

A close-up photograph of a woman with curly hair breastfeeding a baby. The woman is looking down at the baby with a gentle expression. The baby is wearing a light green long-sleeved shirt. The woman is wearing a white and grey striped top. The background is softly blurred, showing green foliage.

Iowa WIC 2023

BREASTFEEDING REPORT

DATA TABLES ADDENDUM

ABOUT THIS ADDENDUM

The Iowa Department of Health and Human Services (Iowa HHS) contracted Altarum, a non-profit health research and consulting company, to analyze Iowa WIC Program data from the last five years (2018-2022) and develop a report presenting breastfeeding trends of WIC participants. The report titled “Iowa WIC 2023 Breastfeeding Report” presents the breastfeeding initiation and prevalence rates of Iowa WIC participants, as well as other programmatic measures related to the Breastfeeding Peer Counseling Program, staff training and the Breastfeeding Award of Excellence. This addendum presents the total number (N) or the counts (n) of WIC participants that correspond with each graph in the full report.

IOWA WIC BREASTFEEDING INITIATION

Table 1. Comparison of Breastfeeding Initiation Rates

Geography	Total N	Percent (%)
U.S. (2019)	-	83%
U.S. WIC (2020)	-	72%
Iowa (2019)	-	82%
Iowa WIC (2022)	25,220	71%

Note: Graph available on Page 5 of the Iowa WIC 2023 Breastfeeding Report.

Table 2. Iowa WIC Breastfeeding Initiation, 2018-2022

Year	Total (N)	Percent (%)
2018	31,036	72%
2019	29,957	72%
2020	29,633	72%
2021	28,494	73%
2022	25,220	71%

Note: Graph available on Page 6 of the Iowa WIC 2023 Breastfeeding Report.

Table 3. Iowa WIC Breastfeeding Initiation, 2018-2022

Year	Total (N)	Percent (%)
2018	31,036	72%
2019	29,957	72%
2020	29,633	72%
2021	28,494	73%
2022	25,220	71%

Note: Graph available on Page 7 of the Iowa WIC 2023 Breastfeeding Report.

Table 4. Iowa WIC Breastfeeding Prevalence at 3 Months, 2018-2022

Year	Total (N)	Percent (%)
2018	28,267	21%
2019	27,370	21%
2020	26,950	23%
2021	25,979	23%
2022	22,694	33%

Note: Graph available on Page 7 of the Iowa WIC 2023 Breastfeeding Report.

Table 5. Iowa WIC Breastfeeding Prevalence at 6 Months, 2018-2022

Year	Total (N)	Percent (%)
2018	24,286	16%
2019	23,424	16%
2020	23,074	18%
2021	22,330	17%
2022	18,988	28%

Note: Graph available on Page 7 of the Iowa WIC 2023 Breastfeeding Report.

Table 6. Iowa WIC Breastfeeding Prevalence at 12 Months, 2018-2022

Year	Total (N)	Percent (%)
2018	16,090	9%
2019	15,624	9%
2020	15,348	10%
2021	15,150	10%
2022	11,839	21%

Note: Graph available on Page 7 of the Iowa WIC 2023 Breastfeeding Report.

Table 7. Iowa WIC Prevalence of Exclusive Breastfeeding at 1 Week, 2018-2022

Year	Total (N)	Percent (%)
2018	31,036	22%
2019	29,957	21%
2020	29,633	20%
2021	28,494	20%
2022	25,220	28%

Note: Graph available on Page 8 of the Iowa WIC 2023 Breastfeeding Report.

Table 8. Iowa WIC Prevalence of Exclusive Breastfeeding at 3 Months, 2018-2022

Year	Total (N)	Percent (%)
2018	28,267	9%
2019	27,370	9%
2020	26,590	9%
2021	25,979	8%
2022	22,694	16%

Note: Graph available on Page 8 of the Iowa WIC 2023 Breastfeeding Report.

