

(Q5) The following statements are about breastfeeding or feeding pumped breast milk. Please select the statement that best describes how you fed your child.

	%	95% CI*	
I never fed any breast milk to my child	6.7	4.1	10.9
I fed breast milk to my child for <i>less than 1 month</i>	12.7	9.3	16.9
I fed breast milk to my child for <i>1 month or more</i>	80.6	75.5	84.9

(Q5 recoded) How many months did you feed breast milk to your child?

	%	95% CI*	
Zero	6.7	4.1	10.9
<1 month	12.7	9.3	16.9
1 through 3 months	11.8	8.6	16.0
4 through 6 months	11.0	8.0	15.0
7 through 9 months	8.9	6.1	12.7
10 through 12 months	12.1	8.7	16.5
13 through 18 months	19.1	15.0	24.2
19 through 24 months	7.8	5.4	11.1
More than 24 months	9.9	7.3	13.3

(Q6) What type of milk does your child usually drink now?

	%	95% CI*	
Whole or regular milk	35.0	29.8	40.6
Reduced fat (2%) milk	32.4	27.2	38.1
Low fat (1%) or fat free (skim) milk	13.3	10.1	17.2
Non-dairy milk (such as soy, rice or almond milk)	7.0	4.5	10.7
Powdered, canned, or evaporated milk	3.1	1.8	5.4
Other	7.0	4.7	10.5
My child does not drink any type of milk	2.1	1.0	4.5

Note 1: If a respondent selected multiple types of milk and the first was whole, 2%, 1% or skim and the second was non-dairy milk, powdered, canned or evaporated, formula or breast milk, she was counted in the first type selected.

Note 2: "Other" category includes respondents who checked this option on the survey as well as respondents who selected multiple milk type options, not including combinations described in Note 1.

What is CUBS?

CUBS stands for the Childhood Understanding Behaviors Survey and is a three-year follow-up to the Alaska Pregnancy Risk Assessment Monitoring System (PRAMS). PRAMS sends a survey to approximately one of every six mothers of newborns in Alaska. CUBS sends a follow-up survey to all mothers living in Alaska who completed PRAMS and whose infant was living with them at that time. The purpose of CUBS is to collect information about health, behaviors, and experiences of young children and families in Alaska.

Among 721 mothers who were sent the CUBS survey in 2015, 65% responded (472 women). Their answers were weighted to represent all mothers of 3-year-old children born in Alaska in 2012. The average child age at the time mothers responded was 38 months (range 37-41 months). 2.4% of mothers said their 3-year-old child was not living with them at the time.

For more information about CUBS, visit the [CUBS website](#).

For questions or for specific data requests, contact Margaret Young, CUBS Program Coordinator, at 907-269-5657 or margaret.young@alaska.gov.

*95% Confidence Interval

(Q7a) Yesterday, about how many cups did your child have of PLAIN WATER?

	%	95% CI*	
None	3.4	1.8	6.2
<1 Cup	3.4	2.0	5.9
1 Cup	13.3	9.9	17.6
2 Cups	27.8	23.0	33.0
3 Cups	26.3	21.3	31.9
>3 Cups	25.9	21.2	31.1

(Q7b) Yesterday, about how many cups did your child have of MILK (the type checked in Question 6)?

	%	95% CI*	
None	10.5	7.2	15.1
<1 Cup	8.1	5.5	11.8
1 Cup	29.2	24.2	34.8
2 Cups	29.1	24.2	34.5
3 Cups	17.5	13.5	22.4
>3 Cups	5.6	3.8	8.2

(Q7c) Yesterday, about how many cups did your child have of 100% FRUIT JUICE?

	%	95% CI*	
None	43.8	38.1	49.7
<1 Cup	15.3	11.5	20.2
1 Cup	24.4	19.7	29.9
2 Cups	9.4	6.6	13.2
3 Cups	5.3	3.2	8.7
>3 Cups	1.7	0.7	4.1

(Q7d) Yesterday, about how many cups did your child have of SODA (do not include diet soda)?

	%	95% CI*	
None	82.8	78.2	86.6
<1 Cup	8.1	5.6	11.7
1 Cup	6.3	4.0	9.7
2 Cups	2.2	1.0	4.7
3 Cups	0.2	0.1	1.0
>3 Cups	0.4	0.1	1.7

*95% Confidence Interval

(Q7e) Yesterday, about how many cups did your child have of SWEETENED OR FRUIT DRINKS (such as Tang, Kool-Aid, Capri Sun, energy or sports drinks)?

	%	95% CI*	
None	71.8	66.5	76.5
<1 Cup	9.3	6.2	13.8
1 Cup	10.4	7.3	14.6
2 Cups	4.4	2.9	6.8
3 Cups	2.1	1.3	3.6
>3 Cups	1.9	1.1	3.4

(Q7f) Yesterday, about how many cups did your child have of DIET DRINKS (such as Crystal Light or diet soda)?

	%	95% CI*	
None	92.6	89.0	95.1
<1 Cup	5.1	3.0	8.7
1 Cup	1.2	0.6	2.3
2 Cups	0.7	0.2	2.3
3 Cups	--	--	--
>3 Cups	0.5	0.1	1.6

*95% Confidence Interval