

NZBA

Baby Friendly Aotearoa
New Zealand

National Infant Feeding Data at Discharge 2023



National Infant Feeding Data at Discharge

Key Findings 2023



..... Exclusive breastfeeding 77.06%

- has remained relatively **constant** from 2021 – 2023
- for **Māori (80.78%)** is **higher** than the national average
- for **Pacific Peoples (70.37%), Asian (62.98%) and Indian (65.88%)** has **decreased** from 2022



..... Artificial feeding 3.98%

- After a declining trend (2020-2022), the **Māori rate has climbed to 5.99%**
- **Māori (5.99%)** and **Pacific infants (6.74%)** continue to have the highest rates
- **Indian infants (1.79%)** continue to have the lowest rate



..... Maternity services

- **Primary maternity services** have an exclusive breastfeeding rate of **90.09%**
- **50% of tertiary services** meet the BFHI standard of at least 75% of infants receiving only breastmilk throughout their stay

Health NZ | Te Whatu Ora

16/19 of the locations* are meeting the BFHI standard of at least 75% of infants receive only breastmilk throughout their stay in the maternity service.

The three locations* not meeting the standard are **Waitematā, Te Toka Tumai Auckland** and **Waitaha Canterbury**.



*In line with the health reforms, this annual report provides detail at a location, region and population level. This replaces reporting by DHB.

Ministry of Health | Manātu Hauora

Breastfeeding Definitions



Exclusive breastfeeding: The infant has never, to the mother's knowledge, had any water, formula or other liquid or solid food. Only breastmilk*, from the breast or expressed, and prescribed** medicines have been given from birth.



Fully breastfeeding: The infant has taken breastmilk only, no other liquids or solids except a minimal amount of water or prescribed medicines, in the past 48 hours.



Partial breastfeeding: The infant has taken some breastmilk and some infant formula or other solid food in the past 48 hours.



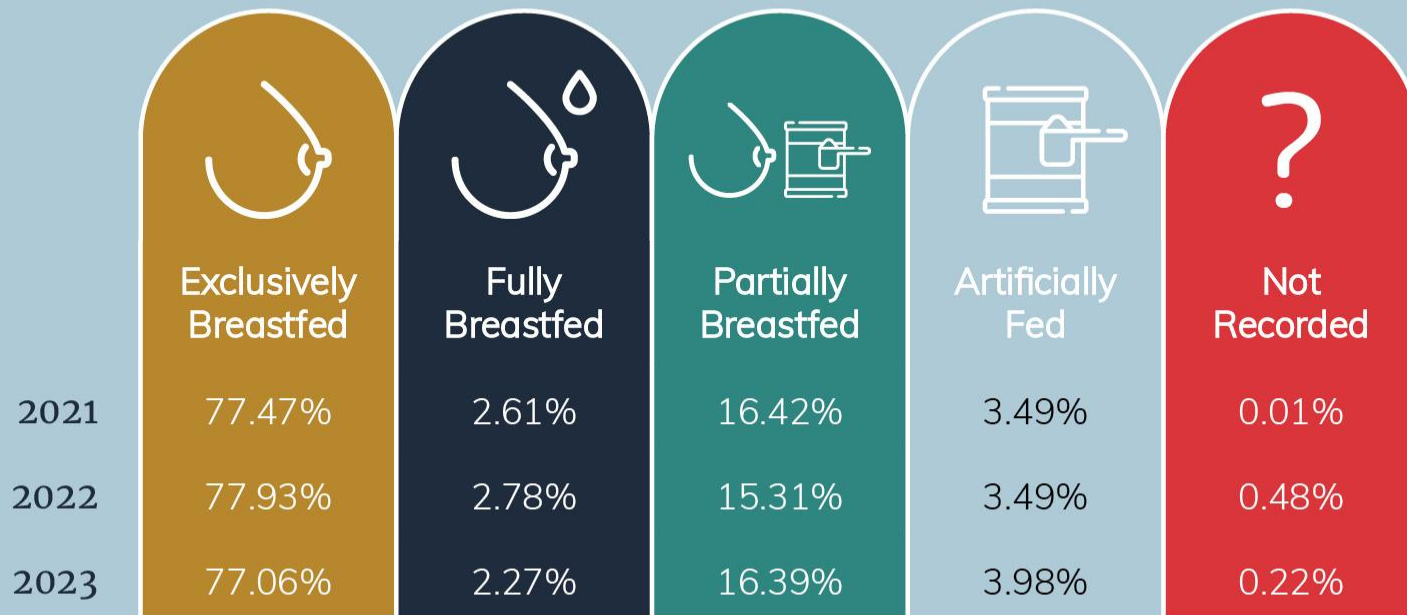
Artificial feeding: The infant has had no breastmilk but has had alternative liquid such as infant formula with or without solid food in the past 48 hours.