Table 9. Iowa WIC Prevalence of Exclusive Breastfeeding at 6 Months, 2018-2022

Year	Total (N)	Percent (%)
2018	24,286	5%
2019	23,424	5%
2020	23,074	5%
2021	22,330	5%
2022	18,988	11%

Note: Graph available on Page 8 of the Iowa WIC 2023 Breastfeeding Report.

BREASTFEEDING INITIATION AND PREVALENCE BY IOWA COUNTY

Table 10. Iowa WIC Breastfeeding Initiation by County, 2022

County	Total (N)	Percent (%)
Adair	429	62%
Adams	198	64%
Allamakee	773	78%
Appanoose	613	64%
Audubon	268	66%
Benton	936	75%
Black Hawk	8,666	72%
Boone	852	75%
Bremer	719	73%
Buchanan	700	72%
Buena Vista	1,780	71%
Butler	488	72%
Calhoun	365	67%
Carroll	753	75%

County	Total (N)	Percent (%)
Cass	445	64%
Cedar	591	73%
Cerro Gordo	2,236	67%
Cherokee	529	75%
Chickasaw	415	79%
Clarke	610	67%
Clay	744	75%
Clayton	498	81%
Clinton	2,304	69%
Crawford	1,405	67%
Dallas	2,479	78%
Davis	367	79%
Decatur	369	65%
Delaware	446	57%
Des Moines	2,240	58%
Dickinson	488	81%
Dubuque	3,850	56%
Emmet	478	69%
Fayette	707	71%
Floyd	796	68%
Franklin	668	69%
Fremont	262	68%
Greene	347	72%
Grundy	329	71%
Guthrie	328	70%
Hamilton	747	72%
Hancock	464	69%
Hardin	610	72%
Harrison	496	75%
Henry	772	71%
Howard	350	78%
Humboldt	412	75%
Ida	272	68%
Iowa	415	77%
Jackson	593	63%

County	Total (N)	Percent (%)
Jasper	1,369	70%
Jefferson	584	68%
Johnson	4,825	81%
Jones	610	66%
Keokuk	485	68%
Kossuth	583	77%
Lee	1,540	57%
Linn	10,768	70%
Louisa	1,757	76%
Lucas	471	69%
Lyon	451	77%
Madison	381	67%
Mahaska	1,024	67%
Marion	1,096	69%
Marshall	2,976	75%
Mills	459	68%
Mitchell	410	77%
Monona	370	63%
Monroe	308	59%
Montgomery	546	69%
Muscatine	1,038	76%
O'Brien	533	83%
Osceola	198	79%
Page	567	65%
Palo Alto	316	73%
Plymouth	977	80%
Pocahontas	242	67%
Polk	25,094	77%
Pottawattamie	4,804	74%
Poweshiek	446	73%
Ringgold	164	68%
Sac	304	61%
Scott	8,161	67%
Shelby	387	70%
Sioux	1,648	80%

County	Total (N)	Percent (%)
Story	2,291	79%
Tama	841	74%
Taylor	292	62%
Union	603	66%
Van Buren	223	71%
Wapello	2,940	70%
Warren	1,432	73%
Washington	751	77%
Wayne	250	69%
Webster	2,152	63%
Winnebago	464	68%
Winneshiek	390	80%
Woodbury	8,045	70%
Worth	321	66%
Wright	851	63%

Note: Map available on Page 9 of the Iowa WIC 2023 Breastfeeding Report.

