

# **CDC National Survey of Maternity Practices in Infant Nutrition and Care (mPINC)**

## **Birth Center Survey**

*Conducted for*

Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Division of Nutrition and Physical Activity  
Maternal and Child Nutrition Branch  
Atlanta, GA

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## **CDC National Survey of Maternity Practices in Infant Nutrition and Care (mPINC)**

- What is this survey about:** The Centers for Disease Control and Prevention (CDC) is inviting you to participate in a national survey of infant feeding practices at all facilities in the United States and Territories that routinely provide maternity care services. The survey is being conducted for CDC by the Battelle Centers for Public Health Research and Evaluation. We need the response of every facility providing intrapartum care to make this study representative of all U.S. intrapartum care facilities. If your facility provides intrapartum care at multiple locations, please only report data for the specific location listed on the cover letter.
- How long will the survey take to complete:** On average, the survey will take about 30 minutes to complete.
- How will this information be used:** CDC is interested in your facility's policies and practices regarding infant feeding. Your responses to the survey will guide CDC and other organizations in developing programs and practice guidelines. After data collection is complete, your facility will receive an individualized report containing a summary of the survey results and summary statistics for various questions and performance measures. The report will enable you to compare your facility with other similar facilities. Your name, facility name and other personal identifiers will not be shared with any other facility.
- Confidentiality:** Your responses will be treated in a confidential manner. Your responses will be kept private to the extent allowed by law. Your name, facility name, and any other personal identifiers will not appear when we present in oral or written presentation of study results. Survey reports will present all findings in aggregate so individual responses cannot be identified. Data may be released for additional approved research purposes. Your participation in the study is completely voluntary. Data collection will be managed by Battelle, Centers for Public Health Research and Evaluation, a national survey and research organization with extensive experience in collection of health data.
- Who do I call if I have questions about how to complete the survey:** Diane Manninen, Ph.D., Task Leader, Battelle, at 1-800-xxx-xxxx
- Who do I call if I have questions regarding my rights as a study participant:** Chairperson of Battelle IRB  
1-877-810-9530 x 500

**Thank you very much for taking the time to complete this survey**

## SECTION A: CENTER PRACTICES

- A1. Are prenatal classes offered at your center, either by center staff or contracted personnel?
- Yes → Is breastfeeding covered as part of the class content in the prenatal/childbirth preparation class?
- Yes
- No
- Does your center offer a separate prenatal breastfeeding class?
- Yes
- No
- No
- Not sure
- A2. Approximately how many women (pregnant or postpartum) are asked by center staff about their newborn feeding plans?
- | Few<br>(0%–10%)          | Some<br>(10%–50%)        | Many<br>(50%–90%)        | Most<br>(90%+)           | Not sure                 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> |
- A3. Is the mother's infant feeding decision recorded on a center record? (*either hers or her infant's center record*)
- | Rarely<br>(0%–10%)       | Sometimes<br>(10%–50%)   | Often<br>(50%–90%)       | Almost always<br>(90%+)  | Not sure                 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> |
- A4. Approximately, how many mothers are encouraged to hold their **healthy full-term** infants skin-to-skin for at least 30 minutes within an hour of birth for uncomplicated vaginal births?
- | Few<br>(0%–10%)          | Some<br>(10%–50%)        | Many<br>(50%–90%)        | Most<br>(90%+)           | Not sure                 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> |
- A5. Are routine newborn procedures (e.g. Apgar, cord clamping, foot printing) after uncomplicated vaginal births done while the mother is holding the **healthy full-term** infant skin-to-skin?
- | Rarely<br>(0%–10%)       | Sometimes<br>(10%–50%)   | Often<br>(50%–90%)       | Almost always<br>(90%+)  | Not sure                 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> |

A6. Approximately what percentage of **healthy full-term breastfed** infants are put to the breast for the first time during the specified period after delivery for uncomplicated vaginal births?

