

Breastfeeding Learning Collaborative

Summary

In 2019, Minnesota Department of Health (MDH) facilitated a twelve-month statewide Breastfeeding learning collaborative with 31 teams. The goal of this collaborative was to increase the intention, initiation, duration, and exclusivity of infants receiving breastmilk.

Measures

A review of baseline data provided by home visiting programs in Minnesota indicated that:

- Almost 90% of women initiated breastfeeding, but only 42% infants were still receiving human milk at six months of age.
- Breastfeeding initiation and duration rates were significantly lower for infants of color.
- Only 72.3% of home visitors had lactation training.

Changes Tested

Teams tested over 50 changes for improving breastfeeding initiation, duration, and exclusivity. Of the changes tested, the following were ranked by teams as most impactful for improvement:

- Partnering with WIC services
- Developing relationships with local hospitals, birth centers, obstetricians, and midwives
- Visiting new mothers at home within 7-10 days of birth
- Staff completing advanced lactation training in person
- Working with the Statewide Health Improvement Partnership (SHIP) and working towards becoming a breastfeeding friendly facility
- Completing basic lactation training online
- Participating in or starting a local or regional Breastfeeding Coalition
- Developing a protocol for connecting families with community breastfeeding supports
- Implementing new policies for initial and ongoing training for home visitors on infant feeding practices

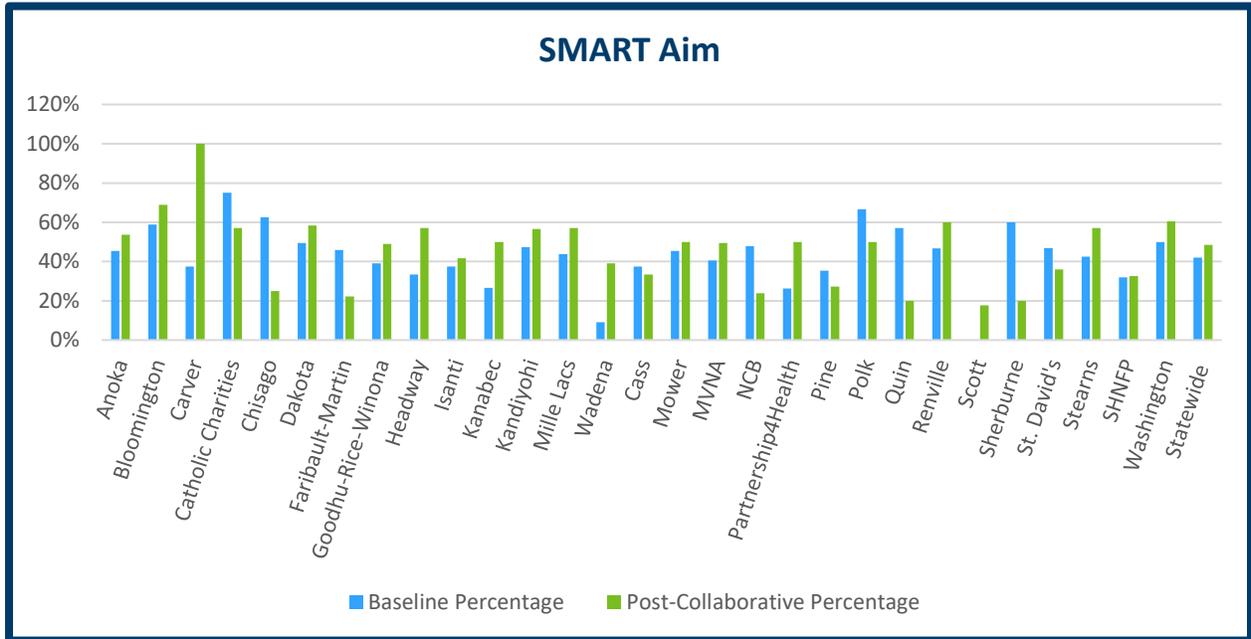
State Results

A weighted average for each measure was calculated for the State from data submitted by participating teams.

Smart Aim – Increase by 10% or more the infants receiving any amount of human milk at 6 months of age by February 29, 2020.

Baseline: 42% of infants receiving any amount of human milk at 6 months of age.

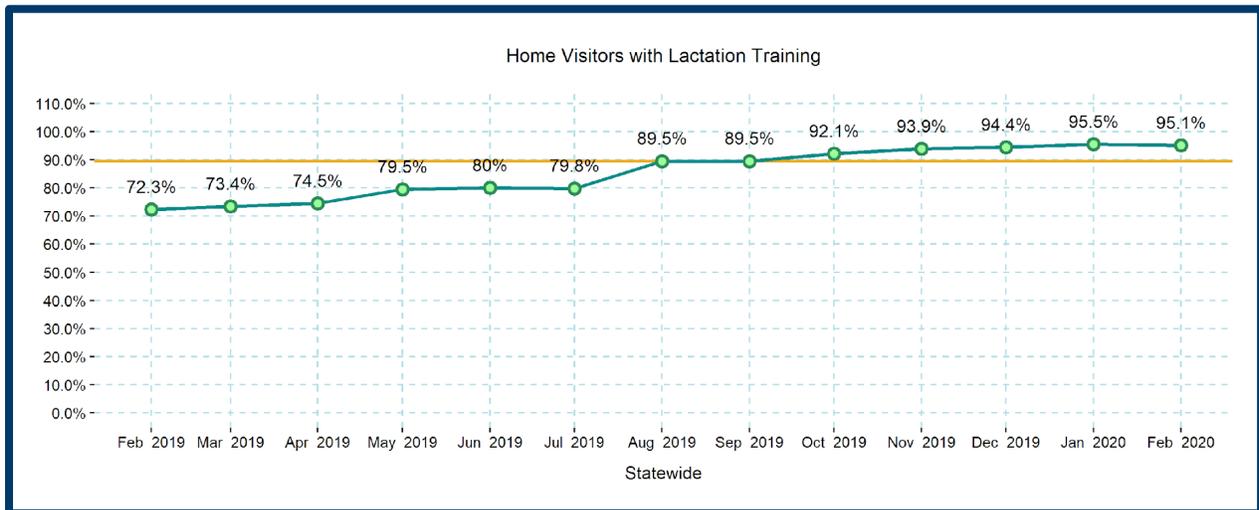
Result: 48% of infants receiving any amount of human milk at 6 months of age.



