

# 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 and distributed by the **Iowa Breastfeeding Coalition**

Iowa Breastfeeding Coalition Board Members:

- Co-Chair, Julie Cutler, RN, MSN, IBCLC, RLC,
- Co-Chair, Liz Neighbors, RN, BSN, IBCLC-RLC
- Secretary, LeeAnn Albright, RN, IBCLC, RLC
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- Membership, Angela Swieter, RN, BSN, IBCLC, ICD, ICPE, ICPD
- Website Administrator, Marieta Boberg, MS, RD, LD, IBCLC
- Newsletter editor, Holly Szcodronski, RD, LD, CBE

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](mailto:holly.szcodronski@idph.iowa.gov)

Fall 2015

## Welcome to our Premier Year of Iowa Breastfeeding Health!!!

If you are an Iowa Breastfeeding Coalition (IBC) member you will automatically receive this newsletter. 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](mailto:holly.szcodronski@idph.iowa.gov)

## CDC Vital Signs: Hospital Actions Affecting Breastfeeding

<http://www.cdc.gov/vitalsigns/pdf/2015-10-vitalsigns.pdf>

This four page document released last month by CDC focuses on hospital practices that affect breastfeeding. The publication summarizes practices that need improvement and what can be done to improve them.

## International Breastfeeding Symbol

<http://www.breastfeedingsymbol.org/download/>



You can download the symbol in several formats.

## ABM Clinical Protocol #2: Guidelines for Hospital Discharge of the Breastfeeding Term Newborn and Mother: "The Going Home Protocol," Revised 2014

[http://www.bfmed.org/Media/Files/Protocols/protocol\\_2\\_GoingHome\\_revised2014.pdf](http://www.bfmed.org/Media/Files/Protocols/protocol_2_GoingHome_revised2014.pdf)

As the article background states, "Anticipatory attention to needs of the mother and infant at the time of discharge from the hospital is crucial to ensure successful, long-term breastfeeding", well positions the need for this protocol. Specific clinical guidelines are given as well as including a table of maternal and infant risk factors in anticipation of any lactation problems.

## Exclusive Breastfeeding and the Effect on Postpartum Multiple Sclerosis Relapses

<http://media.jamanetwork.com/news-item/exclusive-breastfeeding-and-the-effect-on-postpartum-multiple-sclerosis-relapses/>

Findings show diminished postpartum relapse in early months when mom is exclusively breastfeeding.

## **Increasing Access to Breastfeeding Friendly Hospitals: Iowa Experience**

[http://healthyamericans.org/health-issues/prevention\\_story/increasing-access-to-breastfeeding-friendly-hospitals-the-iowa-experience](http://healthyamericans.org/health-issues/prevention_story/increasing-access-to-breastfeeding-friendly-hospitals-the-iowa-experience)

"The Iowa Department of Public Health (IDPH) has worked for the past several years to increase rates of breastfeeding initiation and duration because breastfeeding is a key strategy to preventing obesity among children and youth. Five years ago, Iowa ranked 31 out of 53 states and territories on a national survey, the Maternity Practices in Infant Nutrition and Care (mPINC). When we looked a little deeper, we realized that the rural nature of our state made maternal nutrition and care somewhat difficult."

## **Health Professionals Resource Guide**

<http://www2.aap.org/breastfeeding/healthprofessionaisresourceguide.html>

This AAP Resource Guide provides links to web sites along with publications about breastfeeding in the following areas:

- Breastfeeding Policies
- Everyday Resources for the Office or Hospital
- Breastfeeding Education for Health Professionals
- Current Research
- Resources To Support Breastfeeding Families
- Breastfeeding Organizations and Journals

## **April 2016, Human Milk Banking Association of North America International Conference**

<https://www.hmbana.org/conferences>

Earn continuing education credits while learning about biogenome in human milk, how you use donor milk in the NICU, composite of research in preterm nutrition, composition of human milk, marijuana use and breastfeeding, and much more. The latest research and clinical practice will be presented at this 2-day event at the Rosen Shingle Creek Hotel and Resort in Orlando, FL.

## **Who's Who? A glance at breastfeeding support in the United States**

<http://uslca.org/wp-content/uploads/2015/05/Whos-Who-Short1.pdf>

United States Lactation Consultant Association put together a one page document that looks at the training required and the scope of practice for IBCLCs, CLCS or CBEs, and breastfeeding peer counselors.

## **Websites for Parents**

Websites with accurate breastfeeding information to recommend to parents include, but not limited to:

- [www.workandpump.com](http://www.workandpump.com)
- [www.kellymom.com](http://www.kellymom.com)
- [www.babygooroo.com](http://www.babygooroo.com)
- [www.drjen4kids.com](http://www.drjen4kids.com)
- [www.infantrisk.org](http://www.infantrisk.org)
- [www.iabreastfeeding.org](http://www.iabreastfeeding.org)

## **Conscious Birth Summit**

<http://www.consciousbirthiova.com/>

The tenth annual Summit is planned in January at the Iowa City Public Library. This event is free and open to the public. Topics planned, to name a few, include "The Midwifery Model of Care in Childbirth", Pregnancy Exercise, Lactation Support and much more! Check the website in December to view the two day schedule of events.

## **2016 Calendars**

<http://www.iabreastfeeding.org/store/>

Are you in need of a calendar for 2016? Check out the one available on the Iowa Breastfeeding Coalition website. You may also want to consider purchasing a 2015 one and use the beautiful pictures of Iowa babies for your office space. The pictures will fit nicely in a standard size frame.

## **Iowa Breastfeeding Coalition Meetings**

<http://iabreastfeeding.org>  
The coalition meets 3 times a year. The January and September meetings are by webinar while the May meeting is a face to face meeting and kicks off the annual breastfeeding conference. Mark your calendars to attend the next meeting on January 13. You do not need to be a coalition member to attend. Visit the website for meeting information.