

Maternity Care Practices and Breastfeeding in Minnesota

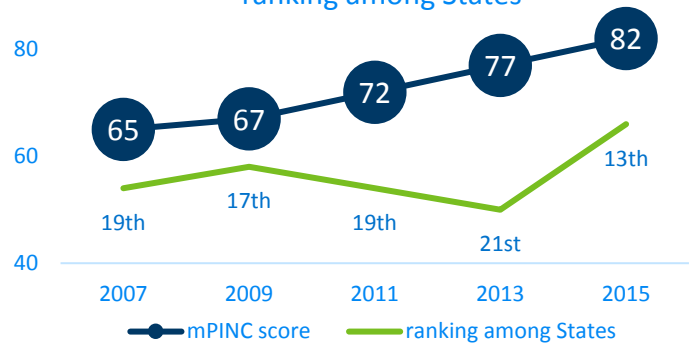
FACT SHEET 2018

Since 2007, the Centers for Disease Control (CDC) has conducted a national survey of maternity practices in infant nutrition and care (mPINC). [The mPINC survey](#) measures infant feeding care practices, policies and staffing expectations in hospitals that provide maternity care services. The majority of Minnesota birthing facilities participate in the survey, ranging from 82% (in 2015) to 92% (in 2013).

Minnesota mPINC scores have steadily improved since 2007. Minnesota’s ranking in comparison to other states improved in the last survey and is now 13th among states and territories (Figure 1).

The mPINC survey questions align closely with the [WHO/UNICEF Ten Steps to Successful Breastfeeding](#), and much of the increase in scores is due to hospitals’ adoption of these policies and practices over the last several years.

Figure 1. Minnesota mPINC scores and ranking among States

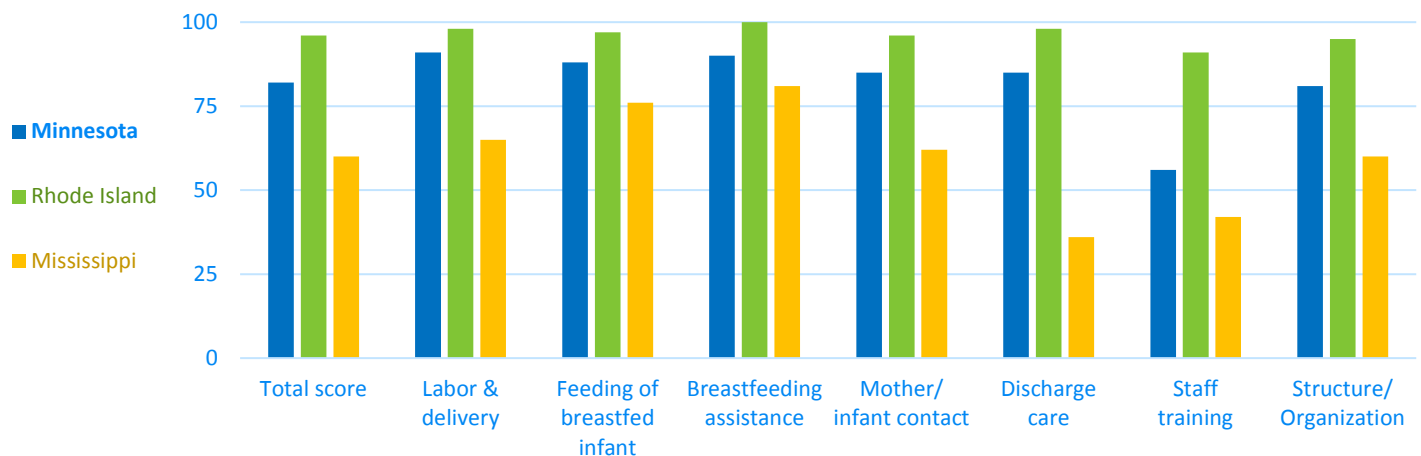


A woman’s ability to initiate and sustain breastfeeding is influenced by a host of factors, including the community in which she lives. A woman’s community has many components, such as public health and other community-based programs, coalitions and organizations, schools and child care centers, businesses and industry, and the media. The extent to which each of these entities supports or discourages breastfeeding can be crucial to a success in breastfeeding. – [The Surgeon General’s Call to Action to Support Breastfeeding](#).

mPINC scores each state in seven dimensions of care.