*Breastmilk includes pasteurised and unpasteurised donor human milk

**Prescribed as per the Medicines Act, 1981

National Infant Feeding Data at Discharge

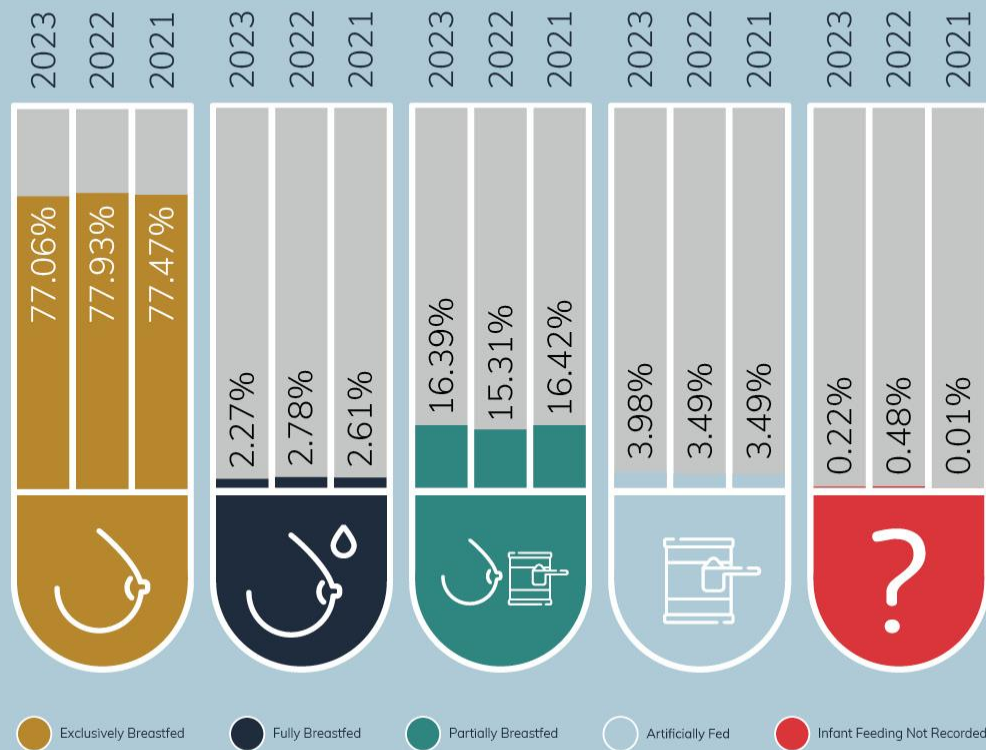
2021-2023



National Infant Feeding Data at Discharge

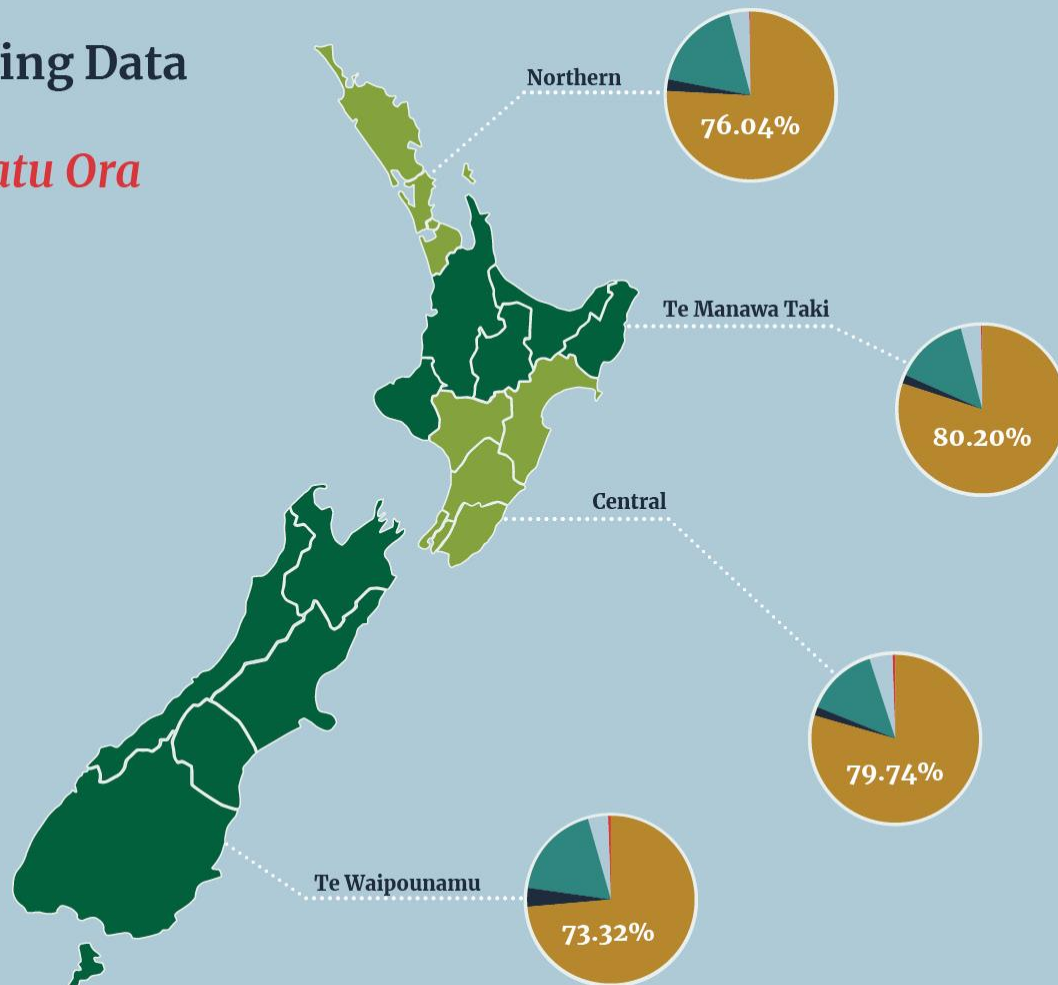
2021-2023

The exclusive breastfeeding rate at discharge for infants in Aotearoa NZ has remained relatively constant from 2021 – 2023. The artificial feeding rates at discharge continue to remain stable.



