

THE SAN DIEGO COUNTY

**Community Health Clinics
Breastfeeding Resource Guide
2014**



This is a joint project of The University of California
San Diego's Center for Community Health and the County of San Diego
Health and Human Services Agency (funded by First 5).



UC San Diego
SCHOOL OF MEDICINE

The San Diego Breastfeeding Resource Guide

Dear Health Care Professional,

During this important time in a woman's life, a pregnant or breastfeeding mother may have questions or concerns about breastfeeding her child. There are numerous resources available to mothers and health care professionals to help answer those questions. This resource guide is intended to assist both health professionals and women who need reliable breastfeeding information, services and support. It also aims to increase breastfeeding rates among the San Diego population by supporting the implementation of Lactation Supportive Environments at Community Health Clinics.

Although comprehensive, this guide is not all encompassing, and we encourage you to read as many materials as you need. Definitions of the terms used in the guide are presented on page 2.

The information contained in this guide is provided as a means of supporting breastfeeding women but the County of San Diego Health and Human Services Agency does not endorse any individual or organization presented in this Guide, nor does it endorse any commercial products or producers that are presented.

Thank you for your efforts to promote, protect and support breastfeeding at the San Diego Community Health Clinics!

For Website Resource Guide Changes, please send updates and corrections to:

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The ?? website will maintain a copy of this resource guide at <http://??>. You can download and print the guide for your use.

Call For Action: *Community Health Clinics*



Breast milk provides infants with ideally balanced nutrients and immunologic protection against infection and allergies unparalleled by breast milk substitutes. The success rate among mothers who want to breastfeed can be greatly improved through active support from their clinicians, health care leaders, workplaces, communities, policymakers, families and friends. It is critical that we take action across the county to support breastfeeding.

Breastfeeding rates differ substantially by race, socioeconomic level and other demographic factors. Community Health Centers (CHCs) are main providers of primary health care services for medically underserved communities and vulnerable populations. The provision of breastfeeding support services at CHCs can be a key tool in reducing health inequalities as an effective and low-cost early intervention. Community Health Centers can also generate revenue through the use of a sustainable financial model that utilizes Lactation Consultants or Certified Educators/Counselors for breastfeeding support services.

In order to enhance and sustain breastfeeding support for their clients and employees, Community Health Clinics should address the key areas below:

- ✓ **Implementation of Breastfeeding Supportive Policies: Infant Feeding Policies, Breastfeeding-Friendly Office Environment Policies and Workplace Lactation Accommodation Policies**
- ✓ **Breastfeeding Staff Education**
- ✓ **Provision of Breastfeeding Supportive Services (for patients and employees)**
- ✓ **Maintain Breastfeeding Services Financial Sustainability**
- ✓ **Community Resources Sharing and Organizational Collaboration**
- ✓ **Breastfeeding Data Collection and Evaluation**

This guide aims to assist and support San Diego Community Health Clinics during the implementation of these key areas. It provides general information on Breastfeeding, Billing for Breastfeeding Services, Local Lactation Consultants and Educators Directory, Staff Education Resources, Sample Breastfeeding Policies, Marketing and Communication Materials, and etc.

By reducing the barriers to initiating and maintaining exclusive breastfeeding, Community Health Clinics can increase county-wise breastfeeding rates and promote healthier moms, workers, babies and future adults!

TABLE OF CONTENTS

DEFINITIONS

Breastfeeding Counselors: many women who have breastfed have realized how helpful it was to have a breastfeeding counselor (often experienced mothers) provide support for common questions and concerns. These counselors attend training courses and learn about the experiences of many mothers, so they understand breastfeeding beyond their own personal experience. They belong to breastfeeding support groups such as **La Leche League International (LLLl)** (<http://www.llli.org/resources.html>) and **Nursing Mothers Counsel** (<http://www.nursingmothers.org/index.html>). Breastfeeding counselors are knowledgeable about breastfeeding and the normal situations that arise during the course of breastfeeding. When a breastfeeding counselor encounters a breastfeeding problem that is beyond her/his skills, she/he will refer to the primary health provider and lactation consultant. Breastfeeding counselors are usually community volunteers and their help is often free of charge.

Certified Lactation/Breastfeeding Educators or Counselors (CLEs, CLCs, CBCs) have completed training courses in breastfeeding and have passed a certifying exam. The CLCs, CLEs or CBCs like all certificates of added qualification, do not carry regulatory authority for licensure. Breastfeeding problems beyond their level of skill are referred to an International Board Certified Lactation Consultant (IBCLC) or to a primary health provider.

International Board Certified Lactation Consultants (IBCLCs - also referred as LCs - <http://ibclce.org/about-ibclce/>**)** are breastfeeding specialists who have qualified as International Board Certified Lactation Consultants (IBCLC) by passing the certifying examination given by the International Board of Lactation Consultant Examiners. An International Board Certified Lactation Consultant (IBCLC) is an allied health care professional who has extensive experience working with breastfeeding women and their babies in normal and unusual situations. These specialists offer assistance for complicated situations requiring hands-on help: low milk supply, baby who is having difficulty latching onto the breast or is sucking incorrectly, sore nipples or breasts, a baby with Down syndrome, twins, a premature baby with a feeding problem, a cleft palate baby, illness of mother or baby, breastfeeding an adopted baby, etc. IBCLCs work in many settings including: hospitals, private practice, physician's offices, home care services, health agencies, etc. They assess the mother and baby, take a history, observe the mother and baby breastfeeding, write care plans, report to the mother's and baby's primary care providers and arrange for follow-up. IBCLCs pass a rigorous, independent, accredited certifying examination and receive payment for their services. Many IBCLCs also provide educational programs and updated resources for health care professionals. Some hospital-based lactation consultants provide consults after discharge. There may or may not be a fee for this out-patient service. Private practice lactation consultants may provide home visits and/or see clients at their offices. To find a local lactation consultant go to the International Lactation Consultant Association website (<http://www.ilca.org/i4a/pages/index.cfm?pageid=3337>).

BREASTFEEDING FRIENDLY GUIDELINES AND EVALUATION CRITERIA

For community health centers

As part of a CDC-funded grant to the California Department of Public Health (CDPH) Obesity Prevention Program, a statewide advisory committee developed a guide for health centers and medical offices to take specific steps to offer breastfeeding support and lactation supportive environments.

The guide consists of 9 key steps, guidelines and criteria for evaluation. These are provided below and can also be accessed at <http://calwic.org/storage/documents/webinars/BFFClinicStepsPresentation07-23-14.pdf>. Partners in this project - California Breastfeeding Coalition, CDPH, and California WIC Association.

| BREASTFEEDING FRIENDLY GUIDELINES AND EVALUATION CRITERIA: for community health centers and outpatient care settings | | | |
|---|--|--|---|
| STEPS | DESCRIPTION | GUIDELINES | CRITERIA FOR EVALUATION |
| STEP 1: POLICY AND PROTOCOLS | Establish and routinely communicate to all clinic staff a written infant feeding policy that promotes, supports and protects breastfeeding and human milk as the normative standards for infant feeding and nutrition | Policy and Protocols Guidelines a. Develop policy b. Communicate policy c. Display policy d. Create and implement protocols | 1. A written infant feeding policy 2. Clinic management and staff can locate, describe the policy, and confirm orientation to policy 3. Summary of the infant feeding policy is prominently displayed 4. Written clinical protocols that support implementation of Steps 2-9 |
| STEP 2: STAFF EDUCATION AND EVALUATION | Provide initial and ongoing competency-based education and training for all clinic staff on topics necessary to establish and maintain the infant feeding policy and protocols that support delivery of comprehensive breastfeeding education and clinical services. | Staff Education Guidelines a. Assess staff training needs b. Develop training plans c. Implement competency-based education and training d. Evaluate clinical-based infant feeding and breastfeeding skills e. Have access to a breast-feeding expert | 1. Written training plans 2. Staff training timeline 3. Training records with: ⇒ Timeline for skills evaluation ⇒ Appropriate skills for area of clinical practice 4. Documented access to a breastfeeding expert |

BREASTFEEDING FRIENDLY GUIDELINES AND EVALUATION CRITERIA

For community health centers

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| STEPS | DESCRIPTION | GUIDELINES | CRITERIA FOR EVALUATION |
| STEP 3: PATIENT EDUCATION | Provide accurate and evidence-based information about breastfeeding and human milk to all pregnant women, mothers and/or caretakers that is based on current nationally recognized guidelines. | Patient Education Guidelines a. Accurate & evidence-based information to pre-natal women about infant feeding, emphasizing breastfeeding and other specified topics b. Continued information to parents and caregivers during postpartum and pediatric care , encouraging exclusive breastfeeding/human milk | 1. Written education materials addressing specified topics 2. Verbal confirmation from randomly-selected patients of education they received 3. Medical record documentation |
| STEP 4: CLINICAL SERVICES | Provide clinical services that promote and support breastfeeding for the mother-baby dyad as optimal infant feeding and nutrition. | Clinical Services Guidelines: a. Prenatal breastfeeding history and breast exam , then appropriate counseling b. Infant feeding assessment within 48 hours of hospital discharge, with follow-up/referral at all post-partum & pediatric visits to address concerns c. Establish a triage system for addressing breastfeeding concerns d. Provide access to lactation experts e. Ensure adequate time and space for breastfeeding management f. Use current growth charts for breastfed babies g. Promote participation in breastfeeding support groups | 1. Medical record documentation 2. Verbal confirmation from randomly-selected patients of education they received 3. Demonstration of pediatric and lactation staff skills 4. Written triage protocols 5. BCLC employment contract or referral agreement |

BREASTFEEDING FRIENDLY GUIDELINES AND EVALUATION CRITERIA

For community health centers

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|---|--|---|--|
| STEPS | DESCRIPTION | GUIDELINES | CRITERIA FOR EVALUATION |
| STEP 5: CLINIC ENVIRONMENT | Establish, provide, and maintain a breastfeeding-friendly clinic environment | Clinic Environment Guidelines <ol style="list-style-type: none"> Written procedures and a quality assurance plan that ensures a breastfeeding-friendly clinic environment Communicate the breastfeeding-friendly environment quality assurance plan Clearly define storage location for formula supplies, keeping them out of view of patients and their families. Distribute formula supplies in a private exam room, following privacy procedures appropriate for the administration of medication and other treatments. Neither accept nor distribute free gifts and materials (such as writing pads, gift bags, storage bags, diaper bags, pens, calendars, etc.) or personal samples from companies manufacturing infant formula. Use and display non-commercial, evidence based materials that promote breastfeeding Prohibit use of any printed material and visual materials that market breastmilk substitutes, bottles, nipples, pacifiers, or other formula supplies or coupons for any above items Set up clinic design and furniture to support a comfortable environment for breastfeeding mothers. Support and allow breastfeeding mothers to continue feeding uninterrupted in the waiting room or other area, per clinic rooming policies. | <ol style="list-style-type: none"> A written quality assurance plan Clinic self-assessment and observation Randomly-selected breastfeeding mothers will report that they are always allowed to continue feeding uninterrupted in the waiting room or other area Management description of how breastfeeding friendly environment quality assurance plan and their roles and responsibilities was communicated to staff Documentation of roles, responsibilities and compliance with the breastfeeding friendly environment quality assurance plan. Randomly-selected clinic staff will confirm that they received training and can identify the designated staff member responsible for pre-viewing and evaluating educational materials Staff training records will show that all employees, within one year of employment, are trained |

