24 (66.7%)	44 (84.6%)	132 (76.3%)

### Q39. About how many days after you were discharged from the hospital did you receive a breast pump?

*Among respondents who reported their baby spent some time in the NICU, this child was ever breastfed, and they received an electric breast pump after discharge from the hospital*

# of days after mother's discharge to get breast pump for baby in NICU	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
The day I was discharged	256 (40.8%)	ID	ID	54 (41.2%)	24 (64.9%)	ID	38 (32.2%)	34 (44.7%)	36 (46.2%)	ID	ID	26 (28.6%)
1-2 days	116 (18.5%)	ID	ID	30 (22.9%)	ID	ID	26 (22.0%)	ID	ID	ID	ID	23 (25.3%)
3-7 days	138 (22.0%)	ID	ID	27 (20.6%)	ID	ID	31 (26.3%)	ID	ID	ID	ID	23 (25.3%)
>1 week	118 (18.8%)	ID	ID	20 (15.3%)	ID	ID	23 (19.5%)	ID	ID	ID	ID	ID

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### **Q40. Below are some reasons that mothers may use a breast pump. Did you ever use a breast pump:**

*Among respondents who reported their baby spent some time in the NICU, this child was ever breastfed, and they received an electric breast pump after discharge from the hospital*

Reported reasons for using a breastpump:	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Because of need to increase milk supply	1,343 (36.6%)	32 (35.6%)	40 (44.0%)	266 (36.3%)	58 (33.1%)	24 (26.1%)	305 (35.8%)	189 (40.7%)	171 (40.1%)	31 (32.6%)	43 (32.8%)	184 (35.7%)
For occasional separation from baby	1,126 (30.7%)	30 (33.3%)	36 (39.6%)	215 (29.4%)	53 (30.3%)	34 (37.0%)	240 (28.1%)	155 (33.4%)	148 (34.7%)	32 (33.7%)	42 (32.1%)	141 (27.3%)
So someone else could feed baby when they wanted to	874 (23.8%)	25 (27.8%)	30 (33.0%)	162 (22.1%)	54 (30.9%)	ID	180 (21.1%)	154 (33.2%)	111 (26.1%)	ID	24 (18.3%)	99 (19.2%)
For regular separation from baby	820 (22.4%)	20 (22.2%)	23 (25.3%)	179 (24.5%)	35 (20.0%)	ID	165 (19.3%)	126 (27.2%)	94 (22.1%)	ID	32 (24.4%)	111 (21.5%)
For breastfeeding problems	801 (21.9%)	22 (24.4%)	24 (26.4%)	147 (20.1%)	49 (28.0%)	24 (26.1%)	184 (21.6%)	117 (25.2%)	89 (20.9%)	ID	29 (22.1%)	99 (19.2%)
Because baby could not suck well or needed additional feedings	748 (20.4%)	ID	ID	153 (20.9%)	30 (17.1%)	ID	188 (22.0%)	80 (17.2%)	83 (19.5%)	24 (25.3%)	28 (21.4%)	109 (21.1%)
So someone else could feed baby during the night	480 (13.1%)	ID	ID	92 (12.6%)	24 (13.7%)	ID	106 (12.4%)	78 (16.8%)	64 (15.0%)	ID	ID	56 (10.9%)
Because of separation from baby for a long period of time	367 (10.0%)	ID	ID	75 (10.2%)	ID	ID	85 (10.0%)	36 (7.8%)	43 (10.1%)	ID	ID	50 (9.7%)
Because baby could not breastfeed for medical reasons	172 (4.7%)	ID	ID	37 (5.1%)	ID	ID	47 (5.5%)	ID	ID	ID	ID	ID

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Reported reasons for using a breastpump:	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
To discard milk for days or weeks at a time	163 (4.5%)	ID	ID	34 (4.6%)	ID	ID	48 (5.6%)	ID	27 (6.3%)	ID	ID	ID
To discard milk occasionally	138 (3.7%)	ID	ID	27 (3.7%)	ID	ID	27 (3.2%)	23 (5.0%)	22 (5.2%)	ID	ID	ID
For some other reason	457 (12.5%)	ID	ID	92 (12.6%)	28 (16.0%)	ID	110 (12.9%)	49 (10.6%)	52 (12.2%)	ID	21 (16.0%)	71 (13.8%)
Never used a breast pump	186 (5.08%)	ID	ID	35 (4.78%)	ID	ID	44 (5.16%)	ID	25 (5.87%)	ID	ID	29 (5.62%)

