Table D-3. KQ 1a/b: Studies assessing Women, Infants and Children–based interventions

| Intervention vs. Comparison (Outcome) | N Studies; N Subjects | Design;ROB  | Consistency | Direct-ness | Precision | Magnitude of Effect (Summary Effect Size, 95% Confidence Interval) | SOE |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Initiation/ DurationBF rates post 2007 policy revising the WIC food package vs. pre-policy implementation(all sources: ever-BF; PRAMS: BF for least 4 weeks; NIS: BF for at least 3 months; PedNSS: BF for at least 1 month) | 1 (3 population cohorts); PRAMS (WIC): 85,458PRAMS (Non-WIC): 42,019NIS (WIC): 62,289NIS (Non-WIC): 11,702PedNSS (infants): 744 | 1 prospective cohort35; high | Unknown | Indirecta | Imprecise | No association between the policy change and rates of BF; data from all showed steady upward trends in rates of ever breastfed infants on WIC during the study period; in neither PRAMS nor NIS data were trends in BF after implementation statistically different from trends in BF among low-income women not on WIC  | Insufficient  |
| Duration Provision of electric breast pump vs. manual pump | 1; 280 | 1 RCT;8 medium | Unknown | Direct | Imprecise | For Hawaiian mothers on WIC who planned to return to work/school, no difference in BF duration among women assigned to an electric vs. manual breast pump: median duration of BF 12 vs. 11 months, respectively; HR, 1.13; 95% CI, 0.79 to 1.50  | Insufficient |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Initiation/ DurationMother peer support vs. control | 3; 2,480 | 1 RCT;18 medium1 NRCT;43 high1 cohort;44 medium | Mostly consistent | Direct | Precise | Two studies of in-person peer support for mothers found significant benefit; in one, women in the intervention group had a higher rate of BF initiation than controls (82% vs. 31%) and a higher rate of any BF at 12 weeks (43% vs. 0%; p<0.001). The other RCT found higher rates of BF at hospital discharge in the intervention group than controls (44% vs. 26%, p<0.01) and higher rates of any BF at 6 weeks (26% vs. 13%, p<0.01). One RCT comparing telephone BF support, there was no difference between groups in BF initiation rates and rates of exclusive BF rates at 3 and 6 months postpartum; rates of any BF were higher in the intervention group than controls at 3 and 6 months (RR, 1.18; 95% CI, 1.03 to 1.34) | Low  |
| Initiation/ Duration (subgroups: language spoken)Mother peer support vs. control | 1; 1,948 | 1 RCT;18 Medium | Unknown | Direct | Imprecise | One RCT (telephone peer support) reported on subgroups of women defined by language (English-speaking vs. Spanish-speaking only), results for any BF at 3 months were significant for both groups; at 6 months, benefit for any BF was significant only for the Spanish-speaking subgroup. There was no significant difference in rates of exclusive BF in either subgroup at 3 or 6 months. | Insufficient |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Initiation/ DurationPeer support program for fathers (in addition to mother peer support) vs. peer support for mothers alone  | 1; 200 | 1 NRCT;36 medium | Unknown | Direct | Imprecise | Mothers in the intervention group had slightly higher rate of any BF at 6 months, but the difference was not statistically significant (63% vs. 55%; p=0.20). | Insufficient |
| DurationCash incentives vs. usual WIC services | 1: 36 | 1 RCT;22 Medium | Unknown | Direct | Precise | Breastfeeding rates in the intervention group were significantly higher than controls at 1, 3, and 6 months (89% vs. 44%, 89% vs. 17%, and 72% vs. 0%, respectively) | Insufficient |
| Duration Tailored BF counseling and support based on BAPT survey  | 1; 826 | 1 cohort;29 High | Unknown | Direct  | Imprecise | Significantly higher rates of exclusive BF in the intervention group at 7 and 30 days than controls; no difference between groups at 2 months | Insufficient |
| Duration (subgroups: race/ethnicity)Tailored BF counseling and support based on BAPT survey  | 1; 826 | 1 cohort;29 High | Unknown | Direct  | Imprecise | Significantly higher rates of exclusive BF among non-Hispanic black and Hispanic women in the intervention group than controls at 30 and 60 days; no significant difference in exclusive BF rates among white women at any timepoint  | Insufficient |

a Databases not designed to collect information on breastfeeding status; unclear to what extent data reflects true rate of breastfeeding in women enrolled in WIC and those not enrolled who are similar in socioeconomic status.

BAPT = Breastfeeding Attrition Prediction Tool; BF = breastfeeding; CI = confidence interval; HR = hazard ratio; HV = home visit; KQ = Key Question; N = number; NIS = National Immunization Survey; NRCT = nonrandomized controlled trial; PedNSS = Pediatric Nutrition Surveillance System; PRAMS = Pregnancy Risk Assessment Monitoring System; RCT = randomized controlled trial; ROB = risk of bias; RR = risk ratio; SOE = strength of evidence; U.S.= United States; WIC = Special Supplemental Nutrition Program for Women, Infants, and Children.