

ARIZONA BREASTFEEDING

2024 LANDSCAPE ANALYSIS



COLLEGE OF AGRICULTURE, LIFE & ENVIRONMENTAL SCIENCES
Nutritional Sciences
& Wellness

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EXECUTIVE SUMMARY

This 2024 Landscape Analysis of Breastfeeding in Arizona offers a comprehensive examination of breastfeeding practices, support systems, and health outcomes within the state. This report aims to provide stakeholders, including healthcare providers, policymakers, and community organizations, with a detailed understanding of the current state of breastfeeding in Arizona and the various factors influencing it.

Breastfeeding is widely recognized for its numerous health benefits for both infants and mothers. Arizona has demonstrated strong breastfeeding initiation rates, with a majority of mothers beginning to breastfeed. However, sustaining breastfeeding beyond the initial months presents ongoing challenges. This analysis explores the rates of breastfeeding continuation and exclusivity, highlighting areas where further support and intervention are needed.

Hospital practices provide critical breastfeeding support. Hospital “baby-friendly” designations are especially limited in Arizona, which falls far below the national average for live births occurring at such hospitals.

Inconsistencies in workplace support for breastfeeding mothers are evident across Arizona. While some workplaces provide exemplary support, including lactation rooms and flexible break times, others lack essential facilities and policies. The findings show that only about half of Arizona worksites surveyed offer substantial breastfeeding support.

Disparities in breastfeeding rates across different counties and demographic groups indicate rural and lower-income areas demonstrate significantly lower breastfeeding initiation and continuation rates compared to urban and higher-income areas. Additionally, racial and ethnic disparities emerged, with Hispanic and Native American mothers facing greater challenges in accessing breastfeeding support.

The following recommendations highlight key focus areas to effectively address gaps and challenges in breastfeeding support across Arizona. Designing multi-level strategies (for example at the state, county, and community levels) is likely to increase breastfeeding initiatives and enhance health outcomes for mothers and infants statewide.

Potential Focus Areas:

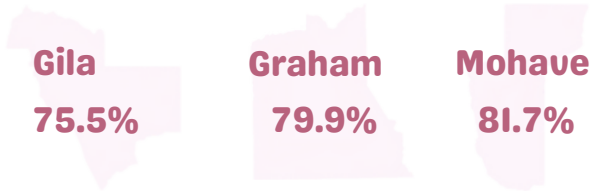
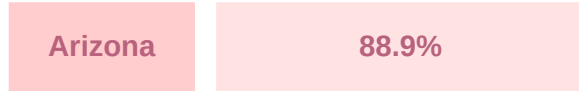
- Increase breastfeeding support in hospitals
- Strengthen worksite breastfeeding support
- Enhance WIC Program Initiatives
- Promote Public Awareness and Education
- Support breastfeeding in healthcare plans

Recommendations

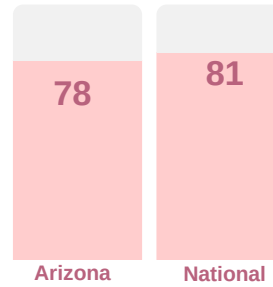
- Improve data collection and monitoring.* Develop and implement a statewide data collection system for breastfeeding metrics.
- Update and maintain online breastfeeding support systems.* Develop processes to regularly update and maintain online breastfeeding support systems.
- Foster collaboration among stakeholders.* Promote collaboration between state and community organizations, coalitions, and other breastfeeding support initiatives to create unity.
- Address disparities in breastfeeding rates.* Focus on counties and communities with lower breastfeeding rates to address specific barriers and develop tailored interventions.

ARIZONA VS NATIONAL Breastfeeding Data

Arizona breastfeeding initiation rates are higher than the national average, but some counties fall below the national average.



Source: 2018–2019 [National Vital Statistics System](#)



Arizona’s hospital maternity practice score falls just below the national average.

Source: [CDC National Hospital Survey of Maternity Practices in Infant Nutrition and Care \(mPINC\)](#). Scores range from 0 (lowest) to 100 (highest) and reflect care practices and policies that impact newborn feeding, feeding education, staff skills, & discharge support.

Arizona is below the national average of live births occurring at designated “baby friendly” hospitals.



Arizona has 3 of its 382 hospitals designated as “baby friendly” hospitals, all of which are in tribal-serving areas.