BREASTFEEDING FRIENDLY GUIDELINES AND EVALUATION CRITERIA

For community health centers

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|---|---|--|---|
| STEPS | DESCRIPTION | GUIDELINES | CRITERIA FOR EVALUATION |
| STEP 6: COMMUNITY RESOURCES | Collaborate with local agencies and health professionals to ensure continuity of care and breastfeeding support in the community. | Community Resources Guidelines a. Identify and collaborate with local agencies and professionals to improve breastfeeding support ⇒ Designate an employee ⇒ Establish collaborative agreements and referral system ⇒ Communicate with local agencies, professionals and birthing hospitals ⇒ Collaborate with payers of breastfeeding benefits b. Communicate the established collaboration agreements and communication protocols to clinic staff. | <ol style="list-style-type: none"> 1. List of local agencies and health professionals that support breastfeeding 2. Documentation of communication protocols and collaboration agreements with local agencies and health professionals 3. Clinic staff will be able to locate the list of local breastfeeding resources, communication protocols and collaboration agreements. 4. Medical records show that breastfeeding mothers were appropriately referred and received specialized breastfeeding support services. 5. Mothers report receiving services from a trained lactation professional at the facility or were given a referral |
| STEP 7: WORKPLACE LACTATION ACCOMMODATIONS | Provide and maintain effective lactation accommodation for all employees within the organization. | Workplace Lactation Accommodation Guidelines a. Develop an organizational policy ⇒ Purpose/Policy ⇒ Training ⇒ Communication ⇒ Break Time ⇒ Reasonable Space/ Location ⇒ Equipment ⇒ Education ⇒ Atmosphere of Tolerance b. Train employees on lactation accommodation employee policy c. Conduct an annual review of the lactation accommodation employee policy | <ol style="list-style-type: none"> 1. Lactation accommodation policy will comply with all elements described 2. Employee training records will show that staff is trained upon hire and updated periodically on the lactation accommodation employee policy 3. Documentation that the lactation accommodation policy is reviewed annually thereafter and updated |

BREASTFEEDING FRIENDLY GUIDELINES AND EVALUATION CRITERIA

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| STEPS | DESCRIPTION | GUIDELINES | CRITERIA FOR EVALUATION |
| STEP 8: FINANCIAL SUSTAINABILITY | Develop a financial plan that guides provision of breastfeeding services in a way that maximizes sustainability in the context of overall health services and resources provided. | Financial Sustainability Guidelines a. Develop a financial plan b. Use clinical care and billing tools to implement plan, including incorporating financial aspects of lactation services into the EMR | <ol style="list-style-type: none"> 1. Financial plan coordinates with agency's financial analysis 2. Clinic invoices document billable services and accurate coding 3. Description of how breastfeeding support services meet community needs and complement other services |
| STEP 9: QUALITY IMPROVEMENT AND IMPACT EVALUATION | Establish systems of data tracking, quality assurance, continuous quality improvement and impact evaluation. | Quality Improvement Guidelines a. Integrate quality of care measures into CQI system b. Develop a system to monitor breastfeeding data c. Partner with local agencies to share breastfeeding outcomes data | <ol style="list-style-type: none"> 1. Quality improvement reports for patient education, clinical services, community referrals 2. Documentation of lactation and infant feeding outcomes 3. Description of how breastfeeding data is shared and compares with county, state, national data |

About Breastfeeding: Resources



ABOUT BREASTFEEDING

Breastfeeding is the optimal method of Infant feeding. To date, a large body of scientific literature regarding infant feeding indicates that human milk provides infants with ideally balanced nutrients and immunologic protection against infection and allergies unparalleled by breast milk substitutes.

- Breastfeeding is a low-cost, low-tech preventive health strategy that can address many acute and chronic health issues for both mother, baby and the future adult.
- Early infant feeding practices can affect children's growth and development and significantly reduce their risk for infections and chronic diseases such as diabetes, asthma and obesity.
- Formula use is a risk factor for developing obesity and diabetes, and increases an infant's risk of developing infectious diseases (including gastrointestinal and upper respiratory infections), immunologic disorders, leukemias and lymphomas, and SIDS.
- Breastfeeding creates a unique opportunity for strong mother-infant attachment. As the physiologic completion of the reproductive cycle, breastfeeding provides numerous maternal health benefits. All of these advantages cost little or nothing to the family.
- Breastfeeding benefits the nation's economy by reducing health care costs. For every 1,000 babies not breastfed, there is an excess of 2,033 physician visits, 212 days in the hospital, and 609 prescriptions. If all babies in the USA were breastfed exclusively for the first 6 months of life, \$13 BILLION dollars per year would be saved on breastfeeding preventable diseases healthcare costs.
- Breastfeeding conserves the planet's resources. Human milk substitutes must be produced, packaged and transported; waste from production, packaging and use must be discarded.

Healthy People 2020 Goals for Breastfeeding:

- ⇒ 81.9% of babies to be breastfeeding at hospital discharge - 44.3% to be exclusively breastfeeding at 3 months of age
- ⇒ 60.5% to be breastfeeding at 6 months of age - 23.7% to be exclusively breastfeeding up to 6 months of age
- ⇒ 34.1% to be breastfeeding at 12 months of age
- ⇒ Increase the percentage of live births that occur in facilities that provide recommended care for lactating mothers and their babies From 2.9% (2007) to 8.1%
- ⇒ Decrease the percentage of breastfed newborns that receive formula supplementation within the first 2 days of life From 25% (2007) to 15.6%

Resources

| Sample Topics | Organization | Online Web Address |
|--|--|--|
| <ul style="list-style-type: none"> ◆ GENERAL BREASTFEEDING INFORMATION ◆ BREASTFEEDING TIPS ◆ BREASTFEEDING FACTS FOR MOTHERS AND FAMILIES ◆ FREQUENT ASKED QUESTIONS ◆ BREASTFEEDING CHALLENGES ◆ BREASTFEEDING MYTHS ◆ BREASTFEEDING IN PUBLIC ◆ NUTRITION ◆ FORMULA vs BREAST MILK ◆ FOOD PLANS ◆ BREAST PUMPS ◆ BREASTMILK STORAGE ◆ DONOR HUMAN MILK ◆ BREASTFEEDING AND MEDICATIONS ◆ PREMATURE INFANTS ◆ INFANT FEEDING IN DISASTERS ◆ BREASTFEEDING STATISTICS AND RESEARCH | Women's Health.gov | Breastfeeding: http://www.womenshealth.gov/breastfeeding/index.php It's only Natural: http://www.womenshealth.gov/itsonlynatural/ |
| | San Diego WIC | http://www.sandiegowic.org/breastfeeding/Home.aspx |
| | California Department of Public Health | Breastfeeding: www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/BreastfeedingOld.aspx California Laws Related to Breastfeeding: http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/pages/californialawsrelatedtobreastfeeding.aspx Breastfeeding: http://www.cdph.ca.gov/programs/wicworks/Pages/WICBreastfeeding.aspx How does formula compare to breast milk: http://www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-HowDoesFormulaCompareToBreastmilk.pdf |
| | United States Department of Agriculture (USDA) WIC Works | General Educational Materials: http://wicworks.nal.usda.gov/breastfeeding/general-educational-materials Women's, Infant and Children (WIC) - Breastfeeding Promotion and Support in WIC: http://www.fns.usda.gov/wic/breastfeeding-promotion-and-support-wic |
| | San Diego Breastfeeding Coalition | Resources: https://www.breastfeeding.org/resources.php |
| | LA Breastfeeding Task Force | For parents: http://breastfeedla.org/for-parents/ |
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Resources

| Sample Topics | Organization | Online Web Address |
|------------------------------|---|--|
| <i>Same as Previous Page</i> | Centers for Disease Control and Prevention (CDC) | Breastfeeding: http://www.cdc.gov/breastfeeding/index.htm |
| | U.S. Food and Administration (FDA) | For Consumers: Breast Pumps: Don't Be Misled - Get the Facts: http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm335261.htm Medical Devices - Breast Pumps: http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/BreastPumps/default.htm |
| | U.S. National Library of Medicine: TOXNET Toxicology Data Network | Drugs and Lactation Database (LactMed): http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm |
| | KidsHealth.org | Breastfeeding FAQs: Safely Storing Breast Milk: http://kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&ps=107&cat_id=&article_set=44023 |
| | United States Breastfeeding Committee | http://www.usbreastfeeding.org/Home/tabid/36/Default.aspx |
| | USAID (LINKAGES Project) | http://www.linkagesproject.org/publications/index.php?series=7 http://www.linkagesproject.org/publications/index.php?series=6 |



Implementing Breastfeeding Policies

LAYING OUT THE FOUNDATION

Implementing Breastfeeding Policies

One of the key components of implementing successful Lactation Supportive Environments is the adoption or enhancement of Breastfeeding Policies. Policies help define rules, regulations, procedures and protocols for breastfeeding services. They are necessary to help Community Health Clinics run their Breastfeeding Support Program smoothly and to ensure that mothers and their families receive high quality services.

Below and in the next pages, you will find sample Breastfeeding Policies that can be used to enhance established breastfeeding programs, or when implementation new breastfeeding support services.

BREASTFEEDING FRIENDLY POLICY

Because breastfeeding has been shown to be the superior form of infant nutrition, and because alternate forms of infant feeding carry significant health, social, and economic risks to both mother and baby, this policy aims to ensure that all staff at _____ understand their role and responsibilities in supporting expectant and new mothers and their partners to feed and care for their baby in ways which support optimum health and well-being. All staff members are expected to comply with the policy. _____ is committed to:

1. Providing the highest standard of care to support expectant and new mothers and their partners to feed their baby and build strong and loving parent-infant relationships. This is in recognition of the profound importance of early relationships to future health and well-being and the significant contribution that breastfeeding provides to good physical and emotional health outcomes for children and mothers.
2. Ensuring that all care is mother and family centered, non-judgmental and that mothers' decisions are supported and respected.
3. Working together across disciplines and organizations to improve mothers' / parents' experiences of care.



