



Breastfeeding Matters

Breastfeeding Coalition of Washington ~ a program of WithinReach

Vol. 11, No. 3
Winter 2008

Happenings

March 5-7, Mother-Friendly Childbirth Forum and Annual Meeting. Leading experts in the field of maternity care address the challenges of delivering evidence-based maternity care and breastfeeding support to mothers in the U.S. San Diego, CA. www.motherfriendly.org/forum.php.

March 6-7, Right from the Start; Breastfeeding Skin-to-Skin. A benefit for the United States Lactation Consultation Association. Berkeley, CA. For information: Sue Wirth at 510-524-6917 or SWAGconferences@aol.com.

April 24, Human Milk in the NICU; Translating Evidence Into Practice with Paula Meier, RN, DNSc, FAAN & Diane Spatz, PhD, RNC, FAAN. Spokane. www.medelabreastfeedingus.com.

April 27-May 1, Professional Education in Breastfeeding and Lactation, Evergreen Perinatal Education, Spokane. For information: Sue Wirth at 510-524-6917 or SWAGconferences@aol.com.

May 8, Breastfeeding Beyond the Hospital Stay. Community Birth & Family Center, Seattle. For information: www.birthandbeyond.com.

June 15-17 & 19-21, Professional Education in Breastfeeding & Lactation, Seattle. www.seattlemidwifery.org.

Oct. 1, 2, 3, Children's Environmental Health Forum and Fair, organized by the Children's Environmental Health Working Group. Breastfeeding topics will be incorporated into the forum and the fair. Tukwila. www.washington.chenw.org/CEHgroup.html.

Oct. 16, New Discoveries in Breastfeeding, Maternal Well-Being & Lactation. La Leche League of Washington Health Care Professional Seminar, Kirkland. www.lllwaconf.org.

Northwest Milk Bank Established

Significant volunteer efforts during the last eight months have led to the establishment of the first human milk bank in the Pacific Northwest. The Northwest Mother's Milk Bank in Portland, Ore. aims to meet the needs of families who could benefit from donor milk. A donor milk bank is a service established for the purpose of collecting, screening, processing and distributing donated human milk to meet the specific medical needs of individuals for whom it is prescribed.

Why Use Donor Milk?

In the absence of the infant's own mother's milk, donor milk offers many of the benefits of human milk for the infant, including: optimal nutrition, easy digestibility, and immunologic protection against many organisms and diseases. Human milk also contains growth factors that can: protect immature tissue, promote maturation, particularly in the gastrointestinal tract and promote healing of tissue damaged by infection. Common reasons for prescribing donor milk include: prematurity, allergies, feeding/

formula intolerance, immunologic deficiencies, post-operative nutrition, infectious diseases and inborn errors of metabolism. The use of donor human milk can be lifesaving and enhancing for over 80 different diagnoses in infants, children and adults.



Needed in the Northwest

Periodically, the demand for donor milk exceeds the supply. Milk banks work together to meet the need when one runs low. During a shortage, the sickest, most vulnerable infants have priority for donor milk. In

the last seven years, milk banks in North America have grown in number, from 6 to 11, and in distribution volume, from 400,000 ounces to 1,166,336 ounces of milk. The closest human milk banks to the Pacific Northwest are Vancouver, Canada and San Jose, CA. With some of the highest breastfeeding rates in the U.S., Oregon and Washington mothers may have a significant amount of milk to share.

cont. on page 8, see 'Bank'

**MaryAnn O'Hara, MD, MPH,
FAAFP, FABM**
Western Region Chair of BCW

**Anne Montgomery, MD, FAAFP,
FABM, IBCLC**
Eastern Region Chair of BCW

Jean O'Leary, MPH, RD
WIC Breastfeeding Coordinator,
Department of Health

Patty Hayes, RN, MN
Executive Director, WithinReach

Kimberly Radtke, RC
Program Coordinator of the BCW

The Breastfeeding Coalition of Washington (BCW) is a program of WithinReach and works to promote, protect and support breastfeeding as a vital part of the health and development of children and their families. The BCW includes over 20 local breastfeeding coalitions across the state.

