



# Perinatal e-News

**LA BEST BABIES NETWORK**  
Healthy Babies. Our Future.  
Presented by First 5 LA



## In this issue

- [World Breastfeeding Week](#)
- [Report on the Long-Term Effects of Breastfeeding](#)
- [Report Highlights Fathers' Post-Birth Involvement](#)

## Funding Opportunity

- [Maternal and Child Health Research Program](#)

## Educational Events

- [Women's Health Celebration Open House](#)
- [Women's Health Celebration Conference](#)
- [Annual CityMatCH Maternal and Child Health Leadership Conference](#)
- [Breastfeeding Tools for Health Professionals](#)
- [Annual Institute for Maternal-Fetal Health Symposium](#)

Issue: #14

August 2, 2007  
[www.LABestBabies.org](http://www.LABestBabies.org)

## World Breastfeeding Week, August 1-7

Breastfeeding, especially exclusive breastfeeding for the first six months, benefits both mother and child. Infants who are exclusively breastfed are less likely to have a wide range of childhood infections, become obese, or develop diabetes, asthma and/or leukemia. For mothers, breastfeeding supports birth spacing and decreases the risk of developing type-2 diabetes, as well as ovarian and breast cancer.

Unfortunately, there are significant barriers to exclusive breastfeeding by new mothers. According to the *The Hospital Breastfeeding Report, 2006*, (issued by the University of California at Davis Human Lactation Center and sponsored by the California WIC Association), the prevalence for exclusive breastfeeding at the time of hospital discharge in LA County is under 24%[1]. This exclusive breastfeeding rate placed LA County 47<sup>th</sup> out of 50 counties in California. Among women who initiate breastfeeding, returning to work is one of the reasons for discontinuing exclusive breastfeeding.

LA Best Babies Network's staff works in partnership with other organizations and communities to develop and implement policy changes that promote breastfeeding-friendly work environments.

The Network developed the policy brief "[Pregnancy and Family Friendly Workplace Policies](#)," which has gained the endorsement of the LA Area Chamber of Commerce. The Network encourages readers to place this brief on their Web site and share it with their colleagues and human resources professionals.

Given that 60% of women return to the workplace within the first year after childbirth[2], workplace policies that support breastfeeding can contribute to sustaining breastfeeding through at least the recommended first year of life.

Key components of best practices include:

- creating workplace policies that support breastfeeding women.
- creating a workplace culture that supports breastfeeding.
- offering lactation accommodation areas for women who

- are breastfeeding, and time to express milk or breastfeed.
- promoting flexible work policies.
- providing on-site or near-site child care.
- encouraging employees to maximize their maternity/paternity leave so that they can have sufficient time to bond and establish a good breastfeeding routine.

LA Best Babies Network joins the Centers for Disease Control and Prevention, the American Academy of Pediatrics and the Breastfeeding Task Force of Greater Los Angeles in observing **World Breastfeeding Week, August 1-7, 2007.**

Learn more:

View the Network's brief "[Prenatal Breastfeeding Promotion and Support](#)"

For World Breastfeeding Week events in your community visit, [www.breastfeedingtaskforla.org/2007walk/index.htm](http://www.breastfeedingtaskforla.org/2007walk/index.htm)

---

[1] University of California D, [www.BreastfeedingWorks.org](http://www.BreastfeedingWorks.org). The Hospital Breastfeeding Report, 2006. California WIC Association. 2007

[2] Breastfeeding: Maternal and Infant Aspects. Committee on Health Care for Underserved Women Committee on Obstetric Practice. Clinical Review 12[1] (Supplement)]. 2007. ACOG.

### **WHO Releases Report on the Long-Term Positive Effects of Breastfeeding**

The World Health Organization (WHO) report suggests that breastfeeding infants may have long-term benefits for their health and intellectual development in childhood and even young adulthood.

The report found that individuals who were breastfed:

- decreased their chances of being overweight and/or obese by 22%.
- reduced the risk of developing type-2 diabetes by 37%.
- were less likely to develop high blood pressure and high cholesterol.
- performed better in intelligence tests and in school in late adolescence or young adulthood.

Learn more:

View the report "[Evidence on the Long-Term Effects of Breastfeeding](#)"

### **Report Highlights the Effect of Fathers' Pregnancy Attitudes and Behaviors on Post-Birth Involvement**

The way a man acts during his partner's pregnancy (prenatal behaviors) and how he feels about that pregnancy (intentions)

may influence his post-birth fathering behavior, according to a research brief released by Child Trends.

According to the report, which draws from a 9-month survey of fathers who live in the same household as the child:

- Most fathers desired the pregnancy; however, one out of four fathers did not want the pregnancy.
- Teen fathers were most likely to report not wanting the pregnancy than men in other age groups and were less likely to be involved with the pregnancy and/or infant.