Table 11. Iowa WIC Breastfeeding Prevalence for at Least 3 Months by County, 2022

County	Total (N)	Percent (%)
Adair	391	20%
Adams	185	23%
Allamakee	713	32%
Appanoose	563	17%
Audubon	244	22%
Benton	845	29%
Black Hawk	7,823	26%
Boone	793	26%
Bremer	657	32%
Buchanan	647	25%
Buena Vista	1,605	21%
Butler	449	29%
Calhoun	327	18%
Carroll	679	21%
Cass	404	18%
Cedar	541	23%

County	Total (N)	Percent (%)
Cerro Gordo	2,013	22%
Cherokee	492	21%
Chickasaw	387	30%
Clarke	561	22%
Clay	677	27%
Clayton	460	29%
Clinton	2,076	18%
Crawford	1,276	19%
Dallas	2,241	25%
Davis	337	29%
Decatur	344	20%
Delaware	410	16%
Des Moines	2,065	16%
Dickinson	452	30%
Dubuque	3,507	18%
Emmet	433	24%
Fayette	646	24%
Floyd	722	22%
Franklin	608	21%
Fremont	238	21%
Greene	314	21%
Grundy	307	19%
Guthrie	305	20%
Hamilton	675	25%
Hancock	418	27%
Hardin	567	25%
Harrison	457	29%
Henry	694	25%
Howard	329	33%
Humboldt	368	24%
Ida	252	12%
Iowa	380	27%
Jackson	543	21%
Jasper	1,250	20%
Jefferson	536	24%

County	Total (N)	Percent (%)
Johnson	4,412	37%
Jones	566	23%
Keokuk	446	19%
Kossuth	529	26%
Lee	1,426	13%
Linn	9,794	26%
Louisa	1,577	22%
Lucas	435	19%
Lyon	419	26%
Madison	346	23%
Mahaska	939	22%
Marion	1,009	26%
Marshall	2,692	21%
Mills	410	19%
Mitchell	371	30%
Monona	342	25%
Monroe	280	16%
Montgomery	503	17%
Muscatine	940	24%
O'Brien	490	28%
Osceola	178	25%
Page	506	19%
Palo Alto	281	23%
Plymouth	901	26%
Pocahontas	215	17%
Polk	22,682	25%
Pottawattamie	4,374	21%
Poweshiek	413	22%
Ringgold	151	21%
Sac	279	20%
Scott	7,401	20%
Shelby	349	23%
Sioux	1,521	27%
Story	2,116	33%
Tama	758	20%

County	Total (N)	Percent (%)
Taylor	267	18%
Union	550	23%
Van Buren	206	25%
Wapello	2,657	24%
Warren	1,308	26%
Washington	703	26%
Wayne	227	26%
Webster	1,931	18%
Winnebago	426	20%
Winneshiek	363	35%
Woodbury	7,295	21%
Worth	293	24%
Wright	777	22%

Note: Map available on Page 10 of the Iowa WIC 2023 Breastfeeding Report.

Table 12. Iowa WIC Breastfeeding Prevalence for at Least 6 Months by County, 2022

County	Total (N)	Percent (%)
Adair	333	16%
Adams	164	20%
Allamakee	635	24%
Appanoose	475	14%
Audubon	204	16%
Benton	740	22%
Black Hawk	6,636	20%
Boone	670	24%
Bremer	566	26%
Buchanan	553	20%
Buena Vista	1,360	17%
Butler	380	22%
Calhoun	275	15%
Carroll	589	15%
Cass	348	14%
Cedar	453	18%
Cerro Gordo	1,723	17%
Cherokee	413	15%

County	Total (N)	Percent (%)
Chickasaw	334	22%
Clarke	480	16%
Clay	584	22%
Clayton	385	22%
Clinton	1,765	13%
Crawford	1,064	14%
Dallas	1,944	21%
Davis	289	25%
Decatur	282	16%
Delaware	345	10%
Des Moines	1,761	12%
Dickinson	391	22%
Dubuque	3,010	13%
Emmet	371	19%
Fayette	557	18%
Floyd	631	19%
Franklin	535	17%
Fremont	209	19%
Greene	281	16%
Grundy	250	14%
Guthrie	266	13%
Hamilton	570	21%
Hancock	360	20%
Hardin	500	20%
Harrison	386	22%
Henry	597	18%
Howard	283	28%
Humboldt	319	19%
Ida	217	6%
Iowa	323	19%
Jackson	463	15%
Jasper	1,077	15%
Jefferson	449	17%
Johnson	3,803	31%
Jones	491	15%

