



OUR MISSION: TO BUILD AND SUSTAIN A NATIONAL ASSOCIATION THAT ADVOCATES FOR LACTATION PROFESSIONALS.
OUR VISION: IBCLCS ARE VALUED RECOGNIZED MEMBERS OF THE HEALTH CARE TEAM.

USLCA eNEWS

United States Lactation Consultant Association

January 2011

Write your
Congress-
man Today
about
Health Care
Reform!
See p. 8

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From the President Laurie Beck, RN, MSN, IBCLC, RLC

Happy New Year from the USLCA Board of Directors! We value your membership and have great projects in the works. We listen to the needs of our members. Just a few of the things that will be coming in 2011:



- **Beginning Spanish Webinar Courses** to learn basic Spanish so as to better communicate with your clients. This 10-week course offered by a professional is being developed specifically for the IBCLC and will be cost-affordable. CERPs provided! (Regina Camillieri) See p. 3.
- **Monthly webinars** on new topics will continue. Please let us know topics you are interested in. (Barbara Robertson)
- November of 2010 the board made a **budget plan for 2011** and we **plan to stick to it. Our goal is to spend our member's money wisely.** (Karen Querna)
- A **Licensure Consultant** has already begun to work to help IBCLCs obtain licensure in the United States. Updates on his progress will occur throughout the year. (Marsha Walker)
- New **Chapters** are forming and the established Chapters are going strong. Monthly Chapter calls for networking and sharing of ideas have been a success and will continue. (Debbie Costello)
- The **first USLCA National Conference** will be held the first week in May 2013, and the site has been secured in St. Louis. More details to come! (Barbara Robertson)
- **USLCA is focusing energy on one state for 2011** as there are only so many volunteers and time in the day. **Texas** was chosen and USLCA will co-host a Texas Breastfeeding Summit with the Texas Breastfeeding Coalition and the Texas Chapters. (Laurie Beck and Alisa Sanders)
- **Liaison activity continues** by reaching out to US professional organizations such as the National WIC Association. (Alisa Sanders)
- **Clinical Journal** is a success and we received—and appreciated—positive feedback and comments. (Kathleen Kendall-Tackett)

Thank you for joining your professional organization. The overall mission of USLCA is to promote the IBCLC profession in the United States. We need your help in recruiting new members, sharing journals and your eNews. Now is the time for IBCLCs in the United States to make a lot of **noise about who we are and how we do make a difference in the nation's** healthcare by helping one family at a time!

USLCA President Laurie Beck, RN, MSN, IBCLC, RLC

NEWS FROM THE USLCA BOARD OF DIRECTORS

You Deserve a Break in 2013—St. Louis Here We Come!

When you think of golden arches, what do you envision? No, not McDonalds! Instead, think of the beautiful city of St. Louis. The United States Lactation Consultant Association is pleased to announce our first national conference to be held on the weekend of May 3rd through the 5th, 2013. It will take place at the historic [Union Station Marriot](#). The Marriot is within [walking distance](#) of many wonderful attractions, including museums, the water front, and restaurants. It is impressive how many [things to do](#) there are here!

Why is USLCA having our own conference in 2013? In 2013 the ILCA international conference will be in Australia. USLCA wants to provide a more local educational option for our members **as well that year. The timing of these two conferences means you can attend both! USLCA's conference is in May, and ILCA's will be in July.**

We know our conference is two years away but time does fly. We are excited to be able to offer a US-focused, clinically-based option that year. Mark your calendars! It will be educational and so much fun!

It takes many people to create a successful conference. Please help us! If you are interested in being part of our conference committee for 2013, please contact Barbara Robertson, Director of Professional Development, BarbaraRobertson@uslcaonline.com, for an application. We will be advertising for our conference planner next month.

Responding to Members' Needs: *Clinical Lactation*

In November of 2010, USLCA was proud to release the new journal, [Clinical Lactation](#). USLCA is trying to do something a bit different than what has been done before. First of all, we are specifically focused on issues important in the United States. It was reassuring to read the recent results from the ILCA Membership Survey and see *Clinical Lactation* is trying to meet the needs of our members. According to the survey, IBCLCs need:

- Case Studies
- Clinical Practice Pointers
- **Research...that is...clinical focused, readable, has practice implications, and addresses our public health concerns**

Clinical Lactation will be providing these, and as well as:

- Implications for practice
- Handouts for patients
- Book and video reviews

Our goal for *Clinical Lactation* is to be a practical, clinical, easy-to-read journal for IBCLCs in the USA. We will publish each issue in print and electronic formats allowing us to include hyperlinks for additional content, treatment care plans, video clips and other useful information. We also have a Facebook page and website where you can contact us, offer suggestions for topics, and provide feedback.

