

BREASTFEEDING: SIMPLY THE BEST

Ten Steps for Breastfeeding Friendly Health Departments

Establish a designated individual/group to lead the effort to become a breastfeeding friendly health department.

Have a written breastfeeding policy.

Coordinate support and promotion to establish breastfeeding as the “norm” in the community.

Collaborate with community partners to ensure access to breastfeeding classes.

Educate the community on breastfeeding support.

Encourage racially and ethnically diverse resources within the community.

Support mothers in initiating and maintaining breastfeeding for 12 months and beyond.

Encourage local public places to provide a breastfeeding friendly environment.

Select businesses each year and provide workplace lactation support training.

Facilitate access to information and training for local childcare centers to support breastfeeding.



Breastfeeding Friendly Health Department

Local public health agencies in Minnesota are uniquely poised to shape the local environment to better support and promote breastfeeding. In fact, they have an important leadership role in supporting breastfeeding.

The movement to encourage hospital maternity centers to adopt the World Health Organization’s Ten Steps to Successful Breastfeeding has been highly successful in increasing breastfeeding rates among the women served by these institutions. However, if we are to extend breastfeeding duration and promote exclusivity in accordance with Healthy Minnesota 2020 goals, more needs to be done to provide a breastfeeding friendly environment outside of the hospital.

Local public health can both serve as a model for breastfeeding support in the workplace and work with community partners to facilitate adoption of breastfeeding friendly policies and practices.

For more information visit:
<https://www.health.state.mn.us/people/breastfeeding/recognition/healthdpts.html>



"The World Health Organization recommends that babies be exclusively breastfed for their first 6 months of life, and then introduced to first (or complementary) foods, which gradually replace breastmilk.

Only 2 in 5 infants under six months of age are exclusively breastfed, as recommended. Breastfeeding could save the lives of 820,000 children annually worldwide.

Use of breastmilk substitutes is of concern. Sales of milk-based formula grew by 41 per cent globally and by 72 per cent in upper middle-income countries such as Brazil, China and Turkey from 2008-2013."

<https://www.unicef.org/media/60811/file/SOWC-2019-Exec-summary.pdf>



Upcoming Lactation Education and Events

November 19, 2019 (Webinar) **Great Lakes Breastfeeding Webinar**, Third Tuesday each month. Free. Continuing education credits provided, <https://www.mibreastfeeding.org/webinars/>

November 25, 2019 (Duluth, MN)

Northland Breastfeeding Coalition meeting, Noon - 2:00 pm.
www.northlandbreastfeedingcoalition.org

December 17, 2019 (Webinar) **Great Lakes Breastfeeding Webinar**, Third Tuesday each month. Free. Continuing education credits provided, <https://www.mibreastfeeding.org/webinars/>

December 18, 2019 (Webinar) **Herbal and Homeopathy Remedies for Clinical Breastfeeding Management**, IABLE, <https://lacted.org/product/thats-in-my-kitchen/>

January 14, 2020 (Cloquet, MN) **Carlton County Breastfeeding Coalition meeting**, Noon - 2:00 pm, for more information contact patti.Martin@co.carlton.mn.us

Jan 8, 15, 29 & Feb. 5, 2020 (Webinar) **Outpatient Breastfeeding Champion**, IABLE, <https://lacted.org/product/obc1911/>

January 27, 2019 (TBD)

Northland Breastfeeding Coalition meeting, Noon - 2:00 pm.
www.northlandbreastfeedingcoalition.org

February 24-28, 2020 (Madison, WI) **Lactation Counselor Training (CLC)** https://centerforbreastfeeding.org/register_lctc/

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.

Interested in receiving this newsletter? Contact yoditg@communityhealthboard.org

For more breastfeeding resources & information visit:
www.healthynorthland.org/resources/breastfeeding