



# RESPONSE OF THE SURGEON GENERAL

As previously noted, participants in this Surgeon General's Workshop were selected for their expertise and for representation of professional organizations, voluntary organizations, and government agencies with an interest in breastfeeding. Diverse groups have joined together in focusing on breastfeeding and human lactation—a topic considered as top priority by the Office of the Surgeon General. The Recommendations presented this afternoon become a national statement, synthesized and promulgated by the Office of the Surgeon General with the active involvement of the many organizations that you represent. This shared approach has been a major factor in the continuing success of the two previous workshops. The report of each has been a national, not a federal, statement.

The first report, *Report of the Surgeon General's Workshop on Maternal and Infant Health*—published in January 1981—reviewed the status of perinatal health at that time and outlined social strategies for improvement. Professional and voluntary organizations and state and local governments have utilized the report for policy and program initiation. The report became the basis for the Healthy Mothers/Healthy Babies Coalition and its subsequent activities.

The second report, *Report of the Surgeon General's Workshop on Children With Handicaps and Their Families*, was published in February 1983. From this report many ensuing activities serve as examples of the effectiveness of this approach:

- The scope of the problem has been further defined by the Vanderbilt Policy Study on Chronic Illness in Children;
- Standards for regionalized, comprehensive care are being developed through a diabetes project at Michigan State University and a program of projects for juvenile rheumatoid arthritis throughout the nation;
- Several efforts involving insurers from both the public and private sectors to improve the financing of care for these children has been ongoing since the Workshop. Professional organizations have collaborated in this activity;
- Three projects in Illinois, Louisiana, and Maryland are focusing on moving ventilator-dependent children from institutional settings to home or home-like settings through the use of multidisciplinary teams;
- A network project for agencies serving disabled children is providing consultation, technical assistance, and resource sharing in approximately 20 states.

We expect no less from the report of this Workshop.

Now, in response to your specific recommendations, please remember that the one hour between your presentations and my response is insufficient to reply in the depth and breadth your efforts deserve.

Some of your recommendations are the responsibility of other cabinet departments; that doesn't mean we won't address them. Some recommendations are impossible without legislation. While I will not ignore these concerns, neither can I make any promises. Finally, it is inevitable that some of your recommendations overlap those coming from other groups.

Several themes seem recurrent. One is the establishment of breastfeeding as the norm. The issuance of the Workshop Report by the Surgeon General will, in effect, reply to this recommendation by providing a basis for promotion by professional and voluntary organizations.

A second theme is universal education. We can and will encourage formal education of professionals through curricula of health providers via the Bureau of Health Professions and of the public through the media: magazines, newspapers, radio, and TV.

We can and will encourage continuing education for health providers in practice. We will ask state Maternal and Child Health (MCH) agencies to work with local chapters of professional organizations to accomplish this goal.

When it comes to education of public officials, I suggest that legislative and regulatory approaches and models like those in New York State we heard about last night be made available to people in a position to do something about the issue.

In reference to the workplace, the Division of Maternal and Child Health and I will, through this Report and other means available to us, emphasize the problems in the workplace and address the issue by every avenue open to us through private industry and public employers. We will inform them about the concerns raised by the Workshop participants. I will continue to enunciate in public addresses the challenges facing employers and possible solutions. In the long run, legislation is necessary to accomplish some of your goals. I promise that your concern will be communicated.

We will attempt to develop a continuum of postpartum care which involves immediate follow-up, and to encourage public health agencies to adopt promotion and support of breastfeeding as standard practice. We will continue to work with professional organizations (providers and hospitals) to promote breastfeeding in the private sector.

I am enthusiastic about the details enunciated in the recommendations. The best way I know to express your concerns is to transmit specific recommendations to the Assistant Secretary for Health and appropriate agencies and to ask for a response.

Please remember that mine is a quick response to a number of issues with high priority in your work groups. My office and the MCH staff will carefully consider your written and oral reports and attempt to come up with a more detailed and appropriate response.

We are grateful for your participation in this Workshop and are

counting on your commitment to share your recommendations and to promote them within your organizations.

The Report will be sent to selected groups of those people able to effect the recommended changes—for example, members of Congress, staff members of appropriate House and Senate committees, and appropriate members of agencies and of the private sector. I give you my personal assurance that your suggestions and recommendations at this Workshop will receive the attention of the Office of the Surgeon General. We will:

- Disseminate this Report widely;
- Follow through on your recommendations where possible—even when they cross departmental lines;
- Keep you informed of the results of this Workshop;
- Be responsive to your concerns.