Within 1 hour after birth	_____ %
1-2 hours after birth	_____ %
2-4 hours after birth	_____ %
4+ hours after birth	_____ %
Total	100%

A7. Approximately what percentage of **healthy full-term breastfed** infants are given the following as a first feeding after uncomplicated vaginal births?

Breast milk	_____ %
Water	_____ %
Glucose water	_____ %
Infant formula	_____ %
Total	100%

A8. Approximately what percentage of live births in the past calendar or fiscal year were by cesarean section (total cesarean sections)? \_\_\_\_\_ %

(If your center does not do cesarean sections) → **Skip to Question A12**

A9. Approximately how many mothers (regardless of feeding method) are encouraged to hold their **healthy full-term** infants skin-to-skin for at least 30 minutes within **two hours** after delivery for uncomplicated cesarean births?

Few (0%–10%)	Some (10%–50%)	Many (50%–90%)	Most (90%+)	Not sure
<input type="checkbox"/>				

A10. Approximately what percentage of **healthy full-term breastfed** infants are put to the breast for the first time during the specified period after delivery for uncomplicated cesarean sections?

Within 2 hours after delivery	_____ %
2–4 hours after delivery	_____ %
4+ hours after delivery	_____ %
Total	100%

A11. Approximately what percentage of **healthy full-term breastfed** infants are given the following as a first feeding after uncomplicated cesarean section births?

Breast milk	_____%
Water	_____%
Glucose water	_____%
Infant formula	_____%
Total	100%

A12. Of mothers who are breastfeeding, or intend to breastfeed, approximately how many do you teach breastfeeding techniques (e.g. comfortable positioning, holding infant, how to express milk, assessing the effectiveness of breastfeeding)?

Few (0%–10%)	Some (10%–50%)	Many (50%–90%)	Most (90%+)	Not sure
<input type="checkbox"/>				

A13. Approximately how many mothers are taught to recognize and respond to first signs of baby's hunger?

Few (0%–10%)	Some (10%–50%)	Many (50%–90%)	Most (90%+)	Not sure
<input type="checkbox"/>				

A14. How often do maternity care staff advise breastfeeding women to limit the length of suckling at each feeding (e.g. nurse for 5, 10, or 15 minutes on each breast)?

Rarely (0%–10%)	Sometimes (10%–50%)	Often (50%–90%)	Almost always (90%+)	Not sure
<input type="checkbox"/>				

A15. Of mothers who are breastfeeding, approximately how many mother-baby couples are observed and assessed by staff for breastfeeding effectiveness during the maternity care center stay?

Few (0%–10%)	Some (10%–50%)	Many (50%–90%)	Most (90%+)	Not sure
<input type="checkbox"/>				

A16. Do staff at your center use a tool to assess breastfeeding effectiveness?

- Yes →
  - A standardized tool (i.e. LATCH, IBFAT)
  - A standard tool developed or adapted by center, for use by maternity care staff

No

A17. Approximately what percentage of **healthy full-term breastfed** infants are supplemented with something other than breast milk? (*Please provide your best estimate if your center does not formally track this information.*) \_\_\_\_%

(If infants are never supplemented, record "0") → **Skip to Question A20**

A18. Of the **healthy full-term breastfed** infants who are supplemented with infant formula, what percentage are supplemented for the following reasons?

Doctor's orders	____%
Nurse's recommendation	____%
Mother's choice	____%
Other ( <i>please specify</i> )	____%

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Total 100%

A19. Are **healthy full-term breastfed** infants who are supplemented ever given the following types of supplementary feedings?

	Yes	No
Water	<input type="checkbox"/>	<input type="checkbox"/>
Glucose water	<input type="checkbox"/>	<input type="checkbox"/>

A20. Approximately how many **healthy full-term breastfed** infants are given pacifiers, except for medical procedures (e.g. circumcision), by maternity care staff?

Few (0%–10%)	Some (10%–50%)	Many (50%–90%)	Most (90%+)	Not sure
<input type="checkbox"/>				

A21. Does your center receive free infant formula?