LAYING OUT THE FOUNDATION

Implementing Breastfeeding Policies

INFANT POLICY

As part of this commitment, _____ will ensure that:

1. A designated staff person will serve as the Breastfeeding Promotion Coordinator, to coordinate breastfeeding promotion and support activities.
2. All new staff are familiarized with the policy on commencement of employment.
3. All staff receive training to enable them to implement the policy as appropriate to their role.
4. New staff receive this training within six months of commencement of employment.
5. The infant feeding policy will be communicated annually to all staff and providers and will be made available as a reference.
6. Culturally appropriate, learner-centered breastfeeding education is provided to expectant and new mothers to ensure participants make an informed infant feeding decision.
7. Encouragement and support is provided for mothers to exclusively breastfeed for the first six months of their child's life and to continue breastfeeding through the infant's first birthday, and thereafter for as long as mutually desired.
8. The International Code of Marketing of Breast Milk Substitutes is implemented throughout the service. This states that mothers are fully capable of breastfeeding their infants and should be protected from the promotion of breast milk substitutes and other efforts that undermine an informed decision.
9. All documentation fully supports the implementation of these standards.
10. Parents' experiences of care will be listened to, through: regular audit, parents' experience surveys, adds other mechanisms that are available locally.
11. Parents who have made a fully informed choice to feed their babies artificially should be shown how to prepare formula feeds correctly, either individually or in small groups, in the postpartum period. No routine group instruction on the preparation of artificial feeds will be given in the antenatal period, as evidence suggests that information given at this time is less well retained and may serve to undermine confidence in breastfeeding.

LAYING OUT THE FOUNDATION

Implementing Breastfeeding Policies

OFFICE-ENVIRONMENT POLICY

_____ will create a breastfeeding friendly environment where breastfeeding will be regarded as the normal way to feed babies and young children. _____ will ensure that:

1. Mothers will be enabled and supported to feed their infants in all public areas of the facility.
2. Reasonable effort will be made to accommodate mothers who prefer privacy.
3. Signs written in all common languages used in the facility will be posted in all public areas of the clinic informing users of this policy.
4. Materials are displayed that promote breastfeeding, such as: posters, pamphlets, educational materials, signs, pictures and photographs of breastfeeding mothers.
5. No advertising of breast milk substitutes, feeding bottles, or pacifiers is permissible throughout facilities.
6. The display of logos of manufacturers of these products on such items as calendars, stationery, and other paraphernalia whether deemed educational or not is prohibited in accordance with the International Code of Marketing Breast Milk Substitutes.
7. Procurement of breast milk substitutes, bottles, pacifiers etc. shall be purchased at fair market value and not received in gift form.
8. No literature provided by manufacturers of breast milk substitutes is permitted.
9. Educational materials for distribution to women or their families must be approved by the _____.



Billing for Services



BREASTFEEDING SERVICES:

It's the Law!

ACA New Health Insurance Plans Requirements: Breastfeeding Support, Supplies and Lactation Counseling

On March 30, 2010, President Obama signed the Affordable Care Act (ACA) (Public Laws 111-148 and 111-152). Among many provisions, the ACA requires new health insurance plans, including those available in the new health insurance marketplaces, to provide coverage for specified women's preventive health services with no cost sharing (e.g., copayment, coinsurance, or deductible). Breastfeeding support, supplies and lactation counseling are one of these specified preventive services.

This means that, as Americans enroll in new coverage options made possible by the Affordable Care Act (ACA), and an increasing number of existing health plans come under the law's reach, more and more people will have access to a wide range of preventive services without copayments, deductibles, or co-insurance. This is a significant step forward in making breastfeeding more accessible and affordable for millions of Americans. With regulations and reimbursements becoming more clear and simplified, it also encourages providers to access these benefits by offering or expanding their breastfeeding services.

The information below and in the next pages are designed to help women, advocates, community-based organizations and health care providers get information on the coverage for breastfeeding services, supplies, and counseling under the health care law. This section also offers tools to help mothers understand their breastfeeding services benefits and for practitioners as they incorporate breastfeeding support services into their work, with particular attention to Community Health Clinics. Promoting and supporting breastfeeding is a key opportunity for community clinics and health centers to enhance the health of babies and their mothers and prevent future disease, generate new revenue, while meeting important requirements of the Affordable Care Act.

UNDERSTANDING THE AFFORDABLE CARE ACT

- | | | |
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| <ul style="list-style-type: none"> ◆ NCSL - Preventive Services Covered Under the Affordable Care Act: http://www.ncsl.org/research/health/american-health-benefit-exchanges-b.aspx ◆ HHSA - Affordable Care Act Expands Prevention Coverage for Women's Health and Well-Being: http://www.hrsa.gov/womensguidelines/ | <ul style="list-style-type: none"> ◆ IOM - Clinical Preventive Services for Women: http://www.iom.edu/~media/Files/Report%20Files/2011/Clinical-Preventive-Services-for-Women-Closing-the-Gaps/preventiveservicesforwomen-reportbrief_updated2.pdf ◆ National Women's Law Center: New Benefits for Breastfeeding Moms: Facts and Tools to Understand Your Coverage under the Health Care Law | <ul style="list-style-type: none"> ◆ U.S. Breastfeeding Coalition - Best practices for supporting coverage of services, pumps and supplies appropriately: http://www.usbreastfeeding.org/Portals/0/Publications/Model-Policy-Payer-Coverage-Breastfeeding-Support.pdf |
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BILLING FOR BREASTFEEDING SERVICES

Federal and California Breastfeeding Laws



- ◆ **National Conference of State Legislatures:** <http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx>.
- ◆ **California Breastfeeding Coalition: Breastfeeding Rights:** <http://californiabreastfeeding.org/advocacy/california-breastfeeding-laws/>

Billing for Lactation Services: Other Resources

- ◆ **Billing for Lactation Services - American Association of Pediatrics (AAP) Guide:** <http://www2.aap.org/breastfeeding/files/pdf/coding.pdf> (provides guidance on billing codes and requirements)

Breastfeeding Support: Community Health Clinics and The Affordable Care Act

- ◆ **Breastfeeding Support: Community health Clinics and the Affordable Care Act Requirements:** http://www.calwic.org/storage/documents/bf/2013/Community_Clinics_and_ACA.pdf
- ◆ **Opportunities for Nutrition and Breastfeeding Under the Affordable Health Care Reform:** www.calwic.org/storage/documents/reports/CWA-Lactation_and_Nutrition_Counseling_Under_Health_Reform_May_2012.pdf
- ◆ **Case Example: Implementing Breastfeeding Support: QI, Surveillance, and Billing:** <http://calwic.org/storage/documents/webinars/AltaMedSlides082114.pdf>

BILLING FOR BREASTFEEDING SERVICES



- ◆ **Medi-Cal Reimbursement for Lactation Services:** <http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/ReimbursementforLactationSupportServices.aspx>
- ◆ **Medical provides a comprehensive set of benefits that may be accessed as medically necessary:** <http://www.dhcs.ca.gov/services/medi-cal/Documents/Benefits%20Chart.pdf>

More Resources

- ◆ **California Department of Public Health: Reimbursement Resources for Lactation Support Services:** <http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/ReimbursementforLactationSupportServices.aspx>
- ◆ **The Cost Effectiveness of The Use Of Lactation Consultants in The Primary Care Practice:** http://www.ilca.org/files/USLCA/Resources/Publications/Containing_Health_Care_Costs_Help_In_Plain_Sight_2ndEdition.pdf

Comprehensive Perinatal Services Program (CPSP)

- ◆ **Pregnancy: Comprehensive Perinatal Services Program (CPSP)** https://files.medi-cal.ca.gov/pubsdoco/publications/masters-mtp/part2/pregcom_m00o03.doc
- ◆ **Pregnancy: Comprehensive Perinatal Services Program (CPSP) - List of Billing Codes:** http://files.medi-cal.ca.gov/pubsdoco/publications/Masters-MTP/Part2/pregcomlis_m00o03.doc
- ◆ **California Department of Public Health - Billing for Lactation Services in CPSP:** <http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Documents/MO-BFP-BillingforLactationServicesCPSP.pdf>
- ◆ **Case Example: Breastfeeding Support through Medi-Cal: Reimbursement Support Through CPSP as a FQHC** http://www.calwic.org/storage/documents/bf/2012/Santa_Barbara_and_Medi-Cal.pdf
- ◆ **Case Example: Community Health Center - Building Breastfeeding Support:** http://calwic.org/storage/documents/webinars/Breastfeeding-FriendlyClinics_Eisner082114.pdf (WEBINAR): <http://calwic.org/storage/documents/webinars/2014-08-21%2011.30%20Best%20Practices%20for%20Breastfeeding%20Support%20in%20Community%20Health%20Centers.pdf>

BILLING FOR BREASTFEEDING SERVICES:

CPSP Provider CPT Codes

Billing for Lactation Services in CPSP

| Pregnancy V22.2 | Postpartum V24.2 | | |
|---------------------------------------|------------------|---------|--|
| Individual Services | CPT | # Units | Examples of Qualifying Activities |
| Client Orientation (Pre/Postpartum) | Z6400 | 8 | Assisting pregnant or postpartum woman to access services including pumps, breastfeeding supplies, and donor milk. Referring clients to breastfeeding support resources in the community: peer counseling, La Leche. |
| Nutrition Follow-Up (Prenatal) | Z6204 | 8 | Helping a pregnant woman to understand her nutritional needs during breastfeeding. |
| Psychosocial Follow-up (Prenatal) | Z6304 | 12 | Assisting a pregnant woman who had a negative experience with breastfeeding in the past and is anxious to consider breastfeeding. |
| Health Education Follow-Up (Prenatal) | Z6406 | 8 | All education provided to a pregnant woman; helping a woman who has had a breast reduction, implants or has flat nipples prepare for breastfeeding. |
| Perinatal Education (Pre/Postpartum) | Z6410 | 16 | All education provided to a pregnant &/or postpartum woman. |
| Nutrition Assessment (Postpartum) | Z6208 | 4 | Assisting a new mother determine the nutritional needs of her infant – supplementing a baby in the NICU with donor milk. |
| Psychosocial (Postpartum) | Z6308 | 6 | Providing support to a new mother who is experiencing difficult with a colicky baby; a mother who has experienced a stillbirth and would like to dry up her milk supply. |
| Health Ed. (Postpartum) | Z6414 | 4 | Providing lactation consultation to a women who is having trouble with latch |
| Group Services | | | |
| Nutrition Follow-Up (Prenatal) | Z6206 | 12 | Breastfeeding class to expectant parents to prepare them for postpartum experience. |
| Psychosocial Follow-Up (Prenatal) | Z6306 | 16 | Including a component on the need for psychosocial support in the breastfeeding class provided to expectant parents. |
| Health Education Follow-Up (Prenatal) | Z6408 | 8 | All education provided to a group of pregnant women. |
| Perinatal Education (Pre/Postpartum) | Z6412 | 72 | All education provided to a group of pregnant &/or postpartum women. |

Notes:

- Services are only reimbursable for women enrolled in CPSP.
- Clients must have received an initial CPSP assessment.
- 1 Unit = 15 minutes; 0-7' = not payable, 8-22' = 1 unit, 23-37' = 2 units, 38-52' = 3 units
- CPSP services are covered 60 days from the last day of the month in which the mother delivers.
- Documentation of services must include date, description, signature, CPSP title and minutes of face to face services.