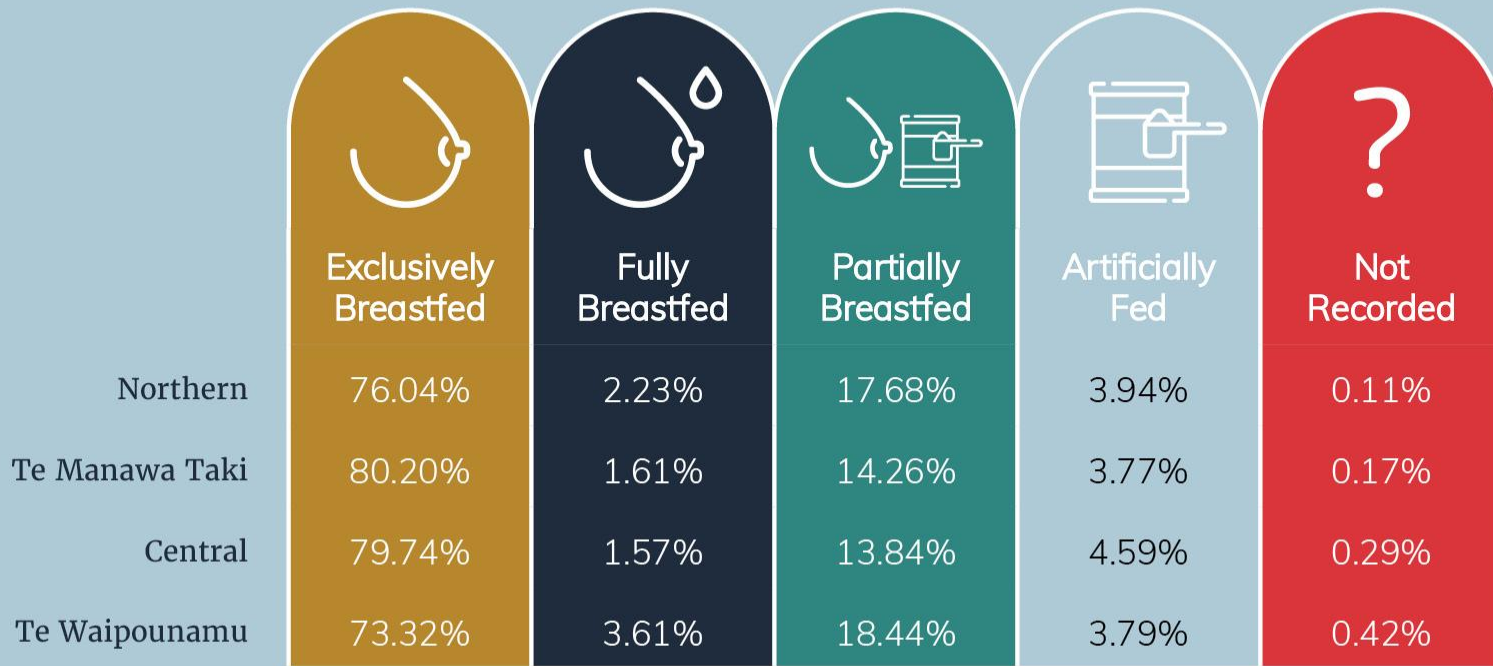
National Infant Feeding Data at Discharge

by Health NZ | Te Whatu Ora