- Yes
- No
- Not sure

A22. Does your center have a well baby nursery?

- Yes
- No

A23. Following uncomplicated vaginal births, are **healthy full-term breastfed infants** routinely taken to the nursery or other separate area for transition (e.g. processing as a pediatrics patient, vital signs, first bath)?

- Yes → On average, how long is the infant in this transition period?  
→ \_\_\_\_\_ minutes or \_\_\_\_\_ hours
- No

A24. Are **healthy full-term breastfed** infants routinely taken from the mother's room at night?

- Yes → On average, how many hours is baby away from mother at night?  
\_\_\_\_\_ hours
- No

A25. Among mother-infant couples that do not room-in at night, approximately how many **healthy full-term breastfed** infants are brought to their mothers at night for feedings?

- |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Few<br>(0%–10%)          | Some<br>(10%–50%)        | Many<br>(50%–90%)        | Most<br>(90%+)           | Not sure                 |
| <input type="checkbox"/> |

A26. Approximately how many **healthy full-term breastfed** infants are taken from the mother's room for:

	Few (0%–10%)	Some (10%–50%)	Many (50%–90%)	Most (90%+)	Not sure
Pediatric rounds	<input type="checkbox"/>				
Change of shift	<input type="checkbox"/>				
Visiting hours	<input type="checkbox"/>				
Hearing test	<input type="checkbox"/>				
Heel stick	<input type="checkbox"/>				
Infant photos	<input type="checkbox"/>				
Infant's bath	<input type="checkbox"/>				
Mother bathing	<input type="checkbox"/>				
Mother out of room	<input type="checkbox"/>				

A27. What is the typical length of stay at your center for the mother and infant following an uncomplicated vaginal birth?

- Four hours or less → **Skip to Question A29**
- 5 – 12 hours → **Skip to Question A29**
- 13 – 24 hours → **Skip to Question A29**
- 25 – 48 hours
- More than 48 hours

A28. Approximately what percentage of **healthy full-term** infants, regardless of feeding method, remain with their mothers for at least the following number of hours per day?

8 or fewer hours per day	_____ %
9–15 hours per day	_____ %
16–23 hours per day	_____ %
23+ hours per day	_____ %
Total	100%

A29. Are discharge packs/bags containing infant formula samples given to breastfeeding mothers?

- Yes
- No

A30. What support does your center routinely (most of the time) offer to breastfeeding mothers at discharge?

	Yes	No	Not Sure
a. Postpartum telephone call by center staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Telephone number for patient to call	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Postpartum follow-up visit at center after discharge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Home follow-up visit after discharge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Referral to center-based breastfeeding support group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Referral to other breastfeeding support groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Referral to lactation consultant/specialist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Referral to WIC (for those eligible)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Referral to an outpatient lactation clinic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. List of resources for breastfeeding help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Breastfeeding assessment sheet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Other ( <i>please specify</i> )			

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A31. What is the highest level of neonatal care provided at your center?

- Healthy newborn → **Skip to Question B1**
- Special care (Level 1 or Level 2 NICU)
- Intensive care (Level 3 NICU)

A32. Is banked donor milk ever used in your NICU?

- Yes
- No

A33. Among NICU infants receiving milk feedings, approximately how many are routinely provided human milk?

- |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Few<br>(0%–10%)          | Some<br>(10%–50%)        | Many<br>(50%–90%)        | Most<br>(90%+)           | Not sure                 |
| <input type="checkbox"/> |

## SECTION B: TRAINING, PERSONNEL AND POLICY

B1. On average, how many hours do birth attendants spend in breastfeeding education **as new employees**?

- |                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <1 hour                  | 1-4 hours                | 5–8 hours                | 9–18 hours               | >18 hours                | Not sure                 | Not applicable           |
| <input type="checkbox"/> |

B2. On average, how many hours do each of the following types of maternity care staff spend in breastfeeding education **as new employees**?