Document created, and permission to post provided by staff from Sonoma County Department of Health Services

Breastfeeding Providers

FINDING A BREASTFEEDING PROVIDER

Breastfeeding offers numerous health advantages to children, mothers, and society. From obstetrics to pediatrics, breastfeeding services come from a wide variety of healthcare providers. Breastfeeding Services providers vary on their training and experience level. The directory below is intended to assist San Diego Community Health Clinics with identifying lactation services providers that received formal training on breastfeeding services.

** Providers credentials have not been verified by the San Diego County HHSA and the San Diego County HHSA does not certify or guarantee any services provided.*

Certified Lactation Counselors/Educators

Certified Lactation Counselors (CLCs), also referred as Certified Breastfeeding Counselors (CBCs) or Certified Lactation Educators (CLEs), have completed training courses in breastfeeding and have passed a certifying exam. The CLCs, CLEs or CBCs like all certificates of added qualification, do not carry regulatory authority for licensure. Breastfeeding problems beyond their level of skill are referred to an International Board Certified Lactation Consultant or to a primary health provider.

To find information on **Certified Lactation Counselors in San Diego** or **To Advertise a Job Opening**, please contact the certifying organizations below.

SAN DIEGO COUNTY LACTATION EDUCATION PROVIDERS

| | |
|--|--|
| UCSD Extension | Contact: Gini Baker Website: http://breastfeeding-education.com/ |
| Healthy Children's Center for Breastfeeding | Website: http://www.healthychildren.cc/ |
| CAPPA (Childbirth and Postpartum Professional Association) | Website: http://www.cappa.net/get-certified.php?lactation-educator |
| Evergreen Perinatal Education | Website: http://www.evergreenperinataleducation.com/programs/lactation/healthcare/ |

- ⇒ **San Diego Breastfeeding Coalition (SDBC):** SDCBC is able to advertise job openings for Lactation Consultants (IBCLCs) and Certified Lactation Counselors/Educators (CLCs and CLEs) through their e-blast, Facebook page and bi-weekly e-newsletter. Please contact **Heidi Burke-Pevney** at heidiburke@cox.net.

Lactation Consultants (IBCLCs)

Lactation Consultants are breastfeeding specialists who have qualified as International Board Certified Lactation Consultants (IBCLC) by passing the certifying examination given by the International Board of Lactation Consultant Examiners. An International Board Certified Lactation Consultant (IBCLC) is an allied health care professional who has extensive experience working with breastfeeding women and their babies in normal and unusual situations. These specialists (also referred as LCs) offer assistance for complicated situations requiring hands-on help: low milk supply, baby who is having difficulty latching onto the breast or is sucking incorrectly, sore nipples or breasts, a baby with Down syndrome, twins, a premature baby with a feeding problem, a cleft palate baby, illness of mother or baby, breastfeeding an adopted baby, etc.

IBCLCs work in many settings including: hospitals, private practice, physician's offices, home care services, health agencies, etc. They assess the mother and baby, take a history, observe the mother and baby breastfeeding, write care plans, report to the mother's and baby's primary care providers and arrange for follow-up.

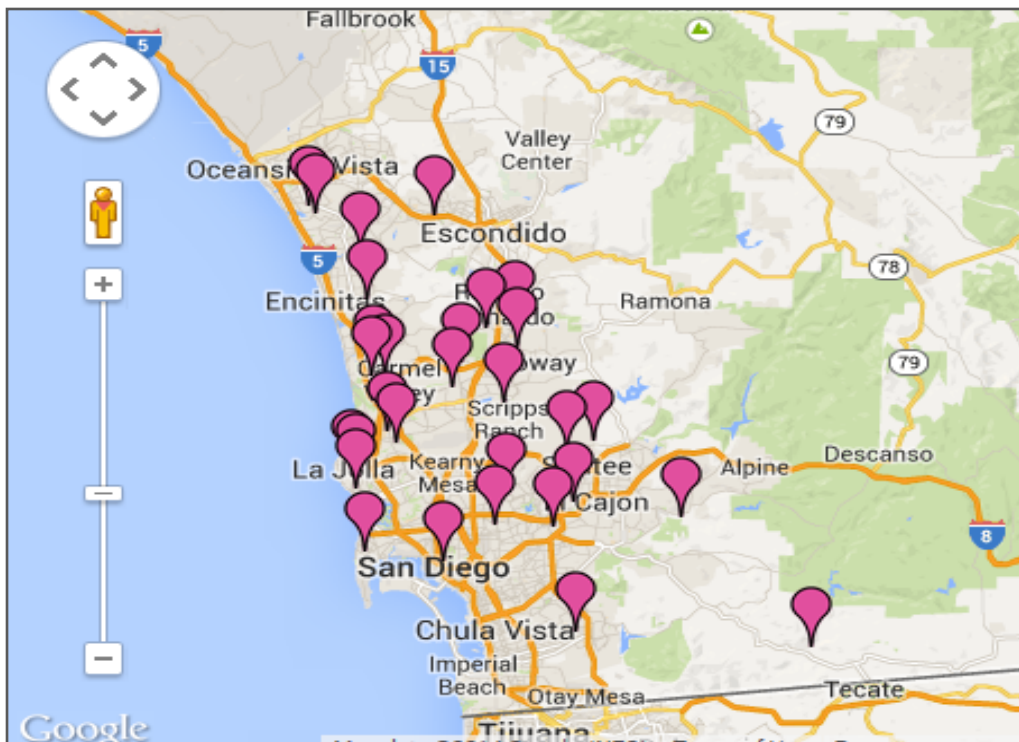
IBCLCs pass a rigorous, independent, accredited certifying examination and receive payment for their services. Many IBCLCs also provide educational programs and updated resources for health care professionals. Some hospital-based lactation consultants provide consults after discharge. There may or may not be a fee for this out-patient service. Private practice lactation consultants may provide home visits and/or see clients at their offices. **To find a local lactation consultant** go to the **International Lactation Consultant Association website** (<http://www.ilca.org/i4a/pages/index.cfm?pageid=3337>).

The United States Lactation Consultant Association (USLCA) and The International Lactation Consultants Association FALC (Find a Lactation Consultant) search tools allow you to search for practicing IBCLCs who work in either Private Practices, Hospitals, Clinic or Birthing Centers, Homes, Community/Public Health/WIC and Military practices. Services offered may include: patient education, course offerings, advocacy services, corporate lactation program services, rental of electric pumps, courses and/or the sale of various products.

For a complete list of IBCLCs in your region:

| | |
|--|---|
| The International Lactation Consultants Association (ILCA) | FALC (Find a Lactation Consultant) search tool: http://www.ilca.org/i4a/pages/index.cfm?pageid=3337 Email: info@ilca.org Phone Number: (888) 452-2478. |
| United States Lactation Consultant Association (USLCA) | Website: http://uslca.org/resources/find-a-lactation-consultant . |

San Diego County Lactation Consultants (IBCLCs)



Rose deVigne-Jackiewicz

Happy Healthy Moms and Babies

9880 Magnolia Avenue
#179
Santee, CA 92071
phone: 619.992.1933
www.NurseRoseOnline.com
Practice: Clinic or Birthing Center, Private Practice, Educator

Sarah Lin

Sweet Life Lactation

11382 Volans Street
San Diego, CA 92126
sa-
rah@sweetlifelactation.com
www.sweetlifelactation.com
Practice: Private Practice, Home Visits, Military, Patient Education/Advocacy, Corporate Lactation Programs

Grace Magill

Breastfeeding with Grace

12048 Medoc Lane
San Diego, CA 92131
phone: 858.271.0913
graceibclc@gmail.com
www.mybreastfeedingconsultant.com
Practice: Private Practice Military Discount, Patient Education

**The contact list above is subject to change. Please check <http://www.ilca.org/i4a/pages/index.cfm?pageid=3337> or <http://uslca.org/resources/find-a-lactation-consultant> for up-to-date information*

San Diego County Lactation Consultants (IBCLCs)

Alyssa McPhersonBabylove Lactation

13484 Appalachian Way

San Diego, CA 92129

phone: 858.324.4180

www.babylovesandiego.com

https://www.facebook.com/

BabyloveLactation

Practice: Private Practice,

Home Visits, LC Educator/

Course Provider

Barbara Hale

San Diego, CA 92019

alliandme2@yahoo.com

Practice: Private Practice,

Community/Public

Health/WIC

Ann RussellNorth County Lactation Services

12621 Hedgetree Court

Poway, CA 92064

phone: 858.513.1327

Practice: Private Practice

Loriann McKeever

CMR 427, Box 1524

Apo, AE 09630

Lo-

riann_McKeever@yahoo.co

m

Practice: Clinic or Birthing

Center

Rita Wooten

16535 Gabarda Rd.

San Diego, CA 92128

phone: 858.564.8211

Practice: Hospital

Vicki WolfrumBest Baby Ever @Whole Life Home Care

2235 Encinitas Blvd.

#206

Encinitas, CA 92024

phone: 858.369-5930

Cell: 619.507-6108

www.WholeLifeHomeCare.c

om
Practice: Hospital, Private
Practice**Wendy Colson**Latching with Love

Love Lactation Services

Carlsbad, CA 92009

phone: 619.857-1665

wen-

dy@latchingwithlove.com

Practice: Hospital, Private
Practice**Leighann Grice**

1187 Barrett Lake Road

Dulzura, CA 91917

leighanngrice51@gmail.com

Practice: Hospital

Christine Toth

5150 Whitman Way

Apt. 107

Carlsbad, CA 92008

Practice: Clinic or Birthing
Center**Rose Kast**Mommas Pump Inc.

