

CHILDRENS HEALTHY WEIGHT COIN PEER SHARING CALL

June 27, 2019

Resource List:

Pride Month Resources Webpage

June is LGBTQIA+ Pride Month! The USBC has published a webpage titled "[LGBTQIA+ Resources and Pride Month](#)." The webpage features a compilation of resources, tools, and materials from USBC and the field.

Deadline Extended: 2018 mPINC Survey Closing Date Extended until July 15, *summarized from CDC*

Do Not Delay – Submit the mPINC survey today! The deadline to submit the CDC's 2018 national survey of Maternity Practices in Infant Nutrition and Care (mPINC) has been extended to Monday, July 15th at 11:59 p.m. ET.

Only hospitals with complete data will receive a hospital-specific Benchmark Report. If you were contacted to complete the survey and do not believe you have received it yet, please remember to look for an e-mail from CDCMPINCSURVEY@battelle.org. Please check your junk e-mail folder, too. Please share this information with your partners who may wish to reach out to hospitals in their communities to encourage them to participate in the survey.

Updated Resource on Breastfeeding Benefits, *summarized from HRSA/MCHB*

The Health Resources and Services Administration (HRSA)'s Maternal and Child Health Bureau has published an updated webpage titled "[Understanding Breastfeeding Benefits](#)." The webpage highlights the benefits of breastfeeding for children, women and society. It also connects users to HRSA initiatives that support pregnant and lactating women and other federal resources with key information about breastfeeding.

[Collective Impact Webinar Series](#)

This series is hosted by the USBC to "engage stakeholders in a Collective Impact model" (USBC Strategic Framework Goal 3). With funding support from the Centers for Disease Control & Prevention and the W.K. Kellogg Foundation, this series will focus on building the capacity of the breastfeeding field to apply collective impact principles and tools to collaborative efforts for policy and practice change.

Beyond Collaboration: Create a Culture of Belonging 6/25/2019

Presented by:

Dr. Ernelyn J. Navarro, DM, LCSW, BCC

This webinar will inform attendees how to expand existing perspectives and practices on how key stakeholders collaborate and how trust is built in a collective impact collaborative. In this session, participants will learn how to apply various approaches with the Collective Impact framework to create a sense of belonging. Dr. Navarro will share examples from a state coalition's multi-layered approach in engaging diverse stakeholders, local coalitions, hospitals, advocates, funders, and other organizations to envision a future of "There are no barriers to breastfeeding in California." The coalition is transforming communities with intention and attention by cultivating/nurturing a sense of belonging and connection to a shared purpose greater than oneself.

["Power Tools" Webinars](#)

The United States Breastfeeding Committee hosts this series of bi-monthly webinars as part of its training, technical assistance, and capacity building support for USBC's network of breastfeeding coalition, national organizations, and community-based organizations across the United States. Webinars are held every two months (in odd-numbered months) on the third Wednesday of the month from 2:00-3:30 p.m. ET.

Designing Evaluations for Systems Change 7/17/2019

Presented by:

Kimberley Broomfield-Massey, Senior Project Director at EMSTAR Research, Inc

Is your organization or coalition engaging in initiatives to create major systems change? Is your organization looking for a way to ensure these initiatives are adaptable and responsive to and adaptable to changing conditions? Then developmental evaluation may be a framework for your organization to use. The purpose of developmental evaluation is to inform and support innovative and adaptive processes. It is the process of asking evaluative questions and gathering and reporting data to support intervention customization based on rapid feedback. Kimberley Broomfield-Massey, Ph.D. will describe this evaluation framework and describe ways it can be useful in helping to support more nimble initiatives.

Funding Awarded to Expand CHAMPS Program, summarized from CHEER

The Center for Health Equity, Education, & Research has announced that Communities and Hospitals Advancing Maternity Practices (CHAMPS), a program that seeks to improve maternal and child health outcomes through the promotion of breastfeeding and Baby-Friendly practices, has [received a grant from the Bower Foundation to work with the University of Mississippi Medical Center](#) (UMMC) to develop a Breastfeeding Inter Professional Education module for UMMC schools, including medicine, nursing, pharmacy, dentistry, population health, health-related professions and graduate studies. Under the project UMMC faculty from each discipline will act as content experts from their schools, while CHAMPS will be responsible for providing breastfeeding expertise and creating real-life scenarios, such as a prenatal clinic appointment, an in-hospital breastfeeding assessment, and a postpartum breastfeeding support group.

Fairness for Breastfeeding Mothers Act Passes Senate, *summarized from Congress*

The [Fairness for Breastfeeding Mothers Act](#) (S. 528) has been passed unanimously by the Senate! Since the bill has already passed in the House, it now heads to the President's desk to be signed into law. The Fairness for Breastfeeding Mothers Act would require that certain public buildings that contain a public restroom provide a lactation room, other than a bathroom, that is hygienic and available for use by a member of the public.

USBC Insight: USBC and breastfeeding advocates have supported this bill in several ways.

USBC delivered a [joint letter signed by 81 organizations urging action in support of the Fairness for Breastfeeding Mothers Act](#) to the offices of Senator Barrasso and Senator Carper, the ranking members of the Senate Committee on Environment and Public Works. Earlier this month, breastfeeding advocates at USBC's Advocacy Day continued to raise awareness about this bill by delivering materials about the Fairness for Breastfeeding Mothers Act to their Members of Congress. USBC supporters have continuously amplified this message, sending 1,019 messages to Senators urging action and support for this simple policy solution. We celebrate all these actions as part of this win for breastfeeding families!

