



Happy  
Holiday Season!

# Breastfeeding Exclusive

Carolina Global Breastfeeding Institute

Newsletter

Volume 8, Issue 4, December 2016

Dear Friends and Colleagues,

Please take a moment to enjoy the 4th 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
- forward the newsletter to a friend
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Letter from the Director,  
Catherine Sullivan, MPH, RD, LDN, IBCLC

Dear Friends and Colleagues,

As we bring 2016 to a close we would be remiss if we did not thank all of you for your ongoing support of our work. You have continued to lift us in spirit after the loss of our founding director, Dr. Miriam Labbok. We appreciate your gestures of kindness and for your generous donations to the [Miriam Labbok Program Research CGBI Acceleration Endowment](#). The CGBI team has been quite busy wrapping up the year, and will start the new year off on a positive note.

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**Project Director Abby Smetana's son Dominic**

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## Articles

### CGBI Researchers Quantify the Economic Impact of Suboptimal Breastfeeding

Data on costs can help make the case for policy makers and payers to invest in breastfeeding. Three recent studies involving CGBI researchers have estimated the costs associated with suboptimal breastfeeding rates.

In August, Katie Wouk joined Ellen Chetwynd, Tom Vitaglione and Catherine Sullivan in an effort to model the savings that would accrue if breastfeeding rates for Medicaid patients in North Carolina increased from current rates for WIC participants to Healthy People 2020 goal rates.

In the fall, two simulation studies senior-authored by Alison Stuebe measured the impact of suboptimal breastfeeding on maternal and child health. One measured overall burden and the second investigated the differences in burden among racial/ethnic groups to illustrate the impact of breastfeeding disparities.

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### BREASTFEEDING *matters for* ALL FAMILIES

**Black** and **Hispanic** children who experience sub-optimal breastfeeding are at **greater risk** for childhood disease and death than children who were breastfed for **six months or more**.



**1.7 (B) | 1.4 (H)**  
*times more likely*  
**EAR INFECTION**



**3.3 (B) | 2.0 (H)**  
*times more likely*  
**NECROTIZING ENTEROCOLITIS**



**1.3 (B) | 1.4 (H)**  
*times more likely*  
**GI INFECTION**



**1.9 (B) | 1.4 (H)**  
*times more likely*  
**SIDS**

**DISPARITIES IMPACT MOMS**  
Black mothers who breastfeed sub-optimally are **1.4 times** more likely to develop Type 2 diabetes.



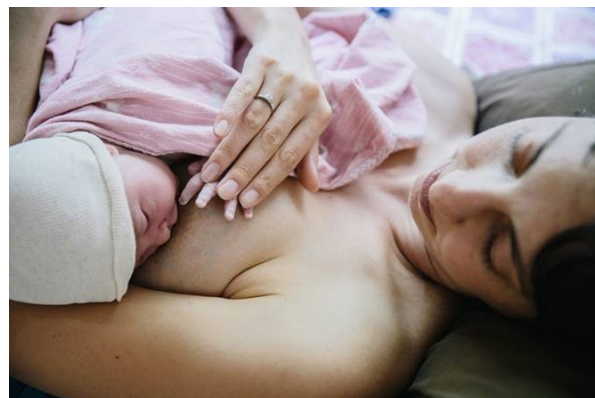
**2.2 (B) | 1.5 (H)**  
*times more likely*  
**CHILD DEATH**

*I learn more about the study:*  
<http://bit.ly/BartickJPeds>

Differences in disease burden and racial health disparities associated with suboptimal breastfeeding.

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### Facilitating Optimal Infant Feeding & Safe Infant Sleep



The Carolina Global Breastfeeding Institute is committed to facilitating respectful, conversation-based guidance on optimal infant feeding and safe sleep. Recently, the American Academy of Pediatrics issued two guidelines to advance support on these critical, sensitive issues. These documents detail the evidence-base to reduce the risk of Sudden Infant Death Syndrome and other causes of infant mortality.