Carlsbad, CA 92018

phone: 760.729-1825

Practice: Private Practice

Kathleen Heilpern

34800 Bob Wilson Drive

San Diego, CA 92134

kheilpern@cox.net

Practice: Hospital

Margaret GoebelThe Sweetest Milk

4304 Del Mar Ave.

San Diego, CA 92107

phone: 619.222.1043

www.thesweetestmilk.com

Practice: Private Practice

Christine HennesSerenity Breastfeeding

4617 Collwood Lane

San Diego, CA 92115

phone: 619.990.6479

chris-

tine@serenitybreastfeeding.

com

Practice: Hospital, Private

Practice

Maggie DahmsSharp Grossmont HospitalWomen's Center

5767 Red River Drive

San Diego, CA 92120

Practice: Hospital

Sandra Cole

13298 Benchley Rd

San Diego, CA 92130

phone: 845.323.5743

Practice: Hospital

**The contact list above is subject to change. Please check <http://www.ilca.org/i4a/pages/index.cfm?pageid=3337> or <http://uslca.org/resources/find-a-lactation-consultant> for up-to-date information.*

San Diego County

Lactation Consultants (IBCLCs)

Annie VerSteegBeach Area Breastfeeding

1025 Turquoise Street
Apt. 4
San Diego, CA 92109-1261
phone: 858.454.4596
Cell: 619.540.7153
annieibclc@gmail.com
www.beachareabreastfeeding.com
Practice: Private Practice

Robin KaplanSan Diego Breastfeeding Center, LLC

4651 Edenvale Ave
La Mesa, CA 91941
phone: 619-606-2211
robinkaplan@sdbfc.com
Practice: Private Practice,
Home Visits, Community/Public
Health/WIC, LC Educator/
Course Provider

Christa Duncan-Arfaa

6291 la jolla scenic drive
La Jolla , CA 92037
phone: 202.558.6170
Practice: Hospital

Marie Hemming

6875 Via Valverde
La Jolla, CA 92037
phone: 858.926.6169
Practice: Private Practice

Maria Pardos

7175 Calabria Court UNIT A
San Diego, CA 92122
Practice: Hospital

Ashley Treadwell

6325 Primrose Dr
La Mesa, CA 91942
phone: 619.512.9350
Practice: Private Practice

Malke Joselevitz

1776 Sage Tree Court
Chula Vista, CA 91913
phone: 619.838.2494
Practice: Private Practice, Community/Public Health/WIC, Patient Education/Advocacy

Yuki Nakamura

9685 Genesee Ave. Apt# B2
San Diego, CA 92121
phone: 858.939.4950

Jo Ann Shaw

North County Health Services
150 Valpreda Rd.
Suite 202
San Marcos, CA 92069
phone: 760.752.4324
Practice: Community/Public
Health/WIC

Leilani WildeLeilani's Lactation and Doula Services

10456 Santana St
Santee, CA 92071
phone: 619.922.0808
leilanilopez1@icloud.com
lei-
lani@mothersbreastisbest.com
Practice: Private Practice,
Home Visits, Community/Public
Health/WIC, Retail Sales, LC
Educator/Course Provider

Dianne RandallNorth county Birth and Beyond

4472 heritage glen lane
san Diego, CA 92130
phone: 858.481.2450
di-
anne@northcountybirthandbeyond.com
www.northcountybirthandbeyond.com
Practice: Private Practice,
Home Visits, Patient Education

Diana Osorio Osorio

Lactation Consultant Services
San Diego
12635 El Camino Real
San Diego, CA 92130
phone: 714.719.8217
dianaco27@yahoo.com
Practice: Hospital

**The contact list above is subject to change. Please check <http://www.ilca.org/i4a/pages/index.cfm?pageid=3337> or <http://uslca.org/resources/find-a-lactation-consultant> for up-to-date information.*

San Diego County Lactation Consultants (IBCLCs)

Amber Burvall

San Diego Breastfeeding Support Group

619.944.4772

www.sandiegobreastfeedingsupportgroup.com

Practice: Home Visits

Rochelle McLean

Babies in Bloom

1988 Hacienda Dr

Vista, CA 92081

Phone: 760.940.BABY (2229)

www.babies-in-bloom.com

Practice: Home Visits, Private Practice

Veronica Tingzon

Original Comfort Food Lactation Services

phone: 619.395-3960

www.theoriginalcomfortfood.com

Practice: Home Visits (Service also provided in Spanish)

Cindy Hartshorn

Phone: 760.214.2983

cindy4breastfeeding@gmail.com

Practice: Home Visits, Patient Education

Bertha Goins

New Birth New Beginnings

PO Box 211236, Chula Vista, CA 91921-1236

phone: 619.318.7490

bertgoins2003@yahoo.com

Practice: Home Visits, Patient Education

Dawn Dickerson

Mamas & Milk

phone: 858.218.MILK (6455)

dawn@mamasandmilk.com

www.mamasandmilk.com

Practice: Private Practice, Home Visits, Patient Education, prenatal and mom yoga

**The contact list above is subject to change. Please check <http://www.ilca.org/i4a/pages/index.cfm?pageid=3337> or <http://uslca.org/resources/find-a-lactation-consultant> for up-to-date information.*

Workplace Lactation Accommodation



WORKPLACE LACTATION ACCOMMODATION

The Patient Protection and Affordable Care Act amended section 7 of the Fair Labor Standards Act (“FLSA”) to require employers to provide reasonable break time for an employee to express breast milk for her nursing child for one year after the child’s birth each time such employee has need to express the milk. Employers are also required to provide a place, other than bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk.

The websites below (and in the next page) are intended to provide more information on the law and to assist Community Health Clinics with the implementation of Workplace Lactation Accommodation programs. A sample Workplace Lactation Accommodation Policy is also offered and can be used to enhance organizational policies around Breastfeeding.

Resources

| Sample Topics | Organization | Online Web Address |
|--|--|---|
| <ul style="list-style-type: none"> FAIR LABOR STANDARDS ACT FREQUENT ASKED QUESTIONS: THE BREAK TIME FOR NURSING MOTHERS ACT EMPLOYEE RIGHTS HOW TO FILE A COMPLAINT | United States Department of Labor | <p>Fact Sheet #73: Break Time for Nursing Mothers under the FLSA: http://www.dol.gov/whd/regs/compliance/whdfs73.htm</p> <p>Frequent Asked Questions - Break Time for Nursing Mothers: http://www.dol.gov/whd/nursingmothers/faqBTNM.htm</p> <p>Employees Rights Card: http://www.dol.gov/whd/nursingmothers/nursingmotherscard.htm</p> <p>How to File a Complaint: http://www.dol.gov/wecanhelp/howtofilecomplaint.htm</p> |
| <ul style="list-style-type: none"> BUSINESS CASE FOR BREASTFEEDING: FOR BUSINESS MANAGERS | United States Department of Agriculture: WIC Works | Breastfeeding in the Workplace: http://wicworks.nal.usda.gov/breastfeeding/breastfeeding-workplace |
| <ul style="list-style-type: none"> BUSINESS CASE FOR BREASTFEEDING: EMPLOYEE’S GUIDE TO BREASTFEEDING AND WORKING DEVELOPING A BREASTFEEDING WORKPLACE POLICY | U.S. Department of Health and Human Services - Human Resources and Services Administration Maternal and Child Health | <p>Business Case for Breastfeeding: http://mchb.hrsa.gov/pregnancyandbeyond/breastfeeding/</p> <p>Policy for Supporting Breastfeeding Employees: http://www.mchb.hrsa.gov/pregnancyandbeyond/breastfeeding/toolkit/policy.pdf</p> |

WORKPLACE LACTATION ACCOMMODATION Resources

| Sample Topics: | Organization | Online Web Address |
|--|--|---|
| <ul style="list-style-type: none"> ◆ POLICY SAMPLES ◆ WORKPLACE BREASTFEEDING PROGRAMS: EMPLOYER CASE STUDIES ◆ EMPLOYER'S TOOLKIT ◆ BREASTFEEDING BREAKS AT THE WORKPLACE AND HEALTH ◆ STRATEGIES TO SUPPORT BREASTFEEDING MOTHERS AND BABIES ◆ SAMPLE SCHEDULE FOR EXPRESSING MILK AT WORK SETTING UP A LACTATION ROOM ◆ BREASTFEEDING: ROOM AMENITIES ◆ BREASTFEEDING SUPPORT: INDUSTRY SOLUTIONS ◆ SHARING SPACE WITH OTHER BUSINESS, OUTDOOR AND MOBILE SPACE ◆ PROMOTING SERVICES TO EMPLOYEES | United States Breastfeeding Committee | Workplace Accommodations to Support and Protect Breastfeeding: http://www.usbreastfeeding.org/Portals/0/Publications/Workplace-Background-2010-USBC.pdf |
| | San Diego County Breastfeeding Coalition | Working and Breastfeeding Resources for Employees, Employers: https://www.breastfeeding.org/working-breastfeeding.php |
| | WomensHealth.gov | Breastfeeding Supporting Nursing Moms at Work - Employer Solutions: http://www.womenshealth.gov/breastfeeding/employer-solutions/index.php |
| | | Breastfeeding - Room Amenities: http://www.womenshealth.gov/breastfeeding/employer-solutions/common-solutions/amenities.php |
| | | Breastfeeding Support: Industry Solutions: http://www.womenshealth.gov/breastfeeding/employer-solutions/industry.php |
| | | Breastfeeding Support FAQs for Employers: http://www.womenshealth.gov/breastfeeding/employer-solutions/faq.php |
| | California Department of Public Health | Developing a Breastfeeding Workplace Policy: http://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-BF-WorkPolicy.pdf |
| | | Going Back to Work or School: http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/GoingBacktoWorkorSchool.aspx |
| | | WIC Breastfeeding Resources for Employers: http://www.cdph.ca.gov/programs/wicworks/Pages/WICBFEmployerResources.aspx |
| | Breastfeeding LA | Breastfeeding Works - Resources: http://breastfeedingworks.org/resources/ |
| | | For Employers: http://breastfeedla.org/employers/ |

WORKPLACE LACTATION ACCOMMODATION:

Sample Policy



One of the key components of implementing successful Workplace Lactation Accommodation Environments is the adoption or enhancement of Lactation Accommodation Policies. Policies help define rules, regulations, procedures and protocols for breastfeeding services. They are necessary to help Community Health Clinics run their Breastfeeding Support Program smoothly and to ensure that their employees can continue to breast-feed after returning to work.

Below you will find a Lactation Accommodation Sample Policy that can be used to enhance established Workplace Lactation Accommodation Programs or when implementation new workplace breastfeeding support programs. Other policy samples are listed at previous pages (Workplace Lactation Accommodation Resources table).

LACTATION ACCOMODATION POLICY

1. Because breastfeeding provides a multitude of health benefits to both infants and mother, and because breastfeeding employees need ongoing support in the worksite to be able to provide their milk for their babies, _____ will ensure that employees are provided lactation accommodation and support by:
2. Making reasonable efforts to provide a private and sanitary place, other than a toilet stall, for breastfeeding clients and employees to express their milk. Ideally, this room will have an electrical outlet, comfortable chair, and nearby access to running water. Employees may use their private office area for breastfeeding or milk expression if they prefer.
3. Employees have access to additional support and education for breastfeeding through the following resources:
4. a. Your healthcare benefits may cover breastfeeding-related resources and services. [Enter healthcare provider contact information]
5. b. [Enter additional resources]
6. Providing a refrigerator for safe storage of expressed breast milk. Employees may use their own cooler packs to store expressed breast milk, or may store milk in a designated refrigerator/freezer. Employees should provide their own containers, clearly labeled with name and date. Those using the refrigerator are responsible for keeping it clean.
7. Providing a reasonable amount of break time, flexible breaks or flexible schedule to accommodate breastfeeding or milk expression.
8. Realizing the importance of breastfeeding to the infant, the mother, and the company, staff should provide an atmosphere of support for breastfeeding employees.
9. The company's breastfeeding policy will be communicated to current staff annually on an ongoing basis. New employees will be informed about the company policy in the new employee orientation training.