## Section 10. Breastfeeding Experiences in the First Two Weeks After Going Home

**Q18. Percent who reported ‘yes’ when asked, “Did you have any of the following problems breastfeeding your baby during the first two weeks of breastfeeding after you went home from the hospital or birth center?” (Select all that apply)**

*Among respondents who reported this child was ever breastfed*

Yes, mother experienced the following problems breastfeeding during first two weeks after discharge	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
My baby had trouble sucking or latching on	2,796 (38.5%)	65 (35.9%)	70 (50.0%)	601 (39.2%)	131 (40.9%)	63 (37.5%)	622 (35.8%)	285 (35.8%)	274 (37.8%)	73 (42.0%)	123 (41.6%)	489 (41.3%)
I didn’t think I had enough milk	2,401 (33.1%)	72 (39.8%)	55 (39.3%)	544 (35.5%)	86 (26.9%)	50 (29.8%)	563 (32.4%)	240 (30.1%)	245 (33.8%)	56 (32.2%)	100 (33.8%)	390 (33.0%)
My nipples were sore, cracked, or bleeding	2,069 (28.5%)	34 (18.8%)	57 (40.7%)	488 (31.8%)	88 (27.5%)	44 (26.2%)	472 (27.1%)	251 (31.5%)	193 (26.7%)	39 (22.4%)	91 (30.7%)	312 (26.4%)
It seemed like it took too long for my milk to come in	1,795 (24.7%)	43 (23.8%)	29 (20.7%)	408 (26.6%)	55 (17.2%)	31 (18.5%)	418 (24.0%)	177 (22.2%)	200 (27.6%)	44 (25.3%)	86 (29.1%)	304 (25.7%)
I had trouble getting the milk flow to start	1,772 (24.4%)	45 (24.9%)	36 (25.7%)	403 (26.3%)	50 (15.6%)	37 (22.0%)	413 (23.7%)	152 (19.1%)	188 (26.0%)	41 (23.6%)	80 (27.0%)	327 (27.6%)
My breasts were heavy, swollen, or engorged	1,751 (24.1%)	39 (21.5%)	44 (31.4%)	386 (25.2%)	80 (25.0%)	27 (16.1%)	391 (22.5%)	210 (26.3%)	172 (23.8%)	42 (24.1%)	76 (25.7%)	284 (24.0%)
My baby was not interested in nursing	881 (12.1%)	23 (12.7%)	ID	175 (11.4%)	34 (10.6%)	27 (16.1%)	215 (12.4%)	87 (10.9%)	94 (13.0%)	23 (13.2%)	35 (11.8%)	157 (13.3%)
My breasts leaked too much	846 (11.7%)	20 (11.0%)	ID	155 (10.1%)	39 (12.2%)	ID	202 (11.6%)	119 (14.9%)	72 (9.94%)	18 (10.3%)	39 (13.2%)	152 (12.8%)

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Yes, mother experienced the following problems breastfeeding during first two weeks after discharge	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>My baby wouldn't wake up to nurse regularly</b>	732 (10.1%)	20 (11.0%)	ID	140 (9.13%)	37 (11.6%)	ID	177 (10.2%)	89 (11.2%)	85 (11.7%)	21 (12.1%)	30 (10.1%)	108 (9.13%)
<b>I felt like my baby nursed too often</b>	703 (9.7%)	ID	ID	176 (11.5%)	23 (7.2%)	ID	169 (9.7%)	86 (10.8%)	75 (10.4%)	ID	37 (12.5%)	81 (6.9%)
<b>My baby didn't gain enough weight or lost too much weight</b>	640 (8.8%)	ID	ID	162 (10.6%)	36 (11.2%)	ID	151 (8.7%)	91 (11.4%)	68 (9.4%)	ID	20 (6.8%)	51 (4.3%)
<b>My breast was infected</b>	157 (2.2%)	ID	ID	39 (2.5%)	ID	ID	26 (1.5%)	26 (3.3%)	ID	ID	ID	ID
<b>I had no problems</b>	1,338 (18.4%)	34 (18.8%)	ID	246 (16.0%)	63 (19.7%)	43 (25.6%)	345 (19.8%)	156 (19.6%)	125 (17.3%)	29 (16.7%)	43 (14.5%)	235 (19.9%)
<b>I had some other problem</b>	530 (7.3%)	ID	ID	106 (6.9%)	26 (8.1%)	ID	111 (6.4%)	58 (7.3%)	68 (9.4%)	ID	25 (8.5%)	75 (6.3%)

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## Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant or a breastfeeding support group?

