

# 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 8-10 months reported they had been provided with facilities to express milk or breastfeed at work



48% of mothers breastfeeding in hospital or birth centre reported they were informed how to recognise that their baby was getting enough milk

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



Common reasons for stopping breastfeeding:  
'Insufficient milk'  
Baby rejecting the breast/not latching on  
Painful breasts/nipples



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

63% of mothers who had stopped breastfeeding by 8-10 months would have liked to continue for longer

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%

