



YOU ARE NOT ALONE

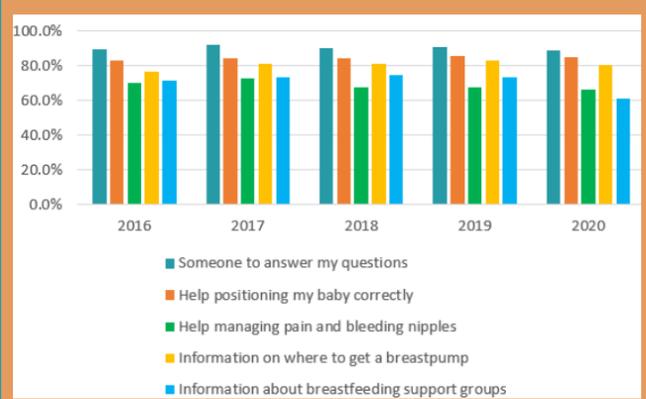
August is Breastfeeding Month

Did you know that most counties in New Mexico have breastfeeding support groups?
If you are breast or chest feeding, support is available to you.
You are not alone.

Breastfeeding Help After Delivery in New Mexico

The New Mexico Pregnancy Risk Assessment Monitoring System (PRAMS) asked participants about the help they received with breastfeeding after delivery. The options include someone to answer questions, position their baby correctly, help with managing pain and/or bleeding nipples, information on where to get a breast pump and information about breastfeeding support groups. More participants reported receiving help about answering questions and how to position their baby correctly for breastfeeding.

Breastfeeding Assistance, New Mexico 2016-2020



Postpartum Services Used, New Mexico 2016-2020



Postpartum & Breastfeeding Services

New Mexico PRAMS asks participants about the services they used after their new baby was born. Of the available services offered, more participants received services from Women, Infants, and Children (WIC) followed by a breastfeeding class or peer counseling. Other postpartum services offering breastfeeding support include Healthy Start, Families First, and Home Visiting Programs.

Get Breastfeeding Support

New Mexico Breastfeeding Taskforce
Find your local chapter to receive support!
breastfeedingnm.org

Zip Milk
Find Breastfeeding Support Near You
zipmilk.org

Navajo Breastfeeding Coalition
facebook.com/Navajo-Breastfeeding-Coalition-275985218770

988 New Mexico
Free & Confidential 24/7 Lifeline for Emotional, Mental, or Substance Use Support
988nm.org

New Mexico Women, Infants, and Children
Free healthy foods, nutrition education, nursing support & community connections
nmwic.org

Fathers New Mexico
Resources & support for Fathers
fathersnewmexico.org

Early Childhood Education & Care Department
Family services, Childcare Assistance & More
momentsnm.org

American Academy of Pediatrics
aap.org/breastfeeding



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Did you Know?

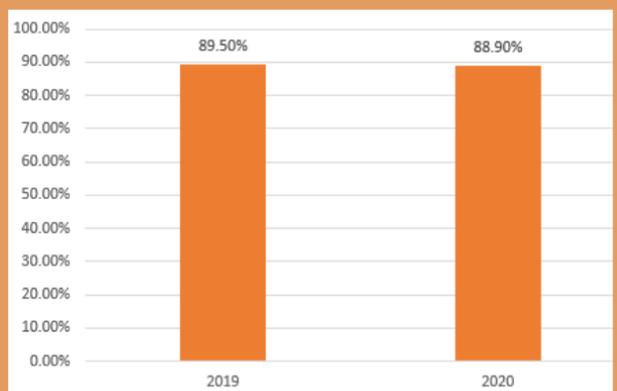
More than 80% of PRAMS national participants reported ever breast/chest feeding, 2019-2020

Source: <https://www.cdc.gov/prams/index.htm>

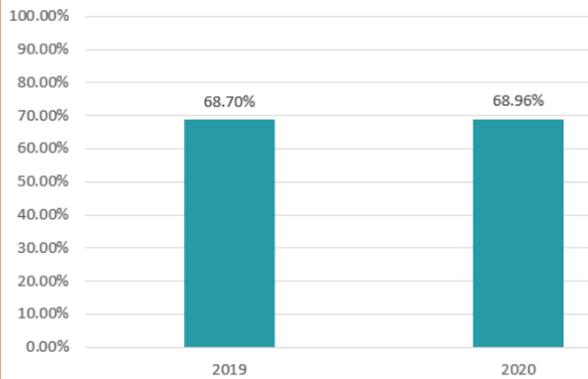
Ever Breastfed, New Mexico 2019-2020

From 2019-2020, New Mexico PRAMS asked participants about whether they ever breastfed/chestfed their new infant. In 2019, 89.5% of participants responded 'yes' to ever breastfeeding and 88.9% responded 'yes' to ever breastfeeding in 2020.

Ever Breastfed, New Mexico 2019-2020



Breastfed more than 2 months, New Mexico 2019-2020



Breastfed more than two months in New Mexico

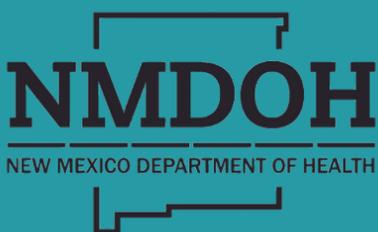
From 2019-2020, New Mexico PRAMS asked participants about whether they breastfed/chestfed their new infant for more than 2 months. In 2019, 68.7% responded 'yes' to breastfeeding for more than 2 months and in 2020, 68.96% breastfed for more than 2 months.

FOR MORE INFORMATION

New Mexico Breastfeeding Taskforce
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 (505) 395-MILK (6455)



#NMBM



New Mexico Doula Association



New Mexico Breastfeeding Task Force

