Polk County Breastfeeding Coalition

Tammy Conn IBCLC
October 23rd, 2015
Polk County Public Health
Polk County Breastfeeding Coalition Members:

- Polk County Public Health/WIC
- Norman-Mahnomen Public Health/WIC
- RiverView Health-Crookston
- Essentia Health-Fosston
- Altru Clinics
- Tri-Valley Head Start
- UND College of Nursing
- University of MN-Extension Service
- Villa St. Vincent Benedictine Health System
Polk County Fair
Rock and Rest Tent

Partners:
• RiverView Health
• Polk County Public Health
• Polk County Breastfeeding Coalition
• Polk County Fair Board
• SHIP
• Quilt club
• United Way of Crookston
• Mama’s Milk Connection

Beginning in 2011, the Polk County Fair in Fertile, Minn., has partnered with Polk County Public Health, Riverview Health, and the Statewide Health Improvement Program to provide an area for mothers to breastfeed, diaper change, or simply rest. The fair provides a shaded, comfortable area known as the Rock & Rest Tent that mothers and their children have access to during the duration of the fair. The health organizations provide literature on the importance of breastfeeding and other health concerns. The La Leche League of Minnesota and the Dakotas helps staff the tent and share information.

Fair officials report that the program has received positive feedback from the users. The tent is now used at more events around the county and the program has been copied by other fairs in the area.
Infant Feeding Survey

Help us discover how we can better support breastfeeding moms and babies in our community!

When you were pregnant, how did you plan to feed your baby?

- 56 Breastfeed
- 8 Infant formula
- 10 Both
- Other

After your baby was born, what did you feed your baby?

- 38 Breastmilk
- 4 Infant formula
- 32 Both
- Other

Did anything limit your breastfeeding success? _____Yes _____No

If yes, what? (Circle all that apply)

- Nurses
  - Difficult Latch
  - Sore Nipples
  - Medications

- Doctors
  - Not enough milk
  - Mastitis
  - Lack of support

- Baby born early
  - Too much milk
  - Thrush/Yeast
  - Work/School

- Illness (baby)
  - Thrush/Yeast
  - Pump Problems

- Other

Who did you receive breastfeeding support from (instruction, education, help)? (circle all that apply)

- Hospital Nurse
- WIC
- Doctor's office
- BF Support Group
- Childbirth Class
- Family Member

- Public Health Nurse
- Friend
- BF Support Group
- Childbirth Class
- Family Member
Interactive educational display offered at 5 County wide events
Breastfeeding Awareness Month Celebration:

Polk County Breastfeeding Coalition members

Polk County Public Health

Tri-Valley Head Start

Greater Grand Forks Breastfeeding Coalition

North Dakota Breastfeeding Coalition

Polk County Wellness Coalition

United Way of Crookston

Local media

The Milky Way

Every Mother Has a Story

This is a documentary expose about breastfeeding in the United States. More than a breastfeeding promotion film, this is a film by, for, and about women. It is a film that inspires women to say, “I can do that!” “I want to do that!”

This documentary features two accomplished lactation consultants, Jennifer Davidson and Chantal Molnar on their quest to change the cultural and political road blocks placed in front of woman wishing to breastfeed. They are ready to fight to make things right.

August 12, 2014 at 6:30 p.m.
Community Family Service Center-Cafeteria –1407 Erskine Street
Crookston, MN

Documentary - Free Event - Children Welcome
Breastfeeding provides the perfect nutrition for infants and it is recommended by the American Academy of Pediatrics for at least the first year of life. Documented benefits are for Baby, Mom, Families, Workplace, and Environment.

POLK COUNTY BREASTFEEDING COALITION MISSION:
"Our mission is to improve health through the collaborative support, promotion, and protection of breastfeeding as the cultural norm."

Polk County Breastfeeding Coalition Members Include:
Polk County Public Health
Norman-Mahonee Public Health
RiverView Health, Existia Health,
Altra Clinics, Tri-County
Connections,
Tri-Valley Head Start, UND College
of Nursing, and Interested Mothers

Our Goals for Polk County:
1. Increase initiation and duration rates of breastfeeding
2. Advance breastfeeding knowledge and the skill base of health care professionals
3. Provide families with access to accurate information, community support and the resources to successfully breastfeed.

A hungry baby needs to eat:
ANYTIME
ANYWHERE
Polk County Breastfeeding Coalition

Breastfeeding
Welcome Here
Polk County Breastfeeding Coalition
Current and Future Projects

Community:
• Community events to promote/support breastfeeding
• Promoting breastfeeding to all new moms as a whole, acting as community support people
• Provide Rock & Rest Tent at more events

Policy Support:
• Supporting Breastfeeding Friendly worksite program from MDH
• Encourage/assist worksites to develop a Breastfeeding policy/space
• Promote/support the Breastfeeding in Childcare designation from MDH

Education:
• Offer local conferences/trainings
• Resource for area facilities, networking to provide a unified message
• Healthcare providers on Coalition
• Add an educational component to our meetings
• Support breastfeeding teens in school with space and services
Questions?

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