Region 2023



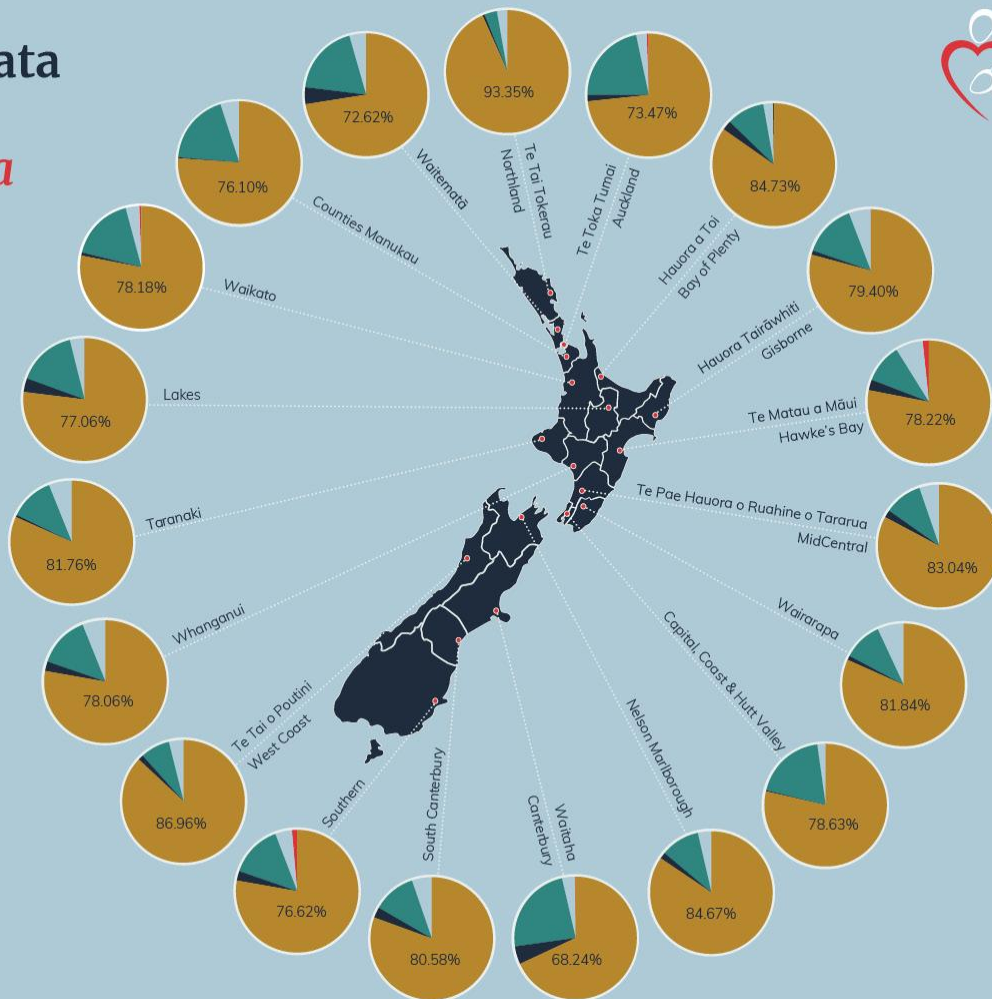
National Infant Feeding Data at Discharge

