

# 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, Liz Neighbors, RN, BSN, IBCLC-RLC
- Co-Chair, Jocelyn Parris, CLC
- Secretary, Patricia Perring, CLC
- Treasurer, Beth Buchholtz, RN, IBCLC, RLC
- Membership, Michelle Wieberg
- Website Administrator, Marieta Boberg, MS, RD, LD, IBCLC

Do you have a specific breastfeeding topic or resource that you want to know more about? Send ideas to Jocelyn at: [jparris@daviscountyhospital.org](mailto:jparris@daviscountyhospital.org)

## 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 Jocelyn. Please include your name, email and phone.

[jparris@daviscountyhospital.org](mailto:jparris@daviscountyhospital.org)

**Press Release: National WIC Association Statement on Infant Formula Manufacturers**  
<https://www.nwica.org/blog/press-release-national-wic-association-statement-on-infant-formula-manufacturers#.V-K3EuQo6Uk>

On September 10, 2016 at the 2016 Nutritional Education & Breastfeeding Promotion Conference, National WIC Association (NWA) Board of Directors Chair, Donna Bister, announced that, "effective immediately, NWA will no longer invite infant formula manufacturers to be members, exhibitors at conferences, advertisers or sponsors of events and activities."

Fall 2016

It is important to note that this does not mean that WIC offices will no longer provide formula for mothers—this is simply referring to conferences and other events/activities.

## Greater with WIC: Community Partnerships for Healthy Mothers and Children

<http://www.greaterwithwic.org/>

<http://www.micaonline.org/>

The National WIC Association (NWA) selected Mid-Iowa Community Action (MICA) as a grantee for an outreach project headed by Rachel Black of Marshalltown, Iowa. This program will focus on improving the nutrition and health to prevent and control chronic diseases in families of Tama and Marshall counties. MICA WIC hopes to improve the families' health by bettering their connections to resources and increasing awareness and education. They plan to make changes around the community as a whole such as helping corner stores access fresh fruits and vegetables as a healthy snack option and providing breastfeeding toolkits for local businesses.

**United States 2016 Breastfeeding Report Card**

<https://www.cdc.gov/breastfeeding/pdf/2016breastfeedingreportcard.pdf>

Breastfeeding rates are continuing to rise in the United States! According to the CDC National Immunization Survey (NIS) 2015-2014 among 2013 births, here's how Iowa compared:

	Iowa	U.S. National Average
Ever Breastfed	80.5%	81.1%
Breastfeeding at 6 months	52.9%	51.8%
Breastfeeding at 12 months	33.8%	30.7%
Exclusive breastfeeding at 3 months	43.0%	44.4%
Exclusive breastfeeding at 6 months	24.9%	22.3%

In relation to the Healthy People Objectives for 2020, here's how Iowa compared:

	2020 Target	Iowa Current Rates
Ever Breastfed	81.9%	80.5%
Breastfeeding at 6 months	60.6%	52.9%
Breastfeeding at 12 months	34.1%	33.8%
Exclusive breastfeeding at 3 months	46.2%	43.0%
Exclusive breastfeeding at 6 months	25.5%	24.9%

**InfantRisk Center**

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

The InfantRisk Center was founded by Thomas Hale, Ph.D., R.Ph. in 2011. The InfantRisk Center researches and educates the safety and effects of medications on pregnant women and breastfeeding mothers. The InfantRisk Center Hotline and mobile

applications are available for public use to inform pregnant women, breastfeeding mothers, and healthcare providers research based evidence on a variety of medications.

**2016 Basking Babies' Annual Conference**

<http://www.basking-babies.com/annual-conference.html>

Save the Date to Attend. November 4, 2016 at the PARC Event Center, Pleasant Hill (Des Moines). Increasing Milk Supply & Working with Mothers Who Exclusively Pump presented by Dee Kassing, BS, MLS, IBCLC, RLC and Surgical Approach to Breast Cancer in the Lactating Woman presented by Dr. Tiffany Torstenson, DO.

**3rd Annual Breastfeeding Awareness Event in Ottumwa, Iowa**

<https://www.facebook.com/groups/nursingmotherssupportgroup>

Iowa Breastfeeding Coalition recently held a booth at the Nursing Mothers' Support Group's 3rd Annual Breastfeeding Awareness Event on July 30th at the Bridge View Center in Ottumwa. The event held 26 information booths and vendors including local hospitals, pediatricians, and many other child resources. Keynote speaker was Dr. Dodson of All Ages Pediatrics regarding the benefits of breastfeeding. Proceeds were used to purchase breast pumps for

local, needy breastfeeding mothers returning to work.

**North Liberty Baby Fair**

Iowa Breastfeeding Coalition recently held a booth at North Liberty Community Library's 2nd Annual Baby Fair. The event was sponsored by Mercy Hospital Iowa City and hosted a collection of non-profit organizations and local businesses. The Baby Fair is part of the Womb Literacy initiative for families to learn about early literacy skills before baby is born.

**Iowa Breastfeeding Coalition 2017 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 on January 18th, May 17th, and September 13th. You do not need to be a coalition member to attend.

**Join the Iowa Breastfeeding Coalition**

<http://iabreastfeeding.org>  
Now is a great time to join the coalition. The Coalition is a group made up of lactation consultants, dietitians, nurses, nurse practitioners, other health professionals, peer counselors, mothers and grandmothers who are interested in promoting and protecting the rights of breastfeeding women in Iowa.