Federal Appropriations for WIC and WIC Breastfeeding Peer Counselor Program, *summarized from Congress*

The House has [passed a package of five fiscal year 2020 appropriations bills](#) that fund federal departments including Commerce, Justice, Agriculture, Interior, Veterans Affairs, Transportation, and Housing and Urban Development Energy from October 1, 2019 to September 30, 2020 (FY 2020). Completing work on nine out the 12 annual appropriations bills in their Chamber, [H.R. 3055](#), provides \$6 billion in overall funding for the WIC program, a slight decrease of \$75 million from FY 2019 levels. [This funding level should be sufficient to serve all eligible participants throughout the next fiscal year](#). For the first time, the WIC Breastfeeding Peer Counselor Program has been fully funded at the authorized amount of \$90 million, an increase of \$30 million from FY 2019 levels. The bill includes language blocking USDA's proposal to relocate the Economic Research Service (ERS) and the National Institute for Food and Agriculture (NIFA) outside the National Capital Region. The bill also includes \$6.3 billion for the Indian Health Service, an increase of \$537 million above the 2019 enacted level and \$431 million above the President's budget request. See the [division-by-division summary of H.R. 3055](#). [See the amendments to each division of the bill](#).

USBC Insight: Individuals from across the nation urged their Members of Congress to support [funding for the WIC Breastfeeding Peer Counselor program](#) as part of the [USBC Advocacy Day at Capitol Hill](#) on Wednesday, June 12. Thank you to everyone who raised their voice on this important issue!

Bill to Require Lactation Spaces in Small Airports, *summarized from Congress*

Representative Carol Miller (WV-3) has introduced the [Small Airport Mothers' Rooms Act of 2019](#) (H.R. 3362). The bill amends last year's [Federal Aviation Administration \(FAA\) reauthorization bill](#) to require small hub airports to comply with the Friendly Airports for Mothers Act and provide a private, non-bathroom space in each terminal for mothers to express breast milk. The space must be accessible to persons with disabilities, available in each terminal building after the security checkpoint, and include a place to sit, a table or other flat surface,

and an electrical outlet. The bill also amends FAA reauthorization to require airports to provide a baby changing table in at least one men's and at least one women's restroom in each passenger terminal building, up from one.

USBC Insight: A growing number of airports have designated lactation spaces, yet many lactating people still end up expressing milk in restrooms or on airport floors. Travelers rarely have control over how long they are in transit, making accessible accommodations within airports a critical priority. USBC has been heartened to see the implementation of the FAM Act in large and medium hub airports and would look forward to expanding similar requirements to small airports. This expansion supports, promotes, and protects breastfeeding in rural areas, further contributing to national public health goals. USBC has drafted a [sign-on letter in support of H.R. 3362](#). Organizations can sign on using [our online form](#).

April 25, 2019

Resource List:

Pregnancy and Birth to 24 Months Systematic Review of Diet and Health. The P/B-24 Project, led jointly by USDA and HHS, and conducted by [USDA's Nutrition Evidence Systematic Review](#) (NESR) team reviewed the evidence on diet and health for women who are pregnant and for infants and toddlers from birth to 24 months of age. Systematic reviews were conducted on specific topics related to dietary intake before and during pregnancy, infant milk feeding practices, complementary feeding, flavor exposures, and infant/toddler feeding practices. The project was completed in 2018, and the systematic reviews have been published in the [American Journal of Clinical Nutrition](#). Across the reviews, relationships were observed between P/B-24 diet exposures and a variety of outcomes of public health importance. Evidence showed links between dietary intake before and during pregnancy, during the period of human milk or infant formula feeding, and through introduction of complementary foods and beverages and health outcomes. Additionally, the reviews on flavor exposure and infant/toddler feeding practices highlight the importance of maternal diet during pregnancy and lactation and caregiver feeding strategies and practices.

Racial and Ethnic Disparities in Adult Obesity in the United States: CDC's Tracking to Inform State and Local Action. CDC has published a paper that describes obesity burden by major racial/ethnic categories and outlines what CDC is doing to address these disparities. In addition to critical findings that disparities in obesity prevalence are disproportionately burdensome for particular populations, CDC reported that the current annual investment in CDC's obesity efforts equals to about 31 cents/person. For the past four years, CDC has published detailed state and territorial maps that help demonstrate the geographic and racial/ethnic disparities in self-reported obesity burden.

https://www.cdc.gov/pcd/issues/2019/18_0579.htm

Maps: <https://www.cdc.gov/obesity/data/prevalence-maps.html>

WIC Changes Linked to Decline in Obesity Among Toddlers (from CWA Flash)

Obesity rates among low-income toddlers [dropped after the 2009 WIC food package changes](#), which increased purchases of fresh produce and whole grains, and reduced juice and cheese. Researchers analyzed data on 2- to 4-year-old WIC recipients from 2000-2014, and found that obesity rates had risen about 0.23 percentage points a year before the WIC changes, and declined by 0.34 percentage points a year after. While researchers noted that another event or program happening around the time of the WIC changes could have influenced the obesity trend, they do not believe available evidence supports the Great Recession, Affordable Care Act or other health interventions as likely causes for the decline. Obesity trends varied by state but were not related to race or child poverty levels, according to the study. Authors said differences in the way WIC changes were implemented may have played a role and called for additional research.

Health in All Policies (HiAP) Technical Assistance Webinar Wednesday, May 8, 2019 1:00:00 PM CDT - 2:00:00 PM CDT, titled "Local Approaches to HiAP Capacity Building ". Participants will hear from local health departments about how they have worked to build capacity within their health department and local governmental departments for HiAP.

Open Access Articles, summarized from Breastfeeding Medicine

Breastfeeding Medicine has announced free access to a selection of articles **through Tuesday, April 30**. Open access articles include:

- "[Peer-to-Peer Human Milk Sharing: Recipient Mothers' Motivations, Stress, and Postpartum Mental Health](#)" by Rebecca J. McCloskey, Sharvari Karandikar
- "[Infant Breastfeeding and Behavioral Disorders in School-Age Children](#)" by Tingting Huang, Yihuan Yue, Hui Wang, Jianshan Zheng, Zhijian Chen, Tianyi Chen, Min Zhang, Shunqin Wang
- "[An Exploration of Lactation Facilities and Planning in U.S. Higher Education Campuses](#)" by Dare Henry-Moss, Joyce Lee, Kathleen Benton, Diane L. Spatz

[How Cultures Protect the New Mother](#). Blog by Kathleen Kendall-Tackett

Article on Advancing Health Equity, summarized from SSIR

The *Stanford Social Innovation Review* has published an article titled "[Using All Our Tools to Advance Equity in the South and Beyond](#)." The article states that inequality, particularly structural racism, remains one of America's deepest challenges. Pushing for equity outcomes requires that we use as many tools as we can: deeply understanding context in place and providing flexible general support grants and program-related investments.