USLCA needs your help and cannot do this alone. Share your latest research and what you have found to be significant in small research studies or case studies. We want to let the rest of the United States know what you are doing. *Clinical Lactation* is striving to be a clinical resource specific to the health care concerns in the United States. We look forward to having our members actively submitting articles to their new professional journal.

Submissions: Contact Kathy Kendall-Tackett, *Clinical Lactation* Editor-In-Chief, kkendallt@aol.com

¿HABLA USTED ESPAÑOL?

USLCA is proud to announce "**Beginning Spanish for Lactation Consultants**" classes. All classes will be held online in a webinar format. The class requires a commitment of 90 minutes of your time once a week for 10 weeks. Two classes will be run concurrently on two different days of the week. Each class will have scenarios, phrases, and grammar that will be geared toward **the lactation consultant's every day practice**. There will be some work that the student needs to complete on her own in between classes. Prior knowledge of Spanish is not required. At the completion of this class CERPS will be provided and a certificate can be downloaded. Not only will this class enable you to communicate with others who speak Spanish, but it will give you a professional advantage in your work place. The cost of the class is \$200.00 for members and \$275.00 for non members. All class materials will be provided on the Internet.



Photo by Karol DuClos

This class will be interactive with a very personable and experienced teacher, **Dorothy Potter**. Check out her website at www.dorothypotterspanish.com. She has taught language classes at:

- Montefiore Hospital
- General Motors
- Jacobi Hospital
- New York College of Medicine
- Catholic Medical Centers
- Brooklyn Legal Services
- Columbia University / Chazen School of Business

Dorothy has also taught at the following schools:

- ABC Language Exchange - New York, NY (2002-present)
- Roadmap for Language - New York, NY (2008) - Spanish teacher in web-based teaching environment.
- Einstein College of Medicine / Yeshiva University - Bronx, NY (1992 - 2004). Spanish teacher, teacher coordinator, and curriculum developer for Medical Spanish Course.
- Accent on Language (1998 - 2000)
- The Latin American Workshop - New York City, NY (1991 to 2001). Teacher, curriculum developer, and Administrator of the Spanish language school.

Watch for an email in the upcoming weeks with class dates and registration information. Space is limited so when we open registration be first to sign up for the class.

CHAPTER REMINDERS

- **2011 Chapter Renewals** are due. [Click here](#) for the emailed renewal documents.
- **Does your chapter have a conference coming up?** USLCA Chapters can advertise their conferences for free in the eNews. Send details and a link to online materials to eNewsEditor@uslcaonline.org. Information must be received by the 10th of the month to **make it into that month's issue, and space is first come, first served**.
- **Chapter Conference Calls continue**. Make sure your Chapter is represented on these calls so you can share your news, and learn from others. Contact USLCA Director of Memberships and Chapters Debbie Costello at debbiec Costello@uslcaonline.org. Next call: February 6, at 4pm ET.

When Non-WHO Code Compliant Companies Sponsor the Food at Conferences

The USLCA Board of Directors would like to thank all of our members who stay committed to upholding the International Code of Marketing of Breastmilk Substitutes (WHO Code). It is not always easy or financially sound to turn down money being offered from non-WHO Code compliant companies, but it is the right thing to do! Tenet #24 in the IBLCE Code of Ethics for International Board Certified Lactation Consultants states "IBCLCs must adhere to those provisions of the *International Code of Marketing of Breast-Milk Substitutes* and subsequent resolutions which pertain to health workers." (12-1-2004). For example, allowing a non-Code compliant company to provide food and beverages for a breastfeeding conference is a violation of the Code. It does not matter whether they have input into the program and speakers; they are still providing financial support for the program. This amounts to sponsorship and the Code is very specific about such things:

- **WHA resolution 58.32 in 2005 ensures that "financial support and other incentives for programs and health professionals working in infant and young child health do not create conflicts of interest."**
- **WHA resolution 49.15 in 1996 ensures that "the financial support for professionals working in infant and young child feeding does not create conflicts of interest."**

CALL FOR CANDIDATES: USLCA BOARD OF DIRECTORS (USLCA BOD)

As noted in December's *eNews*, USLCA Director of Membership and Chapters Debbie Costello will be stepping down in July at the end of her term. Since then, Director Regina Camillieri has decided to step into that position, so the Director of Marketing is now open for nominations. If you or someone you know is interested in volunteering the time to serve our professional organization we would love to hear from you.

Marketing Director responsibilities include attending 3 board meetings a year, one monthly conference call (we keep it to an hour), checking emails weekly, and overseeing the Marketing Committee activity.

Marketing Committee: Provides a forum for its members to network, plan, and communicate recommendations for marketing the IBCLC and USLCA as the professional organization for lactation consultants. This committee oversees development of marketing products, press releases, and exhibits at conferences.

Please click [here](#) to print the 2011 Nominations Application and fax to Scott Sherwood at: 919-459-2075. Should you have any additional questions, please do not hesitate to contact the USLCA Office at Info@uslcaonline.org or 919-861-4543.

