

BREASTFEEDING: SIMPLY THE BEST

WIC Resources

Breastfeeding & You
<https://www.health.state.mn.us/people/wic/bf/index.html>

Regional WIC Resources:

Aitkin County MN WIC
 Elizabeth Short PHN, CLS
 (218) 927-7267

Carlton County MN WIC
 Jenny Barta PHN, CLS
 (218) 878-2872

Cook County MN WIC
 Amy Schmidt RN, CBS
 (218) 387-2330 ext. 150

NW WI Community Services
 Agency, Douglas County (WIC)
 (715) 394-2750

Itasca County MN WIC
 Janna Wolter BSN, IBCLC
 (218) 327-6129

Koochiching County MN WIC
 Deb Larson RN, CLC
 (218) 283-7070

Lake County MN WIC
 Renee Fuller PHN, CLS
 (218) 834-8535

St. Louis County MN WIC North
 Angela Straughter PHN, CLS
 (218) 471-7606

St. Louis County MN WIC South
 Beth Hanni PHN, CLS
 (218) 725-5256



WIC Promotes Breastfeeding

The Women, Infants and Children (WIC) Program is a Nutrition and Breastfeeding Program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition, and stay healthy. Breastfeeding promotion and support is integral to WIC's work to improve maternal and infant health for all.

WIC is a trusted source of breastfeeding information. A recent study found that next to husbands and partners, WIC is the most common source women look to for breastfeeding support. Minnesota WIC continually works to enhance breastfeeding promotion and support services.

While WIC can provide infant formula for babies not breastfed, the program strongly encourages and promotes breastfeeding exclusively for the first 6 months. Breastfeeding initiation rates for WIC moms have doubled over the last 30 years. In addition to the information and support offered at the WIC appointment, some agencies have additional support through a Peer Breastfeeding Program.

According to WIC data, **Northeast Minnesota has an 81% exclusive breastfeeding rate at hospital discharge.**

Minnesota Maternity Hospitals and Breastfeeding Exclusivity Rates by Region, 2018
<https://www.health.state.mn.us/docs/people/wic/localagency/reports/bf/maps/babyfriendly2018.pdf>



Breastfeeding Reduces Health Care Costs

"If 90% of the women who gave birth in Minnesota in 2016 breastfed optimally*, an estimated 7,680 ear infections, 35,973 gastrointestinal infections and 38% of child deaths could have been prevented. Among mothers, optimal breastfeeding could have prevented 56 cases of breast cancer, 407 cases of hypertension, 141 cases of diabetes and 31 deaths. This amounts to a lifetime cost savings of \$208 million."

*Optimal breastfeeding is defined as exclusively for the first six months, and continuing at for least one year.

<https://www.health.state.mn.us/docs/people/wic/localagency/reports/bf/info/2018bffactsheet.pdf>



Upcoming Lactation Education and Events

March 23, 2020 (Cloquet, MN)

Northland Breastfeeding Coalition meeting, noon – 2:00 pm.
www.northlandbreastfeedingcoalition.org

March 27, 2020 (Duluth, MN) **NE MN Breastfeeding Summit**,
<https://17-ne-mn-breastfeeding-summit.eventbrite.com>

April 3, 2020 (Lake Elmo, MN) **The Neuroscience of Birth**,
Nils Bergman, <https://mcclarkconsulting.com/best-for-baby/>

April 4 and 5, 2020. (Stillwater, MN) **Kangaroula Training**,
Jill & Nils Bergman, <https://mcclarkconsulting.com/kangaroula-training-by-jill-bergman/>

April 17, 2020 (St Paul, MN) **LLL Spring Conference**,
keynote speaker Marcia Walker,
<http://www.llofmdas.org/2020-spring-conference.html>

May 4 – 6, 2020. (Bemidji, MN) **3-Day Indigenous Breastfeeding Workshop**,
Camie Goldhammer, event tentative at this point, more details to come, <https://www.mewinzha.com/index.html>

May 5-6, 2020 (Edina, MN) **Excellence in Care with the Ten Steps**,
email to be placed on waiting list: mspitza1@fairview.org

May 14, 2020 (St Paul, MN)
7th MBC Perinatal Hospital Leadership Summit,
<https://mnbreastfeedingcoalition.org/upcoming-hospital-summit/>

May 11-15, 2020 (Fairmont, MN) **Lactation Counselor Training (CLC)**,
https://centerforbreastfeeding.org/register_lctc/

May 18, 2020 (Duluth, MN)
Northland Breastfeeding Coalition meeting, noon – 2:00 pm,
www.northlandbreastfeedingcoalition.org

May 20-21, 2020 (IA) **Iowa Annual Breastfeeding Conference**,
nicole.newman@idph.iowa.gov or jessica.dinh@unitypoint.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.

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

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