From ChangeLab Solutions, "[A Blueprint for Changemakers: Achieving Health Equity Through Law & Policy](#)." This new resource presents legal strategies and best practices to help policymakers, practitioners, and communities improve health outcomes. It provides a roadmap for working locally and collaboratively to advance laws and policies that will help ensure that everyone has a fair chance to live a healthy life.

Webinars from Tamarack Institute

- [Principles and Elements of Asset-Based Community Development](#) April 30, 1-2 pm ET
- [How Do We Build Inclusive Communities?](#) May 9, 1-2 pm ET

- [Overcoming Power and Privilege in Community Change](#) May 28, 2-3 pm ET
- [Bridging the Gap: Repairing Relationships for Stronger Community Engagement](#) June 11, 1-2 pm ET

February 2019

Welcome Congress: <http://www.usbreastfeeding.org/p/cm/ld/fid=419>

Welcome Kit Materials. Download the materials below to print or email and send to your Senators and Representative.

- **Welcome Kit** (20 pages): Includes the Welcome Note, fact sheets, and sign-on letters, merged as one large file. *Please note that to include state-specific information, you will need to separately print your state's breastfeeding report, below.*
- **State Breastfeeding Reports.**
 - **Also** available for the District of Columbia and Puerto Rico. *You'll select just your relevant report via this link.*
- **Topic-Specific Fact Sheets:**
 - [Breastfeeding Saves Dollars and Makes Sense](#)
 - [Increase Access to Paid Family Leave](#)
 - [Support Working Parents](#)
 - [Maintain Federal Funding for Breastfeeding](#)
 - [Eliminate Health Disparities](#)
 - [Maintain Health Plan Coverage of Breastfeeding Support, Supplies, and Counseling](#)

State of Babies Yearbook from Zero to Three 2019. The first of its kind Yearbook from compares national and state-by-state data on the well-being of America's babies to help policymakers and advocates advance policies and budgets that put babies and families first. Include Webinar and invite your Member of Congress to look at the report tool.

Workplace Lactation Accommodation Webinars hosted by USBC in February:

1. **Webinar: [Breastfeeding Works: Legal Protections for Lactating Employees and Students in the Health Care Industry](#).** Monday, Feb 11. 12-1:30 pm ET. The expert panelists (ACLU-Women's right Project, A Better Balance, USBC) will cover the national and state laws that protect breastfeeding parents from discrimination and the laws that require lactation accommodations at work and school.
2. **Webinar: [Exposed: Discrimination Against Breastfeeding Workers](#).** Deputy Director, and Jessica Lee, Jessica Lee, Staff Attorney, Center for Work Life Law. Tuesday, Feb 12 2:00-3:00 pm ET. Liz and Jessica will discuss the groundbreaking [study](#), on the challenges breastfeeding workers face, including lack of accommodations, sexual harassment, job loss, and early weaning.

Guest Speakers:

DOL Wage and Hour Division. Community Outreach and Resource Planning Specialists

<https://www.dol.gov/whd/corpsFlyer.pdf>

Guest Speakers:

Richard Blaylock, Executive Director of DOL Wage and Hour Division's Raleigh District Office, **Bridget**

Dutton, Community Outreach and Resource Planning Specialist, Wage and Hour Division, DOL

Resources

- <https://www.dol.gov/whd/corpsFlyer.pdf>
- <https://www.dol.gov/whd/nursingmothers/WH1527.pdf>
- Fact Sheet #73: Break Time for Nursing Mothers under the FLSA:
<https://www.dol.gov/whd/regs/compliance/whdfs73.pdf>
- Frequently Asked Questions – Break Time for Nursing Mothers:
<https://www.dol.gov/whd/nursingmothers/faqBTNM.htm>
- Employee Rights Card-Break Time for Nursing Mothers:
<https://www.dol.gov/whd/FLSAEmployeeCard/BreaktimeNursingMothers.pdf>
- How to File a Complaint Card-
<https://www.dol.gov/whd/flsa/WHD1498HowToFileAComplaint.pdf>

Study on the Economic Impact of WIC: In March 2018, the US Senate Committee on Appropriations directed the US Department of Agriculture Economic Research Service (ERS) to conduct a study on the economic impacts of breastfeeding in WIC, including its potential cost savings for WIC and Medicaid. The [study](#) estimated the economic impacts if 90% of WIC infants in 2016 were breastfed for 12 months and received no infant formula during that time. This hypothetical scenario assumes 90% of WIC participants meet the American Academy of Pediatrics (AAP) recommended duration and exclusivity goals for breastfeeding. The study estimates that if breastfeeding rates in WIC reflected the medical recommendations, participation in the program would increase by 8% and, as a result, lead to increased program costs largely due to the fact that the cost for nutrition services and administration are higher for breastfeeding women. Despite this, the economic impacts of increased breastfeeding rates in WIC extend beyond the program's cost. The study estimated \$111.6 million in savings on federal Medicaid costs associated with improved health outcomes of breastfeeding women and infants. In addition, ERS estimates that annual health-related cost savings accruing to WIC households or their non-Medicaid health insurance providers would have totaled \$9.0 billion.

January 2019

Partial Government Shutdown Persists

The government has been in partial shutdown since Dec. 22. While most programs under the auspices of the Department of Health and Human Services are unaffected, the WIC program, which is funded through the Department of Agriculture, *is* impacted by the shutdown. We would like to share with you this latest update from our colleagues at the National WIC Association:

Updates:

- WIC agencies continue operating as normal, and have so far not reported any issues or disturbances to normal operations.
- Agencies are expected to have adequate funding on hand currently to last through the month of January.
- Food and Nutrition Service has communicated to WIC agencies that they plan to undertake measures on January 3 to identify & provide additional funding, including: allocating all remaining carryover funds and preliminary recoveries to State agencies, working with State agencies to make their FY 2018 Nutrition Services and Administration (NSA) spend forward funds available for FY 2019 obligations, and asking State agencies to identify additional unspent FY 2018 funds that may be available for recovery and reallocation as FY 2019 grant funds.

