

Aeroflow Health Breastfeeding Support 6 Months Postpartum Check-In Survey Results

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Introduction

The act of breastfeeding and the use of human milk offer a multitude of long- and short-term benefits for both mother and baby, making it the optimal form of infant feeding¹. Breastfeeding and expressing milk is a new experience for many moms and parents, and they need support.

At AeroFlow Health, we offer a number of programs such as helping moms find the most appropriate pump for their lactation journey, lactation and infant care informational courses, and one-on-one appointments. The aim of this report was to provide conclusions about how AeroFlow Health moms compare to national data based on breastfeeding, sleep, introducing solid foods and mental health parameters at 6 months.

Methods

A 6 month follow-up survey was sent out to collect data between the dates of 12/15/23 and 4/12/2024. Questions asked included:

- 1) How are you and baby doing with milk feeding?
- 2) How is solid food going?
- 3) How are you and baby sleeping?
- 4) How are you feeling?

Space was also provided for clients to provide open-ended comments about anything else they wanted to share. Frequency data were determined.

Results

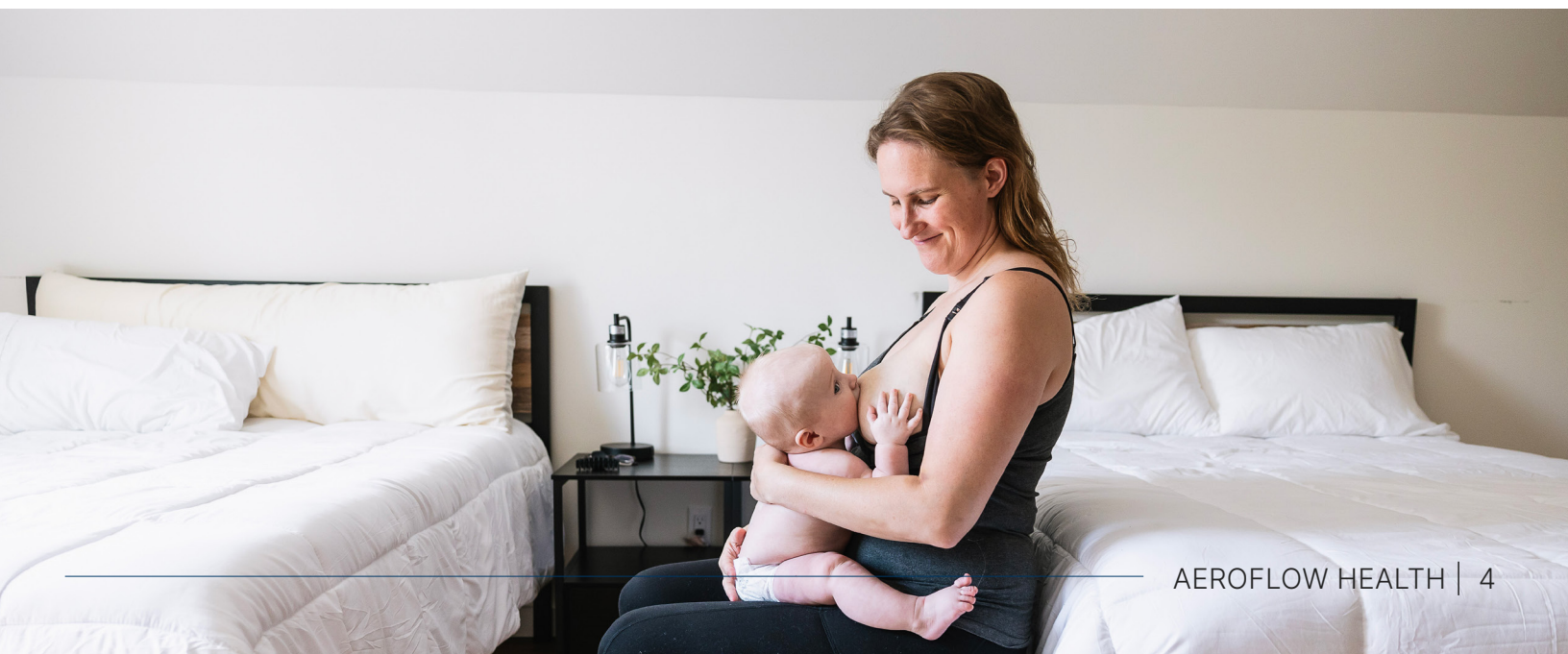
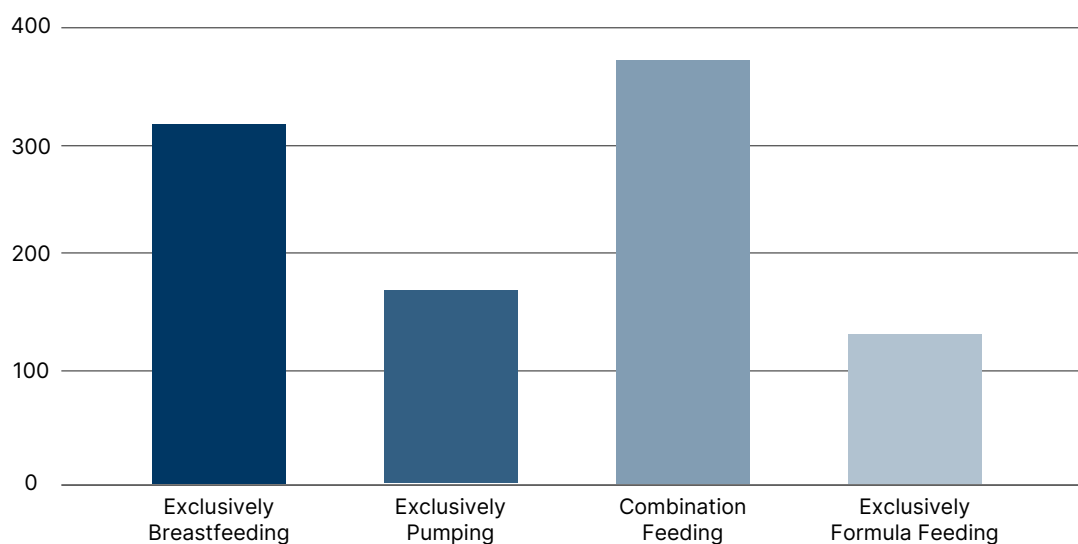
Nine hundred eighty-two moms filled out the survey.