Breastfeeding Matters is published electronically three times a year by WithinReach, 11000 Lake City Way NE, Suite 301, Seattle, WA 98125. The goal of this publication is to provide information and networking specific to the needs of those promoting breastfeeding. BCW and WithinReach do not accept responsibility for the application of any information to individual medical conditions where consultation with a health care provider is needed. The Breastfeeding Coalition of Washington is a program of WithinReach and is supported by Washington State Department of Health Funds for this newsletter are provided by the Washington State WIC Program. The Washington State WIC Program is an equal opportunity provider and employer.

To view back issues and to receive this electronic newsletter go to:
www.breastfeedingwa.org/newsletter

If you have questions about the BCW or this newsletter, please contact:

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More Washington Hospitals 'Ban the Bag!'

As of Nov. 1, 2008, St. Joseph Medical Center in Tacoma and St. Francis Hospital in Federal Way have stopped the distribution of commercial formula discharge packs. "Managers at both hospitals have taken a step to more fully support breastfeeding by stopping the distribution of commercial formula discharge bags," shared Sonja Dahl, BSN, RNC, IBCLC, Lactation Coordinator for the Franciscan Health System. "Mother's who have a baby in the special care nursery will be given small insulated bags to transport their breastmilk. The hospitals' employee donation fund has generously donated money to purchase these bags for the first year."

"Ban the Bags," a national effort which aims to stop the practice of hospitals marketing formula on behalf of pharmaceutical companies, states hospitals must be "responsible and accountable to their patients to deliver care that does not encourage poor health outcomes following

discharge." They also point out that accepting and distributing free formula from pharmaceutical companies may be viewed as bypassing informed consent, prioritizing financial issues above patient care, and implying medical endorsement of formula, which could be construed as acceptance of a bribe.

"The Breastfeeding Coalition of Washington praises St. Joseph and St. Francis and all hospitals in Washington that market health," said Kimberly Radtke, BCW Coordinator. "It's in everyone's best interest for hospitals and physicians to promote the ethical practice of medicine and nursing without commercial conflicts of interest."

St. Joseph Medical Center and St Francis hospital join 14 other Washington hospitals listed as "bag free" on the Ban the Bags website, www.banthebags.org. If your hospital is bag-free, please make sure it is included on this list.

MPH Student Contributes to BCW

During her three month practicum with the BCW, Nila Gregory, a Master's of Public Health student at the University of Washington, worked on several projects. She created an annotated bibliography examining evidence-based maternity care practices, including the practice of providing formula discharge packs, assisted in the completion of *Increasing Breastfeeding Success* and she worked on a study design to determine the influence of various factors within a community that might support or hinder breastfeeding.

"This practicum opportunity gave me work experience in the area of breastfeeding promotion

and maternal and child health, which I would like to pursue in my professional career, and it increased my awareness of current work in Washington. I learned a lot from the professionals I collaborated with. My practicum opportunity was definitely challenging, and I had a great time working on the projects," shared Nila.

The BCW is grateful for Nila's contributions. Her worked made a significant difference to several projects. The annotated bibliography is an important resource and valuable tool for hospital policy and practice change. It can be found at: www.breastfeedingwa.org/articles.

Increasing Breastfeeding Success, Available and Going Quickly

During the month of October when *Increasing Breastfeeding Success: Why it Matters & What the Research Shows* became available, 500 copies (half the supply), were distributed. Since then, an additional 50 copies have been mailed. “We knew there was a lot of interest in this information but we never anticipated the supply would fly out the door this quickly,” said Kimberly Radtke, BCW Program Coordinator.