How you can help: Please get the word out that WIC remains open!

The FDA is experiencing furloughs for over 40% staff, and the Indian Health Service has been shut down.

- <https://www.nytimes.com/2019/01/01/us/native-american-government-shutdown.html>
- <https://www.nbcnews.com/health/health-news/government-shutdown-closes-indian-health-service-cdc-still-watching-flu-n954161>

Events, Opportunities:

Healthy People 2030: The U.S. Department of Health and Human Services has released the proposed objectives for Healthy People 2030. The USBC has developed a background document titled "Overview of Healthy People 2030 Objective Proposal and Public Comment Opportunity." The document provides background information on the Healthy People initiative, explores how the initiative impacts breastfeeding families, the history of breastfeeding objectives in Healthy People, and the proposed objectives for Healthy People 2030. The Breastfeeding Public Health Partners will share key messages and sample talking points in next *Weekly Wire* to support individuals and organizations responding to the public comment opportunity. Deadline for public comments: January 17.

Breastfeeding Policy Priorities Survey: The USBC has launched a short online survey titled "116th Congressional Session: Breastfeeding Policy Priorities." Deadline: Jan 10! Feedback collected from the survey will help USBC identify the top priority issues to focus on during the 116th Congressional session and will inform the Welcome Letter and materials for the upcoming virtual "Welcome Congress Week" to be held February 18-22.

Breastfeeding Safety Net Webinar from NACCHO: Join the Breastfeeding Team at National Association of County and City Health Officials on Tuesday, January 15, from 2-3 p.m. ET for a webinar titled "Weaving a Breastfeeding Safety Net: Creating a Breastfeeding Ecosystem." This is the first session of the four part *Weaving a Lactation Safety Net* webinar series. Speakers will address the public health significance of community breastfeeding continuity of care to increase breastfeeding duration and exclusivity rates, and mechanisms that can be used to create a breastfeeding ecosystem including a seamless continuum of care to promote, protect and support breastfeeding in African Americans and low-income communities who are disproportionately affected by structural barriers to breastfeeding.

USBC January 2019 USBC Membership Meeting: The USBC Membership meeting will be held virtually on **Thursday, January 24, from 12-4 p.m. ET**. Details of the event, including the preliminary agenda, will be shared via the Members list serv.

2019 California Breastfeeding Summit: Think Global, Act Local, Jan 29-31, Anaheim, CA.

<http://californiabreastfeeding.org/breastfeeding-summit/2019-summit/>

Ninth National Breastfeeding Conference & Convening, *Taking Equity from Theory to Practice: Advancing Inclusive and Collaborative Breastfeeding Support*, June 14 & 15, 2019, in Bethesda, MD.

- **Call for Presentation Proposals: Submission of proposals** are invited to be considered for breakout panel presentations, lunch table discussions, and poster presentations. Find additional details in the [Call for Proposals Guidelines](#) and learn how to quickly and easily submit your proposal by watching the [submission process tutorial](#).
- **Award Applications**: 3 categories: Emerging Leader, Tribal Trailblazer, Cultural Changemaker.

Briefs, Articles, Online Resources:

EXPOSED: Discrimination Against Breastfeeding Workers. This first comprehensive report on breastfeeding discrimination reveals widespread and devastating consequences for breastfeeding workers. <https://www.pregnantatwork.org/breastfeeding-report-fullpage/>

A new brief from ZERO TO THREE and the Center for Law and Social Policy, **State and Federal Opportunities to Improve the Lives of Infants and Toddlers and their Families**, identifies six policy opportunities that are ripe for action at the state and federal levels to improve outcomes for babies. Read the brief to learn more about these opportunities and for additional resources to support implementation of the policy solutions. <https://www.zerotothree.org/resources/2578-2018-policy-and-advocacy-wins-for-babies>

ZERO TO THREE and the National Partnership for Women & Families have released **The Child Development Case for a National Paid Family and Medical Leave Program**. This fact sheet summarizes key research on how paid family and medical leave helps ensure that infants and young children have adequate bonding time with parents and primary caregivers, which is essential for healthy brain and emotional development. Updates to the fact sheet include new research on positive outcomes of state paid leave programs, including for maternal health; cross-national research on how paid leave reduces infant mortality; and a new section outlining why parents and caregivers need paid leave for family caregiving, as well as for childbirth and adoption. <https://www.zerotothree.org/resources/2569-state-and-federal-opportunities-to-improve-the-lives-of-infants-and-toddlers-and-their-families>

What you need to know about California's new lactation accommodation law.

<https://www.bizjournals.com/losangeles/news/2018/12/13/california-new-lactation-accommodation-law.html>

A Pumping Conspiracy': Why Workers Smuggled Breast Pumps Into Prison. NY Times Article. Many employers don't provide workers with time and space to express breast milk. Millions of families are

affected — and often, it's a violation of federal law.