Chinle Comprehensive Health Care Facility
Re-Designated 2019-2024

Tuba City Regional Health Care Corp.
Re-Designated 2022-2027

Whiteriver Indian Health Service
Re-Designated 2019-2024

Source: [Baby-Friendly USA](#), The World Health Organization (WHO) & United Nations International Children’s Emergency Fund (UNICEF) Ten Steps to Successful Breastfeeding and the International Code of Marketing of Breast-milk Substitutes.

Arizona’s breastfeeding rates are generally lower than the national average, and supplemental formula rates are higher.

2020	Infants ever Breastfed	Infants Breastfed at 6 months	Infants exclusively breastfed through 3 months	Infants exclusively breastfed at 6 months	Breastfed infants supplemented with formula within 2 days
Arizona	79.7%	57.2%	44.4%	25.5%	24%
National	83.1%	58.2%	45.3%	25.4%	20.8%

Source: [National Immunization Survey-Child](#)

STATE-LEVEL BREASTFEEDING DATA

Arizona Program for Women, Infants, and Children (WIC)

The WIC program supports the health of low-income women, infants, and children up to age 5 by providing nutritious foods, healthy eating information, and health care referrals.



WIC 2022 data shows that Arizona is below the national average for breastfeeding and above the national average for formula feeding.

2022	Fully Breastfed	Partially Breastfed	Total Breastfed	Fully Formula Fed
Arizona	11.4%	21.7%	33.1%	66.9%
National	13.1%	24.2%	37.3%	62.7%

Source: [Fiscal Year 2022 WIC Breastfeeding Data Local Agency Report](#)

2023 Arizona WIC Agency Awardees

The award is given at three levels: Gold, Premiere, and Elite. This recognizes agencies demonstrating model practices and those at various stages of exemplary breastfeeding promotion and support.

Each year, the U.S. Department of Agriculture, Food and Nutrition Service (FNS), Special Supplemental Nutrition Program WIC presents the WIC Breastfeeding Award of Excellence to recognize local WIC agencies that have provided exemplary breastfeeding promotion and support activities.

Premiere Awards (mid-level performance)

- Yavapai County Health Department

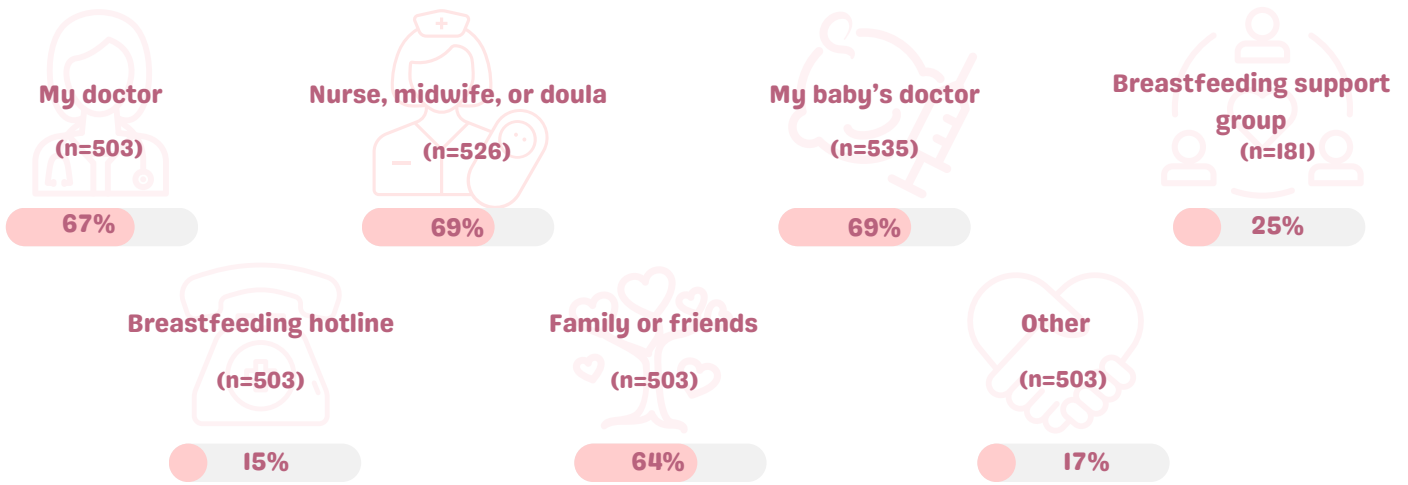
Gold Awards (beginning level performance)

