



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

▼ WIC-Specific Item

VITAMIN D SUPPLEMENTS

There have been a couple of questions related to the new Vitamin D supplementation recommendations from the American Academy of Pediatrics. See the April and May Breastfeeding Updates for more information.

Q: Will the WIC Program be providing Vitamin D supplements to breastfeeding women?

A: No, the purchase of supplements is not an allowable WIC cost.

Q: Does Medicaid pay for Vitamin D supplements?

A: Yes, Medicaid will pay for vitamin supplements through HealthCheck Other Services. The child needs to have a HealthCheck completed and the physician would write a prescription documenting the date of the complete HealthCheck.

Q: Is there a Vitamin D only supplement available?

A: At this time, the only supplement that is available in the United States is a combination supplement with A, C and D or A, C and D and Fluoride.

Q: For the vitamin D supplements, would you start the supplements at birth or what would be an appropriate age?

A: The AAP recommendation state "beginning during the first 2 months of life" - so anytime during the first 2 months would be appropriate. Most start at about 6 weeks of age.

**ACTION ITEM: Share the information on the new Vitamin D supplementation recommendations with staff.**

▼ WIC BREAST PUMPS

The Medela Personal Double Pump that is purchased by the WIC Program has recently been updated. If you ordered a supply of these breast pumps on the June order you will receive this updated version.

The new features include (per the product literature):

- ◆ A horizontally orientated motor with the trademark yellow faceplate
- ◆ A stylish royal blue canvas bag with black shoulder strap
- ◆ 2-collection containers with solid lids
- ◆ 2-collection containers with 2 piece lids
- ◆ 3 cooling elements

The Medela sales consultant recently sent out a list of current Medela dealers in Wisconsin to all WIC projects. This list may be helpful in locating a breast pump for non-WIC mothers or to see if the dealer is providing breast pumps to Medicaid recipients in your area. The Medela dealer information is also available by calling 1-800-TELL-YOU or on the website. [www.medela.com](http://www.medela.com).

#### WORLD BREASTFEEDING WEEK/BREASTFEEDING PROMOTION MONTH

- Governor Doyle has proclaimed August as Breastfeeding Promotion Month in Wisconsin. An original Governor's Proclamation will be sent to the local breastfeeding coalition contacts the week of June 16<sup>th</sup>. The proclamation may be used in local breastfeeding promotion efforts. The text of the proclamation is in the attachments.
- The 2003 World Breastfeeding Week kits are now available for purchase from ILCA. You may call (919) 861-5577 or order online at [www.ilca.org](http://www.ilca.org). The cost of the kit is \$10 for members and \$15 for non-members.
- The World Alliance for Breastfeeding Action website also has information and action items on this year's theme, Breastfeeding in a Globalised World for peace and justice. The website is <http://www.waba.org.my> (note this is a different address from past years).

#### LOVING SUPPORT PROJECT

USDA just announced the availability of additional funding to recipients of the "Using Loving Support to Build a Breastfeeding Friendly Community" grants. These additional funds will help with the implementation of strategies already identified in the Wisconsin Implementation Plan. Funds up to \$25,000 are available. We will know in mid-July if our amendment package has been selected for funding. It was also announced that 10 additional states would be funded to implement the Loving Support Project!

#### AD COUNCIL BREASTFEEDING CAMPAIGN

The Ad Council is developing a national breastfeeding campaign funded through the DHHS Office on Women's Health. The tentative timeline for roll-out of the 3-year campaign is October 2003. The Ad Council will be distributing media kits in the top 210 media markets. The media markets for Wisconsin are: Milwaukee, Green Bay/Appleton, Madison, La Crosse-Eau Claire, Superior, Wausau-Rhineland. The media pieces produced and distributed by the Ad Council will include the HHS Office of Women's Health hotline phone number and website ([www.4woman.gov](http://www.4woman.gov)).

For more information: the Office of Women's Health, <http://www.4woman.gov/Breastfeeding> or the Ad Council website, [www.adcouncil.org](http://www.adcouncil.org).

