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▼ WIC-Specific Item

PREVENTION OF RICKETS AND VITAMIN D DEFICIENCY: NEW GUIDELINES FOR VITAMIN D INTAKE

The American Academy of Pediatrics has released the clinical report, "Prevention of Rickets and Vitamin D Deficiency: New Guidelines for Vitamin D Intake". The full report is published in the April issue of Pediatrics and is available on the website, <http://www.pediatrics.org/current.shtml>

The summary from the clinical report is as follows:

To prevent rickets and vitamin D deficiency in healthy infants and children and acknowledging that adequate sunlight exposure is difficult to determine, we affirm the adequate intake of 200 IU per day of vitamin D by the National Academy of Sciences and recommend a supplement of 200 IU per day for the following:

1. All breastfed infants unless they are weaned to at least 500 mL per day of vitamin D-fortified formula or milk.
2. All nonbreastfed infants who are ingesting less than 500 mL per day of vitamin D-fortified formula or milk.
3. Children and adolescents who do not get regular sunlight exposure, do not ingest at least 500 mL per day of vitamin D-fortified milk, or do not take a daily multivitamin supplement containing at least 200 IU of vitamin D.

Please pass this information to the appropriate staff.

MAKING IT WORK: SUPPORTING EMPLOYED MOTHERS WITH BREASTFEEDING

As part of the Loving Support grant, the Best Start team of Cathy Carothers and Linda Inglis will be returning to Wisconsin to provide us with additional assistance. Since one of the big areas of need identified statewide was worksite support, it was decided to have part of their visit focus on this area. Cathy Carothers will be presenting a workshop on supporting breastfeeding mothers in the workplace. Part of the workshop will be small group work that will allow us to brainstorm on the barriers associated with specific types of worksites in Wisconsin. Additionally, Linda Inglis will lead a roundtable discussion on the Loving Support strategies that have been implemented locally in Wisconsin.

The target group for this workshop are breastfeeding professionals/advocates working to establish worksite support programs or who work with breastfeeding mothers returning to the workplace. The tentative agenda and the registration form are included in the attachments. There is no registration fee and continuing education hours for RDs/DTRs have been requested. Attendance is limited to 50.

ACTION ITEM: The registration deadline is May 5, 2003

FATHERS SUPPORTING BREASTFEEDING

The USDA Fathers Supporting Breastfeeding materials (video, 2 posters and brochures) were ordered for each WIC Project in mid-January. Unfortunately, due to the large demand USDA has significantly decreased the orders. I received 10 sets rather the 150 sets I ordered. A set of materials has been given to each Regional Office for loan or to preview. USDA has reordered a supply of the materials and is filling small orders. It is unlikely that I will receive additional sets and individual projects may be more successful ordering on your own. The primary audience is African American males, but may be suitable for other fathers as well.

Project materials may be previewed and ordered online via the FNS website by going to the following link: <http://www.fns.usda.gov/wic/Fathers/SupportingBreastfeeding>

THE BREASTFEEDING ANSWER BOOK

The 2003 edition of the La Leche League Breastfeeding Answer Book has updated information based on current research and experience. The following highlights some of this new information...

- ◆ Nipple shields - the newer silicone nipple shields that are available now have not been found to interfere with milk supply. Research has shown that nipple shields can be a useful tool to help babies breastfeed in certain situations. These situations are discussed as well as information on how to choose the right size nipple shield, apply the nipple shield to the breast, latch the baby effectively when using the nipple shield and weaning the baby off the nipple shield.
- ◆ "Kangaroo Mother Care" or skin-to-skin contact - provides information that has the potential to improve the care of premature babies everywhere.
- ◆ Latch-on and Breast Compression - describes two significant changes in knowledge. The asymmetric latch has been found to be more comfortable for the mother and more effective for the baby. Breast compression is a technique to keep the baby active at the breast and improve milk intake at feedings.
- ◆ Breastfeeding the baby with a cleft palate - the belief that exclusive breastfeeding in these situations has been replaced with the evidence that exclusive breastfeeding at the breast is rare due to the baby's inability to generate and maintain suction.
- ◆ Relactation and Adoptive Nursing - with advances in reproductive technology there is much new information in this area.
- ◆ Breast Anatomy, Physiology, and Milk Supply - this is perhaps the biggest change in the field of lactation in the recent past. Literally, all the charts and diagrams depicting the inside of the breast are being redrawn based on the work on Dr. Peter Hartmann. Based on the dramatic changes of the breast anatomy, the researchers have also changed the understanding of milk supply. The 2003 Answer Book contains more information on prescribed and herbal galactagogues.

