Infant Feeding in the UK

Insights for the GP from the UK Infant Feeding Survey 2010

75% of women had planned to breastfeed

Planning to breastfeed was more common for: 2nd+ time mothers who had breastfed before Mothers with most friends only breastfeeding Mothers who were breastfed themselves



A high % went on to breastfeed if they:

Had planned to breastfeed (95% +)

Were aged > 30

Were from minority ethnic groups

Left education aged > 18 years old

Had managerial and professional jobs

Were living in the least deprived areas

Mothers who had skin-to-skin with baby at birth were more likely to breastfeed (84% cf 61%)

19% of mothers
back at work by 810 months reported
they had been
provided with
facilities to express
milk or breastfeed
at work



81 % women initiated breastfeeding (69% exclusively)

69% were breastfeeding at 1 week (46% exclusively)

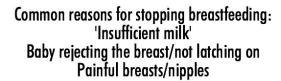
55% were breastfeeding at 6 weeks (23% exclusively)

34% were breastfeeding at 6 months (1% exclusively)

19% of mothers working at 8-10 months felt returning to work had affected the way they fed their baby- 56% of these had stopped breastfeeding or cut down

Mothers who experienced breastfeeding problems but did not get help once back at home were more likely to stop breastfeeding within 2 weeks (27% cf 15%)

11% of mothers who breastfed in public reported they had been stopped or made to feel uncomfortable





Mothers were more likely to continue breastfeeding beyond 2 weeks if:
They were breastfed themselves
Most of their friends also breastfed





Illness in infants breastfed exclusively for 4+ months (compared with in infants not breastfed):
Diarrhoea 25% cf 45%
Constipation 32% cf 48%
Vomiting 29% cf 41%