UNDERSTANDING THE BREASTFEEDING LANDSCAPE IN ALABAMA

Purpose: According to the Alabama Center for Health Statistics (AL-CHS), Sudden Infant Death Syndrome (SIDS) was the second leading cause of death among infants in 2022. Breastfed infants have a lower risk of developing SIDS, in addition to other health benefits conveyed by breastfeeding.

Funded by the Centers for Disease Control and Prevention, the Alabama Pregnancy Risk Assessment Monitoring System (AL-PRAMS) program mails surveys to new mothers to better understand pregnancy-related topics such as why they stopped breastfeeding and where they received breastfeeding resources.

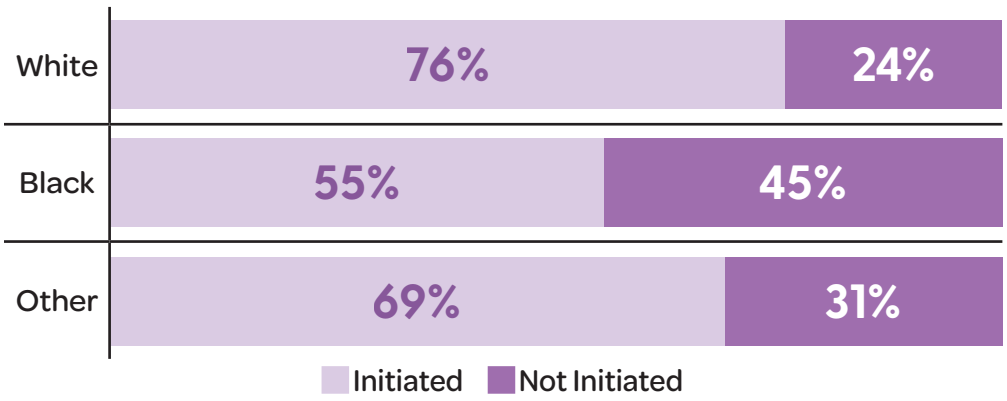
With this factsheet, the AL-PRAMS program and its partners aim to increase awareness among mothers and providers of the importance of breastfeeding and the resources these mothers might need to continue breastfeeding.

Did You Know?

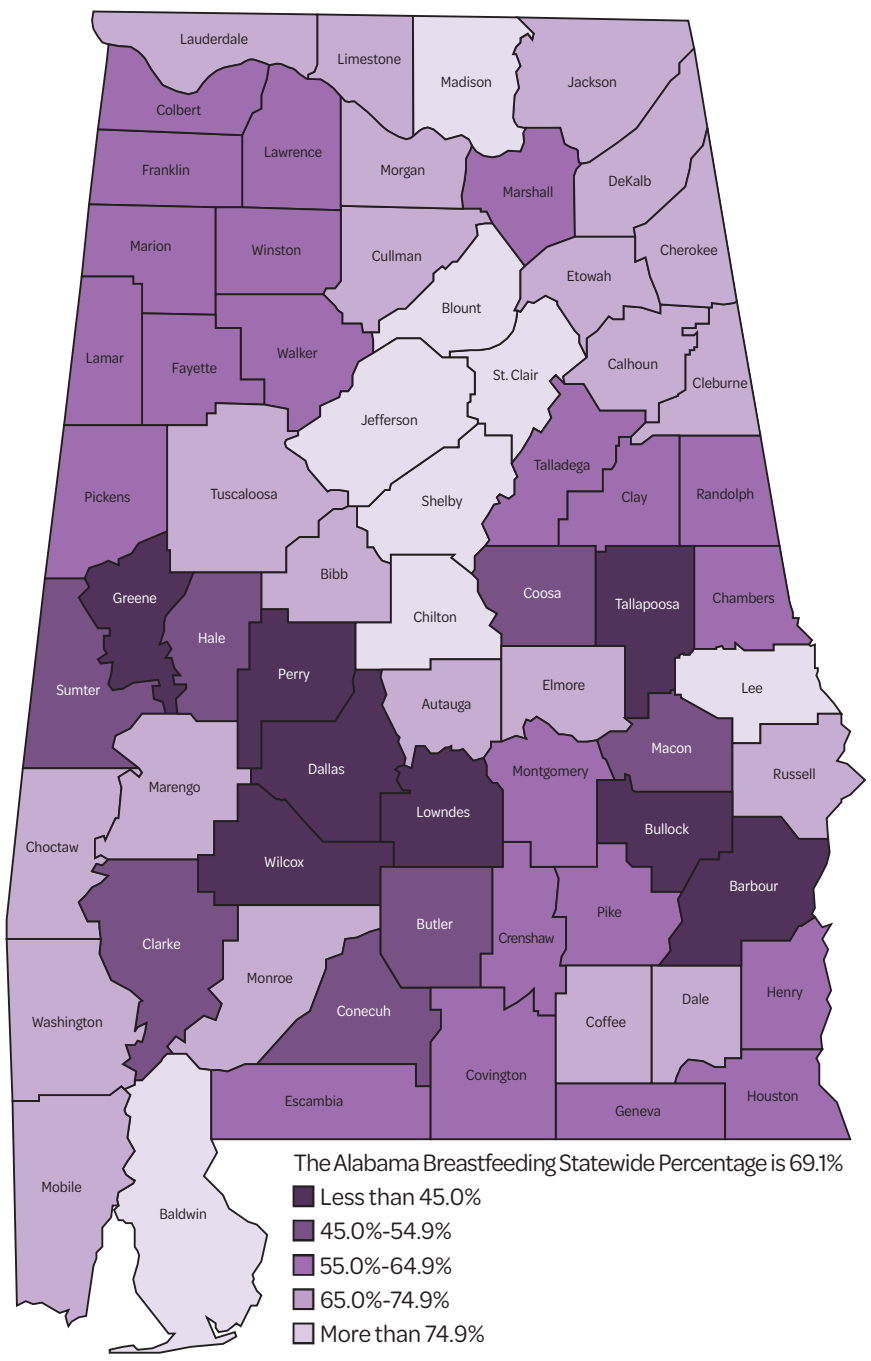
- Breastfeeding reduces the risk of developing breast cancer, ovarian cancer, type 2 diabetes, and high blood pressure for mothers.
- Breastfeeding reduces the risk of asthma, obesity, SIDS, type 1 diabetes, and severe lower respiratory disease for infants.