- ◆ Other new topics addressed: vitamin D supplementation, new treatments for nipple pain and trauma, new recommendations from the World Health Organization on the timing of starting solids, and infant feeding in emergency situations.

Adopted from Surprises in the 2003 Edition of The Breastfeeding Answer Book by Nancy Mohrbacher, IBCLC. Leaven. February-March 2003.

LOOKING FOR A CHILDREN'S BOOK THAT SHOWS BREASTFEEDING?

Anne Altshuler, RN, MS, IBCLC from Madison has compiled a list of some of the better books currently available that show or tell about breastfeeding, arranged in order from those appropriate for the youngest children to those intended for older readers. Look for them in your library or bookstore. The current list is included as an attachment.

COALITION ACTIVITIES

The meeting minutes for the Madison Breastfeeding Promotion Network, the St. Croix Breastfeeding Coalition, the Milwaukee County Breastfeeding Coalition and the Chippewa Valley Breastfeeding Coalition are attached.

THE VERNON COUNTY BREASTFEEDING COALITION 2ND ANNUAL IN-SERVICE

The Vernon County Breastfeeding Coalition presents the second annual in-service, "Breastfeeding, Still the Best!". The in-service will be offered on Monday, May 12th from 2:00-4:00 in Viroqua and again on Monday June 9th from 2:00-4:00 in Hillsboro. For more information contact Jenni Sprengelmeyer at 608-637-5260 or jsprengelmeyer@vernoncounty.org

RESOURCES

- ◆ The website "Sunlight Deficiency, Vitamin D, and Breastfeeding," has been created by Cynthia Good Mojab, MS, IBCLC, RLC to address some of the recent questions regarding vitamin D supplementation. Also included are related articles. The website can be found at <http://home.attbi.com/~ammawell/vitaminD.html>.

- ◆ New from Medela, Inc.

Quick Clean Micro-Steam Bags (Order #87024)

Quick Clean Micro-Steam Bags for daily disinfecting of breast shields, tubing, valves and membranes, bottles, nipples, pacifiers and any microwave-safe plastic.

Quick Clean Anti-Bacterial Wipes (Order #87025)

Designed and tested for the safe cleaning and disinfecting of breast pumps and accessories without soap and water. Ideal for cleanup of breast pumps, breast shields, valves and membranes, changing tables, high chairs, countertops and any hard, non-porous surface.

For information, <http://www.medela.com/newfiles/quickclean.html>

IN THE NEWS

- ◆ The April 2, 2003 issue of the Journal of the American Medical Association included a patient information sheet on mastitis and an article about mastitis (epidemiology, diagnosis, literature, treatment, etc.)

The patient education sheet citation:

Mastitis Janet M. Torpy; Cassio Lynn; Richard M. Glass *JAMA*. 2003;289:1728

The article citation:

Lactation Mastitis Cibele Barbosa-Cesnik; Kendra Schwartz; Betsy Foxman *JAMA*. 2003;289:1609-1612.