- Cochise County WIC Program
- Mountain Park Health Center WIC Program (Maricopa County)
- Pima County Health Department
- El Rio Health WIC (Pima County)
- Navajo County WIC Program

Arizona Department of Health Services Pregnancy Risk Assessment Monitoring System (PRAMS)

PRAMS was designed to better understand a mother's pregnancy, birth and postpartum experiences.

Where do you receive your breastfeeding information?



Healthy Arizona Worksites Program (HAWP)

HAWP uses the [Centers for Disease Control \(CDC\) Worksite Health Score Card](#) as a tool to help employers assess if they have implemented evidence-based health promotion strategies in their worksites to improve employee health and well-being.

About half of Arizona worksites surveyed have these breastfeeding supports.

CDC Report Card 2023	Yes	No
Does your worksite provide access to a breast pump at the worksite?	47.3%	52.7%
Does your worksite provide and promote maternal health and breastfeeding support groups, educational classes, or consultations?	58.1%	41.9%
Does your worksite offer paid parental leave, separate from any accrued sick leave, annual leave, or vacation time?	52.7%	47.3%

<p>1,902</p> <p>Number of worksites trained</p>	<p>246</p> <p>Worksites awarded</p>	<p>357</p> <p>Arizona employer HAWP scorecard users</p>	<p>Key Partners</p> <ul style="list-style-type: none"> • Yuma County Health Department • Cochise County Health Department • Maricopa County Health Department
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STATEWIDE MCH PROJECTS AND PROGRAMS

Healthy Families

Provides Arizona households with resources and free in-home services to support new parents and foster a healthy environment.

[> LEARN MORE](#)

First Things First

Creates a family-centered, equitable early childhood system supporting the development and well-being of Arizona children from birth to age 5.

[> LEARN MORE](#)

Birth To Five

Offers free expert child development information and supportive listening, tailoring advice to each caller's parenting values, traditions, and style.

[> LEARN MORE](#)

La Leche of Arizona

Provides education and support for breastfeeding/chestfeeding parents through trained volunteer Leaders.

[> LEARN MORE](#)

Strong Families Arizona

Supports families with home visiting programs tailored to new parents, low-income families, and those interested in monitoring their child's development.

[> LEARN MORE](#)

4th Trimester Arizona

Promotes community support for Arizona families transitioning to parenthood through events like support groups, conferences, offering workshops, wellness services, and bonding activities.

[> LEARN MORE](#)

ARIZONA FEDERALLY FUNDED PROJECTS

Maternal, Infant, and Early Childhood Home Visiting Program

Helps pregnant people and parents of young children improve health and well-being for themselves and their families by partnering trained home visitors through the Early Childhood Systems programming.

In 2023, Arizona Department of Health Services (ADHS) was awarded \$12,564,596.

[> LEARN MORE](#)

The Title V Maternal and Child Health (MCH) Block Grant

A key source of support for promoting and improving the health and well-being of mothers, infants, children and adolescents, including those with special health care needs, and their families.

In 2024, ADHS was awarded \$5,908,688.

[> LEARN MORE](#)

The MCH Nutrition program

Promotes healthy nutrition of mothers, children, and families by establishing and enhancing nutrition centers of excellence to train future and current MCH nutrition professionals and technical assistance to state Title V and other MCH programs.

Arizona State University was funded to support the TRANSCEND Program.

[> LEARN MORE](#)

COUNTY HEALTH DEPARTMENT WEBSITE OVERVIEW

What Breastfeeding Resources Do Websites Provide?