<https://www.nytimes.com/2018/12/31/business/breast-feeding-discrimination-pregnancy.html>

Advancing Public Narrative for Health Equity and Social Justice is a handbook that provides guidance in identifying, examining, and countering dominant public narratives and the systems that support them. Relying on examples, exercises, and questions for reflection and dialogue, this free resource supports public health practitioners and their allies in becoming effective narrative strategists to promote health equity.
<https://bit.ly/2zYZFq4>

Language Portal for Health Info: National Institute of Minority Health and Health Disparities.
<https://nimhd.nih.gov/programs/edu-training/language-access/health-information/index.html>

CDC's Center for State, Tribal, Local, and Territorial Support has released a **report about its evaluation of the Preventive Health and Health Services (PHHS) Block Grant**. The PHHS Block Grant provides federal funding for 61 grantees: all 50 states, the District of Columbia, 2 American Indian tribes, 5 US territories, and 3 freely associated states. This program gives grantees the ability to address prioritized public health needs in their jurisdictions in collaboration with local and tribal public health agencies and organizations. The report's findings demonstrate that the PHHS Block Grant is supporting vital public health activities in grantees' jurisdictions. Grantees are using block grant funds to improve their ability to collect essential data, improve the quality of programs and services, address emerging needs, and implement interventions that are known to work. View the full report and a summary of key findings You can view the full report Preventive Health and Health Services Block Grant Evaluation Report: 2017 Framework Measures Assessment—Key Findings and web-based summary on CDC's website. <https://www.cdc.gov/phhsblockgrant/docs/BGEvaluationReport2017-508.pdf>
<https://www.cdc.gov/phhsblockgrant/2017evaluationreport.htm>

Interpregnancy Care: A report study in [American Journal of Obstetrics & Gynecology](#) reinforces the importance of interpregnancy care to promote women's health to maximize wellness as a continuation of immediate postpartum care.
[https://www.ajog.org/article/S0002-9378\(18\)32144-6/pdf](https://www.ajog.org/article/S0002-9378(18)32144-6/pdf)

The Upside of Conflict. https://ssir.org/articles/entry/the_upside_of_conflict

Contact Info of Guest Speaker, Tiana Pyles, TN Breastfeeding Coalition: tpyles@bstars.org

Related/Miscellaneous:

(Good Driver Diagram and QI examples) A **Curated Collection to support primary care practices and practice facilitators** search among 100 tools and resources to increase their use of evidence and improve patient care. A quality improvement framework—the EvidenceNOW Key Driver Diagram—helps users to target change strategies such as selecting and customizing the best evidence, creating and supporting high functioning teams, and engaging patients and families in evidence-based care. Tools for Change is an outgrowth of EvidenceNOW, an initiative launched in 2015 that used practice

facilitators to work with more than 1,500 small- and medium-sized primary care practices nationwide to improve heart health. <https://www.ahrq.gov/evidencenow/tools/index.html>

[International resource for maternal, infant health](#): The Maternal and Child Health Handbook is the centerpiece of a 50-country effort to give children a healthy start, focusing on the first 1,000 days of life. Versions of the handbook have been adapted for local communities to help achieve the United Nations Sustainable Development goal of getting the mortality rate under 70 per 100,000 live births by 2030. (*Utah has adapted this handbook*). <http://www.mchhandbook.com/>

October 2018

October is SIDS/SUID Awareness Month

- For or Sudden Infant Death Syndrome (SIDS) Awareness Month, CDC is sharing tips parents and caregivers can use to help reduce the risk of sleep-related infant deaths. <https://www.cdc.gov/features/babysafesleep/index.html>
- CDC and NICHD are teaming up to encourage people to share photos of babies (up to 12 months of age) in a safe sleep environment to help educate others about safe infant sleep. Encourage your friends and followers to participate during the month of October by sharing the following social media post: Do you know what a safe infant sleep environment looks like? Share this example, or take a pic of your baby, grandbaby, niece, or nephew sleeping safely and share it with your followers. Be sure to use #SafeSleepSnap in your post! Remember: safe sleep environments are firm, flat, & free of soft and loose items. Babies sleep safest on their backs! #SafeToSleep <https://www1.nichd.nih.gov/sts/about/environment/Pages/look.aspx>
- **NICHQ Video Quiz**
- This short video quiz can be used by health professionals to engage caregivers in conversations about safe sleep recommendations. It provides eight different examples of sleeping infants and asks viewers to identify whether or not the depicted behavior is safe. An explanation and recommendation is provided after each scenario. <https://www.nichq.org/resource/how-safe-sleep-savvy-are-you>

HHS Promotes Fathers and Families at Center of HHS Program

HHS issued an information memorandum and a blog post encouraging all HHS agencies to emphasize fathers in all family support and child welfare programs. HHS said it strongly encourages fathers becoming more involved in the lives of their children. The memorandum highlights research findings that demonstrate the value of father involvement in the lives of children and families and identifies promising practices to promote and sustain meaningful father engagement, regardless of a father's physical location or custodial participation.

- https://www.acf.hhs.gov/sites/default/files/assets/acffatherhoodim_final.pdf
- <https://www.acf.hhs.gov/blog/2018/10/putting-fathers-and-families-at-the-center-of-acf-programs>

The Robert Wood Johnson (RWJF): The State of Obesity 2018

The Robert Wood Johnson (RWJF) has released new data showing that nearly one in six youth ages 10 to 17 have obesity. Mississippi has the highest youth obesity rate, at 26.1 percent, while Utah has the lowest, at 8.7 percent. The new data also confirm that racial and ethnic disparities persist: Black and Hispanic youth continue to be at a greater risk for obesity than their white and Asian peers. For more information, view the Trust for America's Health and RWJF report [The State of Obesity 2018: Better Policies for a Healthier America](#).

The Centers for Disease Control and Prevention's (CDC)

The Centers for Disease Control and Prevention's (CDC) Health Impact in 5 Years (HI-5) initiative has released new success stories about how [Georgia](#) and [North Carolina](#) are increasing physical activity through active transportation options and school-based physical activity. The HI-5 initiative highlights non-clinical, community-wide approaches that have evidence reporting positive health impacts, results within five years, and cost effectiveness and/or cost savings over the lifetime of the population or earlier.