by Health NZ | Te Whatu Ora Region 2023



National Infant Feeding Data at Discharge






by Health NZ | Te Whatu Ora
Location 2023



National Infant Feeding Data at Discharge

by Health NZ | Te Whatu Ora Location 2023



	 Exclusively Breastfed	 Fully Breastfed	 Partially Breastfed	 Artificially Fed	 Not Recorded
Te Tai Tokerau Northland	93.35%	0.76%	3.15%	2.74%	0.00%
Waitematā	72.62%	4.47%	18.60%	4.34%	0.00%
Te Toka Tumai Auckland	73.47%	1.67%	21.53%	2.91%	0.41%
Counties Manukau	76.10%	0.55%	18.49%	4.84%	0.00%
Waikato	78.18%	0.85%	17.01%	3.64%	0.32%
Hauora a Toi Bay of Plenty	84.73%	2.66%	9.95%	2.62%	0.04%
Te Matau a Māui Hawke's Bay	78.22%	2.94%	10.10%	7.31%	1.59%
Hauora Tairāwhiti Gisborne	79.40%	0.88%	13.91%	5.81%	0.00%
Lakes	77.06%	3.75%	15.54%	3.65%	0.00%
Te Pae Hauora o Ruahine o Taranaki MidCentral	83.04%	1.70%	10.09%	5.16%	0.00%
Whanganui	78.06%	2.35%	13.74%	5.86%	0.00%
Taranaki	81.76%	0.49%	11.67%	6.08%	0.00%
Wairarapa	81.84%	1.12%	10.34%	6.70%	0.00%
Capital, Coast & Hutt Valley	78.63%	0.28%	18.96%	2.13%	0.00%
Nelson Marlborough	84.67%	1.52%	10.29%	3.52%	0.00%
Te Tai o Poutini West Coast	86.96%	1.63%	7.61%	3.80%	0.00%
Waitaha Canterbury	68.24%	4.70%	23.46%	3.44%	0.16%
South Canterbury	80.58%	2.92%	11.27%	5.22%	0.00%
Southern	76.62%	2.47%	13.52%	4.38%	1.32%

National Infant Feeding Data at Discharge by Ethnicity 2023





	 Exclusively Breastfed	 Fully Breastfed	 Partially Breastfed	 Artificially Fed
European	83.52%	2.16%	11.07%	3.25%
New Zealand European	83.53%	2.34%	10.81%	3.31%
NZ Māori	80.78%	1.99%	11.25%	5.99%
Other	75.90%	2.95%	19.07%	2.08%
Pacific Peoples	70.37%	1.80%	21.10%	6.73%
Indian	65.88%	2.50%	29.83%	1.79%
Asian	62.98%	2.76%	31.11%	3.14%

