

REBUILDING AND RECLAIMING THE FUTURE

AUGUST 2006

Marian Thompson, founder of La Leche League

In 1956, breastfeeding rates had dropped to 20% initiation. Marian Thompson was herself a young mother who had decided to breastfeed her children. Watching her bottle-feeding friends and family, she was struck by the lack of information, education, and support that new mothers received on breastfeeding.

With a group of seven friends, Marian Thompson was one of the initial founders of La Leche League International. From the seven initial members, La Leche League has grown to include 41,000 leaders in 28 countries.

Marian Thompson has been a lifelong advocate of

breastfeeding and community supported health education. As president of La Leche League from 1956 to 1980, Marian Thompson was instrumental in forming the peer education structure that has become a hallmark of La Leche League. La Leche League International (LLI) initially identified physicians as a crucial target audience. In response, Thompson developed seminars educating physicians about the benefits of breastfeeding to mother and baby.

As a leader for LLI, Thomson identified a health problem, explored the underlying causes, and developed a peer education network. She has continued

to be a lifelong advocate for policy changes including breastfeeding friendly workplaces and hospitals. Also an advocate of home births, Thompson encourages pregnant women and their families to use peer education networks and the medical community as resources to ensure a health pregnancy and birth.

Since the founding of LLI in 1956, breastfeeding advocates have been rewarded with increases in breastfeeding in the United States. 2010. There is still much work to do to achieve policy and social change that is supportive of breastfeeding all babies.



Upcoming Events

8/29 Writing and Citing Seminar

9/18 Oleta Fitzgerald Dir. Southern Children's Defense Fund

Did you know?

In Louisiana (2003):
46.4% of women initiate breastfeeding
16.5% are breastfeeding at six months
5.5% are breastfeeding at 12 months.

Healthy People 2010 goals:
75% of women breastfeed their infants at hospital discharge,
50% breastfeed their infants at 6 months of age, and
25% breastfeed their infants at 12 months

World Breastfeeding Week

Founded in 1991, the World Alliance for Breastfeeding Action (WABA) was formed in response to the Innocenti Declaration (1990) to protect, promote and support breastfeeding. The WABA works with international organizations to organize breastfeeding advocacy. The WABA initially conceptualized a day of celebrating international events focused on promoting breastfeeding. The day has since been expanded into World Breastfeeding Week (WBW) celebrated every August 1-7 to commemorate the Innocenti Declaration. First held in 1992, World Breastfeeding Week involves over 120 countries and is endorsed by UNICEF, WHO and FAO. Locally, the Tulane Xavier National Center of Excellence in

Women's Health (TUXCOE) is planning a week of breastfeeding advocacy events.

World Breastfeeding Week Events
Tuesday, Aug 1st Noon to 2pm
Breastfeeding Planning Meeting for Breastfeeding Professionals
1440 Canal Street, 23rd floor

Wednesday, Aug 2nd 10am to 2pm
Breastfeeding Information Display and Talk for Expecting Mothers

Thursday, Aug 3rd 12pm to 2pm
Breastfeeding Tea for Working Women - RSVP required

Friday, August 4th 11:00am
Breastfeeding Ride on the Canal

Street Car—RSVP Required
Meet up at 143 S. Liberty Street

Saturday, Aug 5th 10am to 1pm
La Leche League Family Fun Day
3401 Cleary Avenue
Johnny Bright Gym

Saturday Aug 12 11am to 3pm
Babies R Us Breastfeeding and Women's Health Fair
Call 885-8242 for information

Saturday Aug 26th 10am to 1pm
La Leche League Baby Fair
Lakeside Shopping Center

Contact Meshawn Tarver, MPH at 988—3702 for more information or to RSVP.

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*We're on the
web!*

[www.sph.tulane.edu/
chs/mchlt/index.htm](http://www.sph.tulane.edu/chs/mchlt/index.htm)

Thank You

to our MCPHLT
Executive Committee
Members and staff for
your work and support!

