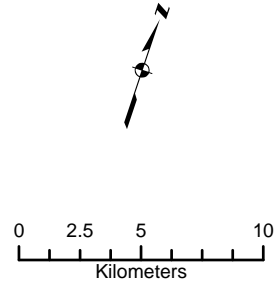
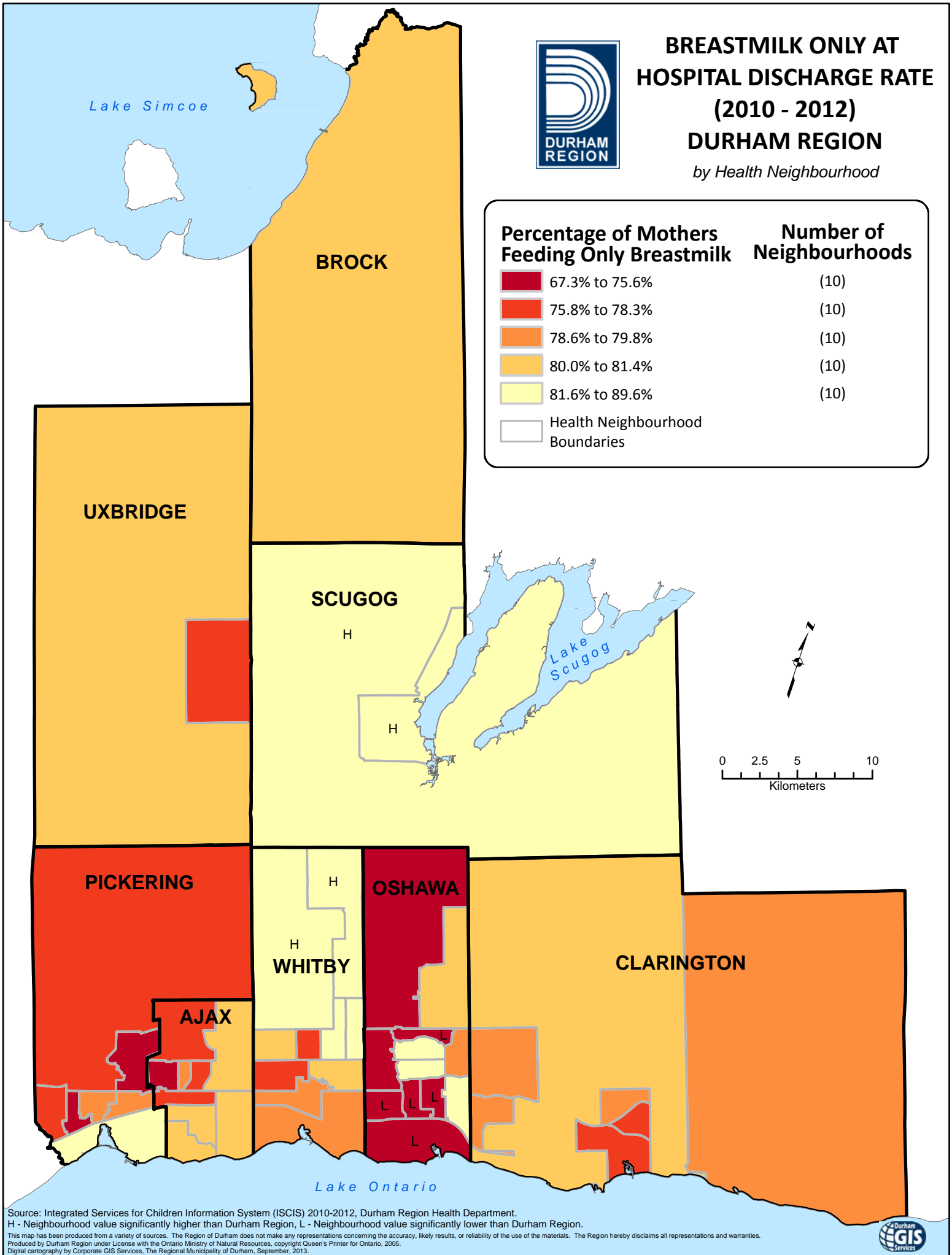