County	Total (N)	Percent (%)
Keokuk	384	16%
Kossuth	455	21%
Lee	1,244	11%
Linn	8,317	20%
Louisa	1,365	18%
Lucas	373	17%
Lyon	367	22%
Madison	294	20%
Mahaska	799	18%
Marion	882	22%
Marshall	2,307	17%
Mills	344	15%
Mitchell	322	23%
Monona	289	20%
Monroe	238	11%
Montgomery	436	13%
Muscatine	805	19%
O'Brien	416	24%
Osceola	153	20%
Page	433	15%
Palo Alto	231	18%
Plymouth	777	21%
Pocahontas	178	13%
Polk	19,284	20%
Pottawattamie	3,736	17%
Poweshiek	344	18%
Ringgold	125	16%
Sac	231	14%
Scott	6,356	15%
Shelby	282	19%
Sioux	1,291	22%
Story	1,806	30%
Tama	648	17%
Taylor	225	16%
Union	476	17%

County	Total (N)	Percent (%)
Van Buren	179	21%
Wapello	2,260	19%
Warren	1,119	20%
Washington	596	22%
Wayne	197	21%
Webster	1,648	14%
Winnebago	351	18%
Winneshiek	302	29%
Woodbury	6,246	16%
Worth	257	19%
Wright	645	19%

Note: Map available on Page 11 of the Iowa WIC 2023 Breastfeeding Report.

Table 13. Iowa WIC Breastfeeding Prevalence for at Least 12 Months by County, 2022

County	Total (N)	Percent (%)
Adair	227	7%
Adams	109	11%
Allamakee	417	11%
Appanoose	308	8%
Audubon	138	8%
Benton	494	11%
Black Hawk	4,430	12%
Boone	435	17%
Bremer	386	16%
Buchanan	360	11%
Buena Vista	896	11%
Butler	243	12%
Calhoun	188	6%
Carroll	395	9%
Cass	242	10%
Cedar	306	10%
Cerro Gordo	1,147	11%
Cherokee	259	12%
Chickasaw	222	12%
Clarke	307	10%

County	Total (N)	Percent (%)
Clay	396	14%
Clayton	271	9%
Clinton	1,168	7%
Crawford	714	7%
Dallas	1,253	13%
Davis	201	13%
Decatur	196	12%
Delaware	235	4%
Des Moines	1,127	8%
Dickinson	256	13%
Dubuque	1,995	7%
Emmet	235	9%
Fayette	382	8%
Floyd	430	10%
Franklin	364	8%
Fremont	145	9%
Greene	187	9%
Grundy	169	8%
Guthrie	181	8%
Hamilton	373	11%
Hancock	232	13%
Hardin	322	12%
Harrison	246	14%
Henry	403	10%
Howard	190	13%
Humboldt	214	13%
Ida	140	5%
Iowa	229	11%
Jackson	305	9%
Jasper	716	10%
Jefferson	289	10%
Johnson	2,482	21%
Jones	327	9%
Keokuk	243	9%
Kossuth	295	12%

County	Total (N)	Percent (%)
Lee	822	5%
Linn	5,503	12%
Louisa	892	11%
Lucas	262	6%
Lyon	241	13%
Madison	200	10%
Mahaska	527	10%
Marion	579	12%
Marshall	1,506	11%
Mills	232	7%
Mitchell	211	10%
Monona	199	10%
Monroe	167	7%
Montgomery	292	7%
Muscatine	549	13%
O'Brien	273	16%
Osceola	102	12%
Page	292	7%
Palo Alto	164	9%
Plymouth	496	12%
Pocahontas	124	7%
Polk	12,589	14%
Pottawattamie	2,487	11%
Poweshiek	216	13%
Ringgold	85	8%
Sac	155	6%
Scott	4,237	9%
Shelby	196	11%
Sioux	843	15%
Story	1,223	20%
Tama	429	10%
Taylor	147	12%
Union	306	11%
Van Buren	113	11%
Wapello	1,491	10%

