

# BREASTFEEDING: SIMPLY THE BEST

## Breastfeeding Coalitions near you!

**Sustaining Breastfeeding Together**, World Breastfeeding Week 2017!

Want to help collaborate with others to make breastfeeding easier? Join a local breastfeeding coalition!

**Northland Breastfeeding Coalition** (includes St. Louis, Carlton, and Lake Counties in MN and Douglas County in WI)  
<https://sites.google.com/site/northlandbfcoalition/>

**Carlton County Breastfeeding Coalition**  
for more information contact [patti.Martin@co.carlton.mn.us](mailto:patti.Martin@co.carlton.mn.us)

**Cass County/Itasca County Breastfeeding Coalition**  
for more information contact [jamie.richter@co.cass.mn.us](mailto:jamie.richter@co.cass.mn.us) or [brognerug@gmail.com](mailto:brognerug@gmail.com)

**Minnesota Breastfeeding Coalition** <https://mnbreastfeedingcoalition.org>

**Wisconsin Breastfeeding Coalition** <http://www.wibreastfeeding.com>



WABA | WORLD BREASTFEEDING WEEK

## Healthy Northland Breastfeeding Strategy

An analysis of data from the state's Women, Infants & Children (WIC) Peer Program shows that **Northeastern Minnesota is a leader in the state in ensuring babies are fed only breastmilk** after delivery. The seven Healthy Northland counties came out significantly on top in a report from the Minnesota Department of Health (MDH).

<http://www.health.state.mn.us/divs/fh/wic/localagency/wedupdate/moyr/2016/03mar/30/hospitalsupp.pdf>

According to MDH, in 2015 just 15 percent of NE Minnesota WIC infants were fed formula in the hospital, showing the success of breastfeeding advocacy in the region. Other areas in the state ranged from 33 to 56 percent. Babies who are fed only breast milk during their hospital stay are more likely to continue breastfeeding throughout their early lives – and get the benefits that come with breastfeeding, like a stronger immune system. Feeding babies only breast milk for the first six months is so important that both the World Health Organization and the U.S. Department of Health and Human Services have made it a public health goal.

<http://www.health.state.mn.us/divs/fh/wic/localagency/reports/bf/info/exclusivity.pdf>

**Breastfeeding has been supported in Northeastern Minnesota through SHIP since 2009. Efforts have made hospitals, clinics and workplaces friendlier for breastfeeding moms.**



“The protection, promotion and support of breastfeeding rank among the most effective interventions to improve child survival. Increasing breastfeeding to near-universal levels could save more than 820,000 lives every year. In addition, increased rates of breastfeeding could prevent nearly half of all diarrheal diseases and one-third of all respiratory infections in children in low- and middle-income countries. Children who were breastfed are less likely to become overweight or obese and less prone to develop diabetes later in life.”

The International Code of Marketing of Breast-milk Substitutes: Frequently Asked Questions (2017 Update), Geneva, Switzerland, World Health Organization; 2017 <http://www.who.int/nutrition/publications/infantfeeding/breastmilk-substitutes-FAQ2017/en/>



## Upcoming Lactation Education and Events

July 24, 2017 (Two Harbors, MN) **Northland Breastfeeding Coalition meeting**, 9:00 - 11:00 a.m., [www.northlandbreastfeedingcoalition.org](http://www.northlandbreastfeedingcoalition.org)

September 25, 2017 (Superior, WI) **Northland Breastfeeding Coalition meeting**, 9:00 - 11:00 a.m., [www.northlandbreastfeedingcoalition.org](http://www.northlandbreastfeedingcoalition.org)

October 9 - 13, 2017 (Minneapolis, MN) **Foundations for Best Practice in Lactation Care** [mhealth.org/lactationcourses](http://mhealth.org/lactationcourses)

October 9 - 13, 2017 (Brainerd, MN) **Lactation Counselor Training Course (CLC)** <http://www.healthychildren.cc/>

October 10, 2017 (Cloquet, MN) **Carlton County Breastfeeding Coalition**, 12:00 - 2:00 p.m.

October 17 - 18, 2017 (Minneapolis, MN) **Excellence in Care with the Ten Steps** [mhealth.org/lactationcourses](http://mhealth.org/lactationcourses)

November 2 & 3, 2017 (Milwaukee, WI) **La Leche League of Wisconsin Continuing Education Event** <http://www.llofwi.org/events.html>

November 2, 2017 (TBD, MN) **Minnesota Breastfeeding Coalition (MBC) Pre-conference workshop** <https://mnbreastfeedingcoalition.org>

November 3, 2017 (TBD, MN) **Minnesota Breastfeeding Coalition (MBC) Annual Meeting** <https://mnbreastfeedingcoalition.org>

November 27, 2017 (Duluth, MN) **Northland Breastfeeding Coalition meeting**, 9:00 - 11:00 a.m., [www.northlandbreastfeedingcoalition.org](http://www.northlandbreastfeedingcoalition.org)

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 Partnership.

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