

# Association between sociodemographic characteristics and breastfeeding among mothers in the Florida Maternal, Infant, and Early Childhood Home Visiting program

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## Background

- The Maternal, Infant, and Early Childhood Home Visiting (MIECHV) program provides evidence-based home visiting services to pregnant women, infants, and families residing in 16 high-need communities in Florida.
  - MIECHV provides education to families regarding infant development and nutrition; breastfeeding is the gold standard in infant nutrition.
  - The American Academy of Pediatrics and World Health Organization recommend exclusive breastfeeding for the first six months of life and encourage breastfeeding for the first year and beyond.
- ➡ Breastfed infants have lower rates of infant mortality, respiratory illnesses, diarrhea, and obesity.
- ➡ Breastfed children have higher cognitive ability and better academic outcomes.
- ➡ Breastfeeding mothers experience earlier uterine involution and reduced risk of breast and ovarian cancers.

## Objective

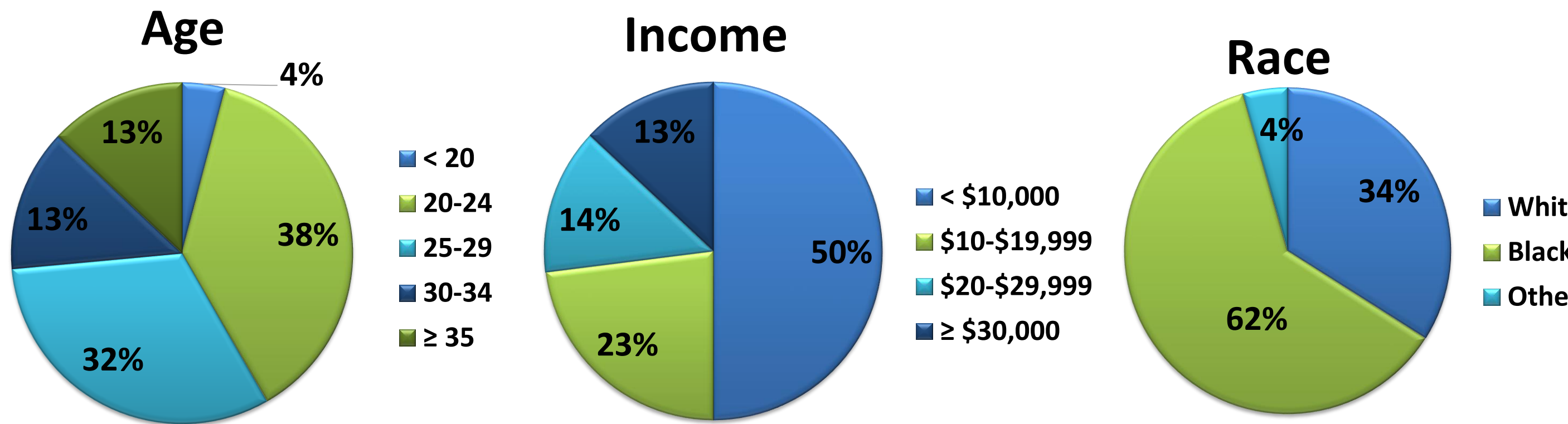
- To examine sociodemographic factors associated with ever breastfeeding among participants in the Florida MIECHV initiative.

## Methods

- Data were retrieved from the Florida Home Visiting Information System for Florida MIECHV participants enrolled during pregnancy between April 2013 – February 2016.
- Participants who responded to the “Ever Breastfed” question asked during home visits, once the child reached six months old, were included in the logistic regression analysis.
- Nine independent variables were considered in the analysis: age, race, ethnicity, education, marital status, substance abuse, household income, number of dependents, and program enrollment model within MIECHV.
- All analyses were conducted using SAS 9.4 statistical software.

## Participants

- A total of 294 participants enrolled in the Florida MIECHV programs responded to the question regarding breastfeeding.
- 38% of participants were between the ages of 20-24.
- 34% were white, 62% black, and 4% were of other races or multiracial; 73% identified as non-Hispanic.
- 51% of participants had greater than a high school education.
- 80% were single; 93% reported no history of substance abuse.
- Half of participants had a yearly income of less than \$10,000.
- 40% reported having one dependent on their household income.



## Results

- Of the 294 study participants who responded to the breastfeeding question, 85% indicated that they had ever breastfed their infant.

	Ever Breastfed N=251 (85%)	No to Ever Breastfed N=43 (15%)	Total N=294	P-Value
<b>Age</b>				0.02
< 20	11 (3.7)	1 (0.3)	12 (4.1)	
20-24	95 (32.2)	16 (5.4)	111 (38.0)	
25-29	71 (24.2)	22 (7.5)	93 (31.6)	
30-34	38 (12.9)	2 (0.7)	40 (13.6)	
≥ 35	36 (12.2)	2 (0.7)	38 (12.9)	
<b>Race</b>				0.003
Black	145 (49.3)	36 (12.2)	181 (61.6)	
White	95 (32.3)	5 (1.7)	100 (34.0)	
Multiracial/Others	11 (3.7)	2 (0.7)	13 (4.4)	
<b>Income</b>				0.01
< \$10,000	118 (40.1)	28 (9.5)	146 (49.7)	
\$10,000-\$19,999	56 (19.1)	12 (4.1)	68 (23.1)	
\$20,000-\$29,999	40 (13.6)	1 (0.3)	41 (14.0)	
≥ \$30,000	37 (12.6)	2 (0.7)	39 (13.3)	

## Results

Independent Variables	Odds Ratio	95% CI	P-Value
<b>Race</b>			
Black	Ref	Ref	Ref
White	4.42	(1.30, 15.06)	0.02*
Multiracial/Others	1.54	(0.27, 8.86)	0.63
<b>Income</b>			
< \$10,000	Ref	Ref	Ref
\$10,000-\$19,999	0.28	(0.10, 0.82)	0.02*
\$20,000-\$29,999	2.11	(0.24, 18.51)	0.50
> \$30,000	0.66	(0.10, 4.20)	0.66
<b>Education</b>			
≤ High School Education	0.39	(0.17, 0.92)	0.03*
> High School Education	Ref	Ref	Ref

\* Denotes significance at p-value < 0.05

- Maternal age, marital status, ethnicity, substance abuse, and number of dependents were not significantly associated with ever breastfeeding.
- **Of those indicators, the following were found to be significantly associated with lower rates of breastfeeding:**

Household Income  
\$10,000 - \$19,999

High School  
Education or Lower

Non-White Race

## Discussion

- Many Florida MIECHV program participants enrolled during pregnancy are minorities, have low education levels, and live in poverty; these factors are associated with lower breastfeeding rates.
- Since this sample of participants have been participating for at least six months in an evidence-based home visiting model, these results cannot be generalized to other mothers.
- The Florida MIECHV program should continue to identify needs, guide interventions and referrals, and collect accurate and complete data in order to identify and reduce disparities in breastfeeding rates and better support women in breastfeeding initiation and duration.