It took five years and countless hours from nearly two dozen people to finish this work. “We had an amazing team of dedicated people who contributed important expertise and perspective,” explained Lisa DiGiorgio, Public Health-Seattle & King County WIC Breastfeeding Coordinator. “This was truly a collaborative effort. In addition to the members of the Physician Lactation Education Collaborative of Washington, who were tasked with creating the project, numerous health clinics, physician offices and hospitals and their staff helped by piloting the various presentations through out the state.”

Low Cost, Order On-Line

The set of ten lactation PowerPoint presentations and accompanying documents are designed to educate physicians and their staff in the in-patient or out-patient setting. The information was created with the intent that physicians with some lactation knowledge, understanding and experience would present the information to their peers. In locations where physician presenters are not available, Lactation Consultants or others with lactation expertise are encouraged to present the modules.

Out-of-state orders have come from more than 40 states and Washington, DC, as well as six international orders. *Lactation Education for Physicians* is free for Washington State residents and \$23 for out of state orders. The BCW has not yet decided if they will produce more when this supply is gone. To order a copy: www.breastfeedingwa.org/lac_order.



How Some People are Using *Increasing Breastfeeding Success*

“We are sharing this valuable resource with hospital staff who are interested in breastfeeding policy and practice change. We appreciate the reasonable cost and commend the BCW for this incredible work.”

**Karen Peters, Executive Director,
The Breastfeeding Task Force of Greater Los Angeles**

“I plan to offer these as trainings for physicians, midwives, midlevel practitioners and nurses in our area, including a rural hospital and several tribal clinics, as well as using them for my own training as a Lactation Consultant, childbirth educator and OB nurse.”

Deborah Dillon, RN, Forks, Wash.

*“We are considering using *Increasing Breastfeeding Success* to train interested physicians in parts of Colorado. I’ve talked to Lactation Consultants who are using this information and they think it’s terrific.”*

**Jennifer Dellaport, RN, MPH, WIC Breastfeeding
Promotion Coordinator, Colorado Department of
Public Health & Environment**



December 3, 2008, some past and present members and supporters of the Physician Lactation Education Collaborative of Washington gathered to celebrate, “Increasing Breastfeeding Success: Why it Matters and What the Research Shows” and to bring closure to the five year project. A few are pictured here, from left to right, in front: MaryAnn O’Hara, MD and her daughter Lily, Nila Gregory, back row: Ginny English, Denise Stuart, Jean O’Leary, Aliya Haq, Kelle Baxter, Nancy Danoff, MD, Lea Ann Miyagawa, Kimberly Radtke, Lisa DiGiorgio and Gwyn Jones.

How Does Your Hospital Rate?

In 2007, to characterize maternity practices related to breastfeeding, the Centers for Disease Control and Prevention conducted the first national Maternity Practices in Infant Nutrition and Care (mPINC) Survey in which 2,687 birthing facilities provided information regarding maternity practices and policies. The Summer, 2008 issue of *Breastfeeding Matters* page 8, (www.breastfeedingwa.org/newsletter) summarized the survey results which found that maternity care practices vary greatly hospital to hospital. In addition, a substantial proportion of facilities used maternity practices that are not evidence-based and are known to interfere with breastfeeding. For example, 24% of birth facilities reported supplementing more than half of healthy, full term, breastfed newborns with something other than breastmilk during the postpartum stay. In addition, 70% of facilities reported giving breastfeeding mothers discharge packs containing infant formula samples. Both of these practices have been shown to be unnecessary and detrimental to breastfeeding.

Washington had an 88% response rate from birth facilities. Questions were grouped into seven categories that served as subscales in the analyses. Washington scored above average for six of the seven scales with resulting data suggesting that

efforts be placed on improving training and education and support after discharge. "This reflects what we know to be true. There is a relative lack of emphasis placed on lactation in medical and residency training. Health care providers need and appreciate updated evidence-based lactation education, such as *Increasing Breastfeeding Success*," shared Nancy Danoff, MD, Breastfeeding Coordinator for the Washington Chapter of the AAP.