County ¹	Hotline ³	Home Visiting ³	*CHWs ³	*IBCLC ³ /CLC	First Things First ⁴	Healthy Families ⁵	WIC ³ Sites
<u>Apache & Navajo</u> ²	✓	✓		✓	✓	✓	9
<u>Cochise</u>	✓	✓			✓	✓	4
<u>Coconino</u>		✓		✓	✓	✓	2
<u>Gila</u>	✓	✓			✓	✓	2
<u>Graham & Greenlee</u> ²	✓				✓	✓	3
<u>La Paz</u>	✓	✓	✓		✓	✓	1
<u>Maricopa</u>	✓				✓	✓	13
<u>Mohave</u>	✓	✓			✓	✓	3
<u>Pima</u>	✓	✓	✓	✓	✓	✓	4
<u>Pinal</u>					✓	✓	9
<u>Santa Cruz</u>	✓	✓			✓	✓	3
<u>Yavapai</u>	✓	✓			✓	✓	4
<u>Yuma</u>	✓				✓	✓	3

¹Reference appendix for more detail about each county's supports, ²Counties are merged because they share the same breastfeeding supports

³ Provided on County Health Department website, ⁴ [First Things First](#), ⁵ [Healthy Families](#)

*IBCLC = International Board Certified Lactation Consultant, CLC = Certified Lactation Counselor, CHW = Community Health Workers (opportunities to train)

INDIGENOUS BREASTFEEDING PROGRAMS

In-State & Out-of-State Supports

Navajo Nation Breastfeeding Coalition

Improves the health of Navajo families by providing compassionate, unbiased, holistic practices, and accessible care to all birthing families and a focus on Infant health through promotion of breastfeeding.

[LEARN MORE](#)

Inter Tribal Council of Arizona (ITCA) Breastfeeding

Contracted by ADHS in collaboration with tribal maternal health professionals to reduce maternal mortality and morbidity in American Indian communities in Arizona.

[LEARN MORE](#)

Indigenous Milk Medicine Collective

Supports the brilliance of indigenous parents, caregivers, and communities in celebrating their milk medicine journeys to honor and strengthen self-determination.

[LEARN MORE](#)

White Mountain Breastfeeding Coalition

Improves the health of community through the support and promotion of breastfeeding.

[LEARN MORE](#)

Gila River Indian Community Tribal Health Department

Increases knowledge of breastfeeding benefits, encourage mothers to nurse for 6-12 months, and encourage community support through schools & with employers.

[LEARN MORE](#)

Changing Women Initiative

Empowers diverse Indigenous communities to protect cultural birth resiliency and the fundamental Indigenous human right to reproductive health, dignity, and justice.

[LEARN MORE](#)

Arizona Federally Funded Projects

Good Health and Wellness in Indian Country (GHWIC)

In Arizona, the Native Americans for Community Action, Inc. received \$375,000, the Navajo Nation received \$325,000, the Pascua Yaqui Tribe of Arizona received \$375,000, and the Inter Tribal Council of Arizona Inc. received \$858,109 through the GHWIC program to increase breastfeeding.

[LEARN MORE](#)

The Racial Equity in Postpartum Care Challenge

Improves equity in postpartum care for African American and American Indian/Alaska Native women enrolled in Medicaid or the Children's Health Insurance Program. In Arizona, Tucson was a winner of the HHS Racial Equity Postpartum Challenge for the Journey Pregnancy program that focuses on the health of prenatal and postpartum individuals.

[LEARN MORE](#)

Indigenous Breastfeeding, Birth Work, and First Foods

First Nations has awarded 17 Breastfeeding & First Foods grants to community partners across the country to invest in efforts to support lactating parents and ensure babies grow up with a taste for and connection to traditional foods.

[LEARN MORE](#)