County	Total (N)	Percent (%)
Warren	767	10%
Washington	404	14%
Wayne	133	11%
Webster	1,056	7%
Winnebago	251	6%
Winneshiek	208	17%
Woodbury	4,068	8%
Worth	180	11%
Wright	414	12%

Note: Map available on Page 12 of the Iowa WIC 2023 Breastfeeding Report.

BREASTFEEDING INITIATION BY MATERNAL CHARACTERISTICS

Table 14. Iowa WIC Breastfeeding Initiation Amongst Mothers who Identify as Asian or Other Pacific Islander, 2018-2022

Year	Total (N)	Percent (%)
2018	1,033	78%
2019	1,016	76%
2020	1,029	76%
2021	1,125	78%
2022	1,077	76%

Note: Graph available on Page 14 of the Iowa WIC 2023 Breastfeeding Report.

Table 15. Iowa WIC Breastfeeding Initiation Amongst Mothers who Identify as Black, Non-Hispanic, 2018-2022

Year	Total (N)	Percent (%)
2018	3,693	72%
2019	3,843	73%
2020	3,792	74%
2021	3,621	75%
2022	3,193	75%

Note: Graph available on Page 14 of the Iowa WIC 2023 Breastfeeding Report.

Table 16. Iowa WIC Breastfeeding Initiation Amongst Mothers who Identify as Hispanic, 2018-2022

Year	Total (N)	Percent (%)
2018	5,061	80%
2019	4,901	79%
2020	4,971	79%
2021	4,992	79%
2022	4,779	77%

Note: Graph available on Page 14 of the Iowa WIC 2023 Breastfeeding Report.

Table 17. Iowa WIC Breastfeeding Initiation Amongst Mothers who Identify as Indian or Alaska Native, 2018-2022

Year	Total (N)	Percent (%)
2018	162	77%
2019	142	73%
2020	142	65%
2021	136	71%
2022	120	71%

Note: Graph available on Page 14 of the Iowa WIC 2023 Breastfeeding Report.

Table 18. Iowa WIC Breastfeeding Initiation Amongst Mothers who Identify as White, non-Hispanic, 2018-2022

Year	Total (N)	Percent (%)
2018	16,897	71%
2019	16,101	71%
2020	15,905	72%
2021	15,143	72%
2022	13,075	70%

Note: Graph available on Page 14 of the Iowa WIC 2023 Breastfeeding Report.

Table 19. Iowa WIC Breastfeeding Initiation Amongst Mothers who Identify as Other Races, 2018-2022

Year	Total (N)	Percent (%)
2018	772	71%
2019	716	67%
2020	745	69%
2021	714	68%
2022	632	67%

Note: Graph available on Page 14 of the Iowa WIC 2023 Breastfeeding Report.

Table 20. Iowa WIC Breastfeeding Initiation Amongst Mothers Ages 15-19 Years, 2018-2022

Year	Total (N)	Percent (%)
2018	1,380	67%
2019	1,280	65%
2020	1,146	64%
2021	1,106	64%
2022	1,065	63%

Note: Graph available on Page 15 of the Iowa WIC 2023 Breastfeeding Report.

Table 21. Iowa WIC Breastfeeding Initiation Amongst Mothers Ages 20-24 Years, 2018-2022

Year	Total (N)	Percent (%)
2018	7,567	73%
2019	7,227	73%
2020	7,135	73%
2021	6,765	72%
2022	5,949	70%

Note: Graph available on Page 15 of the Iowa WIC 2023 Breastfeeding Report.