Starting in September, survey results were sent to a limited number of people at responding facilities including the CEO, heads of Nursing, Pediatrics, Obstetrics, Nursery and the person who completed the survey. State Health Departments and the media only receive aggregate data. If you work at a facility that participated in the survey and don't know its results, ask! Your curiosity may be the first step in improving maternity practices and breastfeeding rates.

The CDC intends that hospitals will use this data to assess and improve their breastfeeding support in the early postpartum period after discharge. The BCW would like to help make this happen in Washington. If you have access to this information and can share it, please email Kimberly Radtke at kimr@withinreachwa.org.

Source: www.cdc.gov/mmwr/preview/mmwrhtml/mm5723a1.htm.

Hospital Policies Influence Breastfeeding

A study led by Kenneth Rosenberg, MD, of the Oregon Department of Human Services State Public Health Division found that a woman is much more likely to breastfeed her infant if she gives birth in a hospital that has written comprehensive policies that support breastfeeding. These hospitals are more likely to have staff members who encourage breastfeeding at birth which leads to an increase in the numbers of mothers who breastfeed their infants.

The objective of the study was to examine the link between the World Health Organization's Ten Steps of the Baby Friendly Hospital Initiative

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Pediatrician's Attitude Worsen Towards Breastfeeding

A new study in the *Achieves of Pediatrics and Adolescent Medicine* compared 2004 survey results of pediatricians' breastfeeding knowledge, attitudes, and practices to survey results from 1995. The survey was completed by 875 pediatrician members of the American Academy of Pediatrics from Nov. 1, 2003, through May 21, 2004.

Study Results

Compared with the results of the 1995 survey, in 2004, pediatricians were less likely to believe that the benefits of breastfeeding outweigh the difficulties or inconvenience and fewer believed that almost all mothers are able to succeed. More pediatricians in 2004 reported reasons to recommend against breastfeeding. Pediatricians in 2004 were more likely to recommend exclusive breastfeeding and follow supportive hospital policies. Respondents with personal breastfeeding experience were 2.3 times more likely to recommend supportive policies in 2004 than in 1995. Those with no personal breastfeeding experience were also slightly more likely in 2004 to recommend these policies.

Conclusion

The authors (listed below) conclude that although pediatricians seem better prepared to support breastfeeding, their attitudes and commitment have worsened. Personal experience mitigates poor attitudes and seems to enhance breastfeeding practices among those surveyed.

Lori B. Feldman-Winter, MD, MPH; Richard J. Schanler, MD; Karen G. O'Connor, BS; Ruth A. Lawrence, MD. *Arch Pediatr Adolesc Med.* 2008;162(12):1142-1149.

News from WithinReach

The Cynthia Circle

As a teacher, fundraiser, advocate, and visionary, Cynthia F. Shurtleff has spent the better part of her life working to improve the lives of children and families. In the mid-1980's, when Cynthia was asked to help start a Healthy Mothers, Healthy Babies (HMHB) coalition in Washington, her answer was clear. "You bet!" she said. "The only way to improve maternal-infant health is through collaboration and partnerships."

In the 20 years since, Cynthia

has served with stamina, wisdom and leadership, helping to build the now multi-faceted organization known as WithinReach. To many, she is the founding mother of WithinReach. "Cynthia has always been a breastfeeding advocate and when HMHB of Washington was approached in the mid 90's about starting a statewide breastfeeding coalition her support and understanding helped it become a valued program of the organization," shared Kimberly Radtke,

Coordinator of the BCW.

In celebration of her role as WithinReach's new Honorary Chair, **The Cynthia Circle** has been established for those who make a gift of \$1,000 or more. Founding members of The Cynthia Circle will be recognized on a plaque to be displayed in the WithinReach office and be invited to attend events in honor of Cynthia. To learn more about the Cynthia Circle: www.withinreachwa.org/cynthia_circle.