# BREASTMILK ONLY AT HOSPITAL DISCHARGE RATE (2010 - 2012) DURHAM REGION

by Health Neighbourhood

| Percentage of Mothers Feeding Only Breastmilk | Number of Neighbourhoods |
|---|--------------------------|
| 67.3% to 75.6%                                | (10)                     |
| 75.8% to 78.3%                                | (10)                     |
| 78.6% to 79.8%                                | (10)                     |
| 80.0% to 81.4%                                | (10)                     |
| 81.6% to 89.6%                                | (10)                     |
| Health Neighbourhood Boundaries               |                          |



Source: Integrated Services for Children Information System (ISCIS) 2010-2012, Durham Region Health Department.  
 H - Neighbourhood value significantly higher than Durham Region, L - Neighbourhood value significantly lower than Durham Region.  
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## Breastmilk Only at Hospital Discharge Rate (2010-2012)

### Table 1: Health Neighbourhoods Indicator Summary

↕ Higher is Better



|                            | Percentage    | 95% Confidence Interval | Number of Mothers Feeding Only Breastmilk | Compared to Durham Rate |         |        |
|----------------------------|---------------|-------------------------|---|-------------------------|---------|--------|
|                            |               |                         |   | Lower                   | Similar | Higher |
| <b>Pickering</b>           | 78.5%         | 76.4 - 80.5             | 1,230                                     |                         |         |        |
| Frenchman's Bay (P1)       | 83.6%         | 78.5 - 87.7             | 224                                       |                         |         |        |
| West Rouge (P2)            | 76.3%         | 70.5 - 81.2             | 196                                       |                         |         |        |
| Amberlee (P3)              | 74.4%         | 66.6 - 80.9             | 116                                       |                         |         |        |
| Dunbarton (P4)             | 79.1%         | 73.1 - 84.1             | 178                                       |                         |         |        |
| Pickering City Centre (P5) | 79.8%         | 74.6 - 84.2             | 229                                       |                         |         |        |
| Brock Ridge Pickering (P6) | 75.6%         | 69.1 - 81.1             | 161                                       |                         |         |        |
| Pickering North (P7)       | 78.3%         | 70.9 - 84.2             | 126                                       |                         |         |        |
| <b>Ajax</b>                | 78.8%         | 77.3 - 80.2             | 2,353                                     |                         |         |        |
| Ajax Waterfront (A1)       | 81.3%         | 74.7 - 86.6             | 148                                       |                         |         |        |
| Downtown Ajax (A2)         | 80.0%         | 74.6 - 84.5             | 216                                       |                         |         |        |
| Carruthers (A3)            | 81.4%         | 77.2 - 85.0             | 332                                       |                         |         |        |
| Central Ajax (A4)          | 78.0%         | 72.1 - 83.0             | 188                                       |                         |         |        |
| Riverside-Hermitage (A5)   | 72.8%         | 65.6 - 79.0             | 131                                       |                         |         |        |
| Westney Heights (A6)       | 79.3%         | 72.7 - 84.6             | 153                                       |                         |         |        |
| Applecroft (A7)            | 78.3%         | 72.8 - 83.1             | 206                                       |                         |         |        |
| Ajax Northwest (A8)        | 75.8%         | 71.8 - 79.4             | 379                                       |                         |         |        |
| Ajax Northeast (A9)        | 80.1%         | 77.0 - 82.9             | 600                                       |                         |         |        |
| <b>Whitby</b>              | 81.0%         | 79.5 - 82.4             | 2,378                                     |                         |         | ↕      |
| Whitby South (W1)          | 79.7%         | 75.4 - 83.5             | 322                                       |                         |         |        |
| Downtown Whitby (W2)       | 78.6%         | 73.7 - 82.9             | 254                                       |                         |         |        |
| Cochrane South (W3)        | 76.9%         | 69.1 - 83.2             | 113                                       |                         |         |        |
| Manning (W4)               | 80.6%         | 74.4 - 85.6             | 166                                       |                         |         |        |
| Williamsburg (W5)          | 81.1%         | 75.7 - 85.5             | 214                                       |                         |         |        |
| Whitby Brock North (W6)    | 78.0%         | 72.5 - 82.7             | 213                                       |                         |         |        |
| Dryden-Anderson (W7)       | 81.9%         | 76.5 - 86.2             | 212                                       |                         |         |        |