Merck for Mothers: The Safer Childbirth Cities initiative

Merck for Mothers is launching a new multi-city initiative to reduce maternal mortality, improve health outcomes and narrow disparities in maternal health, and is seeking expressions of interest from eligible city-based organizations across the country. The Safer Childbirth Cities initiative will support US cities with a high burden of maternal mortality and morbidity to implement evidence-informed interventions and women-centric, innovative approaches to reverse the country's increase in pregnancy and childbirth-related deaths and life-threatening complications. **Expressions of Interest are due October 31.** A limited number of applicants will then be invited to submit a full proposal to the Safer Childbirth Cities initiative in early 2019.

http://reports.merckformothers.com/us/docs/Safe_Childbirth_Cities_EOI.pdf

ACOG Postpartum Toolkit

ACOG's new Postpartum Toolkit includes resources on key components of Fourth Trimester care such as long-term weight management, pregnancy complications, reproductive life-planning, sample postpartum checklist for patients, as well as reimbursement guidance. <https://www.acog.org/About-ACOG/ACOG-Departments/Toolkits-for-Health-Care-Providers/Postpartum-Toolkit>

Special Issue: Taking Home Visiting to Scale: Findings from the Maternal, Infant, and Early Childhood Home Visiting Program State-Led Evaluations Maternal and Child Health Journal, Volume 22, Issue 1

Supplement The Maternal, Infant and Early Childhood Home Visiting (MIECHV) Program is a two-generation approach to supporting healthy families through home visits during pregnancy and early

childhood. All states and territories receiving MIECHV funding are encouraged to evaluate their programs. This special issue highlights evaluations from 11 awardees—Arkansas, Florida, Illinois, Iowa, Maryland, Massachusetts, Michigan, New Jersey, Oregon, Pennsylvania, and Tennessee. With the wide expansion of home visiting since the onset of MIECHV, the state-led evaluations contribute to the understanding of replication and scale-up of evidence-based home visiting. The 11 articles in this Special Issue are available online and in PDF in full text.

<https://link.springer.com/journal/10995/22/1/suppl/page/1>

ABM Podcast: Marijuana and Breastfeeding with Anne Eglash MD, IBCLC and Karen Bodnar MD, IBCLC

ABM podcast discusses marijuana and breastfeeding with Anne Eglash, MD, IBCLC, and Karen Bodnar, MD, IBCLC, released a new Breastfeeding Medicine podcast, sponsored by the Academy of Breastfeeding Medicine, about the use of marijuana and breastfeeding. They discuss the statement from the American Academy of Pediatrics on marijuana during pregnancy and breastfeeding and include recommendations about how to counsel families about marijuana use.

<https://itunes.apple.com/us/podcast/breastfeeding-medicine-podcast/id417009927?mt=2>

Trust for America's Health's 4-part web forum

Please join us for the final segment of Trust for America's Health's 4-part web forum: Taking Action to Promote Health Equity—Using the Lessons from Cutting-Edge Practices to Improve Health and Well Being. <https://bit.ly/2CEHgRB>

Nemours Children's Health System

Please join Nemours Children's Health System for an engaging discussion on community care coordination systems and the role of technology applications that are emerging to "close the loop" between clinical and community services. <https://bit.ly/2SkXchx>

Paid family and medical leave in the United States.

A growing number of states are experimenting with policies designed to provide widespread access to paid family and medical leave. These state laboratories have created a window of opportunity for learning more about the demand for paid caregiving leave across the life cycle, as well as the costs and benefits of paid leave policies for individuals, families, businesses, and the economy as a whole. This paper explores the evidence from the United States on the need for and impact of paid leave, and in doing so, lays out a research agenda designed to accelerate the evidence base to help state and federal policymakers make informed policy decisions. [https://equitablegrowth.org/research-paper/paid-family-and-medical-leave-in-the-united-](https://equitablegrowth.org/research-paper/paid-family-and-medical-leave-in-the-united-states/?utm_medium=email&utm_source=sharpspring&sslid=MzM0NrEwMLIwMjQ0BQA&sseid=MzS3sDCxNLIwMAYA&jobid=b101951a-994e-419b-a785-db4a8d97d51c)

[states/?utm_medium=email&utm_source=sharpspring&sslid=MzM0NrEwMLIwMjQ0BQA&sseid=MzS3sDCxNLIwMAYA&jobid=b101951a-994e-419b-a785-db4a8d97d51c](https://equitablegrowth.org/research-paper/paid-family-and-medical-leave-in-the-united-states/?utm_medium=email&utm_source=sharpspring&sslid=MzM0NrEwMLIwMjQ0BQA&sseid=MzS3sDCxNLIwMAYA&jobid=b101951a-994e-419b-a785-db4a8d97d51c)

Articles:

Miscarrying at Work: The Physical Toll of Pregnancy Discrimination. New York Times.
<https://www.nytimes.com/interactive/2018/10/21/business/pregnancy-discrimination-miscarriages.html>

New Federal Law Requirement

Federal law now requires large airports to have nursing rooms, but New Orleans was ahead of the curve. <https://www.nola.com/opinions/2018/10/federal-law-now-requires-large-airports-to-have-nursing-rooms-but-new-orleans-was-ahead-of-the-curve.html>

The Daily Illini

Campus Culture. Lacking lactation spaces. On campus, mothers exist and persist. Article on mothers on college campuses. <http://longform.dailyillini.com/lacking-lactation-spaces/>

August 2018

1. **CDC Breastfeeding Report Card.** <https://www.cdc.gov/breastfeeding/data/reportcard.htm>
2. **Webinars:**
 - **TFAH Webinar Series.** Taking Action to Promote Health Equity Series: Lessons Learned from The California Endowment's Building Healthy Communities Project. <https://bit.ly/2BYiIV9>
 - **2018-08-21 Breastfeeding Works Webinar.** [Video Recording.](#) Information and tools to counsel breastfeeding workers and students. The expert panelists covered the national and state laws that protect breastfeeding parents from discrimination, and the laws that require lactation accommodations at work and school. Webinar objectives:
 - Offer guidance on what lactation consultants and other healthcare providers can do to best support their patients, including how to write effective work notes.
 - Using vignettes based on real-world scenarios, the experts will walk you through key considerations in counseling parents who are facing challenges at work or school.
 - Introduce you to the top resources available when you or your patient need additional support.
3. **Lactation Accommodation Work Place Resources:**
 - **USBC Workplace Constellation:** <http://www.usbreastfeeding.org/ws-const>
 - Increase understanding of employer responsibilities and employee rights under federal and state law through an education campaign emphasizing existing implementation resources
 - Identify gaps in the current laws and work to expand protections for all employees
 - **NCSL** has updated their directory of state breastfeeding laws. <https://mailchi.mp/raisingwomensvoices/testing-new-template-2478853?e=7125b3a696>
 - **Making it Work Toolkit (shared by Diane Beth, North Carolina)**