## EXCERPT FROM CLOSING REMARKS

Frank Young, M.D.

We at the University of Rochester are very proud of the contributions of Dr. Lawrence in the development of a lactation cluster and in the subsequent plans for a Surgeon General's Workshop at this university. As members of the university, it is our pleasure to participate in this conference with other organizations and agencies devoted to Maternal and Child Health. We appreciate the opportunity it has given us to learn, and I have been pleased by the Workshop's focus on education. The educational experiments that have been suggested by this group will take months, even years to accomplish. For myself, as a bacteriologist who deals with a process of cellular division—a process occurring every 22 minutes—I recognize impatience. An experiment in bacteriology can be accomplished in a few hours. The experiments and learning processes of this conference will take far longer, and you—the participants—will be able to show the required patience. I challenge you to continue your efforts to see how public education, both in the media and in traditional academic settings, will serve our very important objectives.

As a corollary to the educational aspect of this conference, you can be proud of the Workshop's focus on the recognition that education must be universally directed. As your deliberations reinforced, we are not dealing with a particular segment of society. We are a diverse society with many needs and contributions. In this diversity, we recognize the partnership of the professional, the government, and the individual. You, the participants of this conference, represent this partnership through your varied backgrounds, agencies, and areas of expertise. You came to the conference with the responsibility of honestly and soundly exploring the topic of breastfeeding and human lactation, not to serve your own egos, but to serve mankind. You have met your responsibility.

*Madonna and Child*  
School of Burges  
Flemish, 15th c.  
colored drawing

Reproduced with permission from Memorial Art Gallery of the University of Rochester.

# APPENDIX A

## PARTICIPANTS

John E. Alden, C.N.M., M.S.  
Public Health Service  
Indian Health Center  
Poplar, MT 59255

Diane M. Anderson, M.S., R.D.  
Rainbow Babies & Childrens Hospital  
Department of Pediatrics, Room 706  
2101 Adelbert Road  
Cleveland, OH 44106

Joyce O. Arango, M.P.H., R.D.  
U.S. Department of Agriculture  
3101 Center Drive, Room 609  
Alexandria, VA 22302  
*U.S. Department of Agriculture*

Jeanne F. Arnold, M.D.  
St. Elizabeth Hospital  
2209 Genesee Street  
Utica, NY 13354  
*American Academy of Family Physicians*

Maria Teresa Asquith  
Institute for Medical Research  
Mothers' Milk Bank  
2260 Clove Drive  
San Jose, CA 95128

Richard H. Aubry, M.D.  
SUNY Upstate Medical Center  
750 E. Adams Street  
Syracuse, NY 13210  
*American College of OB/GYN*

Kathleen G. Auerbach, Ph.D.  
Department of Sociology  
University of Nebraska Medical Center  
42nd and Dewey Avenue  
Omaha, NE 68105

Rosemary Barber-Madden, Ed.D.  
Center for Population and Family Health  
Columbia University, School of Public Health  
60 Haven Avenue  
New York, NY 10032  
*Association of Teachers of Maternal and Child Health*

Cheryl Bittle, R.D., Ph.D.  
Food & Nutrition Department  
Oregon State University  
Corvallis, OR 97331

Sara B. Bonam, R.D., M.S.  
Bureau of Family Health  
Kansas Department of Health and Environment  
Forbes Field, Building 740  
Topeka, KS 66620  
*Association of State and Territorial Public Health Nutrition Directors*

Elizabeth Brannon, M.S., R.D.  
Department of Health & Human Services  
Room 6-22 Parklawn Building  
5600 Fishers Lane  
Rockville, MD 20857

Elaine B. Bratic  
Office of Public Affairs, OASH, PHS  
200 Independence Avenue SW  
721H Hubert H. Humphrey Building  
Washington, DC 20201

Theodore M. Brown, Ph.D.  
Department of History  
University of Rochester  
RR Lib 585  
Rochester, NY 14627

Carol A. Bryant, Ph.D.  
Lexington Fayette County Health Department  
650 Newton Pike  
Lexington, KY 40508

Elizabeth Burkett, R.N.C., M.S.N.  
Department of OB/GYN  
Duke University Medical Center  
Box 3974  
Durham, NC 27710

