

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

	%	95% CI*	
I never fed breast milk to my child	<b>6.8</b>	4.4	10.4
I fed breast milk to my child for <i>less than 1 month</i>	<b>11.4</b>	8.3	15.4
I fed breast milk to my child for <i>1 month or more</i>	<b>81.8</b>	77.0	85.7

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

	%	95% CI*	
Zero	<b>6.8</b>	4.4	10.4
<1 month	<b>11.4</b>	8.3	15.4
1 through 3 months	<b>13.8</b>	10.7	17.7
4 through 6 months	<b>18.7</b>	14.5	23.7
7 through 9 months	<b>11.3</b>	8.4	15.1
10 through 12 months	<b>12.1</b>	9.0	15.9
13 through 18 months	<b>14.3</b>	11.1	18.3
19 through 24 months	<b>3.6</b>	2.3	5.5
More than 24 months	<b>7.7</b>	5.6	10.7

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

	%	95% CI*	
Whole or regular milk	<b>30.7</b>	25.9	35.9
Reduced fat (2%) milk	<b>43.1</b>	37.9	48.5
Low fat (1%) or fat free (skim) milk	<b>10.5</b>	7.9	13.9
Soy or rice milk <sup>†</sup>	<b>7.2</b>	4.8	10.6
Powdered, canned, or evaporated milk	<b>2.5</b>	1.6	3.9
Other	<b>4.8</b>	2.9	7.9
My child does not drink any type of milk	<b>1.3</b>	0.6	2.8

*Note 1: If a respondent selected multiple types of milk and the first was whole, 2%, 1% or skim and the second was soy or rice, 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.*

<sup>†</sup>23 respondents who checked "other" and wrote "almond milk," "coconut milk," or "oat milk" were re-coded into this category.

**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 attempts follow-up with 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 916 mothers who were sent the CUBS survey in 2013, 64% responded (590 women). Their answers were weighted to represent all mothers of 3-year-old children born in Alaska in 2010. The average child age at the time mothers responded was 38 months (range 37-42 months). 1.7% 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](mailto:margaret.young@alaska.gov).

\*95% Confidence Interval

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

	%	95% CI*	
None	3.2	1.9	5.3
Less than one	3.5	2.3	5.2
One	14.2	11.1	17.9
Two	26.8	22.3	31.8
Three	24.6	20.1	29.8
More than three	27.8	23.1	33.1

**(Q7b) Yesterday, about how many cups of MILK did your child drink?**

	%	95% CI*	
None	5.8	4.0	8.1
Less than one	4.9	3.0	7.9
One	31.1	26.3	36.4
Two	32.7	27.7	38.1
Three	15.2	11.9	19.3
More than three	10.3	7.4	14.1

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

	%	95% CI*	
None	40.6	35.3	46.2
Less than one	14.2	10.8	18.5
One	24.4	20.0	29.4
Two	12.2	9.1	16.2
Three	5.2	3.2	8.4
More than three	3.3	1.7	6.0

**(Q7d) Yesterday, about how many cups of SODA (such as Coke or Sprite) did your child drink?**

	%	95% CI*	
None	85.2	81.1	88.6
Less than one	8.0	5.5	11.5
One	5.5	3.6	8.4
Two	0.8	0.3	2.1
Three	--		
More than three	0.5	0.2	1.3

\*95% Confidence Interval

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

	<b>%</b>	<b>95% CI*</b>	
None	<b>71.8</b>	67.1	76.1
Less than one	<b>4.7</b>	3.1	6.9
One	<b>9.7</b>	6.8	13.6
Two	<b>7.7</b>	5.4	11.0
Three	<b>3.9</b>	2.4	6.2
More than three	<b>2.2</b>	1.4	3.5

**(Q8a) Yesterday, about how many times (including meals and snacks) did your child eat FRESH, CANNED, FROZEN OR DRIED FRUIT?**

	<b>%</b>	<b>95% CI*</b>	
None	<b>7.3</b>	4.9	10.9
One	<b>23.0</b>	18.6	28.1
Two	<b>36.8</b>	31.8	42.0
Three	<b>20.9</b>	17.0	25.5
More than three	<b>12.0</b>	8.7	16.3

**(Q8b) Yesterday, about how many times (including meals and snacks) did your child eat FRENCH FRIES, TATOR TOTS OR POTATO CHIPS?**

	<b>%</b>	<b>95% CI*</b>	
None	<b>63.4</b>	58.0	68.5
One	<b>32.0</b>	27.1	37.3
Two	<b>3.5</b>	2.1	5.8
More than two	<b>1.0</b>	0.3	3.6

**(Q8c) Yesterday, about how many times (including meals and snacks) did your child eat OTHER VEGETABLES OR SALAD?**

	<b>%</b>	<b>95% CI*</b>	
None	<b>16.8</b>	13.1	21.3
One	<b>36.3</b>	31.3	41.6
Two	<b>32.1</b>	27.4	37.3
Three	<b>11.0</b>	7.9	15.1
More than three	<b>3.7</b>	2.1	6.6

\*95% Confidence Interval

**(Q8d) Yesterday, about how many times (including meals and snacks) did your child eat CANDY, COOKIES, OR OTHER SWEETS?**

	%	95% CI*	
None	<b>33.4</b>	28.4	38.7
One	<b>50.8</b>	45.4	56.1
Two	<b>14.6</b>	11.4	18.5
Three	<b>0.9</b>	0.4	1.9
More than three	<b>0.3</b>	0.1	0.8

\*95% Confidence Interval