INTERVIEW FINDINGS: A COMPARATIVE ANALYSIS OF TWO BREASTFEEDING SUPPORT INITIATIVES

Exploring 4th Trimester Arizona and Arizona WIC

Theme	Arizona WIC Breastfeeding Team	4th Trimester Arizona	Similarities
Current Initiatives	Sustaining existing programs, peer counseling program statewide, breastfeeding hotline, breast pump provision.	Infant Feeding Village, partnerships with Canyon Pediatrics and ASU, Baby Café model expansion.	Both focus on sustaining and expanding breastfeeding support initiatives.
Challenges	Re-establishing community partnerships post-COVID, data collection delays, funding and resource constraints.	Medicaid coverage for breastfeeding support, inconsistent breast pump distribution, funding issues.	Both face funding challenges and aim to improve breastfeeding support amidst systemic limitations.
Support Networks	Peer counseling, breastfeeding coordinators statewide, community baby showers, LATCH webinar series.	Collaborations with Navajo Nation Breastfeeding Coalition, ASU, Central AZ Lactation Consultants Association.	Both leverage extensive support networks to enhance breastfeeding initiatives.
Improvement Strategies	Increasing Spanish-speaking lactation consultants, toolkits for community events, regular check-ins with partners.	Policy briefs, model policies for insurers, training lactation consultants and CHWs, apprenticeship models.	Both emphasize training and resource development to address community needs.
Equity and Cultural Competence	Expanding peer counseling to underserved areas, representation in Spanish-speaking consultants.	Focus on equitable breastfeeding support, culturally competent training for indigenous communities.	Both prioritize equity and culturally competent support in their programs.
Success Stories	Increased call volumes to breastfeeding hotline, successful community baby showers pre-COVID.	Collaboration with New Mexico, ongoing partnerships for postpartum support, legislative efforts.	Both have seen tangible successes in their initiatives despite challenges.
Future Directions	Rebuilding community connections, exploring new strategies for breastfeeding education.	Developing policy briefs, legislation for breastfeeding support, increasing lactation consultants in underserved areas.	Both are focused on strategic planning and legislative advocacy for future improvements.

POTENTIAL FOCUS AREAS

Increasing access to programs that provide continuity of care for breastfeeding programs

Increase Breastfeeding Support in Hospitals

State & County Level: Expand number of Arizona's designated "baby-friendly" hospitals, enhance community-based support programs (targeting counties with lower breastfeeding rates), and/or provide regular breastfeeding training to healthcare providers.

Support Breastfeeding in Healthcare Plans

State Level: Collaborate with healthcare providers and insurers to ensure breastfeeding support and lactation services are covered benefits, facilitating easier access to necessary resources for mothers.

Strengthen Worksite Breastfeeding Support

State & County Level: Promote breastfeeding support in workplaces through the Healthy Arizona Worksite Program by providing lactation rooms and offering flexible break times for nursing mothers. Highlight the benefits of breastfeeding-friendly workplaces to employers, emphasizing improved employee satisfaction and reduced absenteeism. Advocate for increased funding and allocate resources to expand and enhance HAWP and other statewide MCH projects.

Promote Public Awareness and Education

State, County & Community Level: Initiate statewide campaigns to raise awareness about the benefits of breastfeeding and available support resources. Distribute educational materials through healthcare providers, community centers, and online platforms. Identify and enhance gaps in website information dissemination, then promote the improved county websites to the public for easier access to resources.

Enhance WIC Program Initiatives

State, County & Community Level: Enhance efforts within the WIC program to promote and support breastfeeding by leveraging the success of WIC agencies that have received breastfeeding awards of excellence. Recognize and replicate their successful practices, such as implementing comprehensive lactation support programs, offering personalized breastfeeding counseling, and providing educational workshops for both staff and participants.

RECOMENDATIONS

Improve Data Collection and Monitoring

Consider implementing a standardized statewide data collection system for breastfeeding metrics to ensure up-to-date, accurate and comprehensive data, and regularly monitor breastfeeding rates and practices to identify areas needing improvement and to track progress.

Update and Maintain Online Breastfeeding Support Systems

Develop processes (ex. securing funding) to regularly update and maintain online breastfeeding support systems and resource websites, ensuring they provide current, accurate, and comprehensive information for mothers and healthcare providers.

Foster Collaboration Among Stakeholders

Promote collaboration between community organizations, state organizations, coalitions, and other breastfeeding support initiatives to create a unified approach. For example, connect WIC with 4th Trimester for resource sharing and/or advocacy work.

Address Disparities in Breastfeeding Rates

Focus on counties and communities with lower breastfeeding rates to understand and address specific barriers, and develop targeted interventions to support indigenous breastfeeding programs and other marginalized groups.