Anthony T. Carter, Ph.D.  
Department of Anthropology  
University of Rochester  
Harkness 334  
Rochester, NY 14627

Solan Chao, M.D.  
Department of OB/GYN  
Harlem Hospital Center  
506 Lenox Avenue  
New York, NY 10037

Kate Clancy, Ph.D.  
Department of Human Nutrition  
307 Slocum Hall  
Syracuse University  
Syracuse, NY 13210  
*Society for Nutrition Education*

Elizabeth M. Cooper, C.N.M., M.S.  
Department of OB/GYN  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 668  
Rochester, NY 14642

Betty Ann Countryman, R.N., M.N.  
4140 E. 75th Street  
Indianapolis, IN 46250  
*La Leche League International*

Catherine Cowell, Ph.D.  
Bureau of Nutrition  
New York City Department of Health  
93 Worth Street, Room 714  
New York, NY 10013

Carole A. Davis, M.S.  
Human Nutrition Information Service  
U.S. Department of Agriculture  
Room 330, Building 307, BARC-East  
Beltsville, MD 20705

Roselyn Payne Epps, M.D., M.P.H.  
Department of Pediatrics & Child Health  
Howard University College of Medicine  
2041 Georgia Avenue NW  
Washington, DC 20060

Ruth R. Faden, Ph.D., M.P.H.  
The Johns Hopkins University  
School of Hygiene & Public Health  
615 N. Wolfe Street  
Baltimore, MD 21205

Thorsten A. Fjellstedt, Ph.D.  
Department of Health & Human Services  
Room 7C-09 Landow Building  
7910 Woodmont Avenue  
Bethesda, MD 20505

Judith G. Flanagan, C.N.M., R.N., M.S.  
U.C.S.F.G.H.  
10001 Potrero  
San Francisco, CA 94110  
*American College of Nurse-Midwives*

Gilbert B. Forbes, M.D.  
Department of Pediatrics  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 777  
Rochester, NY 14642

Michele Forman, Ph.D., M.S.P.H.  
Division of Nutrition  
Centers for Disease Control  
Building 3, Room SB48  
Atlanta, GA 30333

Henry W. Foster, Jr., M.D.  
Department of OB/GYN  
Meharry Medical College  
1005 D. B. Todd Boulevard  
Nashville, TN 37208

Paul S. Frame, M.D.  
Tri-County Family Medicine  
Box 339  
Red Jacket Street  
Dansville, NY 14437

Karen L. Freeburn, R.D.  
Migrant & Rural Community Health  
Association  
P.O. Box 130  
Bangor, MI 49013

Ayala Gabriel, Ph.D.  
Department of Anthropology  
University of Rochester  
Harkness Hall 324  
Rochester, NY 14627

David Gagnon, M.P.H.  
Women & Infants Hospital  
50 Maude Street  
Providence, RI 02908

Lawrence M. Gartner, M.D.  
Wyler Children's Hospital  
5825 S. Maryland Avenue  
Chicago, IL 60637

Cutbero Garza, M.D., Ph.D.  
Baylor College of Medicine  
Department of Pediatrics  
1 Baylor Plaza  
Houston, TX 77030

Robert C. Gelardi  
Suite 500-D  
5775 Peachtree-Dunwoody Road  
Atlanta, GA 30342  
*Infant Formula Council*



Doris Haire  
439 E. 51st Street  
New York, NY 10022

Jerianne Heimendinger, D.Sc.  
Division of Family Health  
Department of Health  
75 Davis Street, Room 302  
Providence, RI 02908

William Heird, M.D.  
Babies Hospital  
1st Floor, Room 116 South  
Department of Pediatrics  
New York, NY 10032

David Heppel, M.D.  
Division of Maternal & Child Health  
5600 Fishers Lane, Room 6-22  
Rockville, MD 20857

Jan L. Herr, M.D.  
Kaiser Permanente  
2200 O'Farrell Street  
San Francisco, CA 94115  
*Residency Review Committee in OB/GYN*

Frederick C. Holmes, M.D.  
R.D. #1  
Fairfax, VT 05454  
*American Academy of Pediatrics*

Mary T. Horan, R.N.  
HQ Department of Army  
Office of the Surgeon General  
HQDA (DASG PSP-D)  
Pentagon, Room 2D529  
Washington, DC 20310  
*Department of Defense*