| Dryden East (W8)           | 81.6%         | 76.7 - 85.7             | 248                                       |                         |         |        |
| Brooklin East (W9)         | 83.7%         | 79.3 - 87.3             | 293                                       |                         |         | ↕      |
| Brooklin West (W10)        | 84.3%         | 80.3 - 87.6             | 343                                       |                         |         | ↕      |
| <b>Oshawa</b>              | 74.7%         | 73.3 - 76.0             | 3,037                                     | ↕                       |         |        |
| Lakeview (O1)              | 67.3%         | 63.4 - 71.0             | 404                                       | ↕                       |         |        |
| Gibb West (O2)             | 72.7%         | 67.5 - 77.3             | 242                                       | ↕                       |         |        |
| Downtown Oshawa (O3)       | 69.9%         | 64.6 - 74.7             | 232                                       | ↕                       |         |        |
| Central Park (O4)          | 70.2%         | 64.3 - 75.5             | 191                                       | ↕                       |         |        |
| Grandview South (O5)       | 82.7%         | 77.0 - 87.2             | 191                                       |                         |         |        |
| Stevenson North (O6)       | 73.2%         | 67.9 - 77.9             | 235                                       |                         |         |        |
| Hillsdale (O7)             | 82.3%         | 76.7 - 86.8             | 195                                       |                         |         |        |
| Beatrice South (O8)        | 83.4%         | 77.8 - 87.9             | 191                                       |                         |         |        |
| Grandview North (O9)       | 79.6%         | 75.2 - 83.5             | 309                                       |                         |         |        |
| Beatrice North (O10)       | 67.8%         | 62.1 - 73.1             | 196                                       | ↕                       |         |        |
| Oshawa Northwest (O11)     | 74.8%         | 69.5 - 79.4             | 234                                       |                         |         |        |
| Oshawa Northeast (O12)     | 80.0%         | 76.3 - 83.3             | 417                                       |                         |         |        |
| <b>Clarington</b>          | 78.7%         | 76.9 - 80.5             | 1,630                                     |                         |         |        |
| Courtice South (C1)        | 78.9%         | 74.3 - 82.8             | 291                                       |                         |         |        |
| Courtice North (C2)        | 79.1%         | 72.8 - 84.3             | 163                                       |                         |         |        |
| Bowmanville South (C3)     | 77.8%         | 73.2 - 81.8             | 298                                       |                         |         |        |
| Bowmanville Central (C4)   | 77.2%         | 70.7 - 82.6             | 159                                       |                         |         |        |
| Bowmanville North (C5)     | 79.0%         | 75.1 - 82.4             | 391                                       |                         |         |        |
| Darlington (C6)            | 80.3%         | 72.1 - 86.6             | 102                                       |                         |         |        |
| Clarke (C7)                | 79.6%         | 74.3 - 84.0             | 226                                       |                         |         |        |
| <b>Scugog</b>              | 88.2%         | 84.4 - 91.1             | 335                                       |                         |         | ↕      |
| Port Perry (S1)            | 86.0%         | 79.2 - 90.9             | 129                                       |                         |         | ↕      |
| Rural Scugog (S2)          | 89.6%         | 84.7 - 93.1             | 206                                       |                         |         | ↕      |
| <b>Uxbridge</b>            | 78.5%         | 73.7 - 82.7             | 267                                       |                         |         |        |
| Urban Uxbridge (U1)        | 77.4%         | 71.5 - 82.4             | 185                                       |                         |         |        |
| Rural Uxbridge (U2)        | 81.2%         | 71.9 - 88.0             | 82  |                         |         |        |
| <b>Brock</b>               |               |                         |   |                         |         |        |
| Brock (B1)                 | 80.2%         | 74.7 - 84.7             | 210                                       |                         |         |        |
| <b>Durham Region</b>       | 78.3%         | 77.6 - 79.0             | 11,440                                    |                         |         |        |
| <b>Range</b>               | 67.3% - 89.6% |                         | 82 - 600                                  |                         |         |        |

Source: Integrated Services for Children Information System (ISCIS) 2010-2012, Durham Region Health Department.

Note: Lower (down arrow) or Higher (up arrow) means that the 95% confidence intervals do not overlap and that the rates are different from Durham Region.