- |   |                          |                          |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|   | < 1 hour                 | 1-3 hours                | 3+ hours                 | Not sure                 | Not applicable           |
| Physicians employed by the center, residents, interns | <input type="checkbox"/> |
| Certified Nurse Midwives, advance practice nurses     | <input type="checkbox"/> |

B3. How many birth attendants received breastfeeding education **in the past year**?

Few (0%–10%) <input type="checkbox"/>	Some (10%–50%) <input type="checkbox"/>	Many (50%–90%) <input type="checkbox"/>	Most (90%+) <input type="checkbox"/>	Not sure <input type="checkbox"/>
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B4. On average, how many hours did birth attendants spend in breastfeeding education **in the past year**?

<1 hour <input type="checkbox"/>	1-4 hours <input type="checkbox"/>	5–8 hours <input type="checkbox"/>	9–18 hours <input type="checkbox"/>	>18 hours <input type="checkbox"/>	Not sure <input type="checkbox"/>	Not applicable <input type="checkbox"/>
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B5. How often are birth attendants assessed for level of competency in breastfeeding management and support?

At least once a year <input type="checkbox"/>	Less than once a year <input type="checkbox"/>	Not assessed <input type="checkbox"/>	Not applicable <input type="checkbox"/>
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B6. On average, how many hours did each of the following types of maternity care staff spend in breastfeeding education **in the past year**?

	< 1 hour	1-3 hours	3+ hours	Not sure	Not applicable
Physicians employed by the center, residents, interns	<input type="checkbox"/>				
Certified Nurse Midwives, advance practice nurses	<input type="checkbox"/>				

B7. Which of the health care providers following deliver infants at your center?

	Yes	No
Obstetrician/Gynecologists	<input type="checkbox"/>	<input type="checkbox"/>
Family Practice Physicians	<input type="checkbox"/>	<input type="checkbox"/>
Certified Nurse Midwives	<input type="checkbox"/>	<input type="checkbox"/>

B8. Does your center employ a designated lactation coordinator (person who is trained in breastfeeding physiology and management and is responsible for ensuring the implementation of a breastfeeding program)?

- Yes → What are his/her credentials? (*check all that apply*)
- Registered Nurse (RN)
  - International Board Certified Lactation Consultant (IBCLC)
  - Registered Dietician (RD)
  - Certified Nurse Midwife (CNM)
  - Other Lactation consultant/specialist
  - Other (*please specify*) \_\_\_\_\_

No

B9. How many full time equivalents (FTEs) are dedicated to lactation patient care? (*If less than 1 FTE, please record as a decimal. For example, 40 hours per week = 1 FTE, 20 hours per week = .5 FTEs and 10 hours per week = .25 FTEs.*)

\_\_\_\_\_ FTEs

B10. How often is hands-on breastfeeding support available to mothers during their center stay?

	Always	Sometimes	Never
Weekday days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weekday nights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weekend days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weekend nights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B11.	Does your center or mother-baby unit have a written policy addressing...	Yes	No	Not Sure
	a. formal in-service training programs for center staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	b. prenatal classes informing mothers about breastfeeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	c. asking about mothers' feeding plans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	d. initiating breastfeeding within 60 minutes after uncomplicated vaginal birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	e. initiating breastfeeding after recovery for births by uncomplicated cesarean section	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	f. showing mothers how to express breast milk and maintain lactation should they be separated from their infants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	g. giving breastfed infants food or drink other than breast milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	h. 24-hour/day rooming-in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	i. breastfeeding on-demand and duration and frequency of individual feedings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	j. use of pacifiers by breastfed infants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	k. referral of mothers with breastfeeding problems to appropriate resources (e.g. lactation consultant/specialist, community support group, medical provider, WIC Program)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	l. referral of mothers to appropriate community breastfeeding resources upon discharge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B12.	How are staff informed about these policies? <i>(check all that apply)</i>	Yes	No	Not Applicable
	In-service training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Policy is posted (paper, web-site)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Newsletter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	New staff orientation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	New staff training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Staff meeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Word of mouth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Other <i>(please specify)</i> _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B13. Does your center provide any of the following to **center staff** who are also mothers?

