

# BREASTFEEDING Connections

Spring 2022

*This newsletter is intended to be viewed online in order to access the hyperlinks. In addition to receiving it via email, you can access the electronic version on our [website](#).*

## [Every month matters: longitudinal associations between exclusive breastfeeding duration, child growth and obesity among WIC-participating children](#)

**Background:** Research has found breastfeeding to be protective of obesity; however, this link remains contentious. We examined longitudinal associations between exclusive breastfeeding duration, growth trajectories and obesity at 4 years among children participating in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), and whether these associations differed in the context of the 2009 WIC food package change, implemented to improve alignment with dietary guidelines and promote breastfeeding.

**Methods:** Longitudinal data from 260,935 WIC-participating children in Los Angeles County, California, 2003–2016, were used to assess the relationship between duration of receipt of the fully breastfeeding package with childhood growth and obesity.

**Results:** Children exclusively breastfed for longer duration had healthier growth trajectories and lower obesity risk at age 4. Compared with infants with no fully breastfeeding package receipt, any receipt was associated with reduced obesity risk. Obesity risk was lowest for boys and girls exclusively breastfed for 7 (risk ratio (RR) =0.73, 95% CI=0.64 to 0.82) and 13 months (RR=0.63, 95% CI=0.58 to 0.69), respectively. Exclusive breastfeeding duration increased, but associations between exclusive breastfeeding duration and growth and obesity were not modified, following the 2009 WIC food package change.

**Conclusion:** *Increased duration of exclusive breastfeeding was associated with reduced obesity risk. The greatest incremental benefit was observed going from none to any exclusive breastfeeding, and the maximum cumulative benefit was among children receiving the fully breastfeeding package for more than 6 months. Breastfeeding promotion in WIC remains important for obesity prevention.*

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This newsletter is prepared for Michigan WIC Staff to help them support breastfeeding families.

## Breastfeeding Is Associated With Higher Retention in WIC After Age One

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This is a slightly older article (2017) but it's a good reminder why what you do is so important!

**Objective:** Examine factors associated with retention on the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) after 1 year of age.

**Setting:** A large California WIC program.

**Participants:** WIC participants 14 months old (9,632) between July and September, 2016.

**Main outcome measure:** Recertification in WIC by 14 months of age.

**Results:** Mothers performing any amount of breastfeeding from 6 to 12 months were more likely than mothers not breastfeeding to recertify their children in WIC at age 14 months. The odds of retention for children fully breastfed from 6 to 12 months was about three times higher than for fully formula-fed children (95% CI, 2.46-3.59). The odds of retention for mostly breastfed children and children fed some breast milk but mostly formula were 1.95 (95% CI, 1.57-2.43) and 1.72 (95% CI, 1.41-2.10) times higher than fully formula-fed children.

**Conclusions and implications:** Results from this study suggested there are a number of areas WIC programs may target to promote ongoing participation in the program. These include support for both breastfeeding and non-breastfeeding women, technology-based strategies, and targeted outreach to pregnant women, participants who have missed benefits, and participants who have not redeemed their benefits. Research that examines the impact of targeted interventions directed at  $\geq 1$  of these areas is essential to help WIC programs maintain contact with children into early childhood.



## ACADEMY OF BREASTFEEDING MEDICINE

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State WIC has purchased a subscription to *Academy of Breastfeeding Medicine (ABM)* that is accessible for all WIC staff. We have full access to all of the journal articles for the current year and the previous 5 years.

-Click [here](#) to log in

Email: [MDHHS\\_WICbreastfeeding@michigan.gov](mailto:MDHHS_WICbreastfeeding@michigan.gov)

Password: MichiganWIC!

To search for specific topics, there is an advanced search option located within Breastfeeding Medicine. You can do a keyword search in the title, author, keywords, abstract or affiliation fields. In the "Published In" field, be sure to type in and then select "Breastfeeding Medicine".

Another, more focused, search engine can be found on the Single Citation Search page where you can search by author and/or title words.

## PEER COUNSELOR Q & A

Dear Winnie,

What can I do for a client who has been told by their healthcare provider to stop breastfeeding because of a medication she was prescribed?

Signed,

Miraculous Michigan Peer Counselor

Dear Miraculous PC,

Oh, this is a tricky scenario indeed! First, keep your cool. We know *most* medications are safe to take while breastfeeding, but we must not make assumptions. Second, because physicians are viewed as the trusted resource for medical information, consider first breaking the ice and establishing a positive connection with your client to gain their trust. Third, be mindful of the ethical tightrope you are walking across. Be careful to not disrupt your client's faith in their provider, while at the same time encouraging your client to be their own advocate. Take time to explore *why* they were prescribed medication. The last thing you want to do is encourage your client to choose breastfeeding over a medication that is *necessary* to treat a condition.