Collateral Materials & Tools

COLLATERAL MATERIALS

The links below (and in the next pages) will provide you with supporting material for the implementation and marketing communication of Community Health Clinics Lactation Supportive Environments. Sample materials include Breastfeeding related Posters, Brochures, Pamphlets, Flyers, Booklets, Worksheets, Promotional and Educational Reading Materials and etc.

Resources

| Sample Topics: | Organization | Online Web Address |
|---|---|---|
| <ul style="list-style-type: none"> ◆ BREASTFEEDING AND THE LAW ◆ HOW TO BREASTFEED ◆ BREASTFEEDING IN PUBLIC ◆ NUTRITION ◆ FORMULA VS BREASTFEEDING ◆ BREASTFEEDING AND PHYSICAL ACTIVITY | United States Department of Agriculture WIC Works | http://www.nal.usda.gov/wicworks/Learning_Center/support_bond.html Promotional Materials: http://www.nal.usda.gov/wicworks/Learning_Center/support_materials.html Factsheet: Tips for Breastfeeding Moms - Making healthy food choices with regular physical activity will keep you healthy: http://www.nal.usda.gov/wicworks/Topics/BreastfeedingFactSheet.pdf |
| <ul style="list-style-type: none"> ◆ RETURNING TO WORK ◆ FOR FATHER AND GRANDMOTHERS ◆ BREASTFEEDING AND SUPPLEMENTS ◆ PUMPING ANDSTORING MILK ◆ BREASTFEEDING AND ALCOHOL ◆ COMMON QUESTIONS AND ANSWERS ◆ BREASTFEEDING AND EMBARRASSEMENT | California Department of Public Health | Education Materials for Women: http://www.cdph.ca.gov/programs/wicworks/Pages/WICEducationMaterialsWomen.aspx California WIC Education Materials: http://www.cdph.ca.gov/programs/wicworks/Pages/WICEducationMaterials.aspx Breastfeeding: http://www.cdph.ca.gov/programs/wicworks/Pages/WICBreastfeeding.aspx Educational Material for Dads (Flyer): http://www.cdph.ca.gov/programs/wicworks/Documents/NE/WIC-NE-EdMaterials-DadBreastfeedingFlyer-English.pdf WIC Lesson Plans: http://www.cdph.ca.gov/programs/wicworks/Pages/WICNELessonPlans.aspx |

COLLATERAL MATERIALS

Resources

| Sample Topics: | Organization | Online Web Address |
|------------------------------|----------------------------------|---|
| <i>Same as Previous Page</i> | La Leche League International | <p>Breastfeeding Guide - Tips and Products: http://viewer.zmags.com/publication/5c632362#/5c632362/48</p> <p>Breastfeeding Today Magazine: http://viewer.zmags.com/publication/2d427022#/2d427022/1</p> <p>Guidelines for Nursing Mothers: http://beststart.org/resources/breastfeeding/pdf/magneng.pdf</p> |
| | Breastfeeding LA | For Parents: http://breastfeedla.org/for-parents/ |
| | USAID (LINKAGE Project) | <p>Training Modules: http://www.linkagesproject.org/tools/training.php</p> <p>http://www.linkagesproject.org/publications/index.php?series=9</p> <p>http://www.linkagesproject.org/publications/index.php?series=12</p> |
| | Nebraska Breastfeeding Coalition | <p>Facts about Breastfeeding, digital poster files and social media images: http://reallyreally.org/resources.html</p> <p>Video Center: http://nebreastfeeding.org/information-and-resources/video-center/</p> |
| | Stanford School of Medicine | Hand Expression of Breast milk Video: http://newborns.stanford.edu/Breastfeeding/HandExpression.html |
| | Women's Health.gov | It's Only Natural - Partner Resources: http://www.womenshealth.gov/itsonlynatural/partner-resources/index.html |
| | Others | <p>http://doublethink.us.com/paala/2012/11/01/informational-breastfeeding-posters/</p> <p>http://pregnant.thebump.com/new-mom-new-dad/parenting-tools/articles/tool-breastfeeding_log.aspx</p> |

COLLATERAL MATERIALS

Resources

| Sample Topics: | Organization | Online Web Address |
|------------------------------|----------------------------|---|
| <i>Same as Previous Page</i> | UC San Diego Health System | <p>Breastfeeding Guide and Log Book (ENGLISH): http://health.ucsd.edu/flip-books/wai/breastfeeding-guide/index.html</p> <p>Breastfeeding Guide and Log Book (SPANISH): http://health.ucsd.edu/flip-books/wai/breastfeeding-guides/index.html</p> |

PHONE RESOURCES AND Apps

| App Name | Description | Online Web Address |
|--|---|---|
| <i>East Sleep: Simple Baby Tracking</i> | This free phone app tracks your baby's three basic needs: eating, sleeping and diapering. It also keeps a running history for you, with overtime trends from day to day, or week to week. | https://itunes.apple.com/us/app/eat-sleep-simple-baby-tracking/id349373050?mt=8 |
| <i>Baby Nursing / Breastfeeding</i> (Timer & Activities log) | Free phone app that allows you to record feedings in real time by pressing "start" and "stop". The app can keep track of most recent nursing, daily averages and accumulative totals. | https://itunes.apple.com/us/app/baby-nursing-breastfeeding/id420447115?mt=8 |
| <i>Text4baby</i> | The Text4baby service includes over 250 messages with information for pregnant women and moms with infants under one on topics such as: Prenatal Care, Safe sleep, Immunization, Breastfeeding, Nutrition, Oral Health, Physical Activity, Safety, Injury Prevention, Mental Health, Substance Abuse, Developmental Milestones, Labor & Delivery and etc. | https://www.text4baby.org/index.php/about/how-it-works |

PHONE RESOURCES AND Apps

| App Name | Description | Online Web Address |
|--|---|---|
| <i>Baby Nursing / Breast-feeding</i> (Timer & Activities log) By Sevenlogics, Inc. | Free phone app that helps you track your baby's nursing progress, growth, diaper changes, doctor's visits, and etc. | https://itunes.apple.com/us/app/baby-nursing-breastfeeding/id420447115?mt=8 |
| <i>The BabyCenter My Pregnancy Today App</i> | Free phone app that provides a weekly guide to pregnancy with to-do list of activities and reminders for doctors appointments; information on birth clubs; personalized calendar; helpful checklists and a built-in photo album. | http://www.babycenter.com/my-pregnancy-today-app |
| <i>LactMed</i> | Free phone app that allows you to look up a drug, and see what the possible side effects might be regarding lactation and breastfeeding infant. When appropriate, this app suggests alternative drugs or supplements to consider. | https://itunes.apple.com/us/app/latchme/id813106754?mt=8 |
| <i>IBreastfeed</i> (created by Medela) | Free phone informative app carries breastfeeding knowledge, with information on breast pumping, tips, breast milk storage guidelines, and the benefits of breast milk. It can track feeding schedules of up to 6 babies and also find breastfeeding/pumping-friendly locations in | http://www.medelabreastfeedingus.com/ibreastfeed |
| <i>Baby Feeding Log</i> | This free phone app simply logs breastfeeding, bottle feeding, diaper changes and sleep schedules. It also emails the collected data to the user in spreadsheet format. | https://itunes.apple.com/us/app/baby-feeding-log/id412360317?mt=8 |

Forums, Blogs & Consortiums

| Organization | Online Web Address |
|---|--|
| <i>San Diego WIC (Red Cross)</i> | Blog: http://www.sandiegowic.org/Home/Blog.aspx |
| <i>San Diego WIC (San Diego State University)</i> | Blog: http://www.sdsuwic.org/blog.html |
| <i>United States Department of Agriculture - Food and Nutrition Service</i> | WIC Breastfeeding Promotion Consortium: http://www.fns.usda.gov/wic/breastfeeding-promotion-consortium-bpc |
| <i>La Leche League International</i> | Forum: http://forums.llli.org/ |
| <i>Texas Tech University Health Center</i> | http://www.infantrisk.com/content/webforum |
| <i>San Diego Breastfeeding Center</i> | Blog: www.sdbfc.com/blog |
| <i>Baby Center</i> | Forum and Support Group: http://community.babycenter.com/groups/a25215/breastfeeding_support_and_help |
| <i>TheBump.com</i> | Forum and Support Group: http://pregnant.thebump.com/new-mom-new-dad/breastfeeding.aspx |
| <i>Mothering</i> | Forum: http://www.mothering.com/forum/27-breastfeeding/ |

Evaluation

EVALUATING BREASTFEEDING INITIATIVES

Formal evaluation of a lactation support programs is an ongoing activity that is needed to ensure the continued success of the program and to identify areas for improvement. Stakeholder input is important in this phase as it can help identify the types of information valued by the users and supporters of your project. Consider evaluating each component of the Lactation Support Program as well as the project as a whole.

Measuring progress in improving infant and young child feeding requires appropriate indicators and instruments to assess current feeding practices and monitor program impact. The links found here include descriptions of key infant and young child feeding (IYCF) indicators and tools to assist the Community Health Clinics evaluate breastfeeding practices.

