



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

▼ WIC-Specific Item

▼WIC BREAST PUMPS

A reminder that the next order for breast pumps is due to the State WIC Office by the end of the day on March 7th.

WIC BREASTFEEDING PEER COUNSELING

Through USDA Breastfeeding Peer Counseling funds, training and stipends for breastfeeding peer counselors are being offered to Local WIC Projects in FY 2006. All training costs are being covered by the WIC Program and a baseline stipend of \$5,000 to cover the cost of peer counselor salary and activities is being made available to all participating projects with a small add-on for projects that are establishing a new peer counselor program, have multiple peers and/or have multiple peer ethnicity.

The peer counseling program is being expanded in 2006 to include training of Native American, African American, and White peer counselors as well as maintaining our current Hispanic and Hmong counselors. Applications and proposals were emailed to local projects on November 11, 2005 with a deadline of December 9th. All 19 peer counselors that applied were accepted in the WIC Breastfeeding Peer counselor Training Program. Four African Americans, 2 Native Americans, 5 Hispanics and 8 White peer counselors will attend training at Ho-Chunk Convention Center January 30 & 31, 2006 and March 30 & 31, 2006. For general information about USDA's peer counseling program go to:

http://www.nal.usda.gov/wicworks/Learning_Center/support_peer.html

Position of the American Dietetic Association: Promoting and Supporting Breastfeeding.

ADA emphasizes the essential role of dietetics professionals in promoting and supporting breastfeeding by providing up-to-date, practical information to pregnant and postpartum women, involving family and friends in breastfeeding education and counseling, removing institutional barriers to breastfeeding, collaborating with community organizations and others who promote and support breastfeeding, and advocating for policies that position breastfeeding as the norm for infant feeding.

It is the position of the American Dietetic Association (ADA) that exclusive breastfeeding provides optimal nutrition and health protection for the first 6 months of life, and breastfeeding with complementary foods for at least 12 months is the ideal feeding pattern for infants.

Breastfeeding is also a public health strategy for improving infant and child health survival, improving maternal morbidity, controlling health care costs, and conserving natural resources.

You can access ADA's position paper at: <http://www.eatright.org/ada/files/serve.pdf>

SAVE THE DATE - WALC CONFERENCE 2006

Please mark your calendars for the Wisconsin Association of Lactation Consultants annual conference at the Radisson Paper Valley Hotel in Appleton, March 2nd & 3rd. The focus is on extending the duration of breastfeeding. The three presenters are:

- **Harvey Karp, MD** ~ Author of *The Happiest Baby on the Block* and Associate Professor of Pediatrics at the UCLA School of Medicine.
- **Lisa Marasco, MA, IBCLC** ~ Co-author of *Making More Milk, A Nursing Mother's Guide to Milk Supply* and Lecturer at the Lactation Institute in Encino, CA.
- **Jan Barger, RN, MA, IBCLC** ~ Administrative director of Lactation Education Consultants and lactation consultant in private practice in the Chicago area.

Conference topics include:

- Learning the ancient art of soothing a baby; turning on the calming reflex. (All attendees will also receive a copy of Dr. Karp's DVD.)
- Understanding milk supply failure.
- Hospital routines and teaching that can extend the duration of breastfeeding.
- Red flags and risk factors to watch for in the first days and weeks of life.

SAVE THE DATE

The Sixth Annual Dane County Breastfeeding Symposium will be held April 6, 2006 from 5:00 pm – 9:00 pm at the Alliant Energy Center – Exhibition Hall in Madison. It is an educational symposium for all nursing and medical staff who work with breastfeeding mothers and babies, families and pregnant women. For more information contact Alice Meyer, Dane County Public Health at 608-242-6348.

Mother's Milk Association of Wisconsin (MMAW). The not-for-profit Mother's Milk Association of Wisconsin is up and running. The first breastmilk shipment (1900 ounces ~ 15 gallons) from the Mt. Horeb milk depot has arrived at the Ohio Milk Bank for processing. Wisconsin milk will be returned when there is a request for it; however, the request must be handled by the Ohio Milk Bank and cannot be done in Wisconsin. MMAW is currently involved only in facilitating the donation of milk to the Ohio Milk Bank. Any pasteurized milk will be provided by the Ohio Milk Bank following the Human Milk Banking Association of North America (HMBANA) guidelines. (See to: <http://www.hmbana.org/index.htm> for more information.

Any mothers, who are interested in donating breastmilk, can get more information by calling 608-333-4955 or sending a request for donor information to mothersmilkwi@yahoo.com. Women donate milk to non-profit banks for altruistic reasons rather than for personal gain. The tissue processing fees charged by HMBANA member milk banks helps defray the costs of donor screening, as well as milk processing, record keeping, donor recruitment, and dispensing of pasteurized milk. Milk is then dispensed based on healthcare provider order and medical need, not ability to pay.

Human milk is the only substance that provides complete nutrition and immunologic protection for the human infant. It is an ideal food for premature and sick infants because it is easily digested, enhances intestinal movement and contains multiple immune properties not present in commercial baby formula.

On the Lighter Side. If formula is Philadelphia and breastmilk is Hawaii, then new and improved formula is Pittsburgh. It also follows that donated breastmilk, breastmilk frozen for 6 months, or breastmilk from a mom taking an analgesic is just several miles off Waikiki Beach.