APPENDIX

Statewide Breastfeeding

- [Healthy Families Arizona \(HFAz\)](#) is a free and voluntary home visitation program that serves pregnant women and families of newborns.
- [First Things First](#) is Arizona's early childhood agency, committed to the healthy development and learning of children from birth to age 5.
- [Birth to Five Helpline](#) is a free service open to all Arizona families with young children looking for the latest child development information from experts in the field. Professionals may also take advantage of this service.
- [La Leche League of Arizona](#) is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to those who want to breastfeed/chest feed. La Leche Leaders have completed extensive training, have been accredited through La Leche League International, and are experienced in providing information and support to other breastfeeding parents by phone and in person.
- [Strong Families AZ](#) is Arizona's home visiting alliance. The High-Risk Perinatal Program (HRPP) is a comprehensive, statewide system of services dedicated to reducing maternal and infant mortality. The 3 components of the program include: Maternal and Neonatal Transport Services, Hospital and Inpatient Physician Services, and Community Nursing Services. The program ensures the most appropriate level of care surrounding birth as well as early identification and support for the child's developmental needs.
- [4th Trimester Arizona](#) is an organization of families, health professionals, educators and local businesses that honors, supports and empowers all families of Arizona during their transition to parenthood and beyond through events like support groups and the 4th Trimester Conference, which offers workshops, wellness services, and bonding activities.
- [ADHS Has Several Programs that Aim to Improve Birth Outcomes](#), there are additional programs and resources set-up to support perinatal and maternal health in Arizona.
- [A Better Balance - Arizona](#): The Talking to your Boss about your Pump guide will help make a plan to take care of lactation needs at work. It explains legal protections and gives practical tips for how to talk to employers about changes needed in the workplace.
- The [ADHS Making it Work Toolkit](#) for breastfeeding friendly worksites is available for employers to support breastfeeding employees.

Federally Funded Arizona Breastfeeding Projects

- The [CDC Hospitals Promoting Breastfeeding program](#) provides critical support to advance breastfeeding continuity of care and increase access to lactation-friendly environments in states, hospitals, and communities. In FY 2022, this program was funded at \$9.75 million.
- [The Maternal, Infant, and Early Childhood Home Visiting \(MIECHV\)](#) supports healthy pregnancy habits, offer guidance on breastfeeding, safe sleeping practices, child safety, and nutrition. They also teach positive parenting skills like reading and playing with children, encourage early learning, assist with future planning, education, employment, childcare, and connect families with community resources. In 2022, the Arizona Department of Health Services received \$10,779,975 in funding to implement the MIECHV program in Arizona.
- [The Title V Maternal and Child Health \(MCH\) Block Grant](#) provides funding for states and jurisdictions to meet the unique health needs of their children and families. In its five-year action plan, Arizona has chosen increasing the percentage of infants who are ever breastfed and infants who are breastfed exclusively through 6 months as one of their Title V Maternal and Child Health grant National Performance Measures.
- [The Maternal and Child Health \(MCH\) Nutrition program](#) promotes the healthy nutrition of mothers, children, and families by establishing and enhancing MCH Nutrition Centers of Excellence to provide training for future and current MCH nutrition professionals and technical assistance to state Title V and other MCH programs. MCH Nutrition Training programs include education on breastfeeding. In Arizona, Arizona State University received funding to support the Translational Training, Education, and Leadership Program in MCH Nutrition & Childhood Obesity Prevention, The TRANSCEND Program.

County Health Department Breastfeeding Resources

Apache County & Navajo County

- [Baby Sprouts Health Start program](#) provides health education on prenatal care, breast feeding, infant care, and parenting to high-risk pregnant women and their families through support, advocacy, and referrals to resources; services offered in-home and in the office.
- [Navajo Breastfeeding Coalition](#) improves the health of Navajo families by providing compassionate, unbiased, holistic practices, and accessible care to all birthing families with a focus on Infant health through promotion of breastfeeding.
- [Navajo Nation Healthy Start Act](#) provides opportunities for working mothers to obtain the health benefits of breast-feeding for their infant children and themselves through provision for breast-feeding or use of a breast pump, or both, within workplaces on the Navajo Nation.
- [Breastfeeding Resource List \(2022\)](#).

- [Child Care Health Consultant](#) provides health and safety consultation, staff training and community resource information to licensed childcare centers or homes that are currently participating in the [Quality First Program](#). These areas include the Navajo and Apache County Region, the Navajo Nation, the White Mountain Apache Reservation, and the San Carlos Apache Reservation.
- [Summit Healthcare – Healthy Steps for Healthy Children](#) is a free service provided to families by an expert in child development, behavior, early learning, parenting, and breastfeeding.