... [Read More](#)

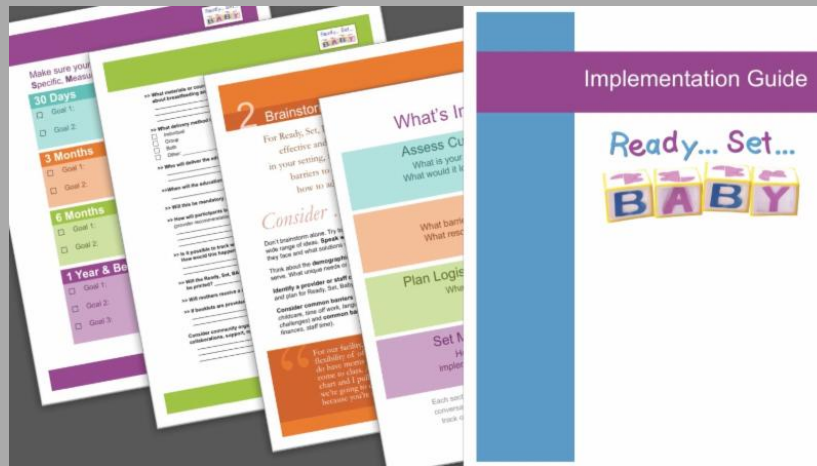
## Project Update: New Ready, Set, BABY Resources!

### Announcing New Ready, Set, BABY Resources

New resources are available for Ready, Set, BABY (RSB), CGBI's prenatal breastfeeding education and counseling curriculum. RSB includes a 28-page patient booklet with a corresponding educator flipchart and is available freely on our website for downloading and printing. Now, educators can also download multiple **wall-posters** for waiting areas or exam rooms, as well as an **Implementation Guide**.



RSB Topic Poster

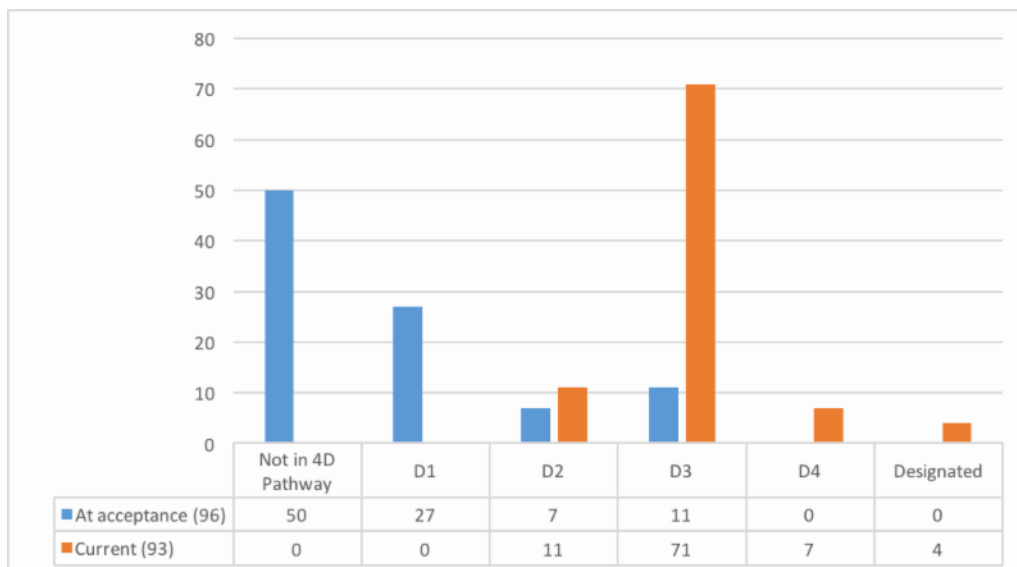


RSB Implementation Guide

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## EMPower Breastfeeding Initiative Update

The EMPower Initiative is a quality improvement project designed to support hospitals in the achievement of Baby-Friendly USA© designation. Please learn more about our hospitals via our [Hospital Spotlights](#) page online. ... [Read More](#)



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## Associates Corner: Cecelia Tomori



Cecilia Tomori, PhD, is a Hungarian American anthropologist with postdoctoral training in public health, who is a Research Associate at Johns Hopkins Bloomberg School of Public Health. Cecilia has carried out long-term ethnographic as well as qualitative and mixed methods research on a wide range of topics. She is interested in using multi-disciplinary perspectives to learn how to better support all families who wish to breastfeed or provide human milk for their children. Cecilia's first book, [Nighttime Breastfeeding: An American Cultural Dilemma](#) (Berghahn Books, 2014; paperback 2016) investigated why breastfeeding and infant sleep are so often stressful and controversial among American parents.