Milk Feeding

At 6 months postpartum, 319 (33%) of Aeroflow Health moms were exclusively breastfeeding, 160 (16%) were exclusively pumping, 367 (37%) were feeding a combination of formula and breast milk, and 134 (14%) were exclusively using formula.

Compared to the available longitudinal data from the Centers for Disease Control and Prevention² and recent research³, Aeroflow Health had a higher percentage of moms exclusively breastfeeding and exclusively pumping, and lower percentages of combination feeding and exclusive formula feeding (see Figure 1 and Table 1).

FIGURE 1: Types of Milk Feeding at 6 Months Postpartum

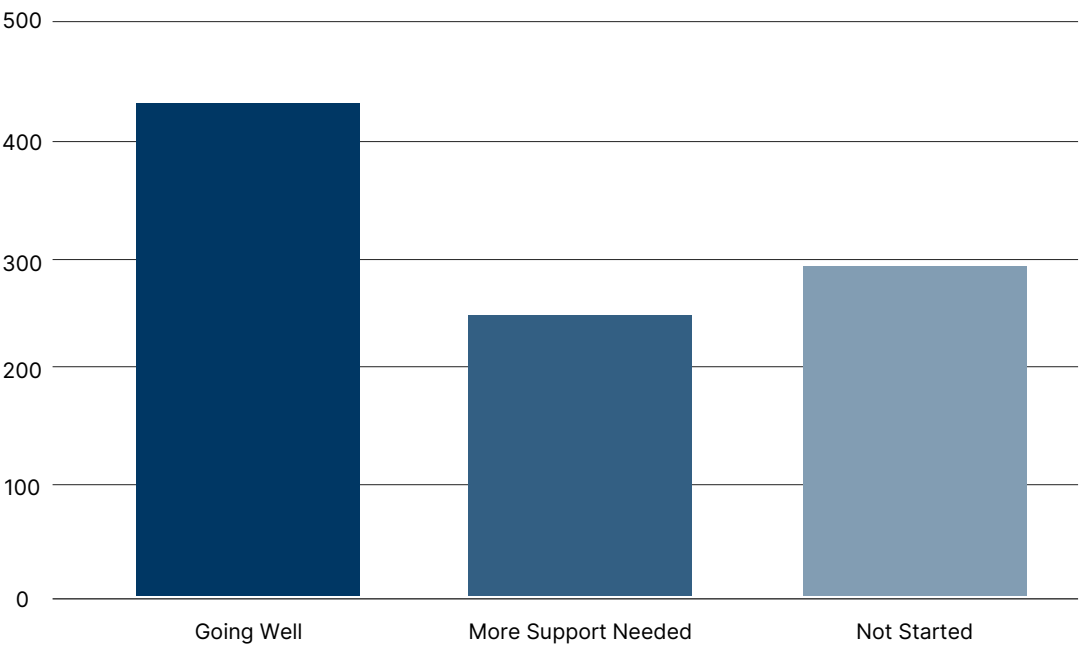


Introduction of Solid Foods

The World Health Organization breastfeeding recommendations are “exclusive breastfeeding for 6 months is the optimal way of feeding infants. Thereafter, infants should receive complementary foods with continued breastfeeding up to 2 years of age or beyond.”⁴

