

**PA Breastfeeding Coalition members are here to serve and inform the Pennsylvania legislators and policy-makers regarding breastfeeding matters.**

Pennsylvania Breastfeeding Coalition advocates are from across the Commonwealth. Together we represent a body of knowledge about clinical lactation and breastfeeding policy and promotion. Among us are nationally and internationally recognized experts in maternal and child health with specialization in breastfeeding and human lactation.

- **Breastfeeding is perfect nutrition AND reduces infant and maternal acute and chronic illness for a lifetime.**
  - Breast milk reduces the risks of obesity, ear infections, SIDS, certain leukemias, gastro-intestinal infection, lower respiratory infection, Crohn's disease, colitis and deadly necrotizing enterocolitis for babies.<sup>1</sup>
  - Breastfeeding keeps mothers healthier by reducing cancer, diabetes, hypertension and heart attack.<sup>2</sup>
  - Breastfeeding fosters lifelong improvement in mother and infant health and increases infant intelligence, development, social adjustment and emotional resilience.<sup>3</sup>
  - Breastfeeding protects the emotional health of mothers and babies.<sup>4</sup>
- **The American Academy of Pediatrics recommends that babies have only breast milk for the first 6 months and keep breastfeeding along with food for a year or longer.<sup>5</sup>**
- **Breastfeeding saves the lives of mothers and infants .<sup>6</sup>**
  - Nationally, Pennsylvania ranks 30/50 for its infant mortality rate.
- **Increasing the rates of breastfeeding is a preventive public health priority. It is low cost and highly effective to improve the LIFELONG health of all mothers and babies.**

**In Pennsylvania 83% of parents are choosing to breastfeed, but in the first 8 weeks after birth 693 babies are weaned each day.<sup>7</sup> This loss can never be regained!**

**POLICY SUPPORT FOR BREASTFEEDING INCLUDES:**

1. Follow CDC recommendations to evaluate and improve maternity care practices in Pennsylvania.
2. Encourage and enable public and private insurers to cover lactation services and breast pumps for ALL breastfeeding women and infants.
3. Implement and fund community lactation support services.
4. Create or amend policies within the Departments of Insurance, Health and Human Services, and State Licensure to support breastfeeding.

## **We Ask *our legislators* to support breastfeeding efforts in Pennsylvania. Legislation this Session**

### *State licensure of International Board Certified Lactation Consultants (IBCLCs):*

- Offers protection for the public and enables insurer credentialing so families have access to lactation services as recommended by the PA Joint State Government Commission.
- Fosters lifelong improvement in mother and infant health, increased infant intelligence, development, social adjustment and emotional benefits.

SB 407—Senate Sponsor, Sen. Kim Ward

<https://www.legis.state.pa.us/cfdocs/billinfo/billinfo.cfm?year=2019&sind=0&body=S&type=B&bn=0407>

HB 513 House Sponsor, Representative Marcy Toepel

<https://www.legis.state.pa.us/cfdocs/billinfo/billinfo.cfm?year=2019&sind=0&body=H&type=B&bn=0513>

### *State Licensure of Human Milk Banks*

- Offers protection for the public to ensure safe donor milk is available for infants who need it.
- Increases the number of milk banks across the U.S. to meet the needs of NICU patients, therefore families resort to unregulated milk sharing.
- Regulates milk banks in Pennsylvania to assure standard practices for collecting, processing and distributing donor milk based on guidelines from the Human Milk Banking Association of North America.

HB 1001—Sponsor, Representative Oberlander

<https://www.legis.state.pa.us/cfdocs/billinfo/billinfo.cfm?year=2019&sind=0&body=H&type=B&bn=1001>

### *Workplace Accommodations for Nursing Mothers*

- Requires employers to provide reasonable break time and a private place (not in a bathroom) for mothers to express breast milk at work for breastfeeding employees.
- Permits mothers to pump during the course of lactation.
- Provides a return on investment for employers including: retention of experienced employees, reduced sick time for mothers and fathers due to decreased infant illness, and reduced healthcare and insurance costs.