### Set the tone of the discussion:

- \* Provide your client with encouragement that many medications are safe to take while breastfeeding or there may be a safer alternative medication.
- \* Reinforce that the health and safety of your client and their baby is the top priority.

### Use probing questions, such as:

- \* "If I were to tell you that this medication is in fact safe, would you continue breastfeeding?"
- \* "What resources did your doctor share with you that reviewed the safety of this medication?"

### Affirm your client's feelings with statements, such as:

- \* "It's understandable to feel anxious about anything that could potentially affect your baby."

### Then, ask permission to share information:

- \* "WIC has trusted information from reputable sources about medication safety for breastfeeding parents. Would it be all right with you if I looked up your medication just to be sure?"

### Helpful tips:

- \* Professional resources: *Hale's Medication & Mother's Milk 2021 book*, [Infant Risk Center](#) website and app.
- \* Resource for parents: MommyMeds app.
- \* Consider reaching out to the healthcare provider to share resources on medication safety for breastfeeding parents. We have a few extra copies of *Hale's Medications & Mother's Milk* (2021 edition) here at the State office that you could take to your local doctor's offices. Contact Marji at [CyrulM@michigan.gov](mailto:CyrulM@michigan.gov) if you would like a book mailed to you.
- \* Not all parents will be interested in what you have to share. Some parents may have no choice as to the medication they take. Be respectful if they decline your input. If you are questioning anything about the medication's safety information, consult with the level 3 and 4 staff in your breastfeeding team.

As always, what would our breastfeeding WIC families do without you. Your clients will never forget the positive impact you have made in their lives and in the lives of their children. Keep being miraculous!

Your breastfeeding partner, Winnie

In recognition of Winnie's contributions to the Peer Counselor Program from 2001-2021, we are continuing the "Dear Winnie" column in her name.

Written by Kristina Doyle.

Listen, Observe, Validate, Empower.

# OA GRANT-FUNDED BREASTFEEDING TRAININGS

Each year, Michigan WIC applies for an OA (operational adjustment) grant to help pay for additional breastfeeding trainings. Until we receive notice that the grant has been approved, all trainings are tentative. Feel free to register at the links below and we'll notify you once the trainings are confirmed.

1



[Breastfeeding Answers Book Group](#)

2



[Making More Milk Book Group](#)

3



[H.U.G. Your Baby: The Roadmap to Breastfeeding Success](#)

4



[Certification Cram Review Course](#)

5



[Lactation Counselor and Educator \(LCE\) Training](#)

## Congratulations to our newly-certified IBCLCs!

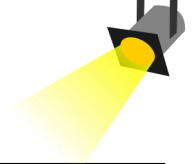
Denise Beasley, WIC Breastfeeding Community Liaison

Samirah (Stacy) Muhsin from SEMHA, Wayne County

Emily Lyke, Calhoun County

Rachael Whitted, Community Action Agency

Did we miss including you? If so, we're sorry! Please email Marji at [CyrulM@michigan.gov](mailto:CyrulM@michigan.gov) to be included in the next Breastfeeding Connections.



Hello fellow breastfeeding enthusiasts!

My name is Amey Little and I work at the Branch Hillsdale St. Joseph Community Health Agency as a Breastfeeding Peer Counselor. I've been *coaching*, as I like to call it, parents since 2018. My breastfeeding experiences were challenging to say the least. Even so, I look back on them with much love and fondness—sitting in the lactation specialist's chair at the hospital, the sense of it feeling so clinical and cold, wishing for something different. I now get to be that “something different.” I get to be that safe, warm, comfortable place a parent comes to for information, encouragement, support, acceptance and understanding. What a difference that would have made for me, what a difference it makes for the clients we serve!



I have four children, they are all mostly grown, two in college, one a Marine, and one in high school. My first son came with a complex delivery resulting in an emergency caesarian section. He was born jaundiced, so he spent the first few days under the lights in the nursery at the hospital. They allowed me to breastfeed him but were anxious for me to offer formula bottles as well. Certainly not the best way to start my breastfeeding journey. I breastfed and formula fed him for 6 months before my milk completely dried up.

My second son was born by c-section at 9 lbs., 3 oz. and as my husband states “crying for meat and potatoes.” While I was still on the table, they fed him a 2 oz. formula bottle, of which he happily obliged. I tried everything up to and including a supplemental nursing system, but on my breast milk alone he was diagnosed “failure to thrive”. He dipped down to 7 lbs., 11 oz. before I started supplementing— combination feeding him as well, until about 6 months of age.

