



Childhood Obesity Prevention

e-Bulletin

Fall 2017

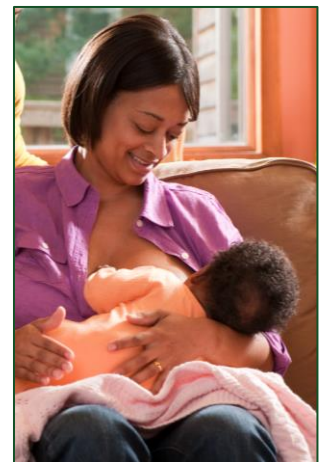
Dear Colleagues:

Obesity prevention begins early in life when children are still forming healthy behaviors. Implementing policies that support a healthy child care environment is a crucial step in ensuring the health of Connecticut’s youngest residents. The Department of Public Health, in collaboration with a variety of stakeholders, has developed this e-Bulletin to provide information and resources to assist early care and education programs in creating healthier environments that support child development and learning.



Supporting Breastfeeding Families

According to the Centers for Disease Control and Prevention’s (CDC) 2016 Breastfeeding Report Card, 85.2% of all CT babies start out breastfeeding. However, only 21.4% are breastfed exclusively 6 months later. This difference shows that while families are getting the message that breast is best for infant health, they face many barriers to success in their breastfeeding goals. For African American infants in the US the rate of ever being breastfed is much lower, only 47.4% (race and ethnicity data is not available specifically for CT).



The CDC asserts that one of the most effective preventative measures a mother can take to ensure the health of her baby, including reducing the risk for obesity later in life, is to breastfeed. A supportive community can make all the difference in whether and how long families choose to breastfeed. That includes families, friends, communities, clinicians, health care leaders, employers, and policy makers.

Supporting breastfeeding families is an effective obesity prevention strategy that child care centers can implement to ensure the health of Connecticut’s children. This e-Bulletin highlights resources that support breastfeeding in child care programs, as well as tools for teachers, providers, and families to support mothers who choose to breastfeed.

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What's New?

Feeding Infants and Young Toddlers: Using the Latest Evidence in Child-Care Settings



This brief from the Robert Wood Johnson Foundation's Healthy Eating Research program reviews guidelines on how and what to feed infants and toddlers ages 2 or younger, based on current scientific evidence, within the context of the growing child and responsive caregiving. The brief is based on a [full report](#) of guidelines that were developed by an expert panel. The brief also highlights related behaviors such as physical activity, television and other media use (screen time), and sleep, as well as important considerations including food allergies and food safety for this age group.

Feeding Infants and Meal Pattern Requirements in the CACFP

The revised Child and Adult Care Food Program (CACFP) meal pattern requirements that go into effect on October 1, 2017 acknowledge the most recent and relevant nutrition science as well as the recommendations of the American Academy of Pediatrics. This memo explains the new policies concerning infant formulas that are able to be counted towards meal patterns, breastfeeding (both expressed and on-site), and complimentary (solid) food introduction.

Resources for Teachers and Providers

How to Meet the Needs of Breastfed Babies in Child Care

This [toolkit](#), developed by the Massachusetts Department of Public Health, can help teachers and child care providers understand the importance of their role in helping mothers succeed in their decision to breastfeed. The toolkit includes how to set up a breastfeeding friendly space, and how to handle breastmilk.

Childhood Obesity Prevention: LMCC – Support Infant Feeding

This [web based training](#) helps child care staff understand the Let's Move Child Care (LMCC) Support Breastfeeding goal and best practices for infant feeding. Staff will learn about the benefits of supporting breastfeeding mothers and babies, discover strategies and ideas to create a private room for mothers to use to breastfeed or pump, and learn about the resources and tips available on the LMCC website.

Supporting Breastfeeding Families

This [toolkit](#), developed by the Alameda County Breastfeeding Coalition, is designed to help child care centers, family child care programs, and in-home caregivers support breastfeeding

families. Within the toolkit you can find the ten steps to breastfeeding-friendly child care and a child care infant feeding plan that allows mothers to come into the center and nurse as needed.

Ten Steps to Breastfeeding Friendly Child Care Centers - Resource Kit

This [toolkit](#) from the Wisconsin Department of Health is an easy to follow guide with sample resources and easy to implement ideas for creating a breastfeeding friendly child care center.

Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Third Edition

Caring for Our Children provides [guidance](#) on how to feed infants and prepare for breastfeeding infants in child care settings. Includes recommendations for preparing, feeding, and storing human milk, techniques for bottle feeding, and policy guidance.

Let's Move Child Care - Support Breastfeeding

LMCC provides [resources](#) about the benefits of breastfeeding and best practices for home- and center-based early education providers. Here you will find information on breastfeeding benefits and tips on how to provide a supportive environment for breastfeeding mothers.

Resources for Families

Your Guide to Breastfeeding

This easy-to-read [publication](#) has how-to information and support to help families successfully breastfeed.

Connecticut Breastfeeding Laws

In addition to other breastfeeding resources, the Connecticut Breastfeeding Coalition provides [information](#) on state breastfeeding laws and workplace accommodation law.



A Guide to Pumping Milk

This [guide](#) from La Leche League describes different types of pumps, and how to make pumping as comfortable, effective, and stress-free as possible. For information of milk storage guidelines see [CDC recommendations](#).

Fathers Can Support Breastfeeding

This [handout](#), originally developed by the Center for Male and Family Research and Resources, was adapted by the U.S. Department of Agriculture (USDA) to help fathers support their breastfeeding partners. Information in the handout includes why fathers should encourage breastfeeding and how fathers can be a part of the breastfeeding team. These tips will not only help the breastfeeding mother, but they will also help the bond between father and baby.



Policy Guidance & Research

Breastfeeding Reduces Childhood Obesity Risks

This [longitudinal study](#) from the academic journal *Childhood Obesity* looked at the effects of breastfeeding and its duration on the development of childhood obesity from age 24 months through grade six. It was determined that breastfeeding at one month was associated with a decreased risk for childhood obesity by 53%. Additionally, breastfeeding for more than six months was associated with a decreased risk for childhood obesity by 42%. The study concluded that breastfeeding at one month and more than six months reduces the risk of childhood obesity.

CT Breastfeeding Coalition: Breastfeeding – Make it Work!

State and federal laws protect a mother's right to express milk at work during breaks in a clean, private place that is not a restroom. Employers benefit from higher employee retention, fewer sick days taken, and lower healthcare costs. Click on the [link](#) for employer and employee resources, and apply today to be recognized as a Breastfeeding Friendly Business!

Go NAP SACC Breastfeeding Self-Assessment Instrument for Child Care

After completing this [assessment](#), you will be able to see your program's strengths and areas for improvement, and use this information to plan for changes that support breastfeeding in your center. This assessment includes topics related to breastfeeding and infant feeding topics, teacher practices, program policies, and other program offerings related to supporting breastfeeding and feeding infants.

Sample Child Care Model Breastfeeding Policy

This [model policy](#) can be adapted for use in both child care centers and family child care homes. The [Caring for Our Children](#) standards are also helpful in writing wellness policies.

Breastfeeding Accommodations and Policy Support

For more information on creating policies to support breastfeeding families, or help registering as a Breastfeeding-Friendly Worksite, please contact Monica Belyea at mbelyea@breastfeedingct.org.

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