*Among respondents who reported this child was ever breastfed and they had one or more problems during the first two weeks after discharge from the hospital*

Asked for help with these problems	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes, I asked for help from my WIC clinic	2,161 (40.4%)	42 (32.6%)	43 (37.7%)	440 (38.3%)	95 (40.8%)	41 (36.9%)	563 (45.7%)	194 (32.8%)	207 (37.1%)	34 (26.2%)	87 (37.5%)	415 (48.0%)
Yes, I asked for help from the hospital where I gave birth	1,414 (26.5%)	41 (31.8%)	41 (36.0%)	334 (29.0%)	62 (26.6%)	26 (23.4%)	321 (26.0%)	166 (28.1%)	168 (30.1%)	29 (22.3%)	75 (32.3%)	151 (17.5%)
Yes, I asked for help from my baby's doctor's office	732 (13.7%)	ID	ID	157 (13.7%)	33 (14.2%)	ID	192 (15.6%)	90 (15.2%)	88 (15.8%)	ID	34 (14.7%)	77 (8.9%)
Yes, I asked for help from my doctor's office	683 (12.8%)	20 (15.5%)	22 (19.3%)	137 (11.9%)	37 (15.9%)	ID	163 (13.2%)	78 (13.2%)	83 (14.9%)	ID	30 (12.9%)	82 (9.49%)
Yes, I asked for help from a WIC Lactation Support Center	380 (7.1%)	ID	ID	94 (8.2%)	ID	ID	76 (6.2%)	45 (7.6%)	57 (10.2%)	ID	ID	49 (5.7%)
Yes, I asked for help from a breastfeeding support group	380 (7.1%)	ID	ID	94 (8.2%)	ID	ID	76 (6.2%)	45 (7.6%)	57 (10.2%)	ID	ID	49 (5.7%)
Yes, I asked for help from a lactation consultant in my community	282 (5.3%)	ID	ID	59 (5.1%)	20 (8.6%)	ID	40 (3.2%)	46 (7.8%)	40 (7.2%)	ID	6 (2.6%)	43 (5.0%)

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Asked for help with these problems	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes, I called the WIC lactation support hotline to ask for help	252 (4.7%)	ID	ID	78 (6.8%)	ID	ID	55 (4.5%)	25 (4.2%)	22 (3.9%)	ID	ID	39 (4.5%)
Yes, I asked for help from another health professional	184 (3.4%)	ID	ID	39 (3.4%)	ID	ID	40 (3.2%)	24 (4.1%)	24 (4.3%)	ID	ID	31 (3.6%)
Yes, I asked for help from my health insurance company	112 (2.1%)	ID	ID	20 (1.7%)	ID		23 (1.9%)	21 (3.6%)	ID	ID	4 (1.7%)	20 (2.3%)
No, I did not ask for help	1,616 (30.2%)	44 (34.1%)	24 (21.1%)	324 (28.2%)	69 (29.6%)	35 (31.5%)	352 (28.5%)	184 (31.1%)	163 (29.2%)	54 (41.5%)	74 (31.9%)	293 (33.9%)

### Q20. Did you get any help with these problems from WIC, a health professional, a lactation consultant or a breastfeeding support group?

*Among respondents who reported this child was ever breastfed, they had one or more problems during the first two weeks after discharge from the hospital, and they asked for help with these problems*

Got any help with these problems	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes	3,257 (89.2%)	71 (87.7%)	84 (95.5%)	711 (89.0%)	149 (93.1%)	59 (79.7%)	769 (88.9%)	356 (89.4%)	340 (87.2%)	69 (90.8%)	131 (84.0%)	518 (92.0%)

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### Q21. Did the help you received solve the problem(s) or make them better?