My daughter came by caesarian section, and I was so committed to exclusively breastfeed that I almost had “no formula” tattooed on my body. Sadly, five days after her birth I was diagnosed with congestive heart failure. While in the hospital, I pumped like a crazed maniac, my milk supply had never been so good. At discharge, I was so ready to put my daughter to my breast, to feel her warmth, and smell her sweet fragrance up close. Unfortunately, the Hales Medication and Mothers Milk reference guide had not been published yet. The medicine I was on made the pediatrician uncomfortable, so my daughter stayed on formula. I experienced engorgement for the first time. It was horrible and gut-wrenching and no one could understand my sorrow.

My last son also came by c-section. By now I had made peace with my body, I loved breastfeeding and any amount of time I could do that would be a blessing. We did combination feeding for just under 9 months and it was glorious!

Peers have a special place in the world, we get to be the keeper of our clients' hopes, dreams, and desires. Not every parent will lean on us, but the ones who do can change our lives forever. We “get” to be Breastfeeding Peer Counselors.

## DIVERSITY, EQUITY, AND INCLUSION STATE UPDATES

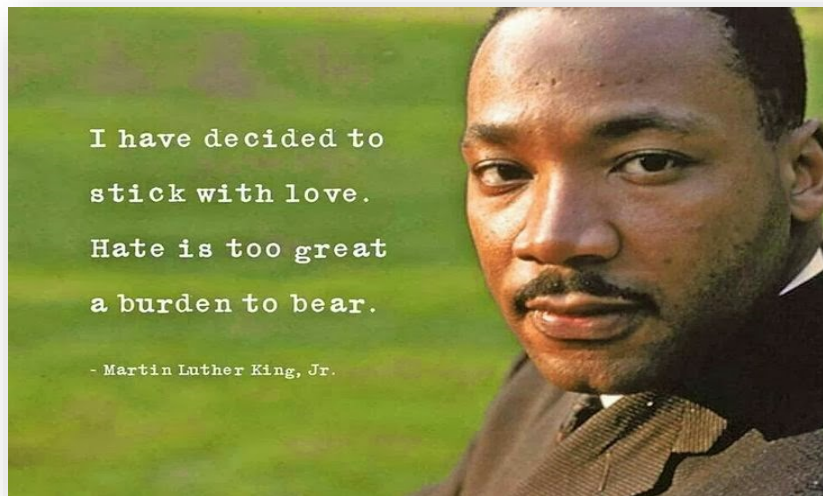
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MDHHS WIC Division DEI Committee members recently participated in an Interpersonal Skills training, where de-escalating skills were learned. This training was taught in the spirit of Dr. Martin Luther King, Jr. and provided tools on how to be peace makers and develop better communication between those with strong opinions representing different viewpoints. The committee also hosted a Black History Month Lunch & Learn series for the WIC Division on Feb. 10 and 24. The purpose of this two-part series was to highlight inspirational Black authors and poets that have made a critical impact in U.S. history.

Did you know that North Carolina State Agricultural and Technical State University is one of only two Historically Black Colleges to offer the Pathway 2 lactation certificate?

The program hopes to build IBCLCs of color, specifically African American IBCLCs, since this group is greatly underrepresented among IBCLCs across the country. Those who graduate from this program will assist in improving the breastfeeding disparities that continue to exist within this group, diversify the field, and ultimately improve the overall health of future generations.

Janiya Williams is the P2P Program Director at North Carolina A&T. Learn more about Ms. Williams at this link [Janiya Williams podcast.](#)



## REGIONAL LC NEWS

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Stacy Davis, our contracted Regional Lactation Consultant for the Metropolitan Detroit area will leave this position in March of 2022. Stacy represented MDHHS WIC as an AHEAD in WIC Health Equity Champion where she worked on projects to improve health equity outcomes within WIC. We wish her continued success in future endeavors and she will be greatly missed.



## 2022 TRAINING OPPORTUNITIES

Visit the [Provider Education](#) section of the MDHHS WIC Staff Breastfeeding page. There are a variety of webinars and conferences available here.