## Breastmilk Only at Hospital Discharge Rate (2010-2012)

Table 2: List of Health Neighbourhoods ranked from lowest to highest

| Order | Health Neighbourhood       | Percentage | Number of Mothers Feeding Breast Milk Only | Compared to Durham Region (Higher is Better) | Quintiles |
|-------|----------------------------|------------|--|--|-----------|
| 1     | Lakeview (O1)              | 67.3%      | 404  | LOWER  | 1         |
| 2     | Beatrice North (O10)       | 67.8%      | 196  | LOWER  | 1         |
| 3     | Downtown Oshawa (O3)       | 69.9%      | 232  | LOWER  | 1         |
| 4     | Central Park (O4)          | 70.2%      | 191  | LOWER  | 1         |
| 5     | Gibb West (O2)             | 72.7%      | 242  | LOWER  | 1         |
| 6     | Riverside-Hermitage (A5)   | 72.8%      | 131  | similar                                      | 1         |
| 7     | Stevenson North (O6)       | 73.2%      | 235  | similar                                      | 1         |
| 8     | Amberlee (P3)              | 74.4%      | 116  | similar                                      | 1         |
| 9     | Oshawa Northwest (O11)     | 74.8%      | 234  | similar                                      | 1         |
| 10    | Brock Ridge Pickering (P6) | 75.6%      | 161  | similar                                      | 1         |
| 11    | Ajax Northwest (A8)        | 75.8%      | 379  | similar                                      | 2         |
| 12    | West Rouge (P2)            | 76.3%      | 196  | similar                                      | 2         |
| 13    | Cochrane South (W3)        | 76.9%      | 113  | similar                                      | 2         |
| 14    | Bowmanville Central (C4)   | 77.2%      | 159  | similar                                      | 2         |
| 15    | Urban Uxbridge (U1)        | 77.4%      | 185  | similar                                      | 2         |
| 16    | Bowmanville South (C3)     | 77.8%      | 298  | similar                                      | 2         |
| 17    | Central Ajax (A4)          | 78.0%      | 188  | similar                                      | 2         |
| 18    | Whitby Brock North (W6)    | 78.0%      | 213  | similar                                      | 2         |
| 19    | Pickering North (P7)       | 78.3%      | 126  | similar                                      | 2         |
| 20    | Applecroft (A7)            | 78.3%      | 206  | similar                                      | 2         |
| 21    | Downtown Whitby (W2)       | 78.6%      | 254  | similar                                      | 3         |
| 22    | Courtice South (C1)        | 78.9%      | 291  | similar                                      | 3         |
| 23    | Bowmanville North (C5)     | 79.0%      | 391  | similar                                      | 3         |
| 24    | Dunbarton (P4)             | 79.1%      | 178  | similar                                      | 3         |
| 25    | Courtice North (C2)        | 79.1%      | 163  | similar                                      | 3         |
| 26    | Westney Heights (A6)       | 79.3%      | 153  | similar                                      | 3         |
| 27    | Clarke (C7)                | 79.6%      | 226  | similar                                      | 3         |
| 28    | Grandview North (O9)       | 79.6%      | 309  | similar                                      | 3         |
| 29    | Whitby South (W1)          | 79.7%      | 322  | similar                                      | 3         |
| 30    | Pickering City Centre (P5) | 79.8%      | 229  | similar                                      | 3         |
| 31    | Downtown Ajax (A2)         | 80.0%      | 216  | similar                                      | 4         |
| 32    | Oshawa Northeast (O12)     | 80.0%      | 417  | similar                                      | 4         |
| 33    | Ajax Northeast (A9)        | 80.1%      | 600  | similar                                      | 4         |
| 34    | Brock (B1)                 | 80.2%      | 210  | similar                                      | 4         |
| 35    | Darlington (C6)            | 80.3%      | 102  | similar                                      | 4         |
| 36    | Manning (W4)               | 80.6%      | 166  | similar                                      | 4         |
| 37    | Williamsburg (W5)          | 81.1%      | 214  | similar                                      | 4         |
| 38    | Rural Uxbridge (U2)        | 81.2%      | 82   | similar                                      | 4         |
| 39    | Ajax Waterfront (A1)       | 81.3%      | 148  | similar                                      | 4         |
| 40    | Carruthers (A3)            | 81.4%      | 332  | similar                                      | 4         |
| 41    | Dryden East (W8)           | 81.6%      | 248  | similar                                      | 5         |
| 42    | Dryden-Anderson (W7)       | 81.9%      | 212  | similar                                      | 5         |
| 43    | Hillsdale (O7)             | 82.3%      | 195  | similar                                      | 5         |
| 44    | Grandview South (O5)       | 82.7%      | 191  | similar                                      | 5         |
| 45    | Beatrice South (O8)        | 83.4%      | 191  | similar                                      | 5         |
| 46    | Frenchman's Bay (P1)       | 83.6%      | 224  | similar                                      | 5         |
| 47    | Brooklin East (W9)         | 83.7%      | 293  | HIGHER                                       | 5         |
| 48    | Brooklin West (W10)        | 84.3%      | 343  | HIGHER                                       | 5         |
| 49    | Port Perry (S1)            | 86.0%      | 129  | HIGHER                                       | 5         |
| 50    | Rural Scugog (S2)          | 89.6%      | 206  | HIGHER                                       | 5         |