Kathryn Montgomery Hunter, Ph.D.  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 644  
Rochester, NY 14642

Vince L. Hutchins, M.D., M.P.H.  
Department of Health & Human Services  
Room 6-05 Parklawn Building  
5600 Fishers Lane  
Rockville, MD 20857

Bernard B. Keele, Ph.D.  
Office of Public Affairs  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 643  
Rochester, NY 14642

John H. Kennell, M.D.  
Rainbow Babies & Childrens Hospital  
2101 Adelbert Road  
Cleveland, OH 44106

C. Everett Koop, M.D., Sc.D.  
Department of Health & Human Services  
Room 716G HHH Building  
200 Independence Avenue SW  
Washington, DC 20201

Mary Grace Kovar, Dr.P.H.  
National Center for Health Statistics  
3700 East-West Highway, Room 2-58  
Hyattsville, MD 20782

Gail Kowalski  
Genesee Ecumenical Council  
17 S. Fitzhugh Street  
Rochester, NY 14614

Anthony H. Labrum, M.D.  
Division of Psychosomatic OB/GYN  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 668  
Rochester, NY 14642

Paul J. Lambiasi  
Office of Continuing Professional Education  
University Of Rochester Medical Center  
601 Elmwood Avenue, Box 677  
Rochester, NY 14642

Ruth A. Lawrence, M.D.  
Department of Pediatrics—Neonatology  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 651  
Rochester, NY 14642

Morton A. Lebow, M.A.  
American College of OB/GYN  
600 Maryland Avenue SW  
Washington, DC 20024

Milton B. Lederman, Ph.D.  
Office of Public Affairs  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 643  
Rochester, NY 14642

Viola Lennon  
5745 Newcastle Street  
Chicago, IL 60631

Alice S. Linyear, M.D., M.P.H.  
Bureau of Maternal & Child Health  
State Department of Health  
109 Governor Street  
Richmond, VA 23219

Ruth E. Little, Sc.D.  
Alcohol & Drug Abuse Institute  
University of Washington NL-15  
Seattle, WA 98195

Vivian M. Littlefield, R.N., Ph.D.  
School of Nursing  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 619  
Rochester, NY 14642

Gilbert A. Martinez, M.B.A.  
Market Research  
Ross Laboratories  
625 Cleveland Avenue  
Columbus, OH 43216

Elizabeth R. McAnarney, M.D.  
Department of Pediatrics  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 690  
Rochester, NY 14642

Michael McGinnis, M.D.  
Department of Health & Human Services  
Room 2132 Switzer Building  
330 C Street SW  
Washington, DC 20201  
*U.S. Department of Health and Human Services*

Jeanne Meurer, C.N.M., M.S.  
Birthing Program  
College of Medicine  
University of South Florida  
Tampa, FL 33612

Solbritt Murphy, M.D.  
Bureau of Maternal & Child Health  
New York State Department of Health  
ESP—Corning Tower  
Albany, NY 12237

Anthony W. Myres, Ph.D.  
Health & Welfare Canada  
Jeanne Mance Building, Room 428  
Tunney's Pasture  
Ottawa, Ontario Canada KIA 184

Martin Nacman, M.S.W., D.S.W.  
Social Work Division  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 650  
Rochester, NY 14642

Audrey Naylor, M.D., Dr.P.H.  
San Diego Lactation Program  
Mercy Hospital  
4077 Fifth Avenue  
San Diego, CA 92103

Marianne R. Neifert, M.D.  
University of Colorado  
Health Sciences Center—C-219  
4200 E. 9th Avenue  
Denver, CO 80262

Margaret C. Neville  
University of Colorado School of Medicine  
Department of Physiology C240  
VCHSC  
Denver, CO 80262

Jennifer R. Niebyl, M.D.  
The Johns Hopkins Hospital  
Harvey 108  
Baltimore, MD 21205  
*American College of OB/GYN*

Joel L. Nitzkin, M.D., M.P.H., D.P.A.  
Monroe County Health Department  
111 Westfall Road—Caller 632  
Rochester, NY 14692

Julie H. Norris, R.N.  
St. Vincent's Wellness Center—Carmel  
2001 W. 86th Street  
Indianapolis, IN 46260  
*American Hospital Association*

Carolyn A. O'Neil, M.S., R.D.  
Cable News Network  
1050 Techwood Drive  
Atlanta, GA 30318