Table 22. Iowa WIC Breastfeeding Initiation Amongst Mothers Ages 25-34 Years, 2018-2022

Year	Total (N)	Percent (%)
2018	14,947	74%
2019	14,477	74%
2020	14,378	74%
2021	13,924	75%
2022	12,420	74%

Note: Graph available on Page 15 of the Iowa WIC 2023 Breastfeeding Report.

Table 23. Iowa WIC Breastfeeding Initiation Amongst Mothers Ages 35+ Years, 2018-2022

Year	Total (N)	Percent (%)
2018	3,731	74%
2019	3,735	75%
2020	3,921	76%
2021	3,935	77%
2022	3,446	75%

Note: Graph available on Page 15 of the Iowa WIC 2023 Breastfeeding Report.

Table 24. Iowa WIC Breastfeeding Initiation Amongst Mothers with Less than 9 Years of Education, 2018-2022

Year	Total (N)	Percent (%)
2018	1,256	76%
2019	1,206	74%
2020	1,123	73%
2021	1,032	71%
2022	1,000	64%

Note: Graph available on Page 16 of the Iowa WIC 2023 Breastfeeding Report.

Table 25. Iowa WIC Breastfeeding Initiation Amongst Mothers with 9-12 Years of Education, 2018-2022

Year	Total (N)	Percent (%)
2018	16,811	68%
2019	16,210	69%
2020	15,880	69%
2021	15,141	69%
2022	13,555	67%

Note: Graph available on Page 16 of the Iowa WIC 2023 Breastfeeding Report.

Table 26. Iowa WIC Breastfeeding Initiation Amongst Mothers with More than 12 Years of Education, 2018-2022

Year	Total (N)	Percent (%)
2018	7,518	80%
2019	7,289	81%
2020	7,081	81%
2021	7,019	82%
2022	6,249	80%

Note: Graph available on Page 16 of the Iowa WIC 2023 Breastfeeding Report.

Table 27. Iowa WIC Breastfeeding Initiation Amongst Mothers with a Low Birth Weight Child, 2018-2022

Year	Total (N)	Percent (%)
2018	2,453	72%
2019	2,459	74%
2020	2,499	74%
2021	2,346	73%
2022	2,134	70%

Note: Graph available on Page 16 of the Iowa WIC 2023 Breastfeeding Report.

Table 28. Iowa WIC Breastfeeding Initiation Amongst Mothers with a Not Low Birth Weight Child, 2018-2022

Year	Total (N)	Percent (%)
2018	26,509	72%
2019	25,498	72%
2020	25,126	73%
2021	24,240	73%
2022	21,649	71%

Note: Graph available on Page 16 of the Iowa WIC 2023 Breastfeeding Report.

BREASTFEEDING PEER COUNSELING

Table 29. Iowa WIC Peer Counseling Program Caseload, 2018-2022

Year	Total (N)
FY 2018	3,373
FY 2019	3,029
FY 2020	3,481
FY 2021	3,998
FY 2022	4,095

Note: Graph available on Page 17 of the Iowa WIC 2023 Breastfeeding Report.

Table 30. Iowa WIC Breastfeeding Initiation Amongst Mothers Who Had Contact with a Breastfeeding Peer Support Counselor, 2018-2022

Year	Total (N)	Percent (%)
2018	3,260	91%
2019	3,696	90%
2020	3,934	90%
2021	4,014	90%
2022	3,664	88%

Note: Graph available on Page 18 of the Iowa WIC 2023 Breastfeeding Report.

Table 31. Iowa WIC Breastfeeding Initiation Amongst Mothers Who Did Not Have Contact with a Breastfeeding Peer Support Counselor, 2018-2022

Year	Total (N)	Percent (%)
2018	27,776	69%
2019	26,261	69%
2020	25,699	69%
2021	24,480	70%
2022	21,566	67%

Note: Graph available on Page 18 of the Iowa WIC 2023 Breastfeeding Report.