HB 1177—Sponsor, Rep, Mary Jo Daley

<https://www.legis.state.pa.us/cfdocs/billInfo/billInfo.cfm?sYear=2019&sInd=0&body=H&type=B&bn=1177>

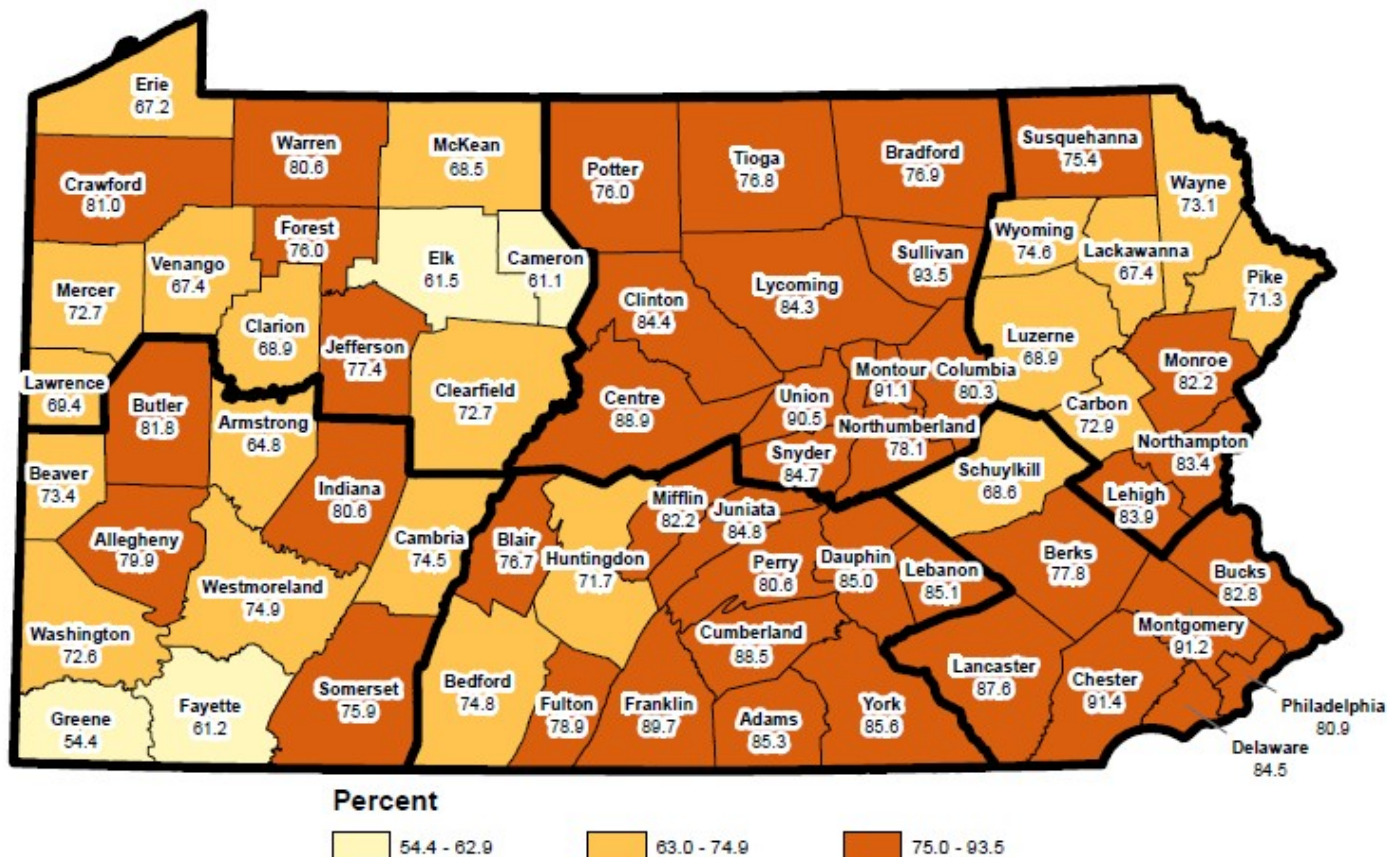
## **Support of breastfeeding in legislation and policies makes \$ense Poor breastfeeding rates are costly to individuals and governments:**