WithinReach Receives Workplace Award for 3rd Year

For the third year in a row, WithinReach has received the prestigious **Alfred P. Sloan Award for Business Excellence in Workplace Flexibility**. This award recognizes exemplary employers that are using flexibility as a tool to enhance business and employee success. WithinReach endeavors to ensure the health of all Washington families – an effort that begins with their own families. This award acknowledges efforts to provide flexibility to employees so they can balance a healthy work and family life. As a result, WithinReach employees are healthy, productive and able to find a happy balance between work and home.

Dr. O'Hara Steps Down as Western Chair of BCW

After eight years of leadership, Dr. MaryAnn O'Hara is stepping down as the Western chair of the BCW. The BCW is deeply grateful for her tenure and dedication. She has been an important liaison between national breastfeeding promotion groups such as the United States Breastfeeding Committee, the Academy of Breastfeeding Medicine and the Center's for Disease Control and Prevention as well as with the Washington Academy of Family Physicians. MaryAnn is known as a passionate, articulate, and dedicated advocate for mothers and babies. In addition to caring clinically for families, she has worked to improve knowledge about and support for maternal-child health and breastfeeding in the medical profession, in the community and in health policies. She helps educate other physicians by mentoring residents, lecturing at medical conferences and contributing to medical literature.

MaryAnn will remain on the Western Steering Committee, and will continue to be involved in the selection process and presentation of the BCW's **Physician Leadership Award**, an award that was established in her honor. She is stepping down to focus on her practice, Seattle Breastfeeding Medicine, and feels strongly that the BCW should have fresh perspective and leadership.

The BCW is currently welcoming nominations for Western chair. It is not necessary that the nominee be a physician, or a current Steering Committee member. However it is important that a nominee have knowledge and commitment to breastfeeding and be willing to dedicate time, thought and energy toward the BCW. Interested people should contact Kimberly Radtke, BCW Program Coordinator at kimr@withinreachwa.org or 206-281-8032.



USBC Aims to Increase Obama's Awareness of Breastfeeding

The United State Breastfeeding Committee (USBC) has created an on-line petition to ask President-elect Obama to make breastfeeding a high priority in his administration. The petition outlines the health benefits of breastfeeding, refers to the *Healthy People 2010* breastfeeding goals, and asks the soon to be President to take the following actions to protect, promote, and support breastfeeding, the foundation of lifelong health:

- *Instruct the Surgeon General to issue a statement in support of breastfeeding urging all sectors (governmental and non-governmental) involved in supporting women, children, and families to improve their breastfeeding policies.*
- *Enact a national paid family leave policy.*
- *Endorse the World Health Organization's International Code of Marketing of Breastmilk Substitutes as well as the Global Strategy for Infant & Young Child Feeding.*
- *Ask the Federal Trade Commission to monitor infant formula marketing.*
- *Ask the Food and Drug Administration to include labeling on powdered infant formula warning that it is not sterile and providing instructions on how to properly reconstitute it.*
- *Highlight the benefits for employers of workplace breastfeeding support programs as part of your program to promote flexible work arrangements.*
- *Urge all insurers to cover lactation care and support services.*
- *Approve an increase in breastfeeding support funds for the USDA's Special Supplemental Nutrition Program for Women, Infants and Children (WIC), especially to support the peer counseling program.*
- *Instruct the Secretary of Health and Human Services to recommend that all hospitals achieve the Baby-Friendly designation.*
- *Ensure that emergency management agencies are trained in breastfeeding support and have breastfeeding supply kits available for distribution in emergencies.*

To learn more about the petition:

www.usbreastfeeding.org/obamapetition.

"Enjoy the newsletter so much and post it for my hospital's staff to read. The physician lactation education modules are great! Thanks for being such a wonderful resource!"

Ann Lown, RN, IBCLC, RLC, Santa Fe, NM



Bob Rivers and Joe Bryant, DJ's at Seattle's Classic Rock radio station, KZOK, proudly hold a "Breastfeeding Welcome Here" sign.