AL-CHS BREASTFEEDING INITIATION FINDINGS (2016-2021)

Breastfeeding Initiation at Delivery by Race



Looking at the map using the AL-CHS data, 8 counties had a breastfeeding initiation percentage of less than 45 percent. Compared to other races, Black mothers have the lowest breastfeeding initiation rate.



AL-PRAMS BREASTFEEDING SURVEY FINDINGS (2016-2021)

Where Mothers Received Breastfeeding Information?

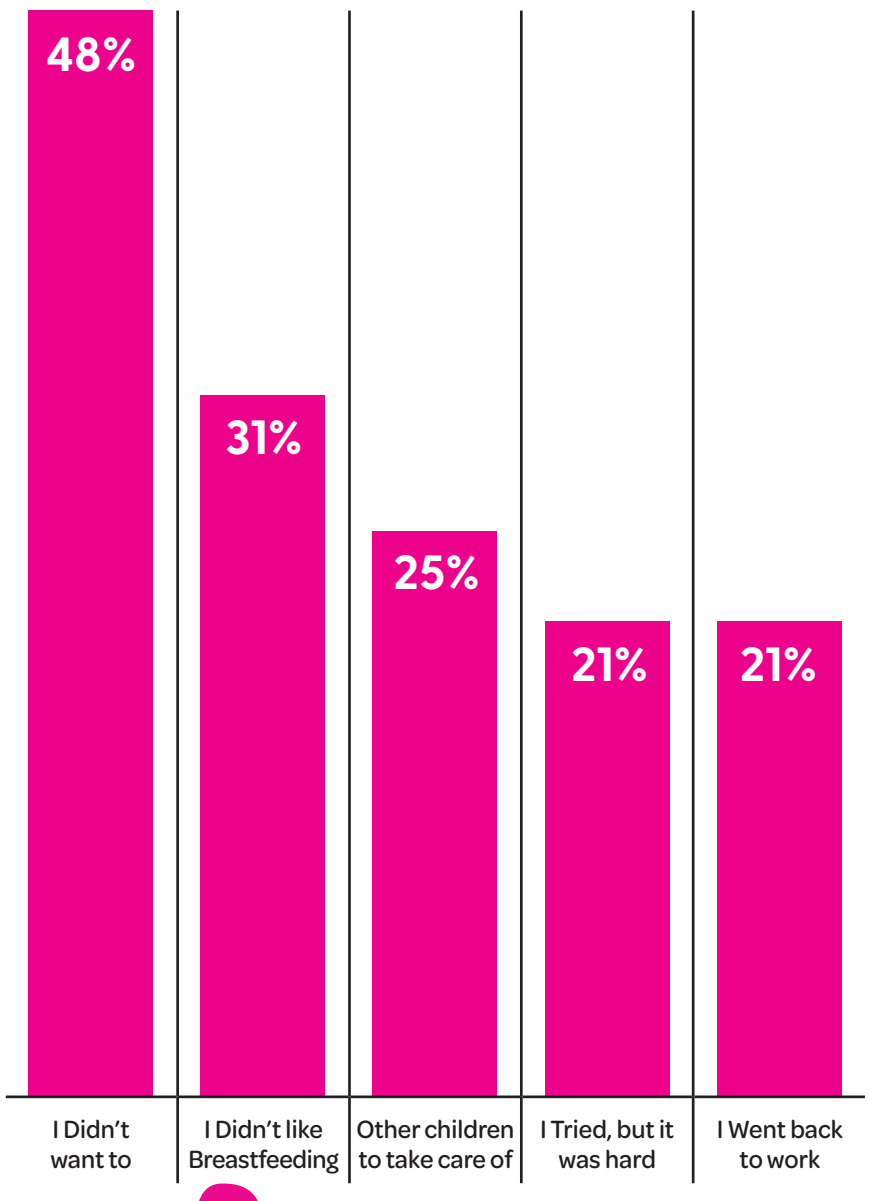


73% Lactation Specialist

72% Baby's Doctor

64% Family and Friends

Reasons Mothers Did Not Breastfeed Three Months After Delivery in Alabama





Please Scan QR Code for Additional Breastfeeding Resources

PRAMS

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