At 6 months postpartum, 437 (45%) of Aeroflow Health moms had introduced solid foods, and felt this developmental stage was going well, 250 (25%) would love to have more support on starting solid foods, and 292 (30%) had not started introducing solid foods at the time of the survey. Compared to the national longitudinal Infant Feeding Practices Survey II data that 40.4% of moms started solid foods early at 4 months, 45% of the Aeroflow Health moms had started solid foods at the appropriate age of 6 months⁵ (see Figure 2 and Table 1).

FIGURE 2: Feelings Regarding Starting Solid Foods

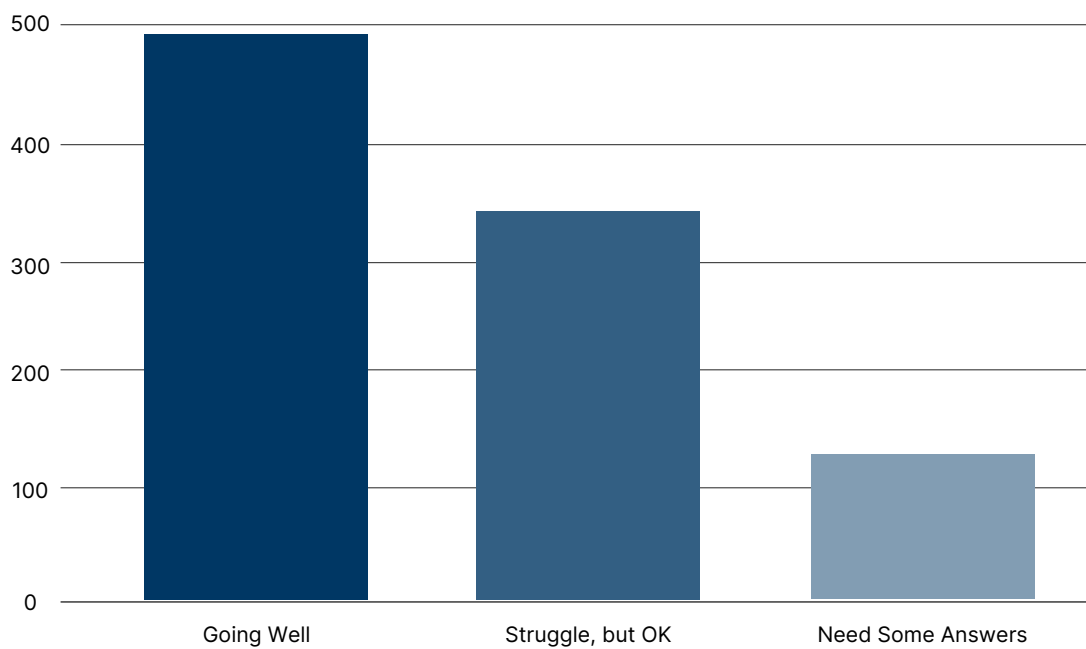


Sleep

At 6 months postpartum, when Aeroflow Health moms were asked how they and their baby were sleeping, 493 (50%) stated they had figured out how sleep best works for their family and sleep is going well, 351 (36%) stated sleep is a bit of a struggle but most nights are 'OK', and 135 (14%) stated they could use some sleep answers.

Compared to the available US longitudinal data from the STRONG Kids 2 study with 464 participants⁶, Aeroflow Health had a lower percentage of moms who were struggling with sleep compared to 60% at 3 months and 40% at 12 months nationally (see Figure 3 and **Table 1**).