*Among respondents who reported this child was ever breastfed, they had one or more problems during the first two weeks after discharge from the hospital, they asked for help with these problems, and they got any help with these problems*

Extent to which help solved the problem or made it better	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
No, not at all or No, not much	586 (18.2%)	ID	ID	143 (20.4%)	32 (22.4%)	ID	125 (16.5%)	57 (16.1%)	67 (19.8%)	ID	28 (21.7%)	83 (16.3%)
No opinion or don't know	102 (3.2%)	ID	ID	24 (3.4%)	ID	ID	22 (2.9%)	ID	ID	ID	ID	ID
Yes, a little	1,168 (36.3%)	34 (47.9%)	30 (36.1%)	250 (35.7%)	49 (34.3%)	ID	269 (35.4%)	127 (35.8%)	136 (40.2%)	28 (40.6%)	49 (38.0%)	177 (34.7%)
Yes, very much	1,361 (42.3%)	25 (35.2%)	34 (41.0%)	284 (40.5%)	57 (39.9%)	24 (40.7%)	343 (45.2%)	163 (45.9%)	123 (36.4%)	28 (40.6%)	47 (36.4%)	233 (45.7%)

## Section 11. Perceptions and Experiences Related to Support of Breastfeeding in Communities and Worksites

### Q41. In general, how supportive of breastfeeding are people in your community?

Reported level of support in community for breastfeeding	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Very unsupportive or somewhat unsupportive	1,826 (22.3%)	49 (23.1%)	51 (27.6%)	336 (20.0%)	80 (22.4%)	42 (18.6%)	392 (20.1%)	232 (26.7%)	217 (24.7%)	42 (20.0%)	79 (23.6%)	306 (23.7%)
Neither unsupportive or supportive	341 (4.2%)	ID	ID	61 (3.6%)	ID	ID	83 (4.3%)	22 (2.5%)	39 (4.4%)	ID	ID	52 (4.0%)
Somewhat supportive or very supportive	4,476 (54.6%)	108 (50.9%)	92 (49.7%)	926 (55.1%)	180 (50.4%)	103 (45.6%)	1,039 (53.4%)	489 (56.2%)	485 (55.1%)	112 (53.3%)	189 (56.4%)	753 (58.2%)
I don't know	1,552 (18.9%)	48 (22.6%)	26 (14.1%)	358 (21.3%)	81 (22.7%)	67 (29.6%)	432 (22.2%)	127 (14.6%)	139 (15.8%)	44 (21.0%)	48 (14.3%)	182 (14.1%)



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### Q42. Did you work for pay at any time after your baby was born?

Mother worked for pay any time after baby was born	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Yes	2,292 (28.3%)	76 (35.5%)	68 (36.2%)	452 (27.5%)	136 (37.9%)	56 (24.6%)	476 (24.8%)	288 (33.3%)	249 (28.5%)	60 (28.6%)	89 (27.1%)	342 (27.0%)

### Q43. How old was your baby when you started working after your delivery?

*Among respondents who reported they worked for pay at any time after their baby was born*

Age of baby when mother returned to work	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Fewer than 4 weeks	145 (7.2%)	ID	ID	25 (6.4%)	ID	ID	23 (5.6%)	ID	ID	ID	ID	33 (10.9%)
4 through 6 weeks	446 (22.3%)	22 (32.4%)	ID	85 (21.7%)	40 (31.7%)	ID	72 (17.6%)	59 (23.5%)	44 (20.3%)	ID	ID	64 (21.1%)
7 through 12 weeks	975 (48.7%)	30 (44.1%)	27 (46.6%)	195 (49.9%)	54 (42.9%)	25 (48.1%)	222 (54.1%)	113 (45.0%)	107 (49.3%)	21 (43.8%)	41 (53.2%)	140 (46.2%)
13 or more weeks	435 (21.7%)	ID	ID	86 (22.0%)	27 (21.4%)	ID	93 (22.7%)	60 (23.9%)	49 (22.6%)	ID	ID	66 (21.8%)

### Q44. When you first started working after your delivery, about how many hours per week did you usually work?

*Among respondents who reported they worked for pay at any time after their baby was born*

Hours per week mother worked when returned to work	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
1-9 hours per week	275 (12.3%)	ID	ID	55 (12.6%)	ID	ID	64 (13.7%)	33 (11.9%)	ID	ID	ID	46 (13.6%)
10-19 hours per week	274 (12.3%)	ID	ID	55 (12.6%)	ID	ID	53 (11.4%)	37 (13.4%)	28 (11.5%)	ID	ID	48 (14.2%)