Maya Begalieva, MD, PhD
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Tom Farley, MD, MPH
Carolyn Johnson, PhD
Gretchen Clum, PhD
Jeanette Magnus, MD,
PhD

Jenny Hixon, MPH
Manna Patel

How can I get Involved in Breastfeeding Promotion?

The Tulane Xavier National Center of Excellence in Women's Health (TUXCOE) continues to work for the promotion of breastfeeding and promotion breastfeeding friendly workplaces. Activities include onsite and outreach educational workshops. For more information or to volunteer call 504-988-6269



Project

- Providing prenatal education packets through a pilot program

- Activities related to WIC/World Breastfeeding Month

For more information or to volunteer, contact Aledia Williams at

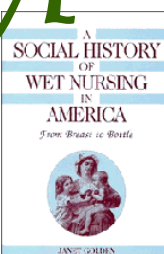
alediaw@dhh.la.gov

The Louisiana Breastfeeding Coalition has several ongoing projects including:

- 24-hour Breastfeeding support "Warm Line"
- Loving Support Media Campaign
- Developing and updating educational materials
- Breastfeeding Peer Counseling

Partners for Healthy Babies focuses primarily on prenatal care and prevention of low birth weight babies, but also includes information and resources for early infant health. Partners for Healthy Babies operates a 24 hour hotline targeting pregnant women. For more information or to volunteer, contact Karis Schoellmann at kschoell@dhh.la.gov

A Social History of Wet Nursing—Janet Golden



In the nineteenth century, breastfeeding was not optional but necessary for infant survival. Women who were unable to breastfeed their infants turned to other women for help. "Wet nursing"

ranged from informal networks of community women aiding a friend with donated breastfeeding to the hiring of groups of women to breastfeed orphaned children in state run hospitals.

A Social History of Wet Nursing traces the history and trajectory of wet-nursing in the United States. "Entangled in decision about maternal nursing and wet nursing were issues of health, sexuality, family limitation and race," writes Janet Golden. In this fascinating book, Golden examines how class, race, and religious issues formed and changed American attitudes toward

breastfeeding and breast milk from the eighteenth century through the twentieth century. Golden also examines the role of medicine and public health in encouraging and discouraging women to breastfeed their babies.

Golden provides a useful perspective on the history of breast milk in the US. With the advent of breast milk banks, women and their doctors are again looking at the benefits of using community resources to provide breast milk for infants when the mother is unable to breastfeed. Public health and medicine must think critically about the commoditization of breast milk.

A Social History of Wet Nursing is available at Tulane Howard—Tilton Memorial Library. For an annotated readers guide and more articles about wet nursing please see

[www.sph.tulane.edu/CHS/
mchlt/index.htm](http://www.sph.tulane.edu/CHS/mchlt/index.htm)

Tulane Xavier National Center of Excellence in Women's Health (TUXCOE)

was designated as a National Center of Excellence in Women's Health by U.S. Department of Health and Human Services, Office of Women's Health, in 1998.

The Women's Center is a collaborative effort between Tulane University Health Sciences Center, Tulane University Hospital & Clinic and Xavier University. The Center incorporates the clinical, academic, and educational missions of these institutions into a community network and partnership. The mission of the Women's Center is to facilitate access to health care services, to foster an interdisciplinary research agenda, to promote a women's health curriculum in conjunction with education, training, and leadership of women in the health professions, and to advance knowledge of women's health issues in the community. Living its own mission, TUXCOE is a family friendly workplace that includes a breastfeeding room for staff.

The Center has a very active student intern program. The goal of this program is to better prepare students to be public health, specifically women's health, practitioners and leaders. The program offers structured mentoring, a systematic peer mentoring system, and educational sessions and seminars. The sessions offered during the academic year offer students an opportunity to collaborate with and mentor each other.

TUXCOE has hosted many Capstones and welcomes student volunteers. Capstone students have been instrumental in establishing a breastfeeding room in the Tidewater building and organizing World Breastfeeding Week Activities.

www.tuxcoe.tulane.edu