**Colorado Breastfeeding Logic Model for Community-Based Change**

**What we know...**

- The Centers for Disease Control and Prevention (CDC) has identified strategies with evidence for effectiveness in increasing breastfeeding initiation and duration: Maternity care practices; Worksite interventions; Professional support; Maternal education; Peer counseling; Media

- Colorado has one "Baby Friendly" Hospital. There are around 80 hospitals/birth centers nationwide that have received the designation. There is a local initiative (the Colorado Can Do S?) with the ability to promote supportive breastfeeding practices on the way to becoming a "Baby-Friendly" Hospital.

- Colorado has two laws that protect breastfeeding (public right to breastfeeding $25-6-301$, workplace accommodation for nursing mothers Colorado Revised Statute article 8-13.5-101-104). There is a need to ensure state wide awareness of and how to comply with these laws. Colorado mothers cite returning to work as one of the major reasons they stop breastfeeding.

- Breastfeeding support services are lacking in most Colorado communities and there are not enough credentialed breastfeeding experts (international board certified lactation consultants - IBCLC), particularly in rural communities. There is a need to provide more opportunities to educate health care providers and to ensure consultative services are a part of normal infant/mother care and are a covered insurance benefit.

**Supporting Literature and Research**

5. CDC Breastfeeding Report Card (IBCLC and support groups per live births) [www.cdc.gov/breastfeeding/data/report_card.htm](http://www.cdc.gov/breastfeeding/data/report_card.htm)

**Resources**

**A. Breastfeeding Coalitions**

1. Community Action Kit for Protecting, Promoting, and Supporting Breastfeeding, Texas Department of State Health Services WIC Program [www.dshs.state.tx.us/wichd/bf/pdf Community%20Action%20Kit.pdf](http://www.dshs.state.tx.us/wichd/bf/pdf Community%20Action%20Kit.pdf)
2. Coalition collaboration through the United States Breastfeeding Committee (USBC) an independent nonprofit coalition of 41 nationally influential professional, educational, and governmental organizations. Representing over half a million concerned professionals and the families they serve, USBC and its member organizations share a common mission to improve the Nation’s health by working collaboratively to promote, protect, and support breastfeeding. [www.usbreastfeeding.org](http://www.usbreastfeeding.org)

**B. Worksite Interventions**

3. Maternity Care Practices (Law, information, Colorado employer toolkit).
Resources

C. Professional Support

1. International Lactation Consultant Association has directory of course providers (approved and accredited courses) www.ilca.org (search “Directory of Course Providers”)
2. USBC publication pending, “Core Competencies for Breastfeeding Care for all health professionals” education standards.
4. Training

   Online and self-paced training
   a) The AAP Section on Breastfeeding and the Health Resources and Services Administration’s Maternal and Child Health Bureau Breastfeeding Residency Curriculum Online Resource Tools and resources about breastfeeding including clinical and cultural cases, prepared presentations about breastfeeding management, and evaluation and tracking tools. Curriculum was designed according to the Accreditation Council of Graduate Medical Education Core Competencies to help residents and appeal to program directors www.aap.org/breastfeeding/curriculum
   b) Virginia Department of Health and University of Virginia course designed for healthcare professionals of all types: offers free education units for nurses, dietitians, and physicians: www.breastfeedingtraining.org
   d) Breastfeeding in the Beginning: A theory based online course for women and family care nurses. Metro State College For more information contact: weddig@mscd.edu
   e) Breastfeeding Basics Academic, non commercial, short course on the fundamentals of breastfeeding geared toward medical practitioner. www.Breastfeedingbasics.org

Regional / Classroom training
   a) Healthy Children's Center for Breastfeeding Lactation Counselor certificate course www.healthychildren.cc/
   b) Childbirth & Postpartum Professional Association Lactation Educator 20 hours course www.motherjourney.com
   c) Lactation Journal Club, monthly meeting. Programming is approved for Nursing CEUs (Continuing Education Units) and CERP (Continuing Education Recognition Points awarded by the International Board of Lactation Consultant Examiners). Health professionals interested in being notified about upcoming meetings call303-377-3016 and visit: www.bestfedbabies.org/lJournal.htm.
   d) The Lactation Program Preceptorship offers individualized clinical rotations for licensed health professionals seeking in-depth experience in the management of lactation. For more information call call303-377-3016 and visit: www.bestfedbabies.org/lPreceptorship.htm.
   e) Lactation Exam Review: www.breastfeedingoutlook.com

D. Mother education

1. La Leche League International (www.lalecheleague.org) has many articles on basic breastfeeding, problems that may occur, and links to local support
2. ProMom (www.promom.org) covers basic breastfeeding issues and problems that may occur, as well as breastfeeding advocacy
3. Breastfeeding Basics (www.breastfeedingbasics.com) has articles about breastfeeding, problems that may occur, while breastfeeding and frequently asked questions
4. American Academy of Pediatrics (www.aap.org/healthtopics/breastfeeding.cfm) gives basic breastfeeding information and discusses problems that may arise

E. Child Care Providers

1. InfanET Nutrition for Child Care Providers Website www.infanet.cahs.colostate.edu
2. Ten Steps to Breastfeeding Friendly Child Care Centers Resource Kit (7/09) http://dhs.wisconsin.gov/health/physicalactivity/pdf_files/BreastfeedingFriendlyChildCareCenters.pdf. Or to obtain a copy or more information about this publication: visit the Wisconsin Nutrition, Physical Activity and Obesity Program contact: Kate Pederson, Wisconsin Department of Health Services Division of Public Health at kathryn.pederson@wisconsin.gov.
3. CDC regarding precautions for handling human milk: www.cdc.gov/breastfeeding/faq/index.htm and exposure to another mother’s breast milk www.cdc.gov/breastfeeding/recommendations other_mothers_milk.htm