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| **About the Measure** | |
| **Protocol Id** | 50101 |
| **Domain:** | Nutrition and Dietary Supplements |
| **Measure:** | Breastfeeding |
| **Definition:** | A measure to assess whether a baby was breastfed, the duration of breastfeeding, and when solid foods were introduced. |
| **Purpose:** | Breastfeeding is advantageous for both mothers and their children. Breast milk is the optimal source of nutrition for infants. Its components are easy to digest, include antibodies that can protect infants from bacterial and viral infections, and contain growth factors that may prevent chronic diseases later in life. Research indicates that women who breastfeed may have lower rates of certain breast and ovarian cancers and are more likely to return to their pregravid weight faster than those who do not breastfeed. |
| **Essential PhenX Protocols:** | Current Age [10101] |
| **Related PhenX Protocols:** |  |
| **Measure Release Date:** | October 01, 2015 |

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| **About the Protocol** | |
| **Protocol Release Date:** | October 30, 2009 |
| **Protocol Review Date:** | October 01, 2015 |
| **PhenX Protocol Name:** | Breastfeeding |
| **Protocol Name From Source:** | National Health and Nutrition Examination Survey (NHANES) Diet Behavior and Nutrition Questionnaire, 2005-2006 |
| **Protocol Availability:** | Available |
| **Keywords:** | Nutrition and Dietary Supplements; breast milk; NHANES |
| **Description:** | These interviewer-administered questions ascertain whether an infant was breastfed, the duration of breastfeeding, and the introduction of solid foods. |
| **Specific Instructions:** | Parents must answer questions for children. |
| **Protocol:** | SP = Sample Person  1. Now I’m going to ask you some general questions about {SP’s} eating habits. Was {SP} ever breastfed or fed breast milk?  **1** [ ] YES  **2** [ ] NO  **7** [ ] REFUSED  **9** [ ] DON’T KNOW  2. How old was {SP} when {he/she} was **first** fed something other than breastmilk or water?  INCLUDE FORMULA, JUICE, SOLID FOODS  |\_\_\_|\_\_\_|\_\_\_|\_\_\_| ENTER AGE IN DAYS, WEEKS, MONTHS OR YEARS  **6666** [ ] NEVER  **7777** [ ] REFUSED  **9999** [ ] DON’T KNOW  ENTER UNIT  **1** [ ] DAYS  **2** [ ] WEEKS  **3** [ ] MONTHS  **4** [ ] YEARS  **7** [ ] REFUSED  **9** [ ] DON’T KNOW  3. How old was {SP} when {he/she} **completely stopped** breastfeeding or being fed breast milk?  |\_\_\_|\_\_\_|\_\_\_|\_\_\_| ENTER AGE IN DAYS, WEEKS, MONTHS OR YEARS  **6666** [ ] STILL BREASTFEEDING  **7777** [ ] REFUSED  **9999** [ ] DON’T KNOW  ENTER UNIT  **1** [ ] DAYS  **2** [ ] WEEKS  **3** [ ] MONTHS  **4** [ ] YEARS  **7** [ ] REFUSED  **9** [ ] DON’T KNOW |
| **Selection Rationale:** | This tool is employed in a nationally representative survey. |
| **Source:** | Centers for Disease Control and Prevention, National Center for Health Statistics. (2005-2006). *National Health and Nutrition Examination Survey (NHANES), Diet Behavior and Nutrition Questionnaire*. Questions DBQ010 (question 1), DBQ020 (question 2), and DBQ030 (question 3). |
| **Language** | English Spanish Chinese |
| **Participant:** | Sample Person is an individual aged 6 years old or younger |
| **Personnel and Training Required:** | The interviewer must be trained to conduct personal interviews with individuals from the general population. The interviewer must be trained and found to be competent (i.e., tested by an expert) at the completion of personal interviews.\* The interviewer should be trained to prompt respondents further if a "don’t know" response is provided. \*These questions can be administered using multiple modes (e.g., paper-and-pencil and computer-assisted interviews). |
| **Equipment Needs:** | Although the source instrument was developed to be administered by computer, the PhenX Working Group acknowledges that these questions can be administered in a noncomputerized format (i.e., paper-and-pencil instrument). Computer software is necessary to develop computer-assisted instruments. The interviewer will require a laptop or handheld computer to administer a computer-assisted questionnaire. |
| **Standards** | |  |  |  |  | | --- | --- | --- | --- | | **Standard** | **Name** | **ID** | **Source** | | Logical Observation Identifiers Names and Codes (LOINC) | PhenX - breastfeeding protocol | 62279-5 | [LOINC](http://s.details.loinc.org/LOINC/<INSERT_ID>.html?sections=Web) | |
| **General References:** | None |
| **Mode of Administration:** | Interviewer-administered questionnaire |
| **Derived Variables:** | None |
| **Requirements:** | |  |  | | --- | --- | | **Requirement Category** | **Required (Yes/No)** | | **Major equipment** | No | | **Specialized training** | No | | **Specialized requirements for biospecimen collection** | No | | **Average time of greater than 15 minutes in an unaffected individual** | No | |
| **Annotations for Specific Conditions:** | None |
| **Process and Review:** | The [link[phenxtoolkit.org/about/teams#erp1-members|Expert Review Panel #1]] reviewed the measures in the Anthropometrics, Diabetes, Physical Activity and Physical Fitness, and Nutrition and Dietary Supplements domains.  Guidance from the ERP includes:  • No significant changes to measure  Back-compatible: no changes to Data Dictionary  Previous version in Toolkit archive ([link[www.phenxtoolkit.org/domains/view/50000#tab5content|link]]) |