There are 9 specific at-risk conditions to consider before and after birth that may impact breastfeeding or human milk production success. By addressing these conditions early, healthcare teams will be in a better position to support women in their breastfeeding journey.

### 9 At-Risk Conditions That May Contribute to Milk Production Delays

1. **Primiparity, especially older mothers:** The mean age of first birth mothers rose from 24.9 years in 2000 to 26.3 in 2014
2. **Maternal Obesity:** 23.4% of women are obese before becoming pregnant
3. **Diabetes:** The prevalence of gestational diabetes mellitus (GDM) in the United States may be as high as 9.2%
4. **Hypertension:** Hypertension is the most common medical problem encountered during pregnancy, complicating 10% of pregnancies
5. **Unscheduled cesarean section:** The United States cesarean section rate has been reported to be 31.1%. Nearly half were unscheduled.
6. **Stressful labor and delivery**
7. **Prelacteal feeds; delayed first breastfeed episode**
8. **Low perinatal breastfeeding frequency**
9. **Psychosocial stress/pain**

### 4 Steps to Combat At-Risk Conditions in the Hospital

1. **Outline a breastfeeding/human milk plan of action for your hospital:** How will mothers be attended to, depending on their condition? Which departments will be accountable for providing education, tools, resources, and follow-up? Keep this pre-birth assessment on record to prepare future clinical providers and hospital units for a patient’s initial breastfeeding experience and beyond.
2. **Perform a clinical lactation assessment on maternity patients:** Hospital-grade (multi-user) breast pumps with initiation technology and breast pump kits can combat delayed lactogenesis when applied immediately after birth. When the above at-risk conditions are present, it will be likely that these tools will be necessary to enable mothers to begin a successful breastfeeding journey.
3. **Educate hospital staff:** Share the stages of lactogenesis, delayed lactogenesis, and the milk production process. Find resources and webinars available at http://www.medela/education/for-professionals.
4. **Prepare hospital units with the proper breastfeeding support tools:** "A ‘wait and see’ approach may result in a delay in appropriate interventions of early breastfeeding problems.”