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## Alumni Spotlight: Kate Lewandowski

We'd like to take this opportunity to introduce you to Kate Lewandowski, CGBI's Graduate Research Assistant for the 2016-2017 academic year. Kate is a first year MPH student in the Maternal and Child Health department. She comes to us from Portland, Oregon, where she spent two and a half years working at Oregon Health and Science University and the Oregon National Primate Research Center. There, Kate was able to do research on primate placentas and maternal health which taught her the importance of pre-conception and prenatal health for both mom and baby.

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## Carolina BEBES Students Update

On November 16th, BEBES launched a kick-off event for the 2nd Annual Diaper Drive. The launch of this year's donation drive was a collaborative effort with the Gillings School of Global Public Health Human Resources Department, Maternal



Diaper Drive Kick-Off Baby Shower, November 16.

and Child Health Department, and the Nursing School's Women's Health Interest Group (WHIG). Click here to donate to [Diaper Train](#) or the [Diaper Bank of North Carolina](#).

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## WABA's 25th Anniversary and Meeting

CGBI's Kathy Parry attended WABA's 25th Anniversary Celebration and Meeting this October. Read about it [here!](#)



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## CGBI's Infant Side-car Bassinet Survey

### Seeking participants!

Calling moms, partners, other family, health care providers and researchers who work with new moms and infants. Please share your experiences with maternity care and provide input on the design of infant side-car bassinets for US postnatal units. The survey is open to all, regardless of whether you birthed or care for families in a hospital, birthing center, or home.

<http://ow.ly/yusM306jBvU>

Participants will be asked to complete an online Maternity Care Experiences and Infant Side-Car Bassinet survey, which should take 20-30 minutes. At the end of the survey, you may choose to provide your contact information for updates on the infant side-car bassinet project or volunteer to potentially be contacted for a follow up interview. Contact information is not linked to the survey responses. Five gift cards of \$40 each will be provided to randomly-selected survey respondents who provide their email address in the contact information form. If you are interested in more information, please contact the lead investigator at [kristin.tully@unc.edu](mailto:kristin.tully@unc.edu). This study was approved by the UNC-Chapel Hill Institutional Review Board, IRB #16-2531. The most recent date of IRB modification approval is 11/17/2016.



Example of side-car bassinet for hospital use.

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## Publications and Presentations

Bartick MC, Jegier BJ, Green BD, Schwarz EB, Reinhold AG, Stuebe AM. [Disparities in Breastfeeding: Impact on Maternal and Child Health Outcomes and Costs](#). J Pediatr. 2016 Nov 10.

Gueron-Sela, N., Propper, C.B., Wagner, N.J., Camerota, M.E., Tully, K.P. & Moore, G.A. 2016. [Infant respiratory sinus arrhythmia and maternal depressive symptoms predict toddler sleep problems](#). Developmental Psychobiology. [e-pub ahead of print] doi: 10.1002/dev.21480.

Stuebe AM, Bonuck K, Adatorwovor R, Schwartz TA, Berry DC. [A Cluster Randomized Trial of Tailored Breastfeeding Support for Women with Gestational Diabetes](#). Breastfeed Med. 2016 Dec; 11:504-513 [e-pub 2016 Oct 26]

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

**Please consider a year-end tax-deductible gift in support of our work. Click the GIVING link below to view donation options.**

Wishing you all a joyful Holiday season.

Sincerely,

The CGBI Team  
Carolina Global Breastfeeding Institute

GIVING

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Carolina Global Breastfeeding Institute  
| [cgbi@unc.edu](mailto:cgbi@unc.edu) |



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