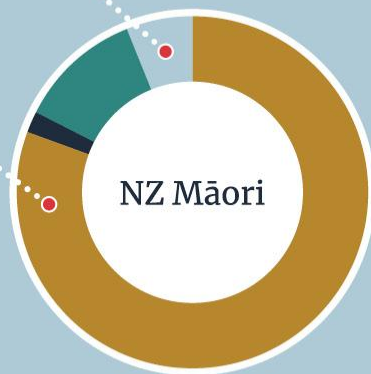


Photo by Liam Helena Photography for @breastfeedingnz

National Infant Feeding Data at Discharge for NZ Māori 2023

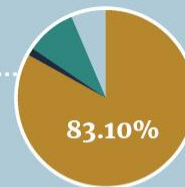
The artificial feeding rate for NZ Māori infants, after a declining trend from 2020-2022, has increased to **5.99%**

The exclusive breastfeeding rate for NZ Māori infants is higher than the national average at **80.78%**, compared with 77.06%.



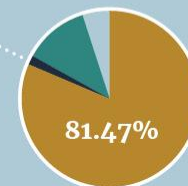
Te Tai Tokerau continues to have a consistently high rate of exclusive breastfeeding for NZ Māori, at **92.63%**

Northern



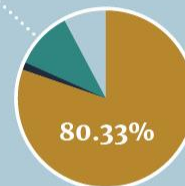
Northern and Te Manawa Taki regions have higher exclusive breastfeeding rates for NZ Māori compared with the national average.

Te Manawa Taki

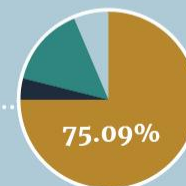


Central

Central and Te Waipounamu regions fall below the national average.







Te Waipounamu



National Infant Feeding Data at Discharge





by Ethnicity – Pacific Infants 2023

	 Exclusively Breastfed	 Fully Breastfed	 Partially Breastfed	 Artificially Fed
Pacific Infants NFD	70.42%	1.58%	22.71%	5.28%
Samoan	68.15%	1.46%	22.67%	7.71%
Cook Island Māori	73.80%	2.40%	15.20%	8.60%
Tongan	68.98%	2.01%	22.84%	6.17%
Niuean	76.58%	1.80%	12.61%	9.01%
Tokelauan	73.33%	1.67%	23.33%	1.67%
Fijian	72.08%	2.27%	21.43%	4.22%
Other	76.02%	2.04%	17.35%	4.59%