To promote fathers' prenatal and post-birth involvement, the report recommended:

- Developing policies and programs that encourage pregnancy planning.
- That healthcare providers involve fathers early in the pregnancy.
- Developing pregnancy and parenting programs directed to the needs of fathers *and* mothers.

Learn more

View the research brief "[Men's Pregnancy Intentions and Prenatal Behaviors: What they Mean for Fathers' Involvement With Their Children](#)"

For more information on involving fathers view LA Best Babies Network's brief "[Involving Fathers.](#)"

### **Funding Opportunity**

#### **Maternal and Child Health Research Program, deadline September 14, 2007**

The Maternal and Child Health (MCH) Research Program will award grants for the Extramural Maternal and Child Health Research Program to support applied research relating to maternal and child health services. Proposals should address:

- public health systems and infrastructure
- health disparities
- quality of care
- oral health
- the health of the MCH populations on the US-Mexico border
- the use of Health Information Technology

For more information view grant [announcement](#).

### **Educational Events**

#### **Women's Health Celebration Open House 2007, August 23, 2007**

August 23, 2007

"Open House"

Los Angeles Biomedical Research Institute (LA BioMed) at Harbor-UCLA Medical Center, 1124 W. Carson St., N-28, Torrance, CA 90502

5:00 p.m. - 9:00 p.m.

### **Women's Health Celebration Conference 2007, August 24-25, 2007**

August 24-25, 2007

"Women's Health Celebration Conference 2007"

Double Tree Hotel, 2 Civic Plaza, Carson, CA 90475

8:00 a.m. - 5:00 p.m.

Early registration deadline: August 3, 2007

Lynn Yonekura, MD, senior advisor of LA Best Babies Network will be speaking on the topic "A Healthy Baby is Worth the Weight" at the conference on Friday, August 24, 2007.

Learn more:

For agenda and registration form, visit

[www.womenshealthnp.org](http://www.womenshealthnp.org)

### **17<sup>th</sup> Annual CityMatCH Maternal and Child Health Leadership Conference, August 26-28, 2007**

August 26-28, 2007

"Building the Best Environments for Families and Children"  
Denver Marriott Tech Center, 4900 S. Syracuse, Denver, CO 80237

7:00 a.m. - 5:00 p.m.

Registration deadline and fee: After June 30 - \$449 for members, \$499 for non-members. Single day: After June 30 - \$200.

All conference participants are responsible for making their own travel arrangements.

Sponsored by: CityMatCH

For more information call (402) 561-7500. To register, visit

[http://citymatch.org/apps/conf\\_agenda.php](http://citymatch.org/apps/conf_agenda.php)

### **Breastfeeding Tools for Health Professionals: Supporting a Strong Foundation for a Healthier Generation, August 26-28, 2007**

August 26-28, 2007

"Breastfeeding Tools for Health Professionals: Supporting a Strong Foundation for a Healthier Generation"

South San Francisco Conference Center, 255 S. Airport Blvd., South San Francisco, CA 94080

8:00 a.m. - 5:00 p.m.

Registration deadline and fee: \$100 if paid by August 9, 2007. \$135 if paid by September 1, 2007. After September 1, 2007 -

\$150.

Sponsored by: San Mateo County Breastfeeding Advisory Committee, San Mateo Perinatal Council, County of San Mateo Health Department, WIC, and San Mateo County First 5 Commission.

To register or for more information view pamphlet:  
[www.breastfeedingtaskforla.org/seminars/092107SanMateo.pdf](http://www.breastfeedingtaskforla.org/seminars/092107SanMateo.pdf)

**2<sup>nd</sup> Annual Institute for Maternal-Fetal Health Symposium,  
October 20, 2007**

October 20, 2007

"2<sup>nd</sup> Annual Institute for Maternal-Fetal Health Symposium"  
The Westin Pasadena, 191 N. Los Robles Ave., Pasadena, CA  
91101

8:00 a.m. - 5:00 p.m.

Registration deadline: September 28, 2007

Registration fee: \$125 for physicians, \$50 for non-physician  
healthcare providers.

Sponsored by: Childrens Hospital Los Angeles - University of  
Southern California Institute for Maternal-Fetal Health (CHLA-  
USC IMFH).

To register or obtain more information visit  
[www.ChildrensHospitalLA.org/IMFHsymposium](http://www.ChildrensHospitalLA.org/IMFHsymposium)

**We invite you to contribute story ideas and event listings  
for our consideration in *Perinatal e-News*. To submit items  
please e-mail [contact@labestbabies.org](mailto:contact@labestbabies.org).**

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to saguilar@labestbabies.org, by [contact@labestbabies.org](mailto:contact@labestbabies.org)  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



LA Best Babies Network | 350 South Bixel St., Suite 100 | Los Angeles | CA | 90017