



Share with other maternal and child health nurses and nutritionists in your agency.

▼ WIC-Specific Item

▼ WIC BREAST PUMPS

The next quarterly order for breast pumps is due to the State WIC Office by the end of the day on Friday, June 6th. The breast pumps should arrive at the project 4-6 weeks after the order is submitted.

ACTION ITEM: Submit your next quarterly breast pump order by June 6th.

▼ WIC BREASTFEEDING DATA - STATEWIDE TOTALS

From the WIC 903 Composite Report Breastfeeding and Nutrition Outcomes, April 2003

Breastfeeding Initiation = 48%

Breastfeeding - All Infants 1+ Months = 40%

Breastfeeding - All Infants 6+ Months = 23%

From the WIC 821 "Formula" Report (Breastfed Infants Only)

Currently Receiving Breastmilk Only = 17%

Percent Introducing Formula or Other Milk by 1 week = 10%

Percent Introducing Formula or Other Milk by 2 weeks = 17%

Percent Introducing Formula or Other Milk by 3 weeks = 22%

Percent Introducing Formula or Other Milk by 4 weeks = 26%

USING LOVING SUPPORT TO BUILD BREASTFEEDING FRIENDLY COMMUNITIES

The following is an update of a few of the Loving Support activities...

- ◆ Congratulations to the 7 WIC Projects that received funding through the Breastfeeding Promotion Clinic Environment Project. The funded projects include: Southwest CAP WIC Project #7, Fond du Lac County WIC Project #14, Kenosha County WIC Project #15, La Crosse County WIC Project #16, Sixteenth Street Community Health Center WIC Project #35, Wood County WIC Project #51 and City of Milwaukee WIC Project #52. A summary of each proposal is included in the attachments.
- ◆ A chapter of the African American Breastfeeding Alliance has been formed in Milwaukee with potential sub-chapters in Dane, Racine, Kenosha and Rock Counties. If you are interested in more information contact Angie Wilks-Tate, 414-372-9029 or mlkwic@powercom.net or Jodi Klement, 414-227-4918 or klemejl@dhfs.state.wi.us
- ◆ One of the activities included in the Loving Support implementation plan was to conduct focus groups with African American women and teens to identify where to place breastfeeding messages. The focus groups were conducted in March in Milwaukee and Racine with 3 groups of African

American teens (<19 years) and 3 groups of African American women (\geq 19 years). We hope to use this information later this summer to place the Loving Support campaign information. If you would like to receive a copy of the focus group report (22 pages) please contact Mary Pesik, 608-267-3694 or pesikmj@dhfs.state.wi.us

VITAMIN D AND BREASTFEEDING

Sunlight Deficiency, "Vitamin D," and Breastfeeding, La Leche League International's April 17, 2003 media release is as follows or it is also available on LLLI's website at:

<http://www.lalecheleague.org/Release/vitamind.html>

Exclusively breastfed healthy, full-term infants from birth to six months who have adequate exposure to sunlight are not at risk for developing vitamin D deficiency or rickets. Rickets occurs because of a deficiency in sunlight exposure, not because of a deficiency in human milk.

“Vitamin D” is a steroid hormone—misclassified as a vitamin in 1922—that is produced in the body upon exposure of the skin to ultraviolet B (UVB) radiation in sunlight. Rickets is the bone-softening disease of childhood caused by inadequate exposure to UVB radiation. Very few foods naturally contain significant amounts of vitamin D. The biologically normal and most common means of obtaining adequate levels of vitamin D for human beings, including infants, is through casual exposure of the skin to sunlight. Because the skin has a large capacity to produce vitamin D, adequate levels can be developed from partial exposure of the body to small amounts of sunlight well before sunburn occurs. According to the World Health Organization and United Nations Children’s Fund, small amounts of UVB radiation are beneficial for people and essential in the production of vitamin D. However, excessive sunlight exposure can cause sunburn and increase the risk of skin cancer.

Concerns about sunlight deficiency, vitamin D and breastfeeding have been raised by a new American Academy of Pediatrics (AAP) clinical report. The AAP now recommends that all infants have a minimum intake of 200 IU of vitamin D per day beginning during the first two months of life. Risk factors for developing vitamin D deficiency and rickets include low maternal levels of vitamin D, indoor confinement during the day, living at higher latitudes, living in urban areas with tall buildings and pollution that block sunlight, darker skin pigmentation, use of sunscreen, seasonal variations in UVB radiation, and covering much or all of the body when outside.