IN THE NEWS

Breastfeeding Cuts Maternal Diabetes Risk. Moms who breastfeed may be protected from type 2 diabetes, according to a new study from Boston's Brigham and Women's Hospital, published the end of November in the *Journal of the American Medical Association*. Researchers demonstrated that breastfeeding a child for one year may reduce a woman's risk of developing Type 2 diabetes by 15 percent.

"We've known for a long time that breastfeeding is good for babies," said lead author and researcher, Alison Stuebe, MD. "In this study, we found that it's good for moms too." (Dr. Stuebe is also on the Massachusetts Breastfeeding Coalition's Board of Directors.)

The production of milk requires a breastfeeding mother to use an average of 500 calories each day -- the equivalent of running four to five miles. According to Dr. Stuebe, the additional energy required for lactation is associated with short-term changes in insulin and glucose. Her study was among the first to look at the long-term association between breastfeeding and incidence of Type 2 diabetes. "Our study supports the theory that breastfeeding may be associated with important metabolic changes that influence diabetes risk," she said. "However more research is needed to determine what hormonal and biological factors are involved." The researchers found that women who breastfed for at least one year were less likely to develop Type 2 diabetes than woman who did not breastfeed.

Specifically, they report: One year of breastfeeding was associated with a 15 percent drop in a woman's risk of developing Type 2 diabetes. This protective effect appeared to last up to 15 years after a woman's last birth. Each additional year of breastfeeding was associated with a greater reduction in risk. For example, according to Dr. Stuebe, if a woman had two children and breastfed each child for a year, the data suggest that the mother may reduce her risk of diabetes by a third. Women with gestational diabetes did not appear to lower their risk of Type 2 diabetes, even if they breastfed intensely.

In addition, the data suggest that women who used medications to prevent lactation had an increased risk for Type 2 diabetes. "Based on these findings, we have one more reason to encourage mothers to breastfeed," Dr. Stuebe said. "Ensuring strong support for nursing mothers -- from doctors and nurses to family members and employers - isn't just important for babies. It's a women's health issue, too."

The study included more than 157,000 nurses who were enrolled in the Nurses' Health Studies, two cohorts of women who ranged from age 26 to 71 at the start of the study. The nurses responded to questionnaires regarding how many children they breastfed and for how long, as well as numerous questions about their health, including whether or not they had been diagnosed with Type 2 diabetes by a physician. The researchers controlled for multiple factors including diet, exercise, weight, and multivitamin use.

JAMA. 2005;294:2601-2610

Breastfeeding Influences Cognitive Development in Filipino Children.

The importance of breastfeeding for cognitive development has been researched widely over the past several decades. Although researchers agree that children who breastfeed are generally more intelligent, it is uncertain whether this advantage is due to breastfeeding effects or to other accompanying healthy characteristics of women who breastfeed. This is a problem in nearly every study, and even in studies controlling for known confounding variables, residual confounding remains a concern. This study tried a new approach, evaluating the relationship between breastfeeding and cognitive ability in a population in which breastfeeding was inversely correlated with socioeconomic advantages and other healthy maternal behaviors. Normal birthweight and low birthweight (<2500 g) infants born in 1983-84 in Metropolitan Cebu, Philippines were followed from birth through middle childhood. Cognitive ability was assessed at ages 8.5 and 11.5 years of age with the Philippines Nonverbal Intelligence Test. After controlling for confounding variables, scores at 8.5 years of age were higher for infants breast-fed longer (1.6 points and 9.8 points higher among normal birth weight and low birth weight infants, respectively, breast-fed for 12 to <18 months vs. <6 months). This analysis highlights the importance of long-term breastfeeding after initial introduction of complementary foods, particularly in low birth weight infants born close to term.

J Nutr. 2005 Nov;135(11):2589-95

RESOURCES

- Indiana announced the launching of their new breastfeeding state plan with a news conference the end of October. The state plan entitled, *Born to be Breastfed: A Call to Action to Promote Breastfeeding in Indiana*, can be found at: www.indianaperinatal.org
- The Canadian Child Care Federation develops bilingual one-page fact sheets quarterly for use as a resource for parents and caregivers. Go to: http://www.cccf-fcsge.ca/publications/resourcesheets_en.html and scroll down to fact sheet #57 – Supporting Breastfeeding in Child Care where you can find information on creating breastfeeding-friendly child care.

Educational and Training Opportunities

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| March 2-3, 2006 | Wisconsin Association of Lactation Consultants Annual Conference Breastfeeding Longer Term Radisson Paper Valley Hotel WALC's website: http://walc.net | Appleton, WI |
| April 24-28, 2006 | Lactation Counselor Certificate Program (CLC) Center for Healthy Children For information: http://www.healthychildren.cc/CLC.htm | Madison, WI |
| July 12-16, 2006 | ILCA 2006 Conference and Annual Meeting Interdisciplinary Breastfeeding Practice: Integration through Innovation http://www.ilca.org/conference/2006conf.php | Philadelphia, PA |
| July 26-28, 2006 | National Maternal Nutrition Intensive Course Questions about the conference can be directed to Jamie Stang, PhD, MPH, RD, Course Director at: stang@epi.umn.edu | Minneapolis, MN |

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
- 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
- BreastEd Online Lactation Series is a series of 10 individual courses. For information go to 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.umdj.edu/lactation
- Case Western Reserve University: Web based "Breastfeeding Basics" course at www.cwru.edu/med/breastfeeding, directed at health professionals.

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

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