#### COALITION ACTIVITIES

The Madison Breastfeeding Promotion Task Force and the St. Croix Breastfeeding Coalition meeting minutes are attached.

#### RESOURCES

Have you ever heard the comment "I was raised on formula and I'm fine" and needed a good response? Kate Hallberg from Colorado State University compiled a list of 30 comments on the "advantages of

formula". Along with each of the comments is a response with links to articles and references. The website is <http://www.cs.colorado.edu/~kolina/advantages-of-formula.html>

### IN THE NEWS

- A 2-part article authored by Brian G. Palmer, DDS was recently published in Sleep Review. Sleep review is a free publication in the United States and Canada for health care professionals interested in the fields of sleep and breathing and can be accessed at [www.sleepreviewmag.com](http://www.sleepreviewmag.com). The purpose of the two articles is to develop the link between the sleep and lactation specialties.

*The Uniqueness of the Human Airway* was published in the March/April 2003 issue and *Prevention-The Key to Treating OSA/SDB- Part II* was published in the May/June 2003 issue.

- **Breastfeeding May Counter Harmful Effects Of Smoking In Pregnancy**  
Reuters Health, May 29 - The benefits of breastfeeding on infants' mental development might offset some of the harm posed by smoking during pregnancy, new research suggests. In a study in the June issue of the *Journal of Epidemiology & Community Health*, 9 year-olds whose mothers smoked during pregnancy and breast-fed them for more than three weeks scored similarly on tests of reading, math and spelling as breast-fed children of mothers who did not smoke during pregnancy. However, among bottle-fed children, those whose mothers smoked during pregnancy scored worse than those born to non-smokers, the researchers report. For the study, the investigators analyzed data on 3162 children born at their hospital in the 1970s. Their mothers were asked about breastfeeding and whether they smoked during pregnancy. When 570 of the children were about 9 years old, they took standardized tests of arithmetic, reading and spelling skills. At that time, the mothers were asked again about how long they had breastfed. "The harms of cigarette smoking seem to be offset by the benefits of breastfeeding," lead author Dr. Laura Batstra, from the University of Groningen in the Netherlands, told Reuters Health. According to Dr. Batstra, it is unclear how breastfeeding might negate the effects of smoking during pregnancy, but suggested that babies may benefit from the high concentration of certain fatty acids found in breast milk. The benefits of breastfeeding may be related to the whole feeding experience not just what is found in the milk itself, Dr. Batstra said. Alternatively, women who breastfeed may differ in certain attributes from women who do not--perhaps in IQ or parenting skills--and these differences might explain why their children did better on the tests, she said.

*J Epidemiol Community Health* 2003;57:403-404.

- **Food Allergen Avoidance In The Prevention Of Food Allergy In Infants And Children**  
Food allergy afflicts an increasing number of infants and children and is associated with both clinical and familial burdens. To help lessen this burden, the Nutritional Committees from the American Academy of Pediatrics and jointly the European Society for Pediatric Allergology and Clinical Immunology and the European Society for Pediatric Gastroenterology, Hepatology, and Nutrition published recommendations to prevent and treat food allergy. Although there is much in common with these recommendations, differences exist. This review compares, contrasts, and reconciles them, presenting the evidence that has led to their statements. The full article is available on the AAP website, [www.aap.org](http://www.aap.org).

