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From: Ellen McIntyre <ellen.mcintyre@flinders.edu.au>
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Subject: Breastfeeding News - December 7, 2011

Australian Breastfeeding Association's 2012 (March) seminar series for health professionals Breastfeeding: *Working it out*.

Registrations are now open for the Australian Breastfeeding Association's 2012 seminar series for health professionals *Breastfeeding: Working it out*.

The series features a fantastic array of top international speakers across venues around Australia and online.

More than 2,000 people participated in our seminars in 2011.

Places will fill fast for the 2012 series so register now [here](http://aba.informz.net/z/cjUucD9taT00NTkyMzcmcD0xJnU9NTAwNTgwMjYyJmxpPTIzMjM1OTU/index.html) and don't miss out!

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**Research summaries from the Baby Friendly Initiative**

**Iron-Fortified vs Low-Iron Infant Formula: Developmental Outcome at 10 Years**

This study enrolled 835 healthy, full-term infants in Santiago, Chile. From 6-12 months infants were fed iron-fortified (mean 12.7mg/L) or low-iron (mean 2.3mg/L) formula milk. At 10 years of age 473 (56.6%) of the children were assessed for IQ, spatial memory, arithmetic achievement, visual-motor integration, visual perception, and motor functioning. Compared with the low-iron group, the iron fortified group scored lower on every 10 year outcome.


For more information on the iron content of UK follow-on formula milk see the Caroline Walker Trust report Infant Milks in the UK (2011) [here](http://comms.unicef.org.uk/t/445643/2221397/2676114/0).

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A critical review of the impact of continuing breastfeeding education provided to nurses and midwives
This review of 15 studies from nine different countries analyzed the practice of continuing education on breastfeeding for health professionals, with a specific focus on nurses and midwives. The authors conclude that continuing breastfeeding education for nurses and midwives improves their knowledge, skills, practices, and attitudes, and it increases maternal perception of support. Breastfeeding education for health professionals also plays an important role in improving breastfeeding outcomes, thus helping to reduce the health and financial burden on society associated with not breastfeeding.


Lactation intensity and diabetes-related outcomes

A study carried out in the US aimed to examine the association between breastfeeding intensity and maternal blood glucose and insulin and glucose intolerance at 6–9 weeks after a pregnancy with gestational diabetes mellitus (GDM).

The researchers found that compared with exclusive or mostly formula feeding (>17oz formula per 24 hours), exclusive breastfeeding and mostly breastfeeding (=6oz formula per 24 hours) groups, respectively, had lower adjusted mean group differences in fasting plasma glucose, in fasting insulin and in 2-h insulin. Exclusive or mostly breastfeeding groups had lower prevalence of diabetes or pre-diabetes (P = 0.02).

The authors conclude that higher intensity of lactation was associated with improved fasting glucose and lower insulin levels at 6–9 weeks’ postpartum and argue that lactation may have favourable effects on glucose metabolism and insulin sensitivity that may reduce diabetes risk after GDM pregnancy.


Birth in a Baby Friendly hospital in Brazil and the positive impact on breastfeeding outcomes

The influence of the Baby Friendly Hospital Initiative (BFHI) on breastfeeding indicators in Brazil was assessed using data from the Second Survey of Breastfeeding Prevalence, conducted in 2008. The data included details of 65,936 infants under the age of 1 year and across 64 municipalities. Outcomes of interest were breastfeeding in the first hour of life in infants under 1 year of age; exclusive breastfeeding on the first day after hospital discharge in infants under 4 months of age; exclusive breastfeeding in infants under 2, 3 and 6 months of age; and pacifier use in infants under 6 months of age. Statistical analyses were used to assess the influence of birth in a Baby Friendly hospital.

The researchers found that infants born in Baby Friendly hospitals were 9% more likely to be breastfed in the first hour of life and 6% more likely to be breastfed on the first day at home. Exclusive breastfeeding was 13%, 8% and 6% more likely in infants under the ages of 2, 3 and 6 months, respectively. Birth in a Baby Friendly hospital also correlated with significantly less pacifier use. They conclude that the BFHI has a positive impact on several indicators of breastfeeding.
Sonia <http://comms.unicef.org.uk/t/445643/2221397/2676118/0/> Isoyama
Venancio, Silvia Regina Dias Medici
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from Mag. Christian F. Freisleben-Teutscher come some interesting pieces ....


background:

http://www.scientificamerican.com/article.cfm?id=got-smarts-mothers-milk-m

breastfeeding campaign from manila

stem zells from breastmilk

and http://www.bionews.org.uk/page_112418.asp
Breastfeeding—So Easy Even a Doctor Can Support It

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Author: T. Wolynn

Available in Breastfeeding Medicine
http://click.liebertpubemail.com/?qs=e5bbdfe9094ea2680e72589671aec02670ede071f23d88ae313aa73a83990e95:

Using Quality Improvement to Promote Breast-feeding in a Local Health Department.
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'Breast is not always best': South Asian women's experiences of infant feeding in the UK within an acculturation framework.
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Female employees' perceptions of organisational support for breastfeeding at work: findings from an Australian health service workplace.
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The impact of infant feeding method on neonatal abstinence scores of methadone-exposed infants.
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Thomson G, Crossland N, Dykes F.
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The benefits of breastfeeding for most newborns and infants cannot be overstated.
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