

# COMMUNITY INFANT FEEDING\* ASSESSMENT

## SUMMARY

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## OVERVIEW

1. Feeding infants breast milk promotes health and helps prevent diabetes.



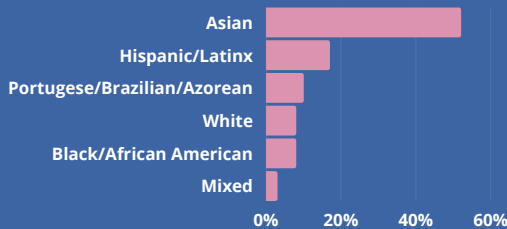
2. For those who can only use formula, holding infants on one's chest while feeding is beneficial.



## WHO PARTICIPATED?

138

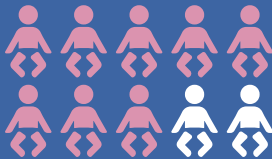
PARTICIPANTS



84%

LIVE IN LOWELL

77% ARE/HAVE BEEN A PARENT OR A PRIMARY CARETAKER FOR A BABY.



MOST RESPONDENTS WERE FEMALE (85%).

ALMOST HALF WERE UNDER 35 (42%).



\*The term "breastfeeding" is used for feeding babies mother's milk. "Chestfeeding" is also recommended where babies are nursed from a bottle on one's chest. (see: LaLecheLeague <https://www.llli.org/breastfeeding-info/transgender-non-binary-parents/>).

## WHAT WE'VE LEARNED

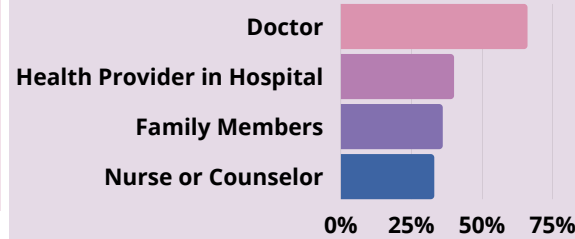
### BREASTFEEDING VS FORMULA FEEDING

- ▶ Almost all who completed the survey thought that breastfeeding is healthy for children (94%).
- ▶ About 33% thought formula feeding was just as healthy.



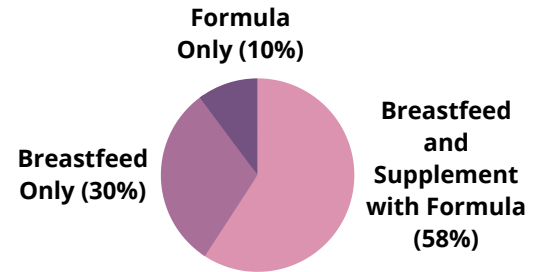
### EDUCATION AROUND BREASTFEEDING

Common sources reported for education/advice around breastfeeding:



### DIFFERENT ADVICE AROUND BREASTFEEDING

- ▶ Some advice and resources prompted families not to breastfeed.
- ▶ Others were advised to only use formula and being given formula by the hospital impacted the choice.



### BARRIERS TO INFANT FEEDING AND ACCESSING RESOURCES



Work and Lack of Time



Concerns about Production



Culture and Religion



COVID-19

50% thought work/school and time away from their child affected their ability to breastfeed.

No/low production of breastmilk and lack of counseling in their languages were also common barriers.

36% thought advice took into account their cultural and religious beliefs and practices.

Some respondents felt the need to take extra safety precautions due to COVID-19.

### IDEAS AND SOLUTIONS TO BETTER INFANT FEEDING SUPPORT



Information, lactation counseling, and home visits



School and workplace policies that support breastfeeding

Support from family, cultural, and faith communities



\*Made possible in part by the Centers for Disease Control and Prevention

Program evaluation and summary provided by JSI

