

# healthy places

An Initiative of Healthy Chicago



## OVERVIEW

The Consortium to Lower Obesity in Chicago Children (CLOCC), the Child Health Data Lab and Healthy Places are pleased to present findings from the 2011-2012 fielding of the Illinois Health Survey for Youth (IHSY). IHSY is a random digit dial survey designed to obtain information from caregivers about the health and healthcare of children under age 18 in their care. Technical information about the survey is provided on page 4.

Healthy Places is a \$5.8 million project funded by a cooperative agreement from the Centers for Disease Control and Prevention (CDC) through the U.S. Department of Health and Human Services' Communities Putting Prevention to Work initiative (CPPW). Funding comes from the Affordable Care Act's Prevention and Public Health Fund. As bona fide agent of the City of Chicago and in partnership with the Chicago Department of Public Health (CDPH), the Consortium to Lower Obesity in Chicago Children (CLOCC) at Ann & Robert H. Lurie Children's Hospital of Chicago leads Healthy Places. The initiative began in September 2010 and runs through April 2013.

The overall goal of Healthy Places is to implement sustainable policy, systems and environmental changes that address obesity in Chicago by creating healthier environments where Chicagoans live, work, learn and play. The Healthy Places project includes many organizations and governmental agencies across Chicago and is focused in five areas: food access, safe walking and biking, breastfeeding support, school environments, and media and public education.

## KEY FINDINGS

- Parents of non-Hispanic Black children are the least likely to report having breastfed the child as an infant.
- Hispanic, non-Hispanic Black and very low income parents are the most likely to report preferring a hospital for child birth based on it providing free baby formula.

## Helping make more Chicago hospitals Baby-Friendly Hospitals

**B**ecause breastfeeding plays a key role in obesity prevention, Healthy Places has launched an initiative to improve breastfeeding support at all Chicago hospitals and provide assistance in achieving official Baby-Friendly Hospital designation. The initiative is focused on supporting breastfeeding and other baby-friendly practices at Chicago hospitals.

Data from the Illinois Health Survey for Youth (IHSY) indicate that non-Hispanic White and Hispanic children were at least 50% more likely than non-Hispanic Black and other/multi-race children to have been breastfed as infants. Children from higher income families are 20% more likely than children from lower income families to have been breastfed as infants. These findings underscore the need for hospitals in Chicago to institutionalize policies and systems that support breastfeeding, especially for low income, non-Hispanic Black and other multi-race/ethnicity families.

Figure 1. Percent of Chicago children who were breastfed as infants, by race and ethnicity (n=842)\*

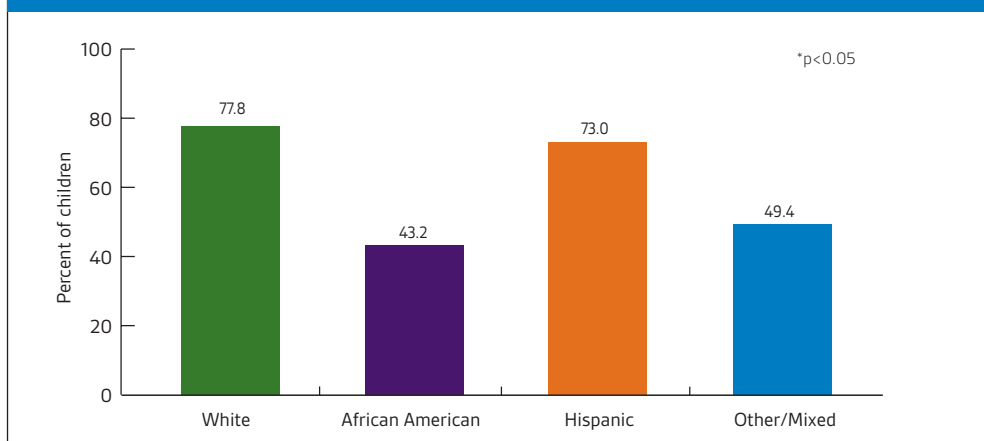


Figure 2. Percent of Chicago children who were breastfed as infants, by family income (n=793)



## Parents weigh in on what they want from hospitals

To explore the support for the Baby-Friendly Hospital Initiative among Chicago parents, IHSY respondents were asked if they were likely to have another child in the coming five years. 190 parents (21.9%) said that they were 'somewhat likely,' 'likely,' or 'very likely' to do so. These parents were asked a series of questions about the hospital they might choose for their next child birth.

