

# BREASTFEEDING: SIMPLY THE BEST

## NE MN 2016 MDH breastfeeding friendly workplaces

- Aitkin County Health & Human Services
- Koochiching County
- St. Louis County Public Health & Human Services

## NE MN 2016 MDH breastfeeding friendly Health Departments

Carlton County Public Health & Human Services

## Northland BF Coalition breastfeeding friendly business awards

- Nummi Jewelers, Superior
- The Avenue Coffee House, Cloquet
- Maurices Corporate Office, Duluth
- St. Luke's Hospital, Duluth
- Chiroway, Duluth
- United Health Care, Duluth
- Minnesota Power Corporate Office, Duluth



## Breastfeeding Friendly!!

**“Breastfeeding helps to improve the lifelong health of both babies and mothers.** Supporting breastfeeding is one of the best public health investments we can make to improve health and well-being in Minnesota.” Dr. Ed Ehlinger, Minnesota Commissioner of Health, said in a press release from the Minnesota Department of Health (MDH).

In 2015, MDH started a **breastfeeding friendly recognition** program for maternity centers, child cares, workplaces and health departments. Applications and information may be found at: <http://www.health.state.mn.us/breastfeedingfriendly>

This MDH Breastfeeding webpage includes a map of recognized agencies and facilities. “We commend and strongly support Minnesota’s breastfeeding-friendly hospitals and other organizations that are helping to ensure that Minnesota’s children have a healthy start,” Dr. Ehlinger said.

Northland Breastfeeding Coalition also awards breastfeeding friendly businesses. Find more information at: [www.northlandbreastfeedingcoalition.org](http://www.northlandbreastfeedingcoalition.org).



“One of the most highly effective preventive measures a mother can take to protect the health of her infant is to breastfeed.”

Center for Disease Control and Prevention

**2016 CDC Breastfeeding Report Card** is now available  
<https://www.cdc.gov/breastfeeding/data/breastfeeding-report-card-2016.html>



## Upcoming Lactation Education and Events

November 3 & 4, 2016 (Milwaukee, WI) **La Leche League of Wisconsin Continuing Education Event**. Speaker Molly Pessl. For more information and registration <http://llofwi.org/>

November 6, 2016 (Madison, WI) **Primary Care Breastfeeding Training for Health Care Provider**, <https://themilk-mob.org/milk-mob-upcoming-breastfeeding-training-events/primary-care-breastfeeding-training-madison-wi-1610/>

November 17, 2016 (Eau Claire, WI) **NW WI Breastfeeding Network 2016 Conference**, Speaker Dr. Jenny Thomas, sign up for email updates - <http://tinyurl.com/bfconference2016>

November 28, 2016 (Duluth, MN) **Northland Breastfeeding Coalition meeting**, 9:00 – 11:00 a.m., Essentia SMMC Duluth, [www.northlandbreastfeedingcoalition.org](http://www.northlandbreastfeedingcoalition.org)

January 13 - 14, 2017 (Madison, WI) **Breastfeeding Champion Training for Outpatient Breastfeeding Supporters**, <https://themilk-mob.org/milk-mob-upcoming-breastfeeding-training-events/outpatient-breastfeeding-champion-training-madison-wi-jan-2017/>

January 23, 2017 (Duluth, MN) **Northland Breastfeeding Coalition meeting**, 9:00 – 11:00 a.m., [www.northlandbreastfeedingcoalition.org](http://www.northlandbreastfeedingcoalition.org)

January 30 – February 4, 2017 (Woodbury, MN) **Lactation Management Course**. For more information or to register contact Marilyn Hildreth at 605-691-5808 also see <http://www.jmbirthconsultants.com/workshops/lactationcourses.html>

March 20 - 24, 2017 (Madison, WI) **Lactation Counselor Training Course (CLC)** <http://www.healthychildren.cc/>

April 10 - 14, 2017 (Rochester, MN) **Lactation Counselor Training Course (CLC)** <http://www.healthychildren.cc/>

April 28 - 29, 2017 (Minneapolis, MN) **La Leche League of MN/DAs spring conference**. For more information: <http://www.llofmndas.org/2017-spring-conference.html>

Healthy Northland seeks to improve the quality of life and health of all people in northeastern Minnesota. This newsletter is made possible by the Minnesota Department of Health's Statewide Health Improvement Program.

Would you like to receive this newsletter? Email [yoditg@communityhealthboard.org](mailto:yoditg@communityhealthboard.org)