



# *Breastfeeding Exclusive*

Carolina Global Breastfeeding Institute  
Newsletter

Volume 8, Issue 3, September 2016

Dear Friends and Colleagues,

Please take a moment to enjoy the 3rd quarter issue of our newsletter, *Breastfeeding Exclusive*, in the new e-newsletter format. The e-newsletter allows you to:

- subscribe/unsubscribe at the bottom of the email
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- read and share blog posts of individual articles online
- customize your newsletter experience by clicking on what interests you

Please reply with any feedback about the new format - we'd love to hear from you.

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Letter from the Director,

Dear Friends and Colleagues,

As the cool fall weather sets in, I can now reflect on our busy, hot summer. First, I want to acknowledge the enormous loss the breastfeeding community has been feeling over the deaths of both Dr. Audrey Naylor and our very own Dr. Miriam Labbok. In this edition of the BFE, I have written a tribute to our "Mama Bear". I hope that it speaks to the love and admiration we all feel for her. Here at CGBI, we plan to honor her legacy by continuing her great work and creating new opportunities for the growth of our institute. More to come as our strategic planning process evolves.

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CGBI accepts the Pat Martens Award for Excellence in Research on behalf of Miriam at ILCA 2016. From left: Julia Bourg, Kathleen Anderson, Kathy Parry, Catherine Sullivan

## Articles

### In Memory of Dr. Miriam Harriett Labbok, 1949-2016



The world of Maternal and Child Health got a little quieter on August 13, 2016 with the passing of the legendary Dr. Miriam Labbok. Miriam was not only a physician trained in pediatrics, preventive medicine and epidemiology, she was also an International Board Certified Lactation Consultant who dedicated her life to enhancing the lives of families across the globe. Over her storied career she worked for Georgetown, WHO, USAID, and UNICEF. She served as a content expert on

countless committees and boards including being the North American Representative to the Steering Committee of the World Alliance for Breastfeeding Action (WABA) and a founding member of the Academy of Breastfeeding Medicine. Her 53-page Curriculum Vitae reads like a short novel with over 150 publications and even more presentations. She was well known for her early research in the Lactational Amenorrhea Method of birth control and in the area of Breastfeeding Friendly Healthcare. Her accolades are many with the most recent in 2016 being the US Breastfeeding Committee's Legacy Award, the Crystal Rose from Reaching Our Sisters Everywhere and the Pat Martens Award for Excellence in Research from the Journal of Human Lactation. ...

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## CGBI Awarded Grant for Infant Side-Car Bassinets in US Hospitals

A CGBI team led by Research Associate Dr. Kristin Tully was awarded an Improving Human Health Award from the North Carolina Translational and Clinical Sciences Institute. The project objective is to design and develop infant side-car bassinets for US postnatal units. Side-car bassinets are three-sided and lock onto the maternity bedframe, enabling maternal-newborn visual and physical access. Working with collaborators in the fields of design and engineering, the team will create medical-grade side-car bassinet prototypes for testing at UNC Hospitals and will further refine the models for widespread manufacturing. ...



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## Project Update: Responsive Feeding in Forsyth County

An educational poster titled "FEEDING YOUR INFANT: RESPONSIVE, INTERACTIVE, ENGAGED" for "BIRTH TO 6 MONTHS". The poster features a purple and white color scheme with a circular graphic on the right. The main text reads "Learn your baby's language to help them grow and develop!". Below this, it states "Babies tell us what they need using their faces, bodies and voices." and lists several cues: "I'm hungry!", "I feel full!", "I need quiet time!", and "I'm ready to play!". The poster is divided into three sections: "Quiet Time!" (Turns head away, Stops eye contact, Squirms away, Fusses or cries), "Play Time!" (Eyes follow you, Smiles eagerly, Makes sounds, Reaches out to you), and "Time to Eat!" (Waking and squirming around, fluttering eyes, Tight arms and fists, Bringing hand to mouth). A small image of a baby's face is shown in a circular inset.

Example of an educational resource developed for families.

The CGBI project, FEEDing: Responsive, Interactive, and Engaged, continues into its second year with support from the Kate B Reynolds Charitable Trust, Great Expectations Initiative. The FEEDing project is dedicated to helping parents and caregivers to create an environment that supports early childhood development and kindergarten readiness for all children in Forsyth County, NC, through resources and training on the importance of responsive, interactive,

and engaged feeding.