- ANNUAL increased healthcare costs for Pennsylvania non-breastfeeding mothers and infants.<sup>9, 10</sup>

<b>Medical Costs</b>	<b>\$115,790,642</b>	<b>Maternal deaths</b>	<b>100</b>
<b>Non Medical Costs</b>	<b>\$47,914,171</b>	<b>Child deaths</b>	<b>28</b>
<b>Death Costs</b>	<b>\$537,777,932</b>		

- Costs of formula incurred by families. "...data obtained from the Nielsen Company show that infant formula accounted for about \$3.5 billion in sales in the U.S. 2007."<sup>11</sup>
- Formula provided by the U.S. government through the WIC program was \$850 million in 2009.<sup>12</sup>
- Breastmilk has economic value not calculated in the Gross National Product. It is estimated that, even with our low breastfeeding duration rates (2008) the value of the human milk consumed was \$830,223,375 for Pennsylvania. Increasing breastfeeding rates could add value to our economy.<sup>13</sup>
- Businesses that support breastfeeding employees reap a return on investment of 3-5:1.<sup>14</sup>

## Pennsylvania Percent of Live Births to Mothers Who Breastfeed by County 2016<sup>14</sup>



### BREASTFEEDING REPORT CARD 2018, UNITED STATES: OUTCOME INDICATORS<sup>15</sup>

	Ever breastfed	Breastfeeding at 6 months	Breastfeeding at 12 months	Exclusive breastfeeding at 3 months	Exclusive breastfeeding at 6 months	% of breastfed infants receiving formula before 2 days
US	83.2	57.6	35.9	46.9	24.9	17.2
PA	83.8	59.2	39	48.9	25.6	14.4

### CDC—Maternity Practices in Infant Nutrition and Care in Pennsylvania<sup>16</sup>

**PA Composite Score 78 out of 100**

**PA Composite Rank 28 out of 53**

#### Improvements Needed in Pennsylvania Birthing Hospitals

- Examine regulations for maternity facilities & evaluate their evidence base.
- Sponsor a summit of key decision-makers from maternity facilities to highlight the importance of evidence-based practices for breastfeeding.
- Encourage & support hospital staff training in providing care that supports mothers to breastfeed.
- Establish links among maternity facilities and community breastfeeding support networks.
- Implement evidence-based practices in medical settings that support mothers efforts to breastfeed.
- Integrate maternity care into related hospital-wide Quality Improvement efforts.
- Promote use of Joint Commission's Perinatal Care Core Measure for exclusive breast milk feeding in hospitals' data collection systems.

**Please consider the PA Breastfeeding Coalition as a resource when important issues and decisions arise related to breastfeeding:**

Maternal and Child Health—Postpartum Depression—Obesity  
Nutrition—Women at Work—Child Abuse—Preventive Healthcare

### **Potential Benefits to Pennsylvania Agencies with Improved Breastfeeding Rates**

Department of Agriculture	Reduce cost for state purchases of WIC formula Decrease risk of infant exposure to food-borne illness
Community and Economic Development	Increase per capita gross national product
Public Safety	Facilitate attachment and social adjustment with potential to result in fewer criminals
Education	Improve intelligence and development for PA students
Department of Health and Department of Human Services /Medicaid	Reduce maternal and child OBESITY significantly Improve health of the population through optimal nutrition and immune system function Reduce health care costs for mothers and infants receiving Medicaid services Increase child spacing. Decrease need for speech and language services Improve vaccine effectiveness Reduce maternal smoking
Social Welfare	Reduce incidence of child abuse and neglect Reduce infant and maternal mental illness, especially depression
Environmental Protection	Decrease waste from production, packaging, transportation, cold storage, re-heating and disposal of packaging for formula Improve infant immune system Reduce risk of toxin exposure
Homeland Security	Provide a ready food source in emergencies Provide more individuals who are physically qualified for military and public safety services
Aging	Reduce incidence of the most common and life-threatening illnesses in senior citizens for women who breastfeed

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**Your Local Member Is:**

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References available on our website under pending legislation here:  
<http://www.pabreastfeeding.org/advocacy/pending-legislation/>