Table 32. Iowa WIC Breastfeeding Prevalence for at Least 3 Months Amongst Mothers Who Had Contact with a Breastfeeding Peer Support Counselor, 2018-2022

Year	Total (N)	Percent (%)
2018	2,870	31%
2019	3,314	29%
2020	3,522	31%
2021	3,555	29%
2022	3,172	41%

Note: Graph available on Page 19 of the Iowa WIC 2023 Breastfeeding Report.

Table 33. Iowa WIC Breastfeeding Prevalence for at Least 3 Months Amongst Mothers Who Did Not Have Contact with a Breastfeeding Peer Support Counselor, 2018-2022

Year	Total (N)	Percent (%)
2018	25,397	20%
2019	24,056	20%
2020	23,428	21%
2021	22,424	21%
2022	19,522	32%

Note: Graph available on Page 19 of the Iowa WIC 2023 Breastfeeding Report.

Table 34. Iowa WIC Breastfeeding Prevalence for at Least 6 Months Amongst Mothers Who Had Contact with a Breastfeeding Peer Support Counselor, 2018-2022

Year	Total (N)	Percent (%)
2018	2,360	24%
2019	2,750	23%
2020	3,024	25%
2021	3,004	23%
2022	2,557	36%

Note: Graph available on Page 19 of the Iowa WIC 2023 Breastfeeding Report.

Table 35. Iowa WIC Breastfeeding Prevalence for at Least 6 Months Amongst Mothers Who Did Not Have Contact with a Breastfeeding Peer Support Counselor, 2018-2022

Year	Total (N)	Percent (%)
2018	21,926	15%
2019	20,674	15%
2020	20,050	17%
2021	19,326	17%
2022	16,431	27%

Note: Graph available on Page 19 of the Iowa WIC 2023 Breastfeeding Report.

Table 36. Iowa WIC Breastfeeding Prevalence for at Least 12 Months Amongst Mothers Who Had Contact with a Breastfeeding Peer Support Counselor, 2018-2022

Year	Total (N)	Percent (%)
2018	1,477	13%
2019	1,801	13%
2020	1,941	14%
2021	2,018	14%
2022	1,501	27%

Note: Graph available on Page 19 of the Iowa WIC 2023 Breastfeeding Report.

Table 37. Iowa WIC Breastfeeding Prevalence for at Least 12 Months Amongst Mothers Who Did Not Have Contact with a Breastfeeding Peer Support Counselor, 2018-2022

Year	Total (N)	Percent (%)
2018	14,613	9%
2019	13,823	9%
2020	13,407	10%
2021	13,132	9%
2022	10,338	20%

Note: Graph available on Page 19 of the Iowa WIC 2023 Breastfeeding Report.

Table 38. Primary Reasons Iowa Women Reported Stopping Breastfeeding, 2022

Reasons	Count (n)	Percent (%)
Anxiety over milk supply	5584	49%
Planned to wean at this time	1379	12%
Maternal complication	1166	10%
Infant complication	754	7%
Baby/child weaned self	599	5%
Too busy/didn't fit lifestyle	515	4%
Worksite/school issue	373	3%
Didn't enjoy it	356	3%
Other	335	3%
Poor advice/misconceptions	201	2%
Medically contraindicated	110	1%
Had teeth/biting	67	1%
No support from family members/friends	26	0%
Child care issue	14	0%
Embarrassment	*	0%

Note: Graph available on Page 20 of the Iowa WIC 2023 Breastfeeding Report.

*Data suppressed for categories with small sample sizes (i.e., a count ≤ 5).

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The completed AD-3027 form or letter must be submitted to USDA by either:

- 1) **Mail:** U.S. Department of Agriculture
Office of the Assistant Secretary for
Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- 2) **Fax:** (833) 256-1665 or (202) 690-7442
- 3) **Email:** Program.Intake@usda.gov

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QUESTIONS?

For more information, visit our website at [Iowa Women, Infants & Children \(WIC\) Program](#).