In Year One, training opportunities were provided for partners and other community providers in Forsyth County, and additional resources were developed for use by community partners and parents of young children. The Ready, Set, BABY training provided resources for women during pregnancy related to early feeding, with a focus on breastfeeding and responsive infant feeding. The Breastfeeding-Friendly Child Care training offered resources and training materials on best practices in infant/young child feeding and creating a supportive environment for breastfeeding in the Early Care and Education (ECE) setting, both in the center and family childcare home. Based on input provided by project partners, a series of tear sheets have been created to cover responsive, interactive and engaged feeding practices from birth to 2 years and beyond, as well as resources related to breastfeeding in the workplace and decisions that moms make about breastfeeding and lifestyle choices.

In Year Two, we look forward to offering additional trainings that expand on the information in the tear sheets, as well as receiving important evaluation information about our resources to create materials that will best meet the needs of families, caregivers, and service providers in Forsyth County, NC.

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## EMPower Breastfeeding Initiative Update

EMPower, a CDC-funded initiative designed to support hospitals in the achievement of Baby-Friendly USA® designation, currently works with 93 hospitals in 24 states. The project continues to support shared learning opportunities among hospital teams via small-group webinars, larger all-hospital webinars, and a vibrant online sharing community that is open only to those in the initiative.

The project is just finishing up its second year of providing tailored breastfeeding and quality improvement technical assistance to hospitals. ...



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## Associates Corner: Sue Butts-Dion

Sue Butts-Dion is a Quality Improvement Advisor and has provided consulting support to hospitals, primary care practices and other parts of the health care system for over twenty years, helping to educate and support them in planning for and managing their systems for improvement. Since 2005, Sue has launched her own consulting business, Butts-Dion Consulting, Inc., and expanded her practice first as Director of Partnerships for Quality



(PFQ), a pilot aimed at improving care in ten states for children with ADHD, and then as Director for Improving Performance in Practice (IPIP), a state-based, nationally led quality improvement initiative sponsored in part by the Robert Wood Johnson Foundation and organized by the primary care certifying boards and physician specialty societies.

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### Alumni Spotlight: Jeniece Alvey

Jeniece Alvey graduated with a Master of Public Health from UNC Chapel Hill's Department of Maternal and Child Health in 2015, where she also completed the MRT-TI program to become a certified lactation consultant (IBCLC). Upon graduation she worked as a research assistant for the Measurement, Learning & Evaluation Project at the Carolina Population Center, where she supported evaluation activities for urban reproductive health programs in Nigeria, Kenya, and India.

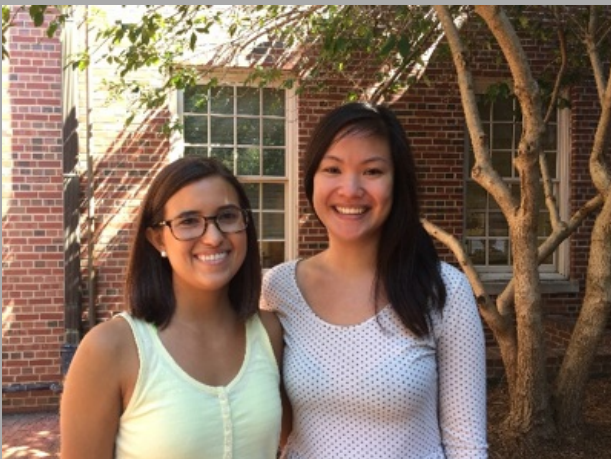
Jeniece currently works as a Global Health Fellow for the United States Agency for International Development (USAID) as a Nutrition Advisor, helping manage flagship nutrition project SPRING and the Maternal and Child Survival Program, as well as providing technical support in other agency-wide breastfeeding efforts including project planning and policy revision.



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### Carolina BEBES Students Update



This year's new BEBES Co-Leaders, Valerie and Kim, are both second year MPH students in Maternal and Child Health committed to serving vulnerable populations and advocating for health related to women and children.

This upcoming year under their leadership, BEBES plans to offer educational excursions in the community to provide opportunities to learn more about breastfeeding and birth. They also intend to have the annual Sexual Health Trivia Night in the spring to educate about sexual and

reproductive health in a fun way. They are excited to collaborate with CGBI to work towards Breastfeeding Family Friendly Communities (BFFC) Designation for Chapel Hill and Carrboro, and to work with the HR department of the UNC School of Public Health to facilitate a second diaper drive for families in need.

All are looking forward to another wonderful year with BEBES! Please [email](#) with any questions.

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## CGBI Wraps-up Ready, Set, BABY trainings for NC WIC

CGBI is proud to report that trainings have been completed on Ready, Set, BABY in 4 regions in our state of North Carolina. Evaluations were overwhelmingly positive, and we are excited that many more expecting mothers will benefit from the counseling offered via the curriculum. Further details about the trainings can be found [here](#).