Christine M. Olson, Ph.D., R.D.  
Division of Nutritional Sciences  
376 MVR  
Cornell University  
Ithaca, NY 14853  
*Society for Nutrition Education*

Betty Oseid, M.D.  
Department of Pediatrics  
Louisiana State University Medical Center  
1542 Tulane Avenue  
New Orleans, LA 70124

Judy Perkin, Dr.P.H., R.D.  
Department of Health Education and Safety  
Room 4, Florida GYM  
University of Florida  
Gainesville, FL 32611  
*The American Dietetic Association*

Linda Randolph, M.D., M.P.H.  
Office of Public Health  
New York State Department of Health  
Empire State Plaza  
Albany, NY 12237

Dana Raphael, Ph.D.  
The Human Lactation Center Ltd.  
666 Sturges Highway  
Westport, CT 06880

Herbert Ratner, M.D.  
Child and Family Quarterly  
244 Wesley Road  
Oak Park, IL 60303

Nancy K. Rice, M.S.W.  
Social Work Division  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 650  
Rochester, NY 14642

Walter J. Rogan, M.D., M.P.H.  
Epidemiology Branch  
National Institute of Environmental Health  
Sciences  
Mail Drop A3-02, P.O. Box 12233  
Research Triangle Park, NC 27709

Jeanne Rose, M.S.  
1711 Lake Shore Drive  
Escanaba, MI 49829  
*International Childbirth Education Association*

Ruth B. Rosenberg, J.D.  
Nixon, Hargrave, Devens & Doyle  
Lincoln First Tower  
P.O. Box 1051  
Rochester, NY 14603

Pearl W. Rubin  
Daisy Marquis Jones Foundation  
945 Crossroads Building  
2 State Street  
Rochester, NY 14614

Gardenia B. Ruff, M.S.W.  
South Carolina Department of Health and  
Environmental Control  
Division of Maternal & Child Health  
2600 Bull Street  
Columbia, SC 29201

Sarah Samuels, Dr.P.H.  
Institute for Health Policy Studies  
University of California School of Medicine  
565 CED  
San Francisco, CA 94143

Susan Scrimshaw, Ph.D.  
School of Public Health  
University of California  
Los Angeles, CA 90024

Donald L. Shapiro, M.D.  
Neonatology Division  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 651  
Rochester, NY 14642

Andrew Sorenson, Ph.D.  
Division of Public Health  
School of Health Sciences  
University of Massachusetts  
Amherst, MA 01003

Marilyn G. Stephenson, M.S., R.D.  
Office of Nutrition and Food Sciences  
Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
200 C Street SW  
Washington, DC 20204

Mary Story, Ph.D., R.D.  
Adolescent Health Program  
Box 721 Mayo, 420 Delaware Street SE  
University of Minnesota  
Minneapolis, MN 55455

Robert C. Tattelbaum, M.D.  
220 Alexander Street  
Suite 707  
Rochester, NY 14607  
*Rochester Academy of Medicine, OB/GYN  
Section*

Janet Taylor-Leahman, R.D., M.S.  
Brownsville Community Health Clinic  
2137 E. 22nd  
Brownsville, TX 78520

Henry A. Thiede, M.D.  
Chairman, Department of OB/GYN  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 668  
Rochester, NY 14642

Edith P. Thomas, Ph.D., R.D.  
U.S. Department of Agriculture Extension  
Service  
Room 3443 South Building  
14th & Independence Avenue SW  
Washington, DC 20250

Jewel M. Thomas, M.Ed.  
4504 N. Roseneath Drive  
Houston, TX 77021  
*Alpha Kappa Alpha Sorority, Inc.*

Edith Tibbetts, M.Ed.  
Health Education Associates, Inc.  
211 S. Easton Road  
Glenside, PA 19038

Terry Tobin, M.P.H., R.N.  
Marquette University  
Milwaukee, WI 53233

Joel Tolliver, M.P.H.  
16 Rawhide Road  
West Henrietta, NY 14586

Michael Weidner, M.B.A.  
Highland Hospital  
South Avenue at Bellevue Drive  
Rochester, NY 14620

Francine Rae White, M.S.P.H.  
1625 'I' Street, NW  
Suite 420  
Washington, DC 20006  
*National Association of Community Health  
Centers*

Nancy Whitley, C.N.M., R.N.  
125 Pearl Street  
Mt. Holly, NJ 08060  
*Nurses Association of the American College of  
OB/GYN*