National Infant Feeding Data at Discharge

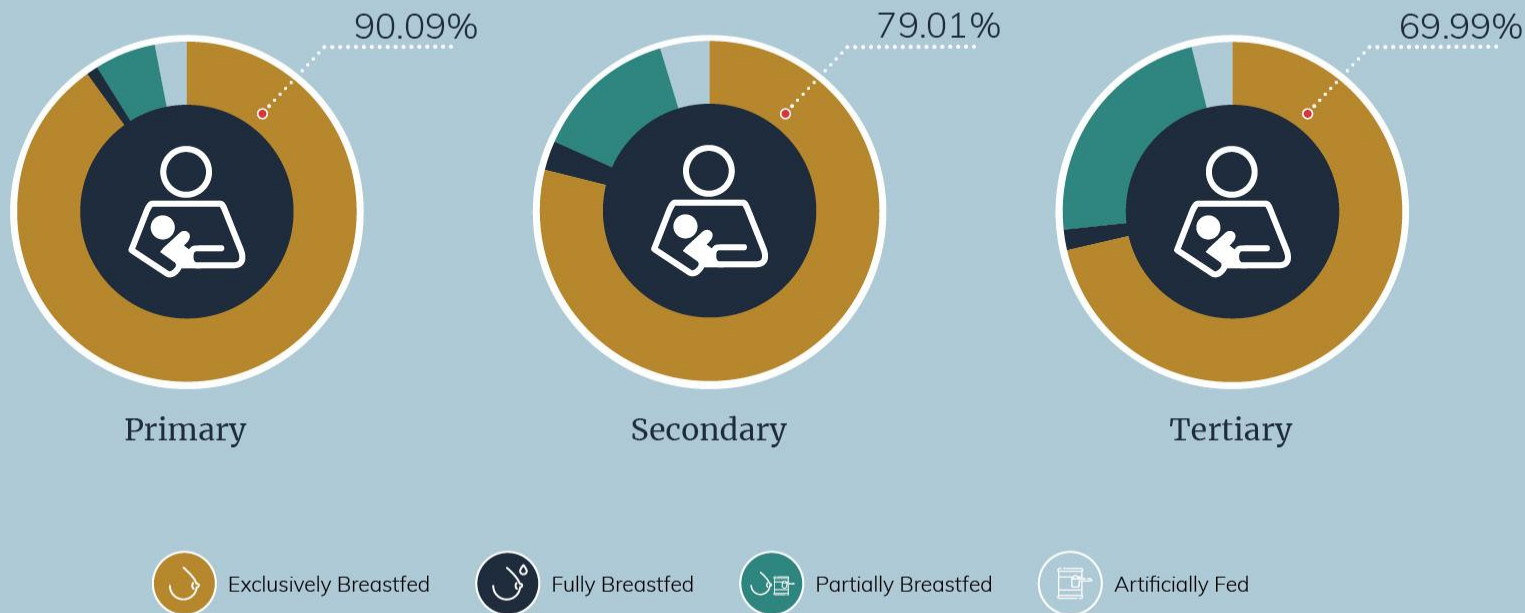
by Ethnicity – Asian Infants 2023

	 Exclusively Breastfed	 Fully Breastfed	 Partially Breastfed	 Artificially Fed
Asian NFD	65.43%	0.91%	30.53%	3.14%
Southeast Asian	63.46%	3.24%	30.94%	2.37%
Chinese	54.51%	3.01%	37.25%	5.24%
Other Asian	67.55%	3.97%	26.37%	2.12%



National Infant Feeding Data at Discharge

by Service Type 2023



National Infant Feeding Data at Discharge

by Service Type 2023



National Infant Feeding Data at Discharge 2023

Comments

- NZBA would like to thank all maternity services in Aotearoa New Zealand for collecting this important data about the initiation of breastfeeding.
- This was the first year of collecting data with a revised definition of the healthy, full-term infant, building on the work of key stakeholders to ensure integrity and consistency in our national data collection on infant feeding at discharge.

www.babyfriendly.org.nz/baby-friendly-aotearoa/breastfeeding-data



Photo by Laura Helms. Photography for @babyfriendlynz

National Infant Feeding Data at Discharge 2023

Comments

- We anticipate that the roll out of BadgerNet for use by maternity services will help to streamline data collection.
- Infant feeding at discharge for the 68 BFHI accredited maternity services is available upon request.



Photo by Liam Helena Photography for @breastfeedingnz

National Infant Feeding Data at Discharge

Challenges

- Midwifery workforce shortages remain an on-going concern for maternity services, impacting support for breastfeeding in the early hours and days postnatally
- Registered Nurses play an increasingly important role in maternity services, comprising 20-100% of the postnatal staff.
- RNs do not receive formal training in breastfeeding during their degree education
- Increasing comorbidities amongst the birthing population drive increased intervention



Photo by Liara Helena Photography for @breastfeedingnz

National Infant Feeding Data at Discharge

Opportunities

- Linking of breastfeeding data sets across the breastfeeding experience and with quality programmes
- Promoting birthing at primary maternity services
- Increasing access to donor milk/donor milk banking
- Ensuring breastfeeding's place in Kahu Taurima programmes
- Implementing National Breastfeeding Strategy for New Zealand Aotearoa | Rautaki Whakamana Whāngote (2020), Outcomes 2 and 4