Breastfeeding Welcome Here

Emily Healy, a La Leche League Leader from South Seattle, was invited to talk on the air with Bob and Joe about her project to place 100 signs, like the one pictured, throughout King County (see *Breastfeeding Matters*, Summer, 2008 for information about this project). Both Bob and Joe's wives breastfed their children and several times they have expressed their support for breastfeeding on the air. KZOK posted two signs at the radio station. If you know a business in King County that would like a sign, please contact Emily at emhealy@cablespeed.com or 206-949-3076.

Have you seen the International Breastfeeding Symbol in use at a place of business? Please send the BCW a picture for consideration in a future issue of *Breastfeeding Matters*. If possible, please be sure the picture depicts the business.



When Jack the dog was big enough to reach, he started nursing from Julie, the horse. Julie has never had a baby herself. She kicks away all the other dogs when they come near her but for some reason, allows Jack to nurse. Jack nurses in the morning while Julie is eating breakfast, and every once in awhile during the day. When this picture was sent to the BCW, Jack and Julie had been nursing for three months. Jack, Julie and their owner live in Kalispel, Montana.

New Coalition on Olympic Peninsula

A variety of people are working to re-establish a local breastfeeding coalition in the north part of the Olympic Peninsula. "We felt there was a community need as well as a geographical need to establish a coalition," said Anna Swanberg, a La Leche League Leader and one of the organizers. "We have a lot of interest from WIC, the local hospital and local families. We welcome more people's involvement. We have some great ideas for promoting breastfeeding."

The coalition's first project is to create 500 breastfeeding-friendly discharge bags for Olympic Medical Center in Port Angeles, Wash. "We hope to raise \$8,000 to ensure every family who births at Olympic Medical Center in 2009 receives a breastfeeding-

friendly bag," said Anna. "These bags will contain a breastfeeding-friendly children's book, some product samples such as nipple cream, breastfeeding information and local resources and a lovely swaddling blanket from the hospital." If the coalition raises enough money to support the project in 2009, the hospital has verbally agreed to pay for the bags in 2010.

The coalition has a meeting on Dec. 31 at 9 a.m. at Dungeness Kids Company. If you would like to attend the meeting, or if you have friends or colleagues in Port Angeles, Sequim, Forks or Port Townsend who would like to be involved with a local breastfeeding coalition, please contact Anna at annat18@hotmail.com.

South Sound Breastfeeding Network Joins Chamber

To encourage more women to breastfeed their babies and to increase breastfeeding duration by making Thurston County friendlier to breastfeeding families, the South Sound Breastfeeding Network (SSBN) launched the 'Breastfeeding Welcome Here' campaign earlier this year. The campaign utilizes the International Breastfeeding Symbol to alert mothers to public locations where they can breastfeed comfortably, and to encourage the normalcy of breastfeeding.

To increase access to business leaders they joined local Chamber of Commerce. "Going into a business and asking for a manager is time consuming. Managers may not have time to talk and we risk taking them away from something else," explained Tambi Osier of Judy's Intimate Apparel, a member of the SSBN. "By joining the chamber we gain access to the Business Showcase, their local tradeshow. In addition, we are able to purchase advertising in the newsletter and utilize mailing lists."

The Business Showcase allowed the SSBN to have one-on-one time with community business leaders. In their booth they hung a banner, set up framed photos of local businesses displaying the symbol and distributed basic guidelines about the use and display of the symbol. They also provided information about breastfeeding for employers and employees and gave away pens, post-



Gwen Marshall, Sarah Huntington, and Sara Knight of the South Sound Breastfeeding Network, at the Olympia Chamber of Commerce, Business Showcase.

its and nail files with the symbol or a pro breastfeeding statement.