John T. Wilson, M.D.  
Louisiana State University Medical Center  
P.O. Box 33932  
Kings Highway  
Shreveport, LA 71130

Beverly Winikoff, M.D., M.P.H.  
The Population Council  
One Dag Hammarskjold Plaza  
New York, NY 10017

Kenneth Wolfe  
110 Blackmore Road  
Camillus, NY 13031  
*United States JAYCEES*

Kenneth W. Woodward, M.D.  
Xerox Corporation  
800 Phillips Road  
Building 208M  
Webster, NY 14580

Bonnie Worthington-Roberts, Ph.D.  
Child Development Center  
University of Washington  
CDMRC WJ-10  
Seattle, WA 98195

# APPENDIX B

## FACILITATORS

Marilyn J. Aten, Ph.D., R.N.  
School of Nursing  
University of Rochester Medical Center  
601 Elmwood Avenue, Box HWH  
Rochester, NY 14642

Susan MacKrell, Ph.D.  
Education & Human Development  
University of Rochester  
Latimore 509  
Rochester, NY 14627

Joel L. Nitzkin, M.D., M.P.H., D.P.A.  
Monroe County Health Department  
111 Westfall Road, Caller 632  
Rochester, NY 14692

Betty Oppenheimer  
Health Association of Rochester & Monroe  
County  
973 East Avenue  
Rochester, NY 14607

Nancy K. Rice, M.S.W.  
Social Work Division  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 650  
Rochester, NY 14642

Ruth Rockowitz, M.S.W., A.C.S.W.  
Social Work Division  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 650  
Rochester, NY 14642

Doreen Smethurst, C.S.W., A.C.S.W.  
Social Work Division  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 650  
Rochester, NY 14642

Andrew A. Sorensen, Ph.D.  
University of Massachusetts—Amherst  
106 Arnold House  
Amherst, MA 01003

## RECORDERS

Lizabeth Berkeley, M.P.H.  
NYS Department of Health  
Office of Public Health  
Office for New York City Affairs  
8-10 E. 40th Street  
New York, NY 10016

Rosellen Bohlen, R.N.  
202 Clovercrest Drive  
Rochester, NY 14618

Myra Citrin, M.D.  
Department of Pediatrics  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 777  
Rochester, NY 14642

Judy Gussler, Ph.D.  
Ross Laboratories  
625 Cleveland Avenue  
Columbus, OH 43216

Joan Merzbach, M.S.W.  
Social Work Division  
University of Rochester Medical Center  
601 Elmwood Avenue, Box 650  
Rochester, NY 14642

Elizabeth Naumburg, M.D.  
Family Medicine Program  
885 South Avenue  
Rochester, NY 14620

Marsha Nielson  
Health Association of Rochester & Monroe  
County  
973 East Avenue  
Rochester, NY 14607

Marie Stahl, R.N.  
3616 Connecticut Avenue NW  
Washington, DC 20007

## APPENDIX C

### KEY ELEMENTS FOR PROMOTION OF BREASTFEEDING IN THE CONTINUUM OF MATERNAL AND INFANT HEALTH CARE

1. Primary-care settings for women of childbearing age should have:
  - a supportive milieu for lactation
  - educational opportunities (including availability of literature, personal counseling, and information about community resources) for learning about lactation and its advantages
  - ready response to requests for further information
  - continuity allowing for the exposure to and development over time of a positive attitude regarding lactation on the part of the recipient of care.
  
2. Prenatal-care settings should have:
  - a specific assessment at the first prenatal visit of the physical capability and emotional predisposition to lactation. This assessment should include the potential role of the father of the child as well as other significant family members. An educational program about the advantages of and ways of preparing for lactation should continue throughout the pregnancy.
  - resource personnel—such as nutritionists/dietitians, social workers, public health nurses, La Leche League members, childbirth education groups—for assistance in preparing for lactation
  - availability and utilization of culturally suitable patient-education materials
  - an established mechanism for a predelivery visit to the newborn care provider to insure initiation and maintenance of lactation
  - a means of communicating to the in-hospital team the infant-feeding plans developed during the prenatal course.
  