Cochise County

- [Cochise County Breastfeeding Taskforce](#): This page is dedicated to supporting breastfeeding families and professionals, as well as provide evidence-based information to the community and is run by members of the CCBT.
- [Care Net Pregnancy Center of Cochise County](#) offers a range of educational services, including parenting classes that cover prenatal care, infant development, and breastfeeding. Their "Earn While You Learn" program provides educational classes where participants can earn points to exchange for baby necessities. They also offer referrals for healthcare and social services, and provide support groups for women dealing with pregnancy loss.
- [First Feed: Virtual Breastfeeding Education and Support](#) offers a four-week breastfeeding support series, covering breastfeeding basics, benefits, and goals in Week 1; milk production and breastfeeding techniques in Week 2; overcoming challenges in Week 3; and breastfeeding in public, returning to work, and pumping in Week 4. Each session includes open sharing and support.

Coconino County

- The [Health Start Program](#) is a free program that works with pregnant women, new mothers and their families. The goal of the Health Start is to give families the best chance of success through education and referrals to community resources. Families receive home visits and case management with oversight by nurses and social workers through the enrolled child's second year of life.
- [Healthy Steps](#) is a First Things First funded strategy in several regions focusing on children from birth to age 5. Healthy Steps offers the support that helps parents anticipate developmental stages and possible problems to guide them in their roles as parents.

Gila County

- [The Health Start Program](#) provides education, support, and advocacy services to pregnant/postpartum women and their families. Families receive home visits and case management through the enrolled child's second year of life. Pregnant women are connected to prenatal care providers and receive on going education about fetal development and health behaviors that can impact birth outcomes.
- [Flagstaff Pediatric Care](#) provides comprehensive breastfeeding support with certified specialists and an IBCLC pediatrician available daily. They offer assistance for various breastfeeding issues, including supply concerns, pain, weight gain, and returning to work. Appointments are available regardless of patient status, and a breastfeeding warmline is provided for additional support.
- [First Feed: Virtual Breastfeeding Education and Support](#) offers a four-week breastfeeding support series, covering breastfeeding basics, benefits, and goals in Week 1; milk production and breastfeeding techniques in Week 2; overcoming challenges in Week 3; and breastfeeding in public, returning to work, and pumping in Week 4. Each session includes open sharing and support.

La Paz County

- [Community Health Worker Program](#): The La Paz County Health Department has launched the Community Health Worker (CHW) Program, funded by a grant from the Arizona Department of Health Services. CHWs assist residents and visitors in accessing a wide range of health and safety resources, including translation services, health education, informal counseling, and mental health services.
- [Colorado River Indian Tribes Nutrition Obesity Physical Activity Program](#) funded by First Things First, encourages healthy development in children ages 0-5 through physical exercise and nutrition. The program aims to reduce obesity rates in young children by promoting physical activity and healthy eating through culturally related activities for prenatal care, breastfeeding promotion, and toddler groups.

Maricopa County

- [Arizona Breastfeeding Coalition](#) shows an extensive list of breastfeeding resources of Central Arizona by county. Maricopa has several listed resources in the East/South Valley, North Valley, Phoenix Area, and West Valley. Although it is uncertain the status of this website, it is worth looking over these resources as there are several lactation support services.
- [Maricopa County Health Department](#) offers grants for businesses to create or enhance lactation spaces for nursing mothers.

Graham & Greenlee County

- [First Things First's Graham/Greenlee Resources Guide](#) provides a shared list of programs and services including home visitation and breastfeeding support.

Mohave County

- [Simply Breastfed](#): Arizona IBCLC Lactation Consultant providing home visits and virtual or office visits throughout the region.
- [North Country Healthcare](#) provides caring and robust support to both infants and their families, acknowledging the challenges associated with breastfeeding. They are committed to empowering every parent who chooses to breastfeed by offering high-quality care and comprehensive support, ensuring they can achieve their breastfeeding goals with confidence.