"Exhibiting at the Business Showcase gave respectability to the cause. It allowed us to make contact with businesses without overextending ourselves or taking time away from our jobs," shared Tambi. "We even displayed a breastpump which started a lot of conversations including one with a grandfather who said without a pump he would not have been able to baby-sit!" To learn more about the SSBN and their campaign: www.southsoundbreastfeeding.org.

Thank You!

The BCW would like to thank Gwyn Jones, MPH, RD, for the nearly 1 ½ years of work as a Project Coordinator for the Physician Lactation Education Collaborative of Washington. Her work included assisting with many aspects of the creation of *Increasing Breastfeeding Success*. We wish her luck with her new position as the WIC Coordinator at International Community Health Services in Seattle.

World Breastfeeding Week 2008



Skagit Valley Hospital Birth Center staff celebrating World Breastfeeding Week, Aug. 1-7, 2008.

Nearly 200 people gathered on Aug. 2, at Forest Park in Everett, Washington, to celebrate World Breastfeeding Week at Snohomish County's Breastfeeding Celebration, "Be a Star – Support Breastfeeding." Sydney Costello, RD, with the Snohomish Health District WIC/First Steps program is pictured with her daughter Stevie. The event was a collaboration between LLL of Snohomish County, Snohomish Health District WIC/First Steps, Pregnancy Aid WIC, and the Snohomish County Breastfeeding Coalition. Stevie's shirt says, "If my mommy feeding me offends you, don't watch."



Hospital... cont. from page 4

and the extent to which mothers breastfeed their children. The 'Ten Steps' include having the mother and baby sleep in the same room, feeding the baby when she or he is hungry (not on a schedule) and using breastfeeding exclusively with no supplementary feedings.

Success of a hospital's breastfeeding program was measured using a questionnaire administered in all 57 birthing hospitals in Oregon. Hospital breastfeeding outcomes were obtained from forms that record the results of newborn metabolic screening. In addition to information about the metabolic tests the forms report sources of food received by the infant in the 24 hours before the screening. Hospitals in the study ranged in size and the number of deliveries. Having a written policy on breastfeeding was the key determining factor in hospitals' successful promotion of breastfeeding.

Kenneth D. Rosenberg, John D. Stull, Michelle R. Adler, Laurin J. Kasehagen, Andrea Crivelli-Kovach. *Breastfeeding Medicine*. June 1, 2008, 3(2): 110-116. doi:10.1089/bfm.2007.0039.

New Navajo Law Supports Breastfeeding

A new measure has been approved by Navajo lawmakers requiring employers on the reservation to provide a place for working mothers to breastfeed. Under the Navajo Nation Healthy Start Act, mothers are allowed unpaid time during work hours to breastfeed their children or use a breast pump. Businesses have 90 days to send a written plan to the Office of Navajo Labor Relations detailing the ways they will comply with the law. The Navajo president will then have 10 days to sign or veto the measure. "The Navajo Nation is once again setting precedence in promoting health among its tribal members. Breastfeeding provides optimal nutrition for babies and it's wonderful the tribe is making it easier for working mothers to breastfeed," shared Crystal Tetrick, WithinReach Board member and Assistant Director of the Seattle Indian Health Board. Over 250,000 people live within the Navajo Nation which extends into the states of Utah, Arizona and New Mexico and covers over 27,000 square miles. It is estimated that approximately 5,000 women between 16 and 44 years old are affected under the law.

Bank...cont. from page 1

Additional Support is Needed

The Northwest Mother's Milk Bank has made significant accomplishments in its first eight months including, filing for non-profit status, appointing a Board of Directors, establishing several planning committees and applying for membership with the Human Milk Banking Association of North America. In 2009, they will focus on strategic planning including finishing their business plan, developing milk depots and fundraising.

There are many ways to become involved including serving on the Board of Directors, the Medical Advisory Board or on one of three committees, becoming a milk donor or by donating money. To subscribe to the Northwest Mother's Milk Bank newsletter or to learn more about this work: www.nwmb.org. For information about Human Milk Banking Association of North America: www.hmbana.org.