## PEDIATRICS Vol. 111 No. 6 June 2003, pp. 1662-1671

- Initiation Of Breastfeeding Among Mothers Of Very Low Birth Weight Infants

The objective of the study was to examine factors that predict the initiation of expressed milk feedings and the transition to direct breastfeeding among mothers of very low birth weight (VLBW) infants. The sample consisted of 361 mother-infant pairs enrolled in a follow-up study of children aged 6 to 8 years who were born weighing <1501 g in 1 of 5 hospitals between 1991–1993. Chart review at birth provided data on neonatal characteristics and demographic factors at delivery were obtained by postpartum maternal interview. Information regarding infant feeding practices was obtained at follow-up. In this study, 60% of mothers initiated expressed milk feedings for their VLBW infants. However, the duration of these feedings was brief with 52% of infants receiving 1 to 3 months or less of human milk feedings. Greater educational attainment, private insurance, and breastfeeding experience were each independently associated with the decision to provide expressed milk feedings. Only 27% of mothers reported directly breastfeeding their VLBW infants. The transition from expressed milk feedings to direct breastfeeding was positively associated with sociodemographic factors including maternal age, insurance status, and breastfeeding experience as well as the length of hospitalization, an indicator of infant health. The researchers concluded that sociodemographic factors were associated with both the decision to initiate expressed milk feedings and the transition to direct breastfeeding. However, factors relating to infant health only influenced the transition to direct breastfeeding. Intervention programs need to consider the sociodemographic factors that influence infant feeding decisions as well as specific challenges encountered by mothers of VLBW infants.

PEDIATRICS Vol. 111 No. 6 June 2003, pp. 1337-1342

- Perinatal Characteristics And Risk Of Rheumatoid Arthritis

Rheumatoid arthritis is a disease of unknown etiology. Twin studies indicate the importance of genetic as well as environmental factors. In terms of environmental factors, few risk factors are well established, and, in practice, rheumatoid arthritis cannot be attributed to any specific exposure. Descriptive studies imply a birth cohort effect in the incidence of rheumatoid arthritis. This study assessed perinatal characteristics in relation to the risk of adult rheumatoid arthritis and observed associations with several perinatal exposures, including high birth weight and low frequency of breast feeding. The article is available at <http://bmj.com/cgi/reprint/326/7398/1068>

*BMJ* 2003;326:1068-1069 (17 May)EDUCATIONAL AND TRAINING OPPORTUNITIES

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: <a href="http://www.lalecheleague.com">www.lalecheleague.com</a>	San Francisco, CA
July 14-16, 2003	Maternal Nutrition Conference. University of Minnesota Includes nutrition and breastfeeding topics	Minneapolis, MN

For more information contact Jamie Stang, PhD, MPH, RD at [stang@epi.umn.edu](mailto:stang@epi.umn.edu)

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: <a href="http://www.bfmed.org">www.bfmed.org</a>	Chicago, IL
October 19-20, 2003	The Academy Of Breastfeeding Medicine's Eighth International Meeting - healthcare provider meeting For information: <a href="http://www.bfmed.org">www.bfmed.org</a>	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 <a href="mailto:gallefrom@yahoo.com">gallefrom@yahoo.com</a> or Linda Klatt at <a href="mailto:LWKlatt@aol.com">LWKlatt@aol.com</a> or 952-933-8534.	

### Ongoing Educational Opportunities

- The Center for Breastfeeding offers the Lactation Counselor Certificate Training Program (CLC) several times a year at different sites around the country. For course information, locations and dates go to [www.healthychildren.cc](http://www.healthychildren.cc)
- The Certified Breastfeeding Educator (CBE) program presented by Debi Bocar is available at different locations and dates each year. For course information, locations and dates go to <http://www.lactation-consultant-services.com/>
- Lactation Education Resources offers online continuing education modules and self-learning programs. For information go to [www.LERon-line.com](http://www.LERon-line.com)
- BreastEd Online Lactation Series is a series of 10 individual courses. For information go to [www.health-e-learning.com](http://www.health-e-learning.com)
- Wichita State University has a distance course on human lactation. For information go to <http://getonline.wichita.edu>
- The University of Medicine and Dentistry of New Jersey has a web and CD interactive, comprehensive educational program for Breastfeeding Management. For information go to [www.umdnj.edu/lactation](http://www.umdnj.edu/lactation)

### ENCLOSURES/ATTACHMENTS:

Medela Personal Electric Breast Pump

Meeting minutes: Madison Breastfeeding Promotion Network and St. Croix County Breastfeeding Coalition

Governor's Proclamation text

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

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