

Are us mothers meeting the healthy people 2010 breastfeeding targets for initiati...

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The paper " Are US Mothers Meeting the Healthy People 2010 Breastfeeding Targets by Forste and Hoffmann " is a delightful example of an article on family and consumer sciences. The article titled, Are US Mothers Meeting the Healthy People 2010 Breastfeeding Targets for Initiation, Duration, and Exclusivity?, is a great article written by Renata Forste, Ph. D., and John P. Hoffmann, Ph. D. The article was retrieved from Helene Fuld's research database. After going to the online learning center, and typing in " single mother research" the article was found. The research question that required a search of the article is, " Are US mothers meeting breastfeeding targets and how is does it differ with single mothers"? The research method used is based on facts and credible sources in the form of surveying. The main idea of the article focuses on which geographical areas, ethnic groups, and peoples of certain wealth participate in breastfeeding. It is proven that breastfeeding or human milk offers the breastfeeding child the best chances at fighting and preventing diseases. Since the use of human milk is so beneficial, it is important to get the information out there to those who are unaware of the benefits of breast milk. Programs such as the WIC (Women, Infant and Children Program) are quite beneficial at encouraging woman of low income or minority groups to breastfeed their children. Although the program encourages women to breastfeed, the program does not encourage the continuation of breastfeeding. (Forste, Hoffmann2008) Data that has been collected can help to determine which targets need to be met and the benefits of meeting these targets.

The article uses facts collected to provide an accurate method. The method uses data that has been collected from the National Immunization Surveys.

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Their data is collected from the US Centers for Disease Control and Prevention. These surveys took place in 2003 and 2004. According to the article, data is collected annually. In order to collect the data, random telephone surveys were placed. Data were then compared to the targets for Healthy People. The data was transferred into two different groups. One group was for breastfed children for up to six months and then up to one year. Finally the race, income level, and whether or not the mother was married are determined.

Results from the data show that mothers who are likely married, older than 30, high school or college graduates, are most likely to breastfeed for at least six months and up to one year. Surprisingly it is shown that mothers and children who do not participate in the WIC program are more likely to breastfeed. This may be because the WIC program is mainly offered to mothers and children of low-income levels.

The authors drew an interesting conclusion regarding the data collected. The authors conclude by explaining that the data proves that Healthy People targets and actual data show that children being breastfed lags way behind what it should. Much improvement has to take place in order for targets to be met.

The article was very informative and provided trustworthy methods and results. The question being researched was clearly answered and a well-developed conclusion was formulated in regards to necessary steps to improve results.