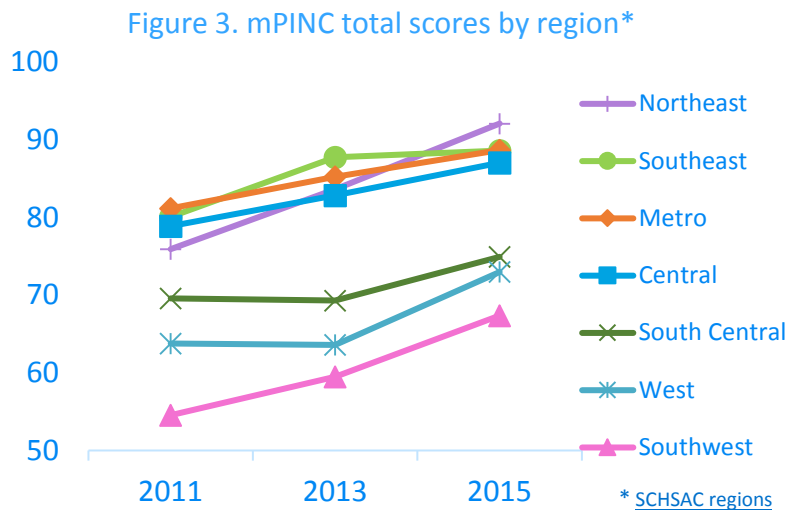
Minnesota is performing best on the Labor & Delivery measure, and below average on the Staff Training measure, compared to the highest-performing (Rhode Island) and lowest-performing (Mississippi) states. In 2015, only 21% of Minnesota hospitals agreed that “new staff receive appropriate breastfeeding education”.

Figure 2. mPINC dimension scores 2015 - how Minnesota compares



mPINC by MN region

In some regions of Minnesota, hospitals are providing a higher level of evidence-based maternity care than in other regions. Scores improved in all regions of the state between 2011 and 2015. Total scores are lowest in the western areas of the state (Figure 3). Due to the small number of hospitals located in the Northwest and West Central regions, those two regions are reported combined as the West region.



mPINC dimension scores by MN region, 2015

The mPINC survey scores hospital maternity care on seven care dimensions. Each dimension's score can range from zero to one hundred.

| Care Dimension | MN | NE | West* | SW | S Central | SE | Central | Metro |
|--|----|----|-------|----|-----------|-----|---------|-------|
| Total Score | 82 | 92 | 73 | 67 | 75 | 89 | 87 | 89 |
| Labor and Delivery Care | 91 | 99 | 81 | 81 | 85 | 95 | 97 | 94 |
| Feeding of Breastfed Infants | 88 | 90 | 80 | 85 | 79 | 91 | 91 | 91 |
| Breastfeeding Assistance | 90 | 97 | 81 | 84 | 80 | 97 | 90 | 97 |
| Contact Between Mother and Infant | 85 | 91 | 72 | 73 | 83 | 91 | 83 | 88 |
| Hospital Discharge Care | 85 | 92 | 92 | 44 | 58 | 100 | 88 | 84 |
| Staff training | 56 | 82 | 31 | 35 | 53 | 58 | 73 | 70 |
| Structural & Org. Aspects of Care Delivery | 81 | 92 | 67 | 68 | 70 | 82 | 87 | 86 |

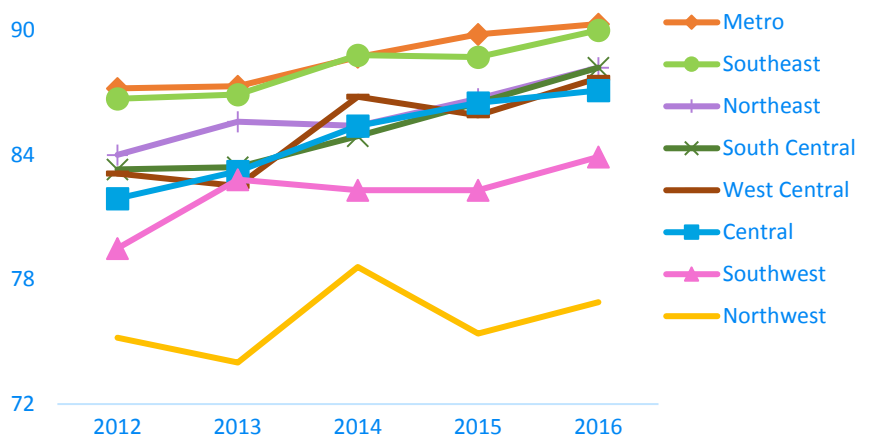
* Northwest combined with West Central

Breastfeeding by MN region

As Minnesota's mPINC scores have improved, so have breastfeeding initiation rates across the state.

Breastfeeding in Minnesota varies by region. Rates of initiation overall increased from 2012 to 2016. The differences between regions grew smaller, except for the Northwest region, where rates are lower than the rest of the state.

Figure 4. Breastfeeding initiation
Infants born in Minnesota



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