	Yes	No
a. A designated room to express milk	<input type="checkbox"/>	<input type="checkbox"/>
b. On-site child care for dependents of center staff	<input type="checkbox"/>	<input type="checkbox"/>
c. Electric breast pump for center staff use	<input type="checkbox"/>	<input type="checkbox"/>
d. Permission to use existing work breaks to express milk	<input type="checkbox"/>	<input type="checkbox"/>
e. Breastfeeding support group for center staff	<input type="checkbox"/>	<input type="checkbox"/>
f. Lactation consultant/specialist available for consult	<input type="checkbox"/>	<input type="checkbox"/>
g. Paid maternity leave (other than accrued vacation or sick leave)	<input type="checkbox"/>	<input type="checkbox"/>

### SECTION C: CENTER CHARACTERISTICS

C1. How many total live births took place in the past calendar or fiscal year at your center?  
 \_\_\_\_\_ live births

C2. Approximately what percentage of laboring women in the past calendar or fiscal year were given epidurals at your center? \_\_\_\_\_%

C3. Approximately what percentage of patients received pharmacological agents (e.g. oxytocin, prostaglandins, misoprostol, mifepristone, relaxin) to initiate or speed up labor onset at your center in the past calendar or fiscal year? \_\_\_\_\_%

C4. Approximately what percentage of patients received mechanical or surgical approaches (e.g. amniotomy, stripping or sweeping membranes, balloon or Foley catheter dilation) to initiate or speed up labor onset at your center in the past calendar or fiscal year? \_\_\_\_\_%

C5. Does your center record (keep track of) the number of mothers breastfeeding?

Yes: at admission → What percentage of women intended to breastfeed at admission, in the past calendar or fiscal year?  
 \_\_\_\_\_%

Yes: at some point during the center stay → What percentage of women were breastfeeding during their center stay, in the past calendar or fiscal year? \_\_\_\_\_%

Yes: at discharge → What percentage of women were breastfeeding at discharge, in the past calendar or fiscal year?  
 \_\_\_\_\_%

Yes: beyond discharge → What percentage of women continued breastfeeding after discharge from the center, in the past calendar or fiscal year? \_\_\_\_\_%

No

Not sure

C6. Please select the positions or titles of the people who have worked on responding to this questionnaire.

	Your position	Other people contributing information to survey (check all that apply)
Mother-Baby Unit manager/supervisor	<input type="checkbox"/>	<input type="checkbox"/>
Birth Center director	<input type="checkbox"/>	<input type="checkbox"/>
Labor and Delivery unit manager/supervisor	<input type="checkbox"/>	<input type="checkbox"/>
Maternity care services director/manager	<input type="checkbox"/>	<input type="checkbox"/>
Lactation services coordinator	<input type="checkbox"/>	<input type="checkbox"/>
Clinical nurse specialist	<input type="checkbox"/>	<input type="checkbox"/>
Director of obstetrics and gynecology	<input type="checkbox"/>	<input type="checkbox"/>
Director of perinatal care	<input type="checkbox"/>	<input type="checkbox"/>
Director of pediatrics	<input type="checkbox"/>	<input type="checkbox"/>
Medical Director	<input type="checkbox"/>	<input type="checkbox"/>
NICU nurse manager	<input type="checkbox"/>	<input type="checkbox"/>
Staff physician	<input type="checkbox"/>	<input type="checkbox"/>
Staff midwife	<input type="checkbox"/>	<input type="checkbox"/>
Staff nurse	<input type="checkbox"/>	<input type="checkbox"/>
Database manager/coordinator	<input type="checkbox"/>	<input type="checkbox"/>
Other ( <i>please specify</i> )	<input type="checkbox"/>	<input type="checkbox"/>

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No other person worked on responding to this questionnaire

**Thank you very much for your participation in this survey.**