Date	Time	Organization	Title	Link
<b>March 2022</b>				
Mar 2- June 2, 2022	On-line Conference	iLactation	20 <sup>th</sup> Breastfeeding Conference: Connect, Nourish, Thrive	<a href="https://ilactation.com/">https://ilactation.com/</a>
Mar 15, 2022	Launch on the 3rd Tuesday of the month at 8 a.m. EST. Webinars are available to watch for up to one year after the initial air date.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar. (FREE)	Lactation Education and Representation  Angie Sanchez, IBC	<a href="https://www.mibreastfeeding.org/webinars/">https://www.mibreastfeeding.org/webinars/</a>
<b>April 2022</b>				
April 4 – June 30, 2022	Online Conference	Gold Lactation	16 <sup>th</sup> Gold Lactation Conference	<a href="https://www.goldlactation.com/conference/registration">https://www.goldlactation.com/conference/registration</a>
April 5, 2022– April 5, 2023 (must register before March 29, 2022)	9:30-10:30 am EST but available as an online webcast anytime after that until 2023.	Illinois WIC	Navigating the Daycare Waters: Assisting Breastfeeding Parents with Carole Peterson	Email Marji at <a href="mailto:CyrulM@michigan.gov">CyrulM@michigan.gov</a> for registration information.
April 19, 2022	Launch on the 3rd Tuesday of the month at 8 a.m. EST. Webinars are available to watch for up to one year after the initial air date.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar. (FREE)	Honoring Indigenous Parenthood from Conception through Postpartum  Lindsey McGahey, IFSD, IBC	<a href="https://www.mibreastfeeding.org/webinars/">https://www.mibreastfeeding.org/webinars/</a>

## 2022 TRAINING OPPORTUNITIES

Date	Time	Organization	Title	Link
<b>May 2022</b>				
May 4-5, 2022	Online Conference	State of Michigan, WIC Division	2022 Michigan WIC Training and Educational Conference	<a href="https://miwicconference.com/">https://miwicconference.com/</a>
May 17, 2022	Launch on the 3rd Tuesday of the month at 8am EST. Webinars are available to watch for up to 1 year after the initial air date.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar. (FREE)	Barriers to IBCLC Credentialing for the BIPOC Community  Bianca Nash-Miot, CLC	<a href="https://www.mibreastfeeding.org/webinars/">https://www.mibreastfeeding.org/webinars/</a>
<b>June 2022</b>				
June 21, 2022	Launch on the 3rd Tuesday of the month at 8 a.m. EST. Webinars are available to watch for up to one year after the initial air date.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar. (FREE)	Loss and Grieving in Birth and Breastfeeding Spaces  Anesha Stanely, CD, BD, PCD, CCE	<a href="https://www.mibreastfeeding.org/webinars/">https://www.mibreastfeeding.org/webinars/</a>
June 7-9, 2022	Virtual conference.	USBC (United States Breastfeeding Coalition)	National Breastfeeding Conference & Convening: Pathfinders: Honoring Lactation Wisdom and Nurturing Innovation	<a href="http://www.usbreastfeeding.org/p/cm/ld/fid=45">http://www.usbreastfeeding.org/p/cm/ld/fid=45</a>



## 2022 TRAINING OPPORTUNITIES

Date	Time	Organization	Title	Link
<b>July 2022</b>				
July 19, 2022	Launch on the 3rd Tuesday of the month at 8 a.m. EST. Webinars are available to watch for up to one year after the initial air date.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar. (FREE)	Growing the Movement: Sustaining Black Birth Work in the Quest to Save Maternal and Infant Lives  Kiara Baskin, CD, CLC	<a href="https://www.mibreastfeeding.org/webinars/">https://www.mibreastfeeding.org/webinars/</a>
<b>August 2022</b>				
Aug 16, 2022	Launch on the 3rd Tuesday of the month at 8 a.m. EST. Webinars are available to watch for up to one year after the initial air date.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar. (FREE)	A Postpartum Care Model to Address Infant/Maternal Health Disparities  Bianca Nash-Miot, CLC	<a href="https://www.mibreastfeeding.org/webinars/">https://www.mibreastfeeding.org/webinars/</a>
<b>Sept 2022</b>				
Sept 6-9, 2022	Conference	National WIC Association (NWA)	2022 Nutrition Education & Breastfeeding Promotion Conference and Exhibits	<a href="https://www.nwica.org/events/info/2022-nutrition-education-breastfeeding-promotion-conference-and-exhibits">https://www.nwica.org/events/info/2022-nutrition-education-breastfeeding-promotion-conference-and-exhibits</a>
Sept 20, 2022	Launch on the 3rd Tuesday of the month at 8 a.m. EST. Webinars are available to watch for up to one year after the initial air date.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar. (FREE)	Setting Families Up to Win: How Hospital Systems are Harming the Breastfeeding Dyad  Shonte' Terhune-Smith, BS, IBCLC, CLS, BD	<a href="https://www.mibreastfeeding.org/webinars/">https://www.mibreastfeeding.org/webinars/</a>
Sept 22-24, 2022	Registration opening soon.	USLCA (United States Lactation Consultants Association)	USLCA's 2022 Conference	<a href="https://uslca.org/new_horizons_norfolk/">https://uslca.org/new_horizons_norfolk/</a>

Questions/Comments? E-mail: [CyrulM@michigan.gov](mailto:CyrulM@michigan.gov)