Figure 3 indicates that the most important aspect of their choice of hospital is related to financial issues (the hospital is in their insurance network) and medical care (their doctor uses the hospital and the hospital has a good reputation). Convenience is also important, with the vast majority of parents preferring a hospital that is in a good location for the family.

Most parents also prefer a hospital that supports breastfeeding (86.7%). Fewer parents, though still a sizeable majority (71.9%) prefer a hospital that provides free baby formula.

Accepting formula free of charge from consumer companies, and giving away formula as gifts to patients, prevents a hospital from progressing on the World Health Organization's Baby-Friendly Hospital pathway. Providing formula gifts to patients is shown to lower breastfeeding rates and shorten breastfeeding duration. However, Baby-Friendly Hospitals are still allowed to provide formula when it is requested by families.

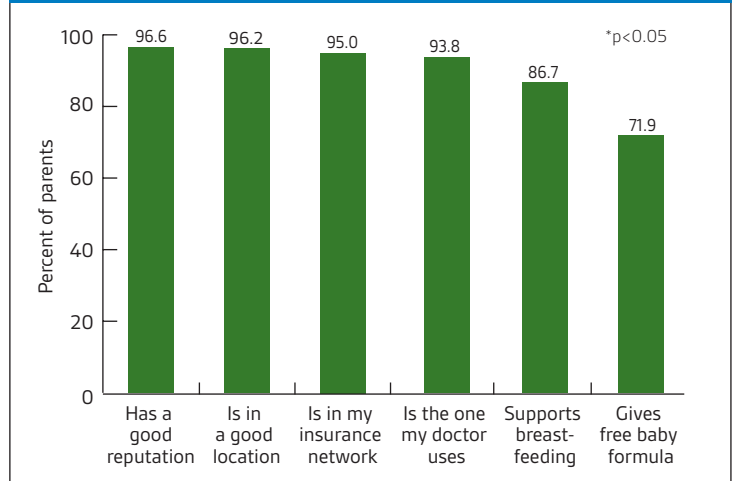
## Hispanic and non-Hispanic Black parents and very low income parents are the most likely to prefer a hospital that provides free formula

It is worth noting that parents of all race/ethnicity groups and income groups prefer hospitals that support breastfeeding by large majorities. Even so, some parents have a strong preference for hospitals that provide free baby formula. Figures 4 and 5 examine the preference for hospitals providing free formula more closely.

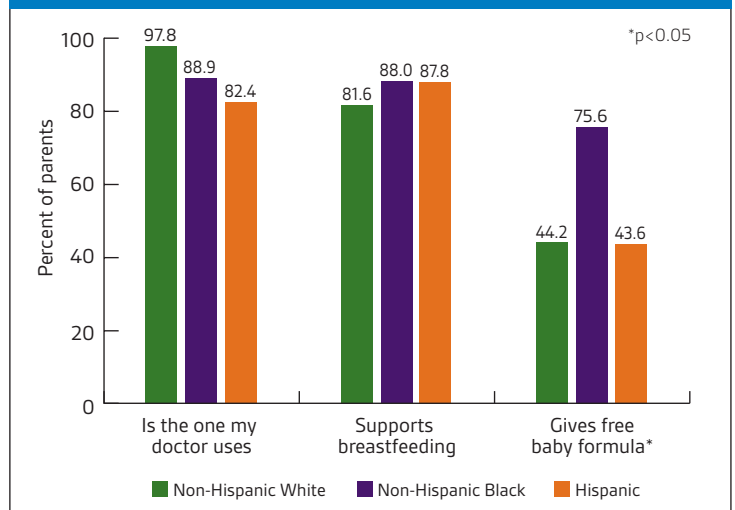
Figure 4 indicates that non-Hispanic White parents are much less likely to prefer a hospital based on its provision of free formula than are Hispanic and non-Hispanic Black parents. These results are statistically significant.

Most significantly, however, appears to be the role of income. Parents who report the lowest family income (under \$20,000 per year) are the most likely (95.7%) to prefer a hospital that provides free baby formula, while parents in the highest income group (over \$50,000 per year) are the least likely to prefer a hospital that provides free baby formula. These results are statistically significant.