One of the day-long training sessions



Sara Moss of the Nutrition Services branch with Kathy Parry and Catherine Sullivan

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## Kathy Parry Offers Tribute to Miriam Labbok at USAID



The U.S. Agency for International Development (USAID) Office of Maternal and Child Health and Nutrition and Office of Food for Peace, in partnership with the FANTA and the Alive & Thrive projects managed by FHI 360, hosted the USAID Breastfeeding Symposium on August 29th, 2016. In addition to informative sessions covering the latest evidence and programmatic approaches in the area of global breastfeeding work, the symposium also offered a tribute to Audrey Naylor and Miriam Labbok, two pioneers in the field of lactation who both recently passed

away. During the tribute session, CGBI's Kathy Parry was able to present on Miriam's career since leaving the formal global breastfeeding sector and coming to UNC Chapel Hill 10 years ago. Miriam's work at UNC, though often focused on North Carolina, had a broad reach throughout the United States. Before her retirement in April of 2016, Miriam had been working to integrate more global work within the fold at CGBI. This effort is being carried on with enthusiasm by the current team.

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## CGBI Teams up with WakeAHEC to revive the Lactation Consultant Review Course

The Lactation Consultant Review Course is an in-depth overview of human lactation and evidence-based breastfeeding management. This course is designed to prepare clinicians who may be sitting for the International Board of Lactation Consultant Examiners exam. The course is appropriate for first time test takers and recertifying IBCLCs, and will be offered annually via a collaboration between CGBI and WakeAHEC.

CGBI's Catherine Sullivan, Kathy Parry and Abby Smetana will serve as faculty for the course. The 2016 course took place September 15th through September 19th in Raleigh, NC. Future participants can expect multiple guest lectures from seasoned professionals in the field of lactation. It is very exciting that this course will be offered again after a multi-year hiatus. Thanks to all who contributed to this effort. For more information about future lactation course offerings, contact WakeAHEC.



Dr. Stuebe was one of many guest lecturers throughout the course.

**WakeAHEC**  
BETTER HEALTHCARE THROUGH EDUCATION

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## White Coat Ceremony for New MRT-TI Class

Congratulations to the new MRT-TI class of 2016-2017 who received their white coats and golden bow pins at fall orientation in August. The professionally embroidered white coats and golden bow pins are meant to distinguish MRT-TI students at the multiple participating clinical sites where they will be working. Good luck, students!



Pictured: Left to Right, Bottom row: Kathy Parry (CGBI Project Director), Courtney McDonald, Amanda Petry, Brenda Vieyra (deferred until next year), Heather Lynn; Middle Row: Gina Rose, Jennifer Yourkavitch, Kimberly Dodson, Clair Ashburn; Top Row: Catherine Palmer, Nicole Reid, Hope Lima, Amber Christis, Catherine Sullivan (CGBI Acting Director and MRT-TI Director of Training), Abigail Smetana (CGBI Project Assistant)

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## Publications and Presentations

Kleppel L, Suplee PD, **Stuebe AM**, Bingham D. 2016. [National Initiatives to Improve Systems for Postpartum Care](#). *Matern Child Health J*. Epub 2016 Aug 16.

**Stuebe A**, Borders AE, Bingham D and the Committee on Obstetric Practice. 2016. [Committee Opinion No. 666: Optimizing Postpartum Care](#). *Obstet Gynecol*. 2016 Jun;127(6):e187-92.

**Tully KP**, Holditch-Davis D, Silva S, Brandon D. 2016. [The relationship between infant feeding outcomes and emotional well-being among mothers of late preterm and term infants. A secondary, exploratory analysis](#). *Advances in Neonatal Care*. [e-pub ahead of print] doi: 10.1097/ANC.0000000000000322.

Verbiest S, McClain E, **Stuebe A**, Menard MK. 2016. [Postpartum Health Services Requested by Mothers with Newborns Receiving Intensive Care](#). *Matern Child Health J*. Epub 2016 Jun 29.

**Wouk K**, Chetwynd E, Vitaglione T, **Sullivan C**. 2016. [Improving Access to Medical Lactation Support and Counseling: Building the Case for Medicaid Reimbursement](#). *Matern Child Health J*. 2016 August 17. [Epub ahead of print].

**Wouk K**, **Stuebe AM**, Meltzer-Brody S. 2016. [Postpartum Mental Health and Breastfeeding Practices: An Analysis Using the 2010-2011 Pregnancy Risk Assessment Monitoring System](#). *Matern Child Health J*. 2016 Jul 22. [Epub ahead of print].



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We hope you enjoyed this issue of the *Breastfeeding Exclusive*.

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Wishing you all a pleasant Fall season.

Sincerely,

The CGBI Team  
Carolina Global Breastfeeding Institute

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