[Making It Work Tool Kit](#) and also <https://www.workwellinc.com/NCMakingItWork.php>

Adapted from the New York State Department of Health, provides essential information for mothers, their families, and employers to support breastfeeding. The NC Making It Work Tool Kit is comprised of five sections:

- For Moms - What to consider when breastfeeding and returning to work
 - For Family Members - How to support mom's journey to breastfeed
 - For Employers - How to accommodate breastfeeding employees in the workplace
 - The Law - What is required of the Federal Labor Standards Act Worksite Lactation Accommodation law
 - Other Materials - Sample letters and policy to assist moms and employers
- **Workplace BF Support in CA (shared by Ifeyinwa, CA)**
<https://www.cdph.ca.gov/Programs/CFH/DMCAH/CDPH%20Document%20Library/BFP/BFP-Knowing-Your-Breastfeeding-Rights.pdf>

4. Partners Supporting BF:

Father's Breastfeeding Preferences and Breastfeeding Duration.

<https://themilkmob.org/questions/fathers-breastfeeding-preferences-and-breastfeeding-duration/>

5. Safe Sleep: The National Institute for Children's Health Quality (NICHQ) is leading the [National Action Partnership to Promote Safe Sleep Improvement and Innovation Network \(NAPPSS-IIN\)](#):

Making Safe Infant Sleep and Breastfeeding a National Norm funded by MCHB/HRSA. Four Action Teams: 1) Aligning National, State, and Local Efforts; 2) Public Media; 3) Childcare & Early Education; 4) Conversation modules - Building on Campaigns with Conversations an approach to supporting caregivers to help overcome barriers to safe sleep and breastfeeding, taking into account each family's needs, beliefs, and the context of their lives.

<https://www.ncemch.org/learning/building/> AND

<https://www.ncemch.org/learning/building/coalition.php>

6. National Black Nurses Association Announces Breastfeeding Resolution.

<https://www.nbna.org/files/Press%20Release%20-%20Breastfeeding%20Resolution.pdf>

7. Local Spotlight: Brooklyn Empowerment Zone:

- <https://www.usnews.com/news/best-states/articles/2018-07-05/initiative-aims-to-eliminate-breastfeeding-inequalities-in-brooklyn>
- <https://www1.nyc.gov/site/doh/health/neighborhood-health/breastfeeding-empowerment-brooklyn.page>
- <https://bklyner.com/breastfeeding-initiative/>

8. Lactation Support Provider Directory: Are you interested in providing breastfeeding support to families in your community? USBC, in partnership with the Lactation Support Providers Constellation, is excited to launch the Lactation Support Provider Training Directory. There are many ways that individuals can gain the knowledge and skills necessary to provide high quality lactation support. The Training Directory is a place where you can explore a variety of national

training courses that are offered both in-person and online. Check it out today and get started on your journey to become a lactation support provider.

<http://www.usbreastfeeding.org/page/trainingdirectory>

9. Reports/Resources/Articles:

- Centers for Disease Control and Prevention's **(CDC) Morbidity and Mortality Weekly Report (MMWR)**, the number of women with opioid use disorder (OUD) at labor and delivery has quadrupled from 1999 to 2014. OUD during pregnancy has been associated with a range of negative health outcomes for both mothers and their babies including maternal death, preterm birth, stillbirth, and neonatal abstinence syndrome (NAS).
https://www.cdc.gov/mmwr/volumes/67/wr/mm6731a1.htm?s_cid=mm6731a1_w
- **Capture the Moment: Early initiation of breastfeeding – the Best Start for Every Newborn**, a report from UNICEF and the World Health Organization, describes breastfeeding trends taking place during the last decade in more than 70 low- and middle-income countries. The report outlines important learnings from countries where rates of early initiation of breastfeeding have improved or deteriorated and concludes with recommendations for policy and programmatic action. <http://www.who.int/nutrition/publications/infantfeeding/global-bf-scorecard-2018/en/>
- The National Institute for Children’s Health Quality (NICHQ) released a set of recommendations implemented at Fort Duncan Regional Medical Center in Eagle Pass, TX, a border community, to **increase exclusive breastfeeding in a Hispanic population**. Among the suggestions are encouraging staff to support breastfeeding; providing accessible and face-to-face education in the mother’s preferred language; recognizing and addressing knowledge gaps in the population served; and identifying champions in the community.
<https://www.nichq.org/insight/closing-breastfeeding-disparity-gap-methods-improvement>
- **The Science of What Makes People Care**. Effective communication is not simply about getting your message out. It requires you to strategically tap into what shapes people's feelings and values. Here we share five principles pulled from social science that will help you connect your work to what people care most about.
https://ssir.org/articles/entry/the_science_of_what_makes_people_care
- **MCH Learning Bundles and Guides:** <https://www.mchnavigator.org/trainings/topics.php>
- **CDC Public Health Professionals Gateway** <https://www.cdc.gov/stltpublichealth/>
- **Community Engagement Toolkit. Tamarack Institute.**
https://cdn2.hubspot.net/hubfs/316071/Resources/Tools/A_CE_toolkit.pdf

- **Breastfeeding in the Community: Addressing Disparities Through Policy, Systems, and Environmental Changes Interventions.** NACCHO
<http://journals.sagepub.com/doi/full/10.1177/0890334418759055>