Breastfeeding Support Measure 1

Baseline: 72.3% of home visitors with advanced lactation training

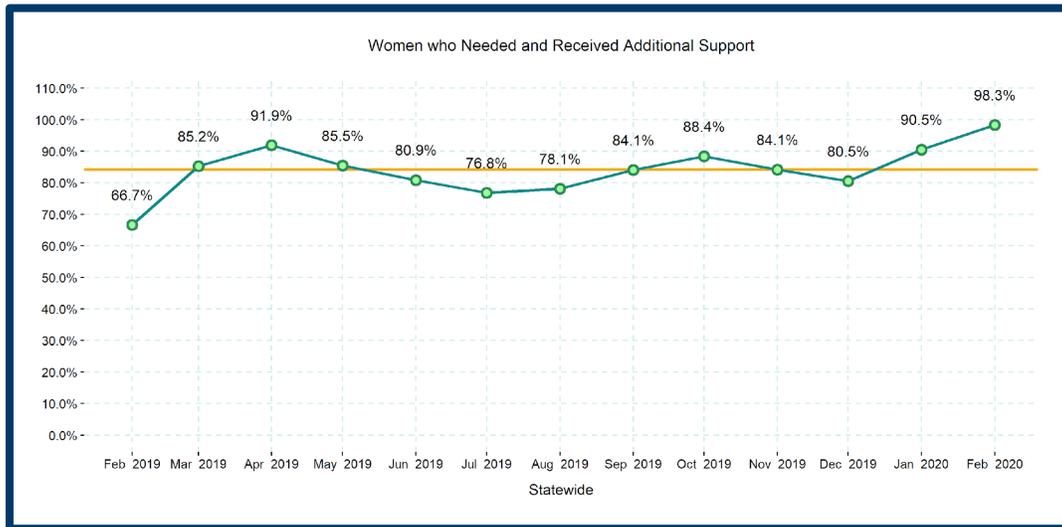
Result: 95.1% of home visitors with advanced lactation training



Breastfeeding Support Measure 3

Baseline: 66.7% of women with a need for lactation support identified using the breastfeeding self-efficacy scale who received support

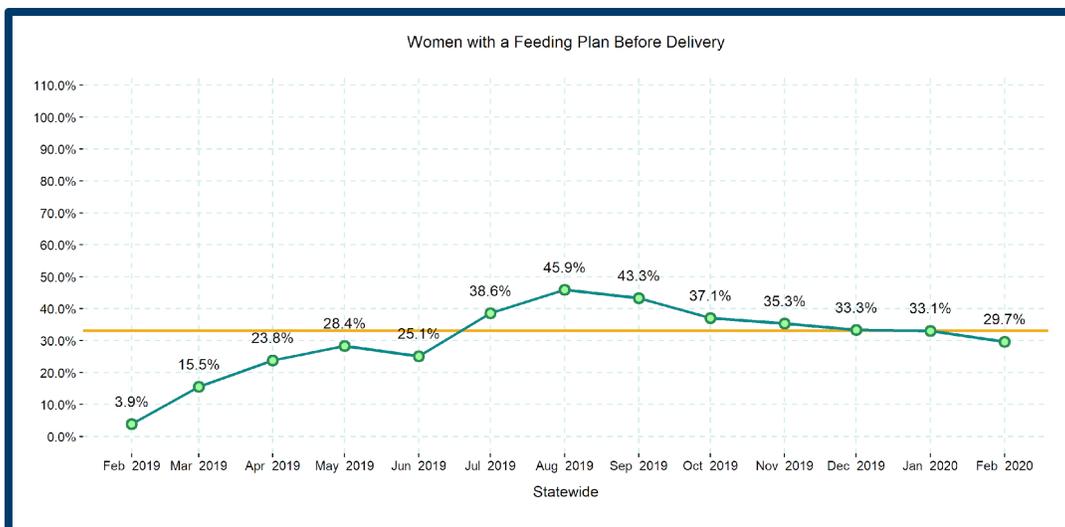
Result: 98.3% of women with a need for lactation support identified using the breastfeeding self-efficacy scale who received support



Breastfeeding Intention Measure 1

Baseline: 3.9% of women with a written infant feeding plan before delivery

Result: 29.7% of women with a written infant feeding plan before birth



Conclusions

The more lactation training that home visitors can complete, either online or in person, the better they are able to identify women in need of breastfeeding support and provide additional support. Working with mothers to develop written infant feeding plans prior to birth is strengthened by partnering with local hospitals and providers. Mothers and home visitors are able to share the infant feeding plan with hospital or birthing center staff to support a mother's goal of initiating breastfeeding in the hospital. Continued conversations of barriers to breastfeeding, such as decreased milk supply and return to work or school, and referral to breastfeeding resources can improve breastfeeding duration.