

Iowa Breastfeeding Health

Developed for Health Professionals to Support Breastfeeding



Mission Statement: Providing, promoting and coordinating breastfeeding education, support and evaluation through local coalitions, health care providers, educational institutions, and other interested individuals.

Information provided by:

Iowa Breastfeeding Coalition

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- Holly Szcodronski, RD, LD, CBE, Des Moines, IA

Do you have a specific breastfeeding topic or resource that you want to know more about? Send ideas to Holly at: Holly.szcodronski@idph.iowa.gov

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Welcome to our Premier Issue of Iowa Breastfeeding Health!!!

If you are an Iowa Breastfeeding Coalition (IBC) member you will automatically receive this newsletter three times a year. If you are not an IBC member and would like to subscribe to the newsletter you can do so by emailing Holly. Please include your name, email and phone.

Holly.szcodronski@idph.iowa.gov

CDC Breastfeeding Report Card 2014

<http://www.cdc.gov/breastfeeding/pdf/2014breastfeedingreportcard.pdf>

Center for Disease Control released the annual report in August. The report gives breastfeeding rates by state for ever breastfed, breastfeeding at 6 and 12 months, and exclusive breastfeeding at 3 and 6 months. Also included in the report by state is the average score from the Maternity Practices in Infant Nutrition and Care (mPINC) Survey along with other breastfeeding support indicators.

Treating Tongue-Tie: Assessing the Relationship Between Frenotomy and Breastfeeding Symptoms

<http://www.clinicallactation.org/content/treating-tongue-tie-assessing-relationship-between-frenotomy-and-breastfeeding-symptoms>

Ankyloglossia (or “tongue-tie”) may increase the risk for newborn breastfeeding symptoms. Lingual frenotomy is the standard treatment for ankyloglossia, but its efficacy at improving the quality of infant breastfeeding has received little formal study.

Breastfeeding and Depression

[Breastfeeding and depression: A systematic review of the literature. J Affect Disord.](#)

The review of forty-eight articles was done to show the link between depression and breastfeeding during pregnancy and in the postpartum period.

Academy of Breastfeeding Medicine Updates Three Protocols
<http://www.bfmed.org/Resources/Protocols.aspx>

The Academy of Breastfeeding Medicine updated three of their 22 protocols in 2014: Mastitis, Treatment of Hypoglycemia, and Guidelines for Hospital Discharge.

United States Breastfeeding Committee e-Newsletter, Weekly Wednesday Wire

<http://www.usbreastfeeding.org/NewsInfo/eNewsletter/tabid/157/Default.aspx>

Weekly Wednesday Wire is a quick read on a variety of breastfeeding related topics including:

- Funding Announcements
- Member/Federal/Partner News (from national organizations or agencies)
- State/Community/Coalition News (from state/local organizations)
- Items of Interest (tidbits)
- News Clippings from the media

Text4baby

<https://www.text4baby.org>

Text4baby is a free app that gives health related text messages for moms who are pregnant or have an infant. You can even sign up as a healthcare provider. Accuracy of information is of utmost priority with 250 messages spread across 17 categories including prenatal care, nutrition, breastfeeding, and immunizations.

Mother's Milk Bank of Iowa

<http://www.uichildrens.org/g/mothers-milk-bank>
<http://www.facebook.com/mothersmilkbankofiowa>

When maternal milk is unavailable, authorities like the American Academy of Pediatrics, the Academy of Breastfeeding Medicine, and the Academy of Nutrition and Dietetics, advise feeding donor human milk from an accredited milk bank like the Mother's Milk Bank of Iowa (MMBI). MMBI serves hospitals and infants at home in Iowa and other states. MMBI is continually looking for milk donors. To refer donors, order milk and for more information visit their website.

Infant Risk Center

www.infantrisk.com/
806-352-2519

The Infant Risk Center provides evidence-based research on the use of medications during pregnancy and breastfeeding through phone and website. The international call center is available to health professionals as well as the public. The website provides accurate information on pregnancy, breastfeeding, depression, alcohol, and nausea.

Iowa Breastfeeding Training Survey

<https://www.surveymonkey.com/s/8279PJ5>

Help shape breastfeeding education needs of health professionals in Iowa for 2015 by completing a quick survey by December 31st.

2015 Iowa Breastfeeding Conference

Mark your calendars to attend the 26th annual Iowa Breastfeeding Conference May 20-21, 2015. Earn continuing education credits. Additional information including speakers, topics and registration will be included in the March Newsletter, Iowa Breastfeeding Health.

Join the Iowa Breastfeeding Coalition

<http://iabreastfeeding.org>

The Iowa Breastfeeding Coalition is a group made up of lactation consultants, dietitians, nurses, nurse practitioners, peer counselors, mothers and grandmothers who are interested in promoting and protecting the rights of breastfeeding women.

Breastfeeding Education for Iowa Communities

<http://iabreastfeeding.squarespace.com/events/>

The half day training developed by the Iowa Breastfeeding Coalition is designed for anyone working with breastfeeding mothers to enhance their knowledge of breastfeeding management. If you are interested in hosting a training in your community, download the brochure from the IBC link above for objectives and further information.