USLCA Benefit: Professional Liability Insurance for IBCLCs at Discounted Rates!

As a USLCA member, your benefits include an exclusive offer for professional liability insurance at a discounted rate.

This policy provides coverage for you as an International Board Certified Lactation Consultant, as well as "slips and falls" at your office location.

The CM&F Group, Inc. was established in 1919. They have provided reliable coverage to over 50 classes of healthcare providers including PAs, NPs, CRNAs, and RNs.

Please refer to the rate sheet, policy and application.

For questions, contact:

USLCA
2501 Aerial Center Pkwy, Ste 103
Morrisville, NC 27560 USA
(919) 861-4543
(800) 221-4904

CM&F Group, Inc.
99 Hudson Street 12th Floor
New York, NY 10013
(212) 233-8911
Fax: (212) 608-4378



NEWS FROM IBLCE

- **IBLCE supports the Council of Medical Specialty Societies "Code for Interaction with Companies"** A recent letter from IBLCE Chair Ellen McIntyre, OAM, PhD, IBCLC, outlined the IBLCE Board's support for this Code. From the [November 30, 2010 letter](#):

IBLCE believes every interaction with industry at both the organizational and personal level must be free from undue influence and also the perception of undue influence. In order to accomplish the vision of IBLCE of advancing the health and well being of mothers and children worldwide, safeguards must be in place in order to protect and maintain public faith on an organizational and individual level. It is imperative IBLCE have a clear and strong statement regarding the standards of interaction with industry so the organization and the individuals certified by IBLCE have guidelines regarding best practice.

The issue of interactions with the for-profit health sector is not new for IBLCE. In 1981 the World Health Organization Presented the International Code of Marketing of Breast-Milk Substitutes and article 7 of this Code specifically addresses health care workers.

IBLCE is not alone in striving to define the appropriate relationship with industry. The Council of Medical Specialty Societies (CMSS) has developed a document containing guiding principles, titled "Code for Interaction with Companies" (hereafter referred to as Code, www.cmss.org). This Code is based on independence and transparency in all interactions with companies, which IBLCE completely supports.

- **Important Dates and Tidbits from the [IBLCE Website](#):**
 - **2011 is the last year to qualify for the IBLCE exam before new requirements go into effect.** [More...](#)
 - **Need financial assistance?** January 31, 2011 is the final postmark deadline for MILCC scholarship applications. [More...](#)
 - **Postmark your 2011 Exam application on or before February 28** and receive the largest discount. [Apply...](#)
 - IBLCE in the Americas is planning to host several **webinars about how to qualify for the certification exam** for lactation consultants. If you would like more information, please complete a short survey. [Survey...](#)
 - **Help a colleague!** [Donate to MILCC](#).
 - **Effective in 2012, there will be two deadlines for [recertification by CERPs](#) applications**—February 28 and July 31. Please be sure to make note of this as you plan your continuing education.
 - **Are you serving as a mentor for student lactation consultants** following Pathway 3 or are you planning to be a mentor? Effective January 1, 2011, IBLCE will award CERPs to IBCLCs who mentor student lactation consultants who are following [approved](#) Pathway 3 plans. [More...](#)



USLCA's Mission:

To build and sustain a national association that advocates for
lactation professionals

USLCA's Vision:

IBCLCs are valued recognized members of the health care team

Lunch and Learn Webinars -Earn IBLCE CERPs

Mentoring our Future

Denise Altman, RN, IBCLC, RLC, LCCE

January 19, 2011

1pm Eastern, 12pm Central, 11am Mountain, 10am Pacific

1 Hour program,

1 L CERP

Certificates are
emailed to
attendees

Prices:

USLCA Members

\$20

Non-members \$30,

Groups 2-10 \$45

Objectives

1. Define "personal inventory" and how it relates to mentoring.
2. List four types of mentoring tracks.
3. State the process for interviewing and accepting a learner.

United States
Lactation
Consultant
Association

2501 Aerial Center
Parkway
Suite 103
Morrisville,
North Carolina 27560

Sign up now for a USLCA Webinar!

1. Download the sign up sheet for the appropriate webinar. [Click here](#) for list of scheduled webinars.
2. Submit your sign up sheet and payment information to our headquarters using these options:
Attention: USLCA Webinar
email AshleyD@uslcaonline.org or fax 919-459-2075
3. You will then receive an email invitation to register for the webinar. Please complete this as soon as possible. You will not be able to sign on to the webinar until this registration is submitted and approved.

ADVOCACY NEWS

Wage and Hour Division of the Department of Labor Invites Public Comments on Reasonable Break Time for Nursing Mothers

The Department of Labor's (DOL) Wage and Hour Division has requested comments on the reasonable break time for nursing mothers that is part of the new Affordable Care Act. The Patient Protection and Affordable