- ◆ "Maternal Obesity and Breast-feeding Practices" was published in the in April issue of the American Journal of Clinical Nutrition. Researchers from the Division of Nutrition and Physical Activity, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, Atlanta tested the hypothesis that women who are obese before pregnancy or who gain excessive weight during pregnancy are less likely to initiate and maintain breast-feeding than are their normal-weight counterparts. They analyzed 124,151 mother-infant pairs from the Pediatric Nutrition Surveillance System and the Pregnancy Nutrition Surveillance System. Body mass index (BMI) before pregnancy and gestational weight gain were categorized according to guidelines from the Institute of Medicine. The results were that regardless of gestational weight gain, obese women were less likely to initiate breast-feeding than were women with a normal BMI before pregnancy who also gained the recommended weight during pregnancy. Maternal BMI before pregnancy and gestational weight gain were each independently associated with duration of breast-feeding. Women who were obese before pregnancy breast-fed 2 weeks less than did their normal-weight counterparts, and women who either failed to reach or exceeded the recommended gestational weight gain breast-fed 1 week less than did those who gained the recommended gestational weight. The researchers concluded that both obesity before pregnancy and inadequate weight gain during pregnancy have a negative effect on breast-feeding practice. Women who are obese before pregnancy or who gain inadequate weight during pregnancy need extra support for breast-feeding.

Citation: Ruowei Li, Sandra Jewell, and Laurence Grummer-Strawn. Maternal obesity and breast-feeding practices. *Am J Clin Nutr* 2003 77: 931-936.

EDUCATIONAL AND TRAINING OPPORTUNITIES

May 1, 2003	The Third Annual Dane County Breastfeeding Symposium 5:30 to 8:30 p.m. Alliant Energy Center, Madison, WI For information: Janet Braun; braun@co.dane.wi.us	Madison, WI
May 20, 2003	Annual Breastfeeding Conference Featuring Katherine Dettwyler and Linda Smith Sponsored by: Iowa Methodist and Iowa Lutheran Women's Services, Iowa Department of Public Health and the Iowa WIC Program For information: Judy Losh at 515-241-4254 or loshju@ihs.org	Des Moines, Iowa

June 9-13, 2003	The Lactation Counselor Certificate Training Program (CLC) For more information or other dates and locations contact The Center for Breastfeeding, 503-888-8044 or info@healthchildren.cc or www.healthychildren.cc	Fairbault, MN
July 3-6, 2003	2003 LaLeche League International Conference For information: www.lalecheleague.com	San Francisco, CA
July 14-16, 2003	Maternal Nutrition Conference. University of Minnesota Includes nutrition and breastfeeding topics For more information contact Jamie Stang, PhD, MPH, RD at stang@epi.umn.edu	Minneapolis, MN
September 12, 2003	10th Annual Breastfeeding Symposium Speaker Dr Jack Newman For more information contact The Breastfeeding Center at Methodist Hospital at (952) 993-5124	Minneapolis, MN
September 29, 2003	Breastfeeding Management for the Health Care Professional For more information contact The Breastfeeding Center at Methodist Hospital: (952) 993-5124	Minneapolis, MN
October 16-19, 2003	The Academy Of Breastfeeding Medicine's Eighth International Meeting - physician meeting For information: www.bfmed.org	Chicago, IL
October 19-20, 2003	The Academy Of Breastfeeding Medicine's Eighth International Meeting - healthcare provider meeting For information: www.bfmed.org	Chicago, IL
November 14, 2003	La Leche League of Minnesota / Dakotas Professional Education Lactation Support: A Team Approach to Essential Elements Speaker: Barbara Wilson - Clay For more information contact Pam Galle at gallefrom@yahoo.com or Linda Klatt at LWKlatt@aol.com or 952-933-8534.	

ENCLOSURES/ATTACHMENTS:

Making it Work: Supporting Employed Mothers with Breastfeeding agenda and registration form
Meeting minutes from the Madison Breastfeeding Promotion Network, the St. Croix Breastfeeding Coalition, the Milwaukee Breastfeeding Coalition and the Chippewa Valley Breastfeeding Coalition

If you have any questions or comments regarding this update please contact:

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