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Hours per week mother worked when returned to work	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
20-29 hours per week	455 (20.4%)	ID	ID	92 (21.1%)	32 (24.2%)	ID	91 (19.5%)	53 (19.1%)	51 (20.9%)	ID	23 (26.4%)	55 (16.3%)
30-39 hours per week	383 (17.1%)	20 (26.7%)	ID	72 (16.5%)	22 (16.7%)	ID	80 (17.2%)	44 (15.9%)	51 (20.9%)	ID	ID	51 (15.1%)
40 hours per week	726 (32.5%)	ID	ID	143 (32.8%)	44 (33.3%)	ID	162 (34.8%)	96 (34.7%)	85 (34.8%)	ID	22 (25.3%)	113 (33.5%)
>40 hours per week	122 (5.5%)	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID	24 (7.1%)

### Q45. Which of the following describes your situation after you went back to work?

*Among respondents who reported they worked for pay at any time after their baby was born*

Situation after going back to work:	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I was not breastfeeding when I went back to work	972 (42.9%)	31 (41.3%)	30 (44.8%)	198 (44.1%)	67 (49.6%)	22 (39.3%)	206 (43.9%)	116 (40.6%)	105 (42.7%)	24 (40.7%)	34 (38.6%)	139 (41.2%)
I pumped milk during my work day and saved it for my baby to drink later	636 (28.1%)	22 (29.3%)	ID	133 (29.6%)	35 (25.9%)	ID	121 (25.8%)	92 (32.2%)	76 (30.9%)	ID	27 (30.7%)	88 (26.1%)
I did not pump milk or breastfeed during my work day	612 (27.0%)	21 (28.0%)	ID	120 (26.7%)	30 (22.2%)	ID	131 (27.9%)	72 (25.2%)	68 (27.6%)	ID	30 (34.1%)	96 (28.5%)
I kept my baby with me while I worked and breastfed during my work day	128 (5.7%)	ID	ID	22 (4.9%)	ID	ID	23 (4.9%)	ID	ID	ID	ID	30 (8.9%)

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Situation after going back to work:	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
I went to my baby and breastfed him or her during the day	108 (4.8%)	ID	ID	24 (5.4%)	ID	ID	20 (4.3%)	ID	ID	ID	ID	20 (5.9%)
My baby was brought to me to breastfeed during my work day	43 (1.9%)	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID
I pumped milk during my work day, but I did not save it for my baby to drink later	33 (1.5%)	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID

### Q46. Think back to where you worked after your baby was born. In your opinion how supportive of breastfeeding was the place where you worked?

*Among respondents who reported they worked for pay at any time after their baby was born*

Reported level of support in work place for breastfeeding	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
Very unsupportive or somewhat unsupportive	545 (24.5%)	27 (37.0%)	20 (30.3%)	110 (25.2%)	28 (20.9%)	ID	93 (20.0%)	87 (31.3%)	51 (20.8%)	ID	ID	89 (26.6%)
Neither supportive nor unsupportive	227 (10.2%)	ID	ID	32 (7.3%)	ID	ID	56 (12.1%)	ID	34 (13.9%)	ID	ID	28 (8.4%)
Somewhat or very supportive	842 (37.8%)	ID	24 (36.4%)	172 (39.4%)	50 (37.3%)	ID	172 (37.1%)	101 (36.3%)	92 (37.6%)	ID	33 (37.1%)	147 (44.0%)
I don't know	615 (27.6%)	ID	ID	122 (28.0%)	41 (30.6%)	24 (42.9%)	143 (30.8%)	71 (25.5%)	68 (27.8%)	20 (37.0%)	23 (25.8%)	70 (21.0%)

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## Q47a. Think back to where you worked after your baby was born. Did the place where you worked have a private place (not a bathroom) to pump breastmilk?

*Among respondents who reported they worked for pay at any time after their baby was born*

Workplace had a private place (not a bathroom) to pump breastmilk	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	825 (39.0%)	32 (45.1%)	23 (38.3%)	164 (40.5%)	51 (40.5%)	ID	161 (36.3%)	109 (41.4%)	105 (44.1%)	ID	29 (34.9%)	117 (36.7%)
<b>No</b>	1,031 (48.8%)	32 (45.1%)	32 (53.3%)	185 (45.7%)	55 (43.7%)	29 (53.7%)	211 (47.5%)	128 (48.7%)	111 (46.6%)	22 (44.0%)	46 (55.4%)	180 (56.4%)
<b>I don't know</b>	257 (12.2%)	ID	ID	56 (13.8%)	20 (15.9%)	ID	72 (16.2%)	26 (9.9%)	22 (9.2%)	ID	ID	22 (6.9%)

## Q47b. Think back to where you worked after your baby was born. Did the place where you worked allow break time to pump breastmilk?