## Breastmilk Only at Hospital Discharge Rate (2010-2012)

Table 3: Breastmilk only at hospital discharge rate by Durham Region Municipality

| Municipality  | Percentage | Number of Mothers Feeding Only Breastmilk | Compared to Durham Region (Higher is Better) |
|---------------|------------|---|--|
| Pickering     | 78.5%      | 1,230                                     | similar                                      |
| Ajax          | 78.8%      | 2,353                                     | similar                                      |
| Whitby        | 81.0%      | 2,378                                     | <b>HIGHER</b>                                |
| Oshawa        | 74.7%      | 3,037                                     | <b>LOWER</b>                                 |
| Clarington    | 78.7%      | 1,630                                     | similar                                      |
| Scugog        | 88.2%      | 335                                       | <b>HIGHER</b>                                |
| Uxbridge      | 78.5%      | 267                                       | similar                                      |
| Brock         | 80.2%      | 210                                       | similar                                      |
| Durham Region | 78.3%      | 11,440                                    |  |

### What You Need to Know

- A higher percentage of mothers feeding their infants breastmilk only is better for health.
- The breastmilk only rate ranges by Health Neighbourhood from 67.3% to 89.6%.
- Rates are lowest in Oshawa, and highest in Whitby and Scugog Neighbourhoods. These rates may be influenced by hospital practices and the degree to which hospitals provide formula to infants. Mothers who are older, have higher education, higher income, or who are born outside of Canada are more likely to breastfeed. The World Health Organization and Health Canada recommend exclusive breastfeeding for the first six months, while breastfeeding for up to two years of age and beyond with the introduction of complementary foods. Analysis of Durham Region data found that introducing formula in hospital decreased breastfeeding duration. The Health Department is working towards a Baby-Friendly Initiative (BFI) designation. BFI implements best practices that protect, promote and support breastfeeding, while supporting all families to feed their children in safe and nurturing ways, regardless of feeding method.

### Indicator Notes

- The Breastmilk Only at Hospital Discharge Rate is the number of women who were feeding their baby breastmilk only when discharged from hospital divided by the total number of women who delivered, multiplied by 100.
- Source: Integrated Services for Children Information System (ISCIS) 2010-2012, Durham Region Health Department.
- This indicator reflects the percentage of mothers providing breastmilk only (exclusive breastfeeding) at the time they were discharged from hospital. This does not account for any formula the infant may have received prior to discharge. Breastfeeding status was determined in hospital and the information was entered into ISCIS.
- Neighbourhoods were sorted into five groupings (quintiles) based on the breastfeeding percentage. Approximately 10 Neighbourhoods are in each quintile.
- Neighbourhoods were compared with Durham Region based on their confidence intervals. Those with rates that were lower or higher had 95% confidence intervals that did not overlap with those of Durham Region and were significantly different.
- For information about rates in Durham Region, see Family Health Statistics at [durham.ca/healthstats](http://durham.ca/healthstats).

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For more information, refer to The Guide to Health Neighbourhoods.

If you require this information in an accessible format, contact 1-800-841-2729.