10. USBC Policy Toolkit: www.usbreastfeeding.org/policy-toolkit

11. Peer Support:

- Bi-weekly Peer-led group meetings has just commenced to discuss the criteria for a Breastfeeding Friendly Cities & Towns list. Next meeting, tomorrow Friday, Aug 31. Meetings held every other Friday from **2:30-3:30 pm ET**
Please join the meeting from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/151623333> .
You can also dial in using your phone.
Tel: (669) 224-3412 .Access Code: 151-623-333
- **Schedule of topics:**
 - Peer Support (Baby Cafe, Local Chapter/Coalition, La Leche League, WIC Clinics w/BPCs, etc) Aug 17
 - Hospitals & Medical Providers (eg 10 Steps, Pediatrician Offices/Clinics, Access to Lactation Care Providers (BPCs, CLEs, CLCs, IBCLCs), etc) Aug 31
 - City, County and State Policies and Practices (Proclamations, Policies and Procedures by Dept: Libraries, Public Safety, Sanitation, Transportation, City Contractors, etc) Sep 14
 - Media Coverage (how many stories, who is quoted, how many column inches/seconds of airtime, placement, timing, etc) Sep 28
 - Child Care Centers, Schools, Colleges, and Universities Policies and Practices Oct 12
 - Recreational Venues (Zoos, Sports Events, Museums) Policies and Practices Oct 26
 - Workplaces, Businesses & Shopping Center Policies and Practices (include points for Paid Leave and Infants at Work Policies) Nov 9
 - SKIP Nov 23
 - Places of Worship Policies and Practices Dec 14
 - Correctional Facilities Policies and Practices Dec 28
 - Homeless Shelters & Support for Moms w/ Substance Use Disorders Policies and Practices Jan 11
 - Military Base Policies and Practices Jan 25
 - Emergency Policies and Practices (to include cleaning pump supplies, re-lactation, access to electricity for freezers, infants at work policies, etc) Feb 8

USBC TA Team:

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USBC TA Options

- USBC Staff team expertise
- State Communities of Practice
- Connecting you with people, orgs and resources
- Visibility: Coalition Spotlight, webinar
- Providing project-specific trainings. Occasionally joining your team meetings, if needed
- Updates on national initiatives
- Finding synergies with other national and state initiatives to scale impact

June 2018

America Tries To Upend Global Resolution On Breast-Feeding With Threats Of Trade Retaliation

The resolution on the benefits of breast-feeding from the World Health Assembly was expected to pass easily, but U.S. officials resorted to threats after their attempts to water the measure down failed. In the end, Russia stepped in to introduce the resolution.

The New York Times: U.S. Opposition To Breast-Feeding Resolution Stuns World Health Officials

A resolution to encourage breast-feeding was expected to be approved quickly and easily by the hundreds of government delegates who gathered this spring in Geneva for the United Nations-affiliated World Health Assembly. Based on decades of research, the resolution says that mother's milk is healthiest for children and countries should strive to limit the inaccurate or misleading marketing of breast milk substitutes. (Jacobs, 7/8)

USBC will publish statement. We are also collating all partner statements.

Fathers/Spouses Supporting Breastfeeding

- [Engaging Men and Dads at WIC](#)
- <https://www.bootcampfornewdads.org/>
- <https://kellymom.com/pregnancy/bf-prep/bf-links-father/>
- Reaching Our Brothers Everywhere (ROBE)

Fact Sheet on Fathers and Paid Leave, from NPWF: The National Partnership for Women & Families has updated the "[Fathers Need Paid Family and Medical Leave](#)" fact sheet. The resource now features new research on low-income fathers, updated usage data from state paid leave programs, and updated demographic data.

USBC Policy Toolkit: www.usbreastfeeding.org/policy-toolkit

Issue Brief on Aligning Public Health Programs, from NICHQ

Infant Mortality CoLIN Case Study. The National Institute for Children's Health Quality has published an Issue Brief titled "[Aligning Title V, Healthy Start, and Families to Increase New Mother Wellness in New Jersey](#)." The issue brief examines how leveraging family and patient engagement can improve maternal and infant health outcomes. In an effort to increase postpartum visit rates and improve mother wellness, New Jersey engaged mothers as partners in their state's improvement work. The brief was

developed as part of the Collaborative Improvement and Innovation Network to Reduce Infant Mortality (Infant Mortality CoIN).

Report on High-Value Maternity Care and Physiologic Childbearing, from NPWF

The National Partnership for Women & Families has published a report titled "[The Blueprint for Advancing High-Value Maternity Care Through Physiologic Childbearing](#)." The report details six strategies to advance high-value maternity care by promoting, supporting and protecting women's capacity for healthy childbearing and by safely limiting use of consequential interventions around the time of birth. The report highlights the importance of breastfeeding support and breastfeeding-friendly maternity care practices.

New Reports Build on Business Case for Racial Equity, from Altarum/WKKF

Altarum and the W.K. Kellogg Foundation have recently released [several state-specific reports](#) that build on the national case study "The Business Case for Racial Equity: A Strategy for Growth." The reports include analyses on how Michigan, Mississippi, New Orleans, and New Mexico each stand to benefit economically by closing the racial equity gap by the year 2050.

Report on Health Equity and Early Childhood, from RWJF

The Robert Wood Johnson Foundation has published a report titled "[Early Childhood is Critical to Health Equity](#)." The report, produced in partnership with the University of California, San Francisco, examines some of the barriers to health equity that begin in a person's first five years of life as well as promising strategies for overcoming health equity barriers.

April 2018

- Weekly Wire: <http://www.usbreastfeeding.org/p/bl/et/blogid=1&blogaid=2004>
- Removing Barriers to Breastfeeding: A Structural Race Analysis of First Food: <https://www.centerforsocialinclusion.org/publication/removing-barriers-to-breastfeeding-a-structural-race-analysis-of-first-food/>
- Charting the Course: <http://breastfeeding.naccho.org/bphpwebinars/>
- **Spectrum of Collaboration as model for community engagement**
- **Physician Education and Training on Breastfeeding Action Plan:** <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Physician-Education-and-Training-on-Breastfeeding-Action-Plan.aspx>
- Anthem Sign-on letter: Click here for [full text of the letter](#). Organizations are invited to [sign on via our form](#).

- The recording of the Community Engagement: Setting the Stage for Dialogue webinar may be helpful as well. <http://www.usbreastfeeding.org/p/cm/ld/fid=287>