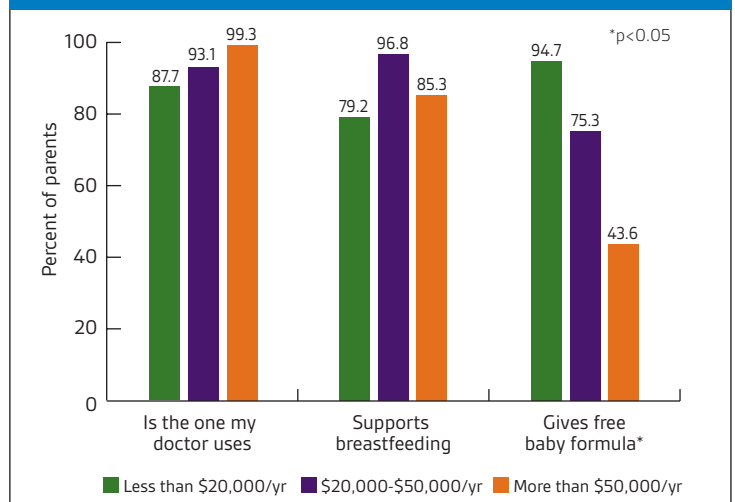
**Figure 3: Important or very important hospital features for parent's next childbirth (of 190 parents who indicated they were likely to have a child in the next five years)\***



**Figure 4: Important or very important hospital features for parent's next childbirth (of 190 parents who indicated they were likely to have a child in the next five years), by race/ethnicity**



**Figure 5: Important or very important hospital features for parent's next childbirth (of 190 parents who indicated they were likely to have a child in the next five years), by family income**



# Baby-Friendly Hospital Initiative

Healthy Places is working to support all hospitals in the City of Chicago with labor and delivery units to increase their institutional support for breastfeeding and adopt steps toward becoming officially designated as Baby-Friendly Hospitals. Baby-Friendly Hospital is an official designation that recognizes hospitals and birthing centers that offer an optimal level of care for infant feeding. The Baby-Friendly Hospital Initiative is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).

Healthy Places is working with hospitals to implement the Ten Steps to Successful Breastfeeding for hospitals, also known as the Baby-Friendly Steps. The Baby-Friendly Steps, developed by UNICEF and the World Health Organization, are evidence-based maternity care practices that support, promote and protect breastfeeding in hospitals. The Ten Steps to Successful Breastfeeding are listed below.

1. Have a written breastfeeding policy\*
2. Train all staff to implement the policy
3. Inform all pregnant women about breastfeeding
4. Help mothers initiate breastfeeding within 1 hour of birth\*
5. Show mothers how to breastfeed and maintain lactation
6. Give breastfeeding infants nothing other than breast milk\*
7. Practice rooming in 24 hours a day\*
8. Encourage feeding on cue
9. Give no artificial nipples or pacifiers to breastfeeding infants\*
10. Refer mothers to breastfeeding support on discharge\*

\* These steps have the most evidence to support their implementation.

CLOCC, HealthConnectOne and the Illinois Chapter of the American Academy of Pediatrics have been, and will continue to provide training and guidance related to introducing Baby-Friendly steps to hospital decision-makers and multidisciplinary teams. They have helped hospitals complete assessments of their breastfeeding practices and policies and implement the Baby-Friendly Steps. This support has been tailored to the needs of each hospital and its staff. Training and technical assistance has included:

- Assessment (both qualitative and quantitative) of hospital practices and measures for breastfeeding promotion and support
- Consultation with hospital leadership, nurses, physicians and lactation consultants about improving breastfeeding practices within the hospital's unique environment and culture
- Creation of a hospital team to share experiences, develop strategies and build an action plan
- Presentations on implementing the Baby-Friendly steps, as well as specific topic areas, such as skin-to-skin contact and the relationship between breastfeeding and obesity
- Provision of sample policies, protocols and models of excellence.



Healthy Places' Baby-Friendly Hospital Initiative is important because there are currently only two hospitals with Baby-Friendly designation in Illinois, and neither are in the city of Chicago. As of November 2012, 14 of the 19 hospitals with labor and delivery units in Chicago have entered the official pathway to pursue Baby-friendly Hospital designation.

Healthy Places' Baby-Friendly Hospital Initiative is supported by HealthConnectOne and the Illinois Chapter of the American Academy of Pediatrics.

For more information, visit [healthyplaceschicago.org/breastfeeding](http://healthyplaceschicago.org/breastfeeding) or email [info@healthyplaceschicago.org](mailto:info@healthyplaceschicago.org)

## Healthy living recommendations

The Consortium to Lower Obesity in Chicago Children's (CLOCC) 5-4-3-2-1 Go!® healthy lifestyle guidelines provide recommendations for healthy eating, exercise and total daily screen time (i.e., TV, computer, video games, movies, etc.).