3. In-hospital settings should have:
  - a policy to determine the patient's infant-feeding plan on admission or during labor
  - a family-centered orientation to childbirth including the minimum use of intrapartum medications and anesthesia
  - a medical and nursing staff informed about and supportive of ways to facilitate the initiation and continuation of breastfeeding (including early mother-infant contact and ready access by the mother to her baby throughout the hospital stay)

- the availability of individualized counseling and education by a specially trained breastfeeding coordinator to facilitate lactation for those planning to breastfeed and to counsel those who have not yet decided about their method of infant feeding
- on-going inservice education about lactation and ways to support it. This program should be conducted by the breastfeeding coordinator for all relevant hospital staff.
- proper space and equipment for breastfeeding in the postpartum and neonatal units. Attention should be given to the particular needs of women breastfeeding babies with special problems.
- the elimination of hospital practices/policies which have the effect of inhibiting the lactation process, e.g., rules separating mother and baby
- the elimination of standing orders that inhibit lactation, e.g., lactation suppressants, fixed feeding schedules, maternal medications
- discharge planning which includes referral to community agencies to aid in the continuing support of the lactating mother. This referral is especially important for patients discharged early.
- a policy to limit the distribution of packages of free formula at discharge only to those mothers who are not lactating
- the development of policies to support lactation throughout the hospital units (e.g., medicine, surgery, pediatrics, emergency room, etc.)
- the provision of continued lactation support for those infants who must remain in the hospital after the mother's discharge.

4. Postpartum ambulatory settings should have:

- a capacity for telephone assistance to mothers experiencing problems with breastfeeding
- a policy for telephone follow-up 1-3 days after discharge
- a plan for an early follow-up visit (within first week after discharge)
- the availability of lactation counseling as a means of preventing or solving lactation problems
- access to lay support resources for the mother
- the presence of a supportive attitude by all staff
- a policy to encourage bringing the infant to postpartum appointments
- the availability of public/community-health nurse referral for those having problems with lactation
- a mechanism for the smooth transition to pediatric care of the infant, including good communication between obstetric and pediatric care providers.

## APPENDIX D

### SELECTED READINGS

Baranowski T., Bee D.E., Rassin D.K., Richardson C.J., Brown J.P., Guenther N., and Nader P.R.: Social Support, Social Influence, Ethnicity and the Breastfeeding Decision. *Social Science and Medicine* 17:1599-1611, 1983.

Cowie A.T., Forsyth I.A., Hart I.C.: *Hormonal Control of Lactation*. Berlin: Springer-Verlag, 1980.

Eckhardt K.W. and Hendershot G.E.: Analysis of the Reversal in Breast Feeding Trends in the Early 1970s. *Public Health Reports* 99:410-414, July-August 1984.

Ellis D.J.: Secondary School Students' Attitudes and Beliefs About Breastfeeding. *Journal of School Health* 53:600-604, December 1983.

Gussler J. and Bryant C. (eds): *Helping Mothers Breastfeed: Program Strategies for Minority Communities*. Health Action Paper No. 1, Lexington, KY: Lexington-Fayette County Health Department and University of Kentucky Medical Behavioral Science Department, 1984.

Hally M.R., Bond J., Crowley J., Gregson B., Phillips P., and Russell I.: What Influences a Mother's Choice of Infant Feeding Method? *Nursing Times* 65-68: January 25, 1984.

Lawrence R.A.: *Breastfeeding: A Guide for the Medical Profession*. St. Louis: C.V. Mosby Company, 1980 (2nd edition, 1984).

Martinez G.A. and Dodd D.A.: 1981 Milk Feeding Patterns in the United States during the First 12 Months of Life. *Pediatrics* 71:166-170, February 1983.

Neville M.C. and Neifert M.R. (eds): *Lactation: Physiology, Nutrition, and Breastfeeding*. New York: Plenum Press, 1983.

Oseid B., Carter J., Sullivan J., and Braud S.: Promoting Breastfeeding in Louisiana. *Journal of the Louisiana State Medical Society*, 4-6: December 1983.

Shand N. and Kosawa Y.: Breast-Feeding as Cultural or Personal Decision: Sources of Information and Actual Success in Japan and the United States. *Journal of Biosocial Science* 16:65-80, 1984.



Van Esterik P. and Greiner T.: Breastfeeding and Women's Work: Constraints and Opportunities. *Studies in Family Planning* 12:184-197, April 1981.

Vorherr H.: *The Breast: Morphology, Physiology, and Lactation*. New York: Academic Press, Inc., 1974.