*Among respondents who reported they worked for pay at any time after their baby was born*

Workplace allowed break time to pump breastmilk	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	1,004 (48.2%)	32 (47.8%)	30 (48.4%)	198 (49.6%)	58 (47.9%)	ID	190 (43.1%)	128 (49.4%)	125 (53.4%)	20 (40.0%)	36 (45.0%)	168 (52.8%)
<b>No</b>	649 (31.2%)	25 (37.3%)	22 (35.5%)	117 (29.3%)	35 (28.9%)	ID	142 (32.2%)	83 (32.0%)	65 (27.8%)	ID	27 (33.8%)	103 (32.4%)
<b>I don't know</b>	428 (20.6%)	ID	ID	84 (21.1%)	28 (23.1%)	ID	109 (24.7%)	48 (18.5%)	44 (18.8%)	ID	ID	47 (14.8%)

## 2018 Texas WIC Infant Feeding Practices Survey

### Q47c. Think back to where you worked after your baby was born. Did the place where you worked have a written employee policy about working and breastfeeding?

*Among respondents who reported they worked for pay at any time after their baby was born*

Workplace had a written employee policy about working and breastfeeding	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	335 (16.3%)	ID	ID	70 (17.7%)	23 (19.0%)	ID	58 (13.5%)	42 (16.3%)	52 (22.0%)	ID	ID	55 (17.6%)
<b>No</b>	1,057 (51.3%)	32 (48.5%)	45 (73.8%)	201 (50.9%)	54 (44.6%)	22 (45.8%)	211 (49.0%)	135 (52.3%)	118 (50.0%)	26 (52.0%)	43 (53.1%)	170 (54.5%)
<b>I don't know</b>	667 (32.4%)	26 (39.4%)	ID	124 (31.4%)	44 (36.4%)	22 (45.8%)	162 (37.6%)	81 (31.4%)	66 (28.0%)	ID	26 (32.1%)	87 (27.9%)

### Q47d. Think back to where you worked after your baby was born. Did the place where you worked allow flexible scheduling so that breaks could be taken when needed?

*Among respondents who reported they worked for pay at any time after their baby was born*

Workplace allowed flexible scheduling so that breaks could be taken when needed	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	945 (45.4%)	32 (48.5%)	27 (44.3%)	180 (45.2%)	61 (49.6%)	23 (45.1%)	180 (41.1%)	118 (45.0%)	111 (46.6%)	23 (46.0%)	32 (39.5%)	158 (50.5%)
<b>No</b>	706 (33.9%)	24 (36.4%)	23 (37.7%)	132 (33.2%)	37 (30.1%)	ID	137 (31.3%)	96 (36.6%)	81 (34.0%)	ID	34 (42.0%)	111 (35.5%)
<b>I don't know</b>	430 (20.7%)	ID	ID	86 (21.6%)	25 (20.3%)	ID	121 (27.6%)	48 (18.3%)	46 (19.3%)	ID	ID	44 (14.1%)

# 2018 Texas WIC Infant Feeding Practices Survey

## Q47e. Think back to where you worked after your baby was born. Did the place where you worked allow employees to work from home or bring their babies to work?

*Among respondents who reported they worked for pay at any time after their baby was born*

Workplace allowed employees to work from home or bring their babies to work	State # (%)	PHR 1 # (%)	PHR 2 # (%)	PHR 3 # (%)	PHR 4 # (%)	PHR 5 # (%)	PHR 6 # (%)	PHR 7 # (%)	PHR 8 # (%)	PHR 9 # (%)	PHR 10 # (%)	PHR 11 # (%)
<b>Yes</b>	319 (15.5%)	ID	12 (19.7%)	50 (12.8%)	ID	ID	57 (13.2%)	41 (15.8%)	45 (19.7%)	ID	ID	62 (19.9%)
<b>No</b>	1,388 (67.6%)	51 (77.3%)	44 (72.1%)	271 (69.1%)	80 (65.6%)	30 (60.0%)	278 (64.4%)	177 (68.1%)	152 (66.4%)	29 (58.0%)	59 (75.6%)	217 (69.6%)
<b>I don't know</b>	345 (16.8%)	ID	ID	71 (18.1%)	23 (18.9%)	ID	97 (22.5%)	42 (16.2%)	32 (14.0%)	ID	ID	33 (10.6%)