The percent of children in the IHSY sample who meet or exceed the recommendation for each specific guideline is shown in Table 1. Children in this sample were least likely to meet the physical activity recommendation, and most likely to meet the water consumption recommendation; these findings were statistically significant.

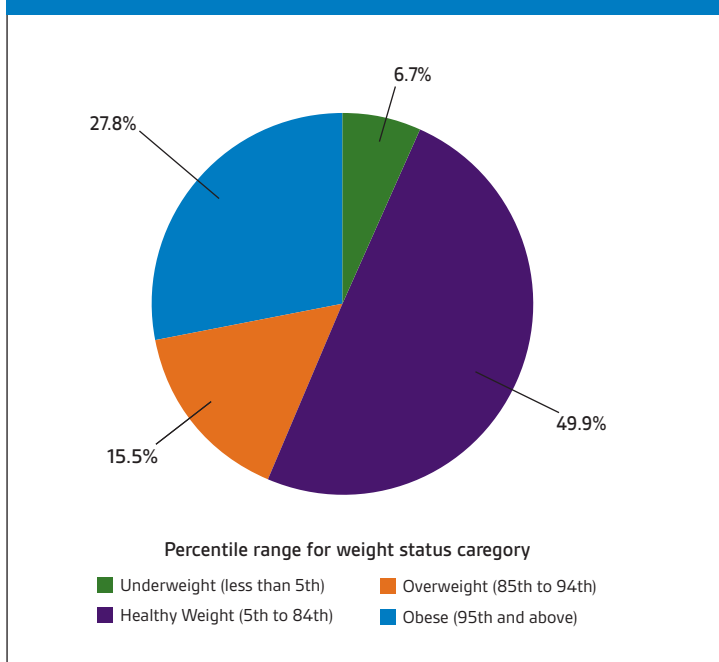
The distribution of weight categories based on parents' report of their child's height and weight are presented in Figure 6. Over 40% of the sample population are overweight or obese.

For more information on 5-4-3-2-1 Go!, please visit CLOCC's website at [clocc.net/partners/54321Go](http://clocc.net/partners/54321Go).

**Table 1. Chicago children meeting 5-4-3-2-1 Go! Goals (ages 1-17)**

5 or more servings of fruits/vegetables the previous day	22.5%
4 or more servings of water the previous day	35.7%
3 or more servings of low fat dairy the previous day	30.1%
2 hours or less screen time, daily average	24.6%
1 or more hours of active play previous in the last 7 days	7.6%

**Figure 6. BMI for Chicago children (ages 2-17)**



### TECHNICAL NOTES

The Illinois Health Survey for Youth (IHSY) consists of questions about the child's overall health status, healthcare access and utilization, screening and immunization, nutrition and physical activity, healthy living, child care, child emotional functioning, acute conditions and chronic conditions. This round of the IHSY included questions related to breastfeeding, park usage and public support for government involvement in healthy living policy and environmental changes in Chicago.

Data collection occurred August 29, 2011 – February 10, 2012.

The survey sample completed interviews with 866 adult parents of children ages 0-17 in Chicago, using a random digit dial procedure and was made up of 267 cell phone numbers and 599 land line numbers. The sample included a targeted oversampling of phone numbers most likely to be in 10 identified neighborhoods in Chicago where a greater percentage of the neighborhood population was living below the poverty line than the Chicago average. Of the 866 interviews, 174 were completed in Spanish and 20 in languages other than Spanish or English. Data were weighted to reflect the overall youth population in the City of Chicago (U.S. 2010 Census).

### SUPPORT PROVIDED BY:

This round of the IHSY was supported by Healthy Places, an initiative of Healthy Chicago. Healthy Places is a collaborative effort between the Chicago Department of Public Health and the Consortium to Lower Obesity in Chicago Children at Ann & Robert H. Lurie Children's Hospital of Chicago funded by the Centers for Disease Control and Prevention's Communities Putting Prevention to Work initiative, Cooperative Agreement Number 1U58DP002376-01. Its contents are solely the responsibility of the authors/organizers and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

### IHSY partnering organizations include:

- Chicago Department of Public Health
- Ann & Robert H. Lurie Children's Hospital of Chicago (Faculty Practice Plan and the Office of Child Advocacy)
- Northern Illinois University, Public Opinion Laboratory
- Illinois Department of Public Health
- Illinois Children's Healthcare Foundation
- Kohl's Cares for Kids
- Chicago Community Trust

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