Pima County

- [Carondelet Health Network St. Joseph's Hospital](#) in Tucson offers a breastfeeding support group for new mothers and their infants to receive guidance from lactation specialists, share experiences, and benefit from support, (520) 873-1609.
- [Mama's Latte](#) provides in-home visits for most of Southern Arizona. For clients who don't live in the Tucson area, they provide video consults for breastfeeding support and lactation services.
- [Milk & Honey](#) is a specialized Breastfeeding & Postpartum support center. They strive to nurture and empower the whole family through their holistic approach to breastfeeding and feeding. Their goal is to provide both new and experienced parents with breastfeeding support and education throughout the postpartum period and beyond.
- [El Rio Health](#) works with the Rocky Mountain Children's Health Foundation's [Mothers' Milk Bank](#), which collects, tests, processes and provides donor human milk to fragile babies across the country.
- [MotherToBaby Arizona](#) provides information about medications and other exposures before pregnancy, during pregnancy, while breastfeeding, and in cases of adoption. They provide information to patients, families, healthcare providers, and the public.
- [Northwest Healthcare Lactation Services](#) provides breastfeeding education, and CLC support guidance.
- [Starting out Right](#) provides free health education and supportive services to pregnant and parenting adolescents aged 21 and younger, regardless of their financial circumstances. Includes programs for Pregnant and Parenting families – Active parenting: first five years, Linking actions for healthy mothers and babies (LAHMB) Program, and AIM 4 Teen Moms.
- [La Lache League of Arizona – Tucson](#) hosted by experienced Leaders who have breastfed their own babies. Leaders have been trained and accredited by La Leche League International to provide information and support in all aspects. Hotline: 520-477-7990.
- [Elaine O'Neil Lactation Consulting RN, BSN, IBCLC](#) provides breastfeeding support at home or virtually. Specializes in over/under milk supply issues, breast refusal & latching, proper feeding techniques & painful latch, inadequate weight gain, and return-to-work planning.
- [Tucson Medical Center](#) provides before baby, in the hospital, and after baby support through the outpatient Breastfeeding support Clinic.
- [Tucson Pregnancy and Childbirth Resources](#) lists available breastfeeding support and lactation services in Tucson Areas.
- [Health Start](#): CHWs are the heart of Health Start that serve pregnant and/or postpartum individuals with children under age 2.
- [Maternal Early childhood sustained home visiting \(MECSH\) Program](#) pairs families with a registered nurse who offers ongoing support through childhood development during pregnancy or up to 8 weeks after discharge from the hospital with your newborn.
- [Southern Arizona Breastfeeding & Motherhood Resources](#) provides a list of available maternal and child health services from hospital based and home based by providing prenatal breastfeeding classes, breastfeeding supplies and breast pumps, breastfeeding support groups, and postpartum support groups.
- [NACCHO](#): Pima County Breastfeeding Needs Assessment Evaluation & Asset Map Report 2020.
- [Pima County Public Library](#) provides additional Breastfeeding Information and Resources.

Pinal County

- [Sun Life Health](#) provides breastfeeding classes in partnership with Pinal County Public Health and WIC staff
- [The BIG Latch On](#) is a Facebook Group that reached over 190 members however seems to be inactive, last post from 2021.

Santa Cruz County

- [Mariposa Community Health Center](#) in contract with Santa Cruz Health Department provides community health services including breastfeeding education classes and support services at the hospital and at home.
- [First Things First – Santa Cruz Region](#)
- [Carondelet Health Network St. Joseph's Hospital, Tucson](#) offers a breastfeeding support group for new mothers and their infants to receive guidance from lactation specialists, share experiences, and benefit from support, (520) 873-1609.

Yavapai County

- [Breastfeeding Peer Counselor Program](#) for WIC mothers offers information, encouragement, and support for breastfeeding.
- [High Risk Perinatal Program \(HRPP\)](#) provides home based follow-up to infants who spent time in an Intensive Care Nursery setting immediately after birth.
- [Happy Baby Lactation Services, LLC](#) offers virtually, in home, or in office support depending on needs, location and availability.
- [Dignity Health](#) at Yavapai Regional Medical Center has a Family Birthing Center team to guide and support moms and family members through all stages of pregnancy, delivery, and parenthood.

Yuma County

- [Yuma Regional Medical Center](#) provides newborn care, breastfeeding support, education, warm line (928) 336-1228, and a Breast Milk Donor Program at 3 sites: Main campus, Tuscany Plaza, and Women's Health Center
- [Yuma County Public Health Services District](#) has a Facebook group that post breastfeeding information.
- [Breastfeeding Moms of Yuma](#) is a Facebook support group for local breastfeeding moms however does not look currently active.