Resources

| Sample Topics | Organization | Online Web Address |
|--|--|--|
| ♦ WORKSITE LACTATION AC- COMODATION SUPPORT PROGRAM—EVALUATION | Center for Disease Control and Prevention | Healthier Worksite Initiative - Evaluating Success: http:// www.cdc.gov/nccdphp/dnpao/hwi/ toolkits/lactation/ evaluating.htm#Overall |
| ♦ INFANT FEEDING KEY INDI- CATOR MONITORING MAN- UAL | | |
| ♦ INFANT AND YOUNG CHILD FEEDING INDICATORS | USAID—LINKAGE Project | Infant Feeding Key Indicator Monitoring Manual: http:// www.linkagesproject.org/ publications/M&E_manual_IF.pdf |
| ♦ CALCULATING THE BENE- FITS OF BREASTFEEDING | | Infant and Young Child Feed- ing Indicators—Timely Initia- tion of breastfeeding rates: http://www.linkagesproject.org/ tools/m&e/tibf.php |
| ♦ QUESTIONNAIRES | | Infant and Young Child Feed- ing Indicators - Monitoring Breastfeeding and Comple- mentary Feeding Behaviors (mothers children under 12 months of age) - SURVEY: http://www.linkagesproject.org/ media/m&e/ m&equestionnaire.php#question7 |

EVALUATING BREASTFEEDING INITIATIVE:

R e s o u r c e s

| Sample Topics | Organization | Online Web Address |
|------------------------------|---|--|
| <i>Same as Previous Page</i> | USAID—LINKAGE Project | <p>Infant and Young Child Feeding Indicators - Exclusive Breastfeeding Rate (EBR): http://www.linkagesproject.org/tools/m&e/ebr.php</p> <p>Infant and Young Child Feeding Indicators - Timely Complementary feeding rate: http://www.linkagesproject.org/tools/m&e/tcf.php</p> <p>Questionnaires on Infant and Young Child Feeding and Related Practices: http://www.linkagesproject.org/tools/m&equestionnaires.php</p> <p>Other Evaluation Tools: http://www.linkagesproject.org/publications/index.php?series=12</p> |
| | Australian Government - Department of Health and Ageing | <p>Evaluation Toolkit for Breastfeeding Programs and Project: http://www.health.gov.au/internet/main/publishing.nsf/Content/7EF85056FC61E388CA257C1A0020B8AA/\$File/Evaluation-Toolkit.pdf</p> |

Other Resources

SAN DIEGO COUNTY COMMUNITY HEALTH CLINICS

The San Diego Community Clinics and Health Centers provide access to healthcare and related services for the diverse communities in San Diego with an emphasis on low income and uninsured populations. The County of San Diego does not operate a public hospital or public clinics, therefore the private, nonprofit community clinics and health centers are the safety net for primary care services for San Diego's low-income and uninsured.

Below you will find a list of the San Diego County Community Health Clinics. **Neighborhood Healthcare** and **North County Health Services** have successfully implemented Lactation Supportive Environments.

SAN DIEGO COMMUNITY HEALTH CLINICS

| | |
|--|---|
| ⇒ Borrego Medical Center | ⇒ Operation Samahan |
| ⇒ Clinicas de Salud del Pueblo, Inc. | ⇒ Planned Parenthood of the Pacific Southwest |
| ⇒ Imperial Beach Community Clinic | ⇒ San Diego American Indian Health Center |
| ⇒ Indian Health Council | ⇒ San Diego Family Care |
| ⇒ La Maestra Community Health Centers | ⇒ San Ysidro Health Center |
| ⇒ Mountain Health & Community Services | ⇒ Southern Indian Health Council, Inc. |
| ⇒ Neighborhood Healthcare | ⇒ Sycuan Medical/Dental Center |
| ⇒ North County Health Services | ⇒ Vista Community Clinic |

- ◆ **The San Diego Council for Community Clinics** (<http://www.ccc-sd.org/>) assists its 16-member community clinics provide care to 1 in 6 San Diegans.

For the **San Diego Community Health Clinics Directory**, visit the Council of Community Clinics at <http://www.ccc-sd.org/health-centers/?addressInput=> or email at info@ccc-sd.org.

SAN DIEGO COMMUNITY HEALTH CLINICS

Federally Qualified CHCs, Rural and Tribal Health Clinics

SAN DIEGO CHCS: FEDERALLY QUALIFIED CHCS, RURAL AND TRIBAL HEALTH CLINICS

| CLINIC NAME | ADDRESS | CITY | STATE | ZIP | PHONE |
|---------------------------------|-------------------------------------|-----------------|-------|-------|----------------|
| SO INDIAN HEALTH COUNCIL | 4058 WILLOWS RD | ALPINE | CA | 91901 | (619) 445-1188 |
| BORREGO MEDICAL CLINIC | 4343 YAQUI PASS RD | BORREGO SPRINGS | CA | 92004 | (760) 767-4777 |
| SOUTH BAY FAMILY HEALTH CENT | 340 4TH AVE, STE 7 | CHULA VISTA | CA | 92173 | (619) 205-1960 |
| FAMILY HEALTH CTRS OF SD | 1111 WEST CHASE AVE | EL CAJON | CA | 92020 | (619) 515-2499 |
| LA MAESTRA COMMUNITY HLTH CE | 165 S 1ST ST | EL CAJON | CA | 92109 | (619) 312-0347 |
| LA MAESTRA COMMUNITY HLTH CE | 183 S FIRST ST | EL CAJON | CA | 92019 | (619) 328-1335 |
| NO CO HEALTH PROJECT | 629 2ND ST | ENCINITAS | CA | 92024 | (760) 753-7842 |
| NEIGHBORHOOD HEALTHCARE | 460 N ELM ST | ESCONDIDO | CA | 92025 | (760) 520-8100 |
| NEIGHBORHOOD HEALTHCARE | 426 N DATE STREET | ESCONDIDO | CA | 92025 | (760) 690-5900 |
| NEIGHBORHOOD HEALTHCARE | 425 N DATE STREET | ESCONDIDO | CA | 92025 | (760) 520-8300 |
| FALLBROOK FAMILY HEALTH CTR | 1328 S. MISSION RD | FALLBROOK | CA | 92553 | (760) 451-4720 |
| NEIGHBORHOOD HEALTHCARE | 10039 VINE STREET, STE 2 | LAKESIDE | CA | 92040 | (619) 390-9975 |
| LA MAESTRA COMMUNITY HLTH CE | 7967 BROADWAY | LEMON GROVE | CA | 91945 | (619) 741-3045 |
| LA MAESTRA COMM HLTH CENTERS | 101 N HIGHLAND AVE, STE a | NATIONAL CITY | CA | 91950 | (619) 434-7308 |
| OPERATION SAMAHAN COMMUNITY | 1611 HIGHLAND AVE | NATIONAL CITY | CA | 91950 | (619) 474-5567 |
| OPERATION SAMAHAN COMMUNITY | 2835 HIGHLAND AVE, STE A | NATIONAL CITY | CA | 91950 | (619) 474-5567 |
| SOUTH BAY DENTAL CLINIC | 2 N EUCLID AVE, STE ABC | NATIONAL CITY | CA | 92173 | (619) 205-6363 |
| NCHS MISSION MESA DENTAL | 2216 EL CAMINO REAL, STES 121 & 122 | OCEANSIDE | CA | 92056 | (760) 400-0277 |
| OCEANSIDE CARLSBAD COMM CLIN | 605 CROUCH STREET, BLDG C | OCEANSIDE | CA | 92069 | (760) 757-4566 |
| INDIAN HLTH COUNCIL, INC | POST OFFICE BOX 406 | PAUMA VALLEY | CA | 92082 | (760) 749-1410 |
| NEIGHBORHOOD HEALTHCARE - PA | 16650 HIGHWAY 76 | PAUMA VALLEY | CA | 92061 | (760) 742-9919 |
| NO CO HEALTH PROJECT | 217 EARLHAM ST | RAMONA | CA | 92065 | (760) 789-1223 |
| COMPREHENSIVE HLTH CNTR | 3177 OCEAN VIEW BLVD | SAN DIEGO | CA | 92173 | (619) 231-9300 |
| FAMILY HEALTH CTRS OF SD FAMILY | 3544 30TH ST | SAN DIEGO | CA | 92104 | (619) 515-2424 |
| HEALTH CTRS OF SD | 5379 EL CAJON BLVD | SAN DIEGO | CA | 92102 | (619) 515-2400 |
| LA MAESTRA COMM HEALTH CNTR | 4305 UNIVERSITY AVE, STE 150 | SAN DIEGO | CA | 92105 | (619) 501-1235 |
| LOGAN HEIGHTS FAMILY HLTH CT | 1809 NATIONAL AVE | SAN DIEGO | CA | 92102 | (619) 515-2300 |
| OPERATION SAMAHAN MIRA MESA | 10737 CAMINO RUIZ, STE 235 | SAN DIEGO | CA | 91950 | (858) 578-4220 |
| SAN DIEGO CHILDRENS DENTAL | 8110 BIRMINGHAM WAY | SAN DIEGO | CA | 92173 | (619) 205-1950 |
| SAN DIEGO IND HLTH CTR | 2630 1ST AVE | SAN DIEGO | CA | 92103 | (619) 234-2158 |
| NORTH COUNTY HEALTH SERVICES | 150 VALPREDIA RD | SAN MARCOS | CA | 92069 | (760) 736-6767 |
| SAN YSIDRO HEALTH CENTER | 4004 BEYER BLVD | SAN YSIDRO | CA | 92173 | (619) 428-4463 |
| GROSSMONT SPRING VALLEY FHC | 8788 JAMACHA RD | SPRING VALLEY | CA | 92102 | (619) 515-2330 |
| VISTA COMM CLINIC | 1000 VALE TERRACE DR | VISTA | CA | 92084 | (760) 631-5000 |
| VISTA COMMUNITY CLINIC | 134 GRAPEVINE ROAD | VISTA | CA | 92083 | (760) 631-5220 |

SAN DIEGO COUNTY HOSPITALS:

Breastfeeding Classes, Consultations and Support Groups

| | | |
|--------------------------------------|---|--|
| Scripps Hospital | <ul style="list-style-type: none"> ◆ Breastfeeding Classes ◆ Support Groups (No charge or preregistration required) ◆ Outpatient and lactation services (fee or insurance payment) | <p>Phone: 1.800.SCRIPPS (800.727.4777)</p> <p>Breastfeeding Support Group Schedule and Outpatient Breastfeeding/ Lactation Clinics: http://www.scripps.org/services/women-s-health__maternity-services/services__lactation-services__breastfeeding-support-groups</p> |
| Sharp Hospital | <ul style="list-style-type: none"> ◆ Breastfeeding Classes ◆ Support Groups (No charge) ◆ Outpatient and lactation services | <p>Phone: 858.939.4127</p> <p>Inpatient and Outpatient Consultation: http://www.sharp.com/pregnancy/breastfeeding.cfm</p> <p>Breastfeeding Classes (1.800.82-SHARP): http://www.sharp.com/health-classes/breastfeeding-class-82</p> <p>Support Groups: http://www.sharp.com/health-classes/breastfeeding-support-group-4</p> |
| UC San Diego Health Center | <ul style="list-style-type: none"> ◆ Breastfeeding Classes ◆ Support Groups (No charge) ◆ Outpatient and lactation services | <p>Breastfeeding Classes (619.543.7878): http://health.ucsd.edu/specialties/obgyn/maternity/EVENTS/Pages/default.aspx#breastfeeding</p> <p>Support Groups (619.543.7878): http://health.ucsd.edu/specialties/obgyn/maternity/newborn/lactation/Pages/support.aspx</p> <p>Lactation Consultations: 619.543.7149</p> |
| Palomar Health Medical Center | <ul style="list-style-type: none"> ◆ Support Groups (No pre-registration or c charge) ◆ Breastfeeding Classes | <p>Support Groups (858.613.4053 or 760.739.2434): http://www.palomarhealth.org/ContentPage.aspx?nd=64</p> <p>Breastfeeding Classes: http://www.palomarhealth.org/ContentPage.aspx?nd=14</p> |

SAN DIEGO COUNTY HOSPITALS:

Breastfeeding Classes, Consultations and Support Groups

| | | |
|--------------------------------|---|---|
| Tri-City Medical Center | <ul style="list-style-type: none"> ◆ Support Groups (No pre-registration or c charge) ◆ Breastfeeding Classes ◆ Inpatient and Outpatient Consultations | <p>Phone: 760.940.7745</p> <p>Breastfeeding Classes: http://www.tricitymed.org/events/events-/?eventId=1c9da233-9304-df11-81bc-005056947103</p> <p>Breastfeeding Support Group: http://www.tricitymed.org/services/womens/childbirth/lactation-support-services/</p> |
| Kaiser Permanente | <ul style="list-style-type: none"> ◆ Breastfeeding Classes (Free for Kaiser members only) ◆ Support Group (no cost) | <p>Breastfeeding Classes: https://healthy.kaiserpermanente.org/health/care/!ut/p/a0/LYxLDolwFACvgg-donhXk464CJ3Ch7e7l8aQNtBBa9fpK4nImkwEDDzAB327E5JaA8481LSFxSBeaMUYxcEI3wx0MmGm9MW5kQV83xpiezIMLY_ZxyWbxRcQx7t264egRdFgEVne3f_qBtBN21Xy1LbiqMqzkLKXQtVVL7qmyaXqVaGKEIbv69yrwxdAoROC/</p> <p>Support Group: http://mysdmoms.com/tools-resources/support-groups-classes/</p> |
| Navy Medical Center | <ul style="list-style-type: none"> ◆ Breastfeeding Classes ◆ Inpatient Lactation Consultation | <p>Phone: 619.532.6914</p> <p>Breastfeeding Classes: http://www.med.navy.mil/sites/nmcp/Patients/FCMIC/Pages/Classes.aspx</p> <p>Resources information</p> |

THE BABY FRIENDLY HOSPITALS

The Baby Friendly Hospital Initiative (<http://www.babyfriendlyusa.org/about-us>) is a global program developed by the World Health Organization and UNICEF (the United Nations Children's Fund). This program is based on the Ten Steps (<https://www.babyfriendlyusa.org/about-us/baby-friendly-hospital-initiative/the-ten-steps>) to Successful Breastfeeding. This program recognizes birthing facilities that offer breastfeeding mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies or feeding formula safely, and gives special recognition to hospitals that have done so.

Below you will find a list of the San Diego County Baby Friendly Hospitals.

SAN DIEGO COUNTY BABY FRIENDLY HOSPITALS

| | |
|---|---|
| Kaiser Permanente Medical Center, San Diego | Website: https://southerncalifornia.kaiserpermanente.org/sandiego/locations/san-diego-medical-center/ Phone: 619-528-5000 |
| Scripps Memorial Hospital Encinitas, Encinitas | Website: http://www.scripps.org/locations/hospitals__scripps-memorial-hospital-encinitas Phone: 760-633-6501 |
| UCSD Medical Center, San Diego | Website: http://health.ucsd.edu/Pages/default.aspx Phone: 858-657-7000 |

For a complete list of Baby-Friendly Hospitals in your region, visit <https://www.babyfriendlyusa.org/find-facilities>.

THE WIC PROGRAM

The WIC (Women, Infants and Children) Program (<http://www.fns.usda.gov/wic/women-infants-and-children-wic>), funded by the United States Department of Agriculture (USDA), provides supplemental foods, healthcare referrals, nutrition education, and breastfeeding promotion and support to low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

WIC breastfeeding promotion and support staff members are generally CLCs or IBCLCs. Problems beyond their level of skill are referred to MDs. WIC staff members also provide training to staff at health departments, hospitals and clinics to assist health care professionals in staying abreast of developments in lactation counseling and management.

WIC offers a variety of breast pumps to help mothers who may have a medical need or who will be returning to work or school and need help maintaining their milk supply quality breast pumps and instruct mothers on their use. WIC can only provide these services to WIC participants.

For more information, please visit:

| | |
|---|---|
| WIC State Agencies directory | Website: http://www.fns.usda.gov/wic/Contacts/statealpha.HTM |
| WIC State Agencies by region (listed by FNS Region) | Website: http://www.fns.usda.gov/wic/Contacts/state.HTM |
| WIC Nutrition Coordinators & Breastfeeding Coordinators (in alphabetical order by State agency name) | Website: http://www.fns.usda.gov/wic/Contacts/cooralpha.htm |
| California WIC Program | Website: www.wicworks.ca.gov |
| San Diego WIC | Website: http://sdwic.com . San Diego WIC Agencies: http://www.sdcounty.ca.gov/hhsa/programs/phs/documents/WIC-RegEng.pdf . |



THE WIC PROGRAM

SAN DIEGO COUNTY CALIFORNIA—WIC NETWORK

The San Diego County WIC network directory below is intended to facilitate communication between local health care professionals and WIC dietitians and nutritionists for improved patient access to health and nutrition services.

| | |
|--|--|
| Chula Vista, Imperial Beach ,National City, San Ysidro | Jeannette Salazar - San Ysidro Health Center Phone: 619-662-4100 x6401 Fax: 619-426-7996 Email: jsalazar@syhc.org |
| Borrego Springs, Encinitas, Escondido, Oceanside, Ramona, San Marcos, Valley Center | Mary P. Sammer - North County Health Services Phone: 760-752-4324 Fax: 760-752-4322 Email: msammer@nchswic.org |
| Camp Pendleton, Carlsbad, El Cajon, Lakeside, Lemon Grove, Miramar, Oceanside, Poway, San Diego | Jennifer Stiff - American Red Cross Phone: 858-309-1445 Fax: 858-309-1286 Email: jennifer.stiff@sdarc.org Joanne Drinkwater - American Red Cross Phone: 858-309-1255 Fax: 858-309-1286 Email: joanne.drinkwater@sdarc.org www.sandiegowic.org |
| Chula Vista, Clairemont, El Cajon, Escondido, Fallbrook, Logan Heights, Mira Mesa, Oceanside, San Diego, Spring Valley Vista | Norliza Tayag-Cruz - SDSU Research Foundation WIC Program Phone: 858-505-3070 Fax: 858-569-4218 Email: ncruz@projects.sdsu.edu www.sdsuwic.com |
| Chula Vista, City Heights , Hillcrest, Linda Vista, National City | Annabelle Sanchez - Scripps Mercy Hospital Phone: 619-260-3402 Fax: 619-260-3406 Email: sanchez.annabelle@scrippshealth.org |



SAN DIEGO COUNTY BREASTFEEDING HELPLINES

** Spanish Spoken*

| | |
|--|----------------|
| American Red Cross WIC * | (800) 500-6411 |
| Grossmont Hospital Women's Center | (619) 740-4983 |
| Kaiser Permanente Lactation Clinic | (866) 940-2218 |
| La Leche League of San Diego County | (858) 848-6455 |
| Naval Medical Center San Diego | (619) 532-5261 |
| North County Health Services WIC * | (888) 477-6333 |
| Palomar Health | (760) 796-6802 |
| Scripps Memorial Hospital - Encinitas | (760) 633-7850 |
| Scripps Memorial Hospital - La Jolla | (858) 626-6268 |
| Scripps Mercy Hospital | (619) 260-7098 |
| Scripps Mercy Hospital Chula Vista | (619) 691-7272 |
| SDSU Foundation WIC* | (888) 999-6897 |
| Sharp Mary Birch Hospital for Women | (858) 939-4127 |
| Tri-City Medical Center | (760) 940-7745 |
| UCSD Medical Center | (619) 543-7149 |

SAN DIEGO COUNTY

BREAST PUMP SUPPLIES

| | | |
|--|-----------------|--|
| Kaiser Permanente Hospital | (619) 528-5153. | Breast pump rentals and sales |
| Palomar Health | (760) 796-6802 | Medela hospital grade Breast Pumps and Medela Newborn Scales for rent |
| Scripps Mende Well Being | (858) 626-7024 | Breast pump rentals and sales |
| Scripps Memorial Hospital - Encinitas | (760) 633-7850 | breast pump rental, sales and breastfeeding supplies |
| Scripps Mercy Hospital | (619) 260-7098 | Breast pump rental and sales |
| Scripps Mercy Hospital Chula Vista | (619) 691-7272 | breast pump rental and sales |
| Sharp Healthcare Lactation Services | (619) 740-4983 | breast pump rentals & sales |
| Sharp Mary Birch Hospital for Women | (858) 939-4127 | Breast pump rentals and sales, nursing apparel, large selection of nursing bras in hard to find sizes, breastfeeding accessories |
| UCSD Medical Center | (619) 543-7149 | breast pump rentals |

SAN DIEGO COUNTY

MILK BANK

| | |
|--|--|
| Human Milk Banking Association of North America | Find the milk bank nearest you, go to the Human Milk Banking Association of North America at: http://www.hmbana.org . |
| Mothers' Milk Bank | 751 South Bascom Ave San Jose, CA 95128 Phone (408) 998-4550 FAX (408) 297-9208 mothersmilkbank@hhs.co.santa-clara.ca.us http://www.sanjosemilkbank.com |

The Mothers' Milk Bank in San Jose, CA has several associated collect depots where mothers can drop off milk after they receive a donor number, including Sharp Mary Birch Hospital for Women and Newborns in San Diego. <http://www.sharp.com/mary-birch/mothers-milk-depot.cfm>

HOW TO ORDER PASTEURIZED DONOR HUMAN MILK IN CALIFORNIA

Pasteurized human milk is available through **Sharp Mary Birch Hospital for Women and Infants in San Diego** and **directly through the Mothers' Milk Bank-San Jose** to all infants in need with a doctor's prescription. The prescription must include:

- ⇒ The medical necessity, or reason, for the milk
- ⇒ The approximate amount of milk needed
- ⇒ The approximate length of time the milk will be needed

If supplies are adequate, milk may also be available to older infants, children and adults with special needs. Again, a doctor's prescription is needed. Although all pasteurized human milk is donated, processing, testing, storing and shipping do cost money. The processing fee charged to recipients may be covered by insurance. In California, outpatient donor milk is may be covered by MediCal.

To order pasteurized donor human milk contact the Mothers' Milk Bank San Jose (in California), or your nearest milk bank (elsewhere in North America).

OTHER RESOURCES

General Websites to Promote and Support Breastfeeding

<http://www.eatright.org/search.aspx?search=breastfeeding>

<http://babygooroo.com/>

<http://kidshealth.org/>

<http://www.babycenter.com/>

<http://pregnant.thebump.com/tools.aspx>

<http://kellymom.com/>

<http://sdbfc.com/classes/>

<http://www.latchingwithlove.com/pages/classes>

<http://www.mothernaturebaby.com/tips>

<http://www.mothering.com/articles/tag/breastfeeding/>

<http://breastfeedinggateway.org/>

<http://www.breastfeedingonline.com/>