FIGURE 3: Feelings Regarding Baby’s Sleep Patterns



Mental Health

At 6 months postpartum, when Aeroflow Health moms were asked how they are currently feeling, 661 (67%) felt generally happy, and they felt they had most things under control. Two hundred and eighty-eight (30%) responded they were taking it day by day, and 30 (3%) were struggling emotionally and would love more answers and support (see Figure 4).

Aeroflow Health moms had similar comments in their open-ended comments with data from a 2020 qualitative evidence synthesis study.⁷ (see [Table 1](#)).

FIGURE 4: Feelings Regarding Current Mental Health Status

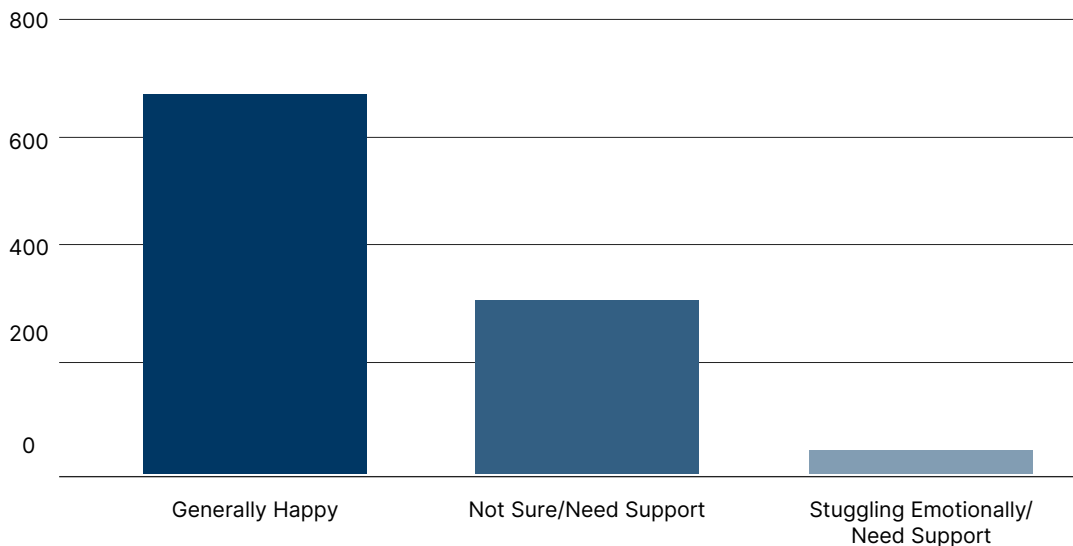


TABLE 1: Aeroflow Health vs. National Data: Feeding, Sleep & Mental Health

	Aeroflow Health Data	United States Data
Percentage Exclusively Breastfeeding at 6 Months Postpartum	33%	25.4% ²
Percentage Exclusively Pumping at 6 Months Postpartum	16%	5.6% to 14.3% ³
Percentage of Breast Milk and Formula Combination Feeding at 6 Months Postpartum	37%	58.2% ²
Percentages of Exclusive Formula Feeding at 6 Months	14%	74.6% ²
Average Age of Baby Receiving Solid Foods	45% at 6 month check in	40.4% before age 4 months ⁵
Percentage Struggling with Baby's Sleep at 6 Months Postpartum	14%	60% at 3 months and 40% at 12 months ⁶
Information about Mom's Mental Health at 6 Months Postpartum	<p>The following are comments from the open-ended question:</p> <p>"More support on the emotional aspects, feelings of failure when feeding and other aspects don't go as planned"</p> <p>"My recommendation would be to provide self-care resources for mamas. I found affirmations and self-care check ins quite helpful especially during the first 4 weeks postpartum"</p> <p>"More education in postpartum anxiety, depression, rage"</p>	<p>Five themes were identified:</p> <p>1) Desire to breastfeed and be a 'good mother'</p> <p>2) Struggles with breastfeeding did not assist with mental health</p> <p>3) Mixed experiences of support from healthcare professionals</p> <p>4) Importance of practical and social support, and,</p> <p>5) Support for mental health and breastfeeding.⁷</p>



Conclusions

Overall, based on the data presented, AeroFlow Health moms exclusively breastfed longer, offered solid foods at the recommended time, and did not struggle with sleep as often as their non-AeroFlow Health counterparts. Mental health appeared to be a concern amongst both groups of moms. AeroFlow Health has integrated a number of tools and lessons regarding the importance of support, self-care and advocating for one's mental health during this time, and continues to receive high marks on the care provided to clients.

References

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