“No known risks of ‘vitamin D’ supplementation exist at the level recommended by the AAP. However, no research has actually investigated whether ‘vitamin D’ supplementation during the first six months has any negative consequences for infant health, such as vomiting and aspiration when supplementation is not tolerated, harmful alterations of the infant gut, or increased risk of infection,” said Cynthia Good Mojab, MS, IBCLC, RLC, Research Associate in the Publications Department of La Leche League International. Therefore, parents may wish to talk with their healthcare providers about their infant’s risk of vitamin D deficiency and decide whether or not supplementation with this hormone is warranted for their infant.

Parents or healthcare providers who want more information on breastfeeding issues may call La Leche League International (LLLI), the world’s recognized authority on breastfeeding, at (847) 519-7730 or visit the LLLI website at www.lalecheleague.org.

MIDWEST BREAST FEST

Indiana is hosting an event for World Breastfeeding Week this year - attempting to break the Guinness book of world records by having the most nursing mom and baby pairs in one place at one time nursing simultaneously. The goal is 2000 pairs. The event is called the Midwest Breast Fest and will be held August 2nd at Stanley Coveleski Stadium in South Bend, Indiana. It is open to everyone. The registration information is included in the attachments or you may visit the following website, <http://www.qualityoflife.org/spiritofwomen/spiritofwomen.asp>.

COALITION ACTIVITIES

Included in the attachments are the meeting minutes and information from the following: Vernon County Breastfeeding Coalition, St. Croix County Breastfeeding Coalition, BACH, Milwaukee County Breastfeeding Coalition and the African American Breastfeeding Alliance.

RESOURCES

- ◆ "Breastfeeding and Returning to Work" is a new video produced by Eagle Video Productions. The video was filmed in Austin, Texas. The 12-minute video is divided into four segments: Benefits of Continuing to Work, Planning Your Return to the Workplace, Talking with Your Employer and Common Questions. It is available in English and Spanish. The cost is \$59.00 + \$5.00 shipping and handling. For more information: <http://www.eaglevideo.com/bwvideo.htm>.
- ◆ What Every Sister Should Know About Breastfeeding! This article about breastfeeding is on the Black Women's Health website, <http://www.blackwomenshealth.com/BreastFeeding.htm>
- ◆ The American Academy of Pediatrics has a free breastfeeding poster available as part of their Healthy Child Care America. To view the poster and for ordering information, <http://www.aap.org/advocacy/hcca/hccaposters.htm>
- ◆ An Easy Guide to Breastfeeding for African-American Women is available from the African American Breastfeeding Alliance (<http://www.aabaonline.com> or 1-877-532-8535). Multiple copies can be requested free of charge.
- ◆ Free breastfeeding publications from the National Women's Health Information Center's web page "Breastfeeding - Best for baby. Best for mom." are now available in English, Spanish and Chinese at <http://www.4woman.gov/breastfeeding>. Included are free printable versions of information sheets that would be great handouts for your WIC clients and centers! The information includes:
 - * Questions and Answers About Breastfeeding
 - * Benefits of Breastfeeding
 - * Breastfeeding Know How
 - * Breastfeeding Made Easier
 - * Coping with Breastfeeding Challenges
 - * How Lifestyle Affects Breast Milk

IN THE NEWS

- ◆ "Program Enables Moms to Breastfeed at Work". This article was published in the April 21st issue of the Arizona Republic and describes the nursing mothers program that has gone from pilot to permanent within the Arizona Department of Health Services. The program allows mothers to bring their newborn to work with them after returning from maternity leave if they aren't giving their babies formula. The link to the article, <http://www.azcentral.com/health/0421nursingmoms.html>
- ◆ Prevalence of Breastfeeding in the United States: The 2001 National Immunization Survey was published in the May 2003 issue of Pediatrics. The objective of the study was to address key gaps in the annual monitoring of breastfeeding prevalence in the United States. There were 3 breastfeeding questions concerning the initiation, duration, and exclusivity of breastfeeding were added to the rotating modules of the National Immunization Survey (NIS) beginning in the third quarter of 2001. The present study examines the current prevalence of breastfeeding in the United States using NIS data from this initial quarter.
PEDIATRICS Vol. 111 No. 5 May 2003, pp. 1198-1201
- ◆ Why Overweight Women Face Breast-feeding Problems - There's no question that breast-feeding has important health benefits for both women and their babies. Now a new study offers important hope for at least one group of women who traditionally have met with lactation failure. The research focused on overweight women, many of whom can have difficulty making enough milk for successful breast-feeding. Researchers say the study, presented May 3 at the Pediatric Academic Societies' annual meeting in Seattle, is the first to document a physical problem as a potential cause. "The most important finding is that we have discovered a biological reason -- as opposed to a psychological or sociological reason -- for lactation failure," says study author Dr. Chris Kjolhede.

Kjolhede is a research scientist at Bassett Healthcare in New York State. The reason, Kjolhede believes, is related to decreased levels of prolactin, a hormone that originates in the pituitary gland in the brain, but is actually synthesized or utilized in many cells throughout the body. During pregnancy, prolactin allows growth of the cells that help secrete milk. Shortly after birth, infant suckling at the breast stimulates a surge of prolactin, which, in turn, initiates rapid milk production in the breast. If prolactin is in short supply -- either during pregnancy or shortly thereafter -- suckling appears to have a lessened effect on production of the hormone, Kjolhede says. "We suspect that some overweight or obese women who intend to breast-feed actually fail to do so because of the blunted prolactin surge in response to suckling," Kjolhede says. The study involved 40 white women from rural New York State who had just given birth and planned to breast-feed. Beginning on the second day following delivery, each of the women received a blood test to measure prolactin levels just before a breast-feeding session, and again, 30 minutes after the attempt at infant suckling. The same tests were repeated again on day seven. In the women diagnosed as overweight or obese before pregnancy, prolactin levels were significantly lower both on day two and day seven. After taking into account both the baby's birth weight, whether this was the woman's first child, and the length of the actual suckling episode -- all of which can influence milk production -- the researchers conclude that being overweight remained a significant factor for difficulty breast-feeding. "I think that what the results of our study show is that we need to identify women at risk for 'failure' and provide them with as much support as possible

in the postpartum period.

- ◆ Exposure To Antidepressants In Breast Milk Does Not Affect Infant Weight Gain
Nursing mothers who take antidepressants are not placing their infants at increased risk for poor weight gain, new study findings suggest. In fact, by reducing the mother's risk of a major depressive episode, the use of such drugs may actually protect against poor weight gain. "Our study showed no evidence that children's physical development is harmed by exposure to antidepressants through breast milk, whereas there is evidence that children are harmed by exposure to maternal depression," lead author Dr. Victoria Hendrick, from the University of California at Los Angeles, said in a statement.

The findings are based on a study of 78 breast-feeding mothers who were taking antidepressant medications. Maternal mood was assessed during the 6 months following delivery. Pediatric records were reviewed to determine infant weights. The weights of the study infants at 6 months were not significantly different from those seen in a normative population, the researchers report in the April issue of the *Journal of Clinical Psychiatry*. However, infants of mothers who experienced a major depressive episode lasting at least 2 months did weigh significantly less than other infants. "To our knowledge our study is the first to compare the impact of maternal depression and use of antidepressants on nursing infants' weight gain," the authors note. The findings suggest that maternal depression has a greater impact on infant growth than exposure to antidepressants through breast milk, they add. *J Clin Psychiatry* 2003;64:000-000.

- ◆ Nursing a Healthy Practice - Group Encourages Breast-Feeding Among African American Women was published in May 13th issue of The Washington Post. The article is included in the attachments or can be accessed on the website, <http://www.washingtonpost.com/wp-dyn/articles/A47280-2003May12.html>
- ◆ The May 2003 issue of *Pediatric Annals* is devoted to breastfeeding. The journal does have a website, <http://www.slackinc.com/child/pedann/pedahome.htm> however the May journal was not yet posted. The articles include:
 - Breastfeeding the Premature Infant by Jane Morton, MD
 - Maximizing the Benefits of Human Milk Feeding for the Preterm Infant by Susan Landers, MD, FABM
 - The Role of the Pediatrician in Extended Breastfeeding of the Preterm Infant by Jane Morton, MD
 - Supporting Lactation in Mothers with Very Low Birth Weight Infants by Paula Meier, RN, DNSc, FAAN
 - Breastfeeding the Borderline (Near-Term) Preterm Infant by Nancy Wight, MD, FAAP, IBCLC
 - Medications in Breastfeeding Mothers of Preterm Infants by Thomas Hale, RPh, PhD
 - Physiology of Lactation in Preterm Mothers: Initiation and Maintenance by Peter Hartmann, PhD

EDUCATIONAL AND TRAINING OPPORTUNITIES

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

Fairbault, MN

info@healthchildren.cc or www.healthychildren.cc

June 26, 2003	Breastfeeding in America, Changing the Culture Speakers: Dr. Jack Newman and Dr. Patricia Hannon Cost is \$20.00 (includes lunch, CEU's) Call 815-968-2500. Reservations are being taken by Swedish American Hospital. The conference is at Cliffbreakers Restaurant	Rockford, IL
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:

Summary of the Breastfeeding Promotion Clinic Environment Project
Vernon County Breastfeeding Coalition inservice announcement
St. Croix County Breastfeeding Coalition meeting minutes
BACH meeting minutes
Milwaukee County Breastfeeding Coalition meeting minutes and agenda
African American Breastfeeding Alliance meeting minutes
Washington Post article: Nursing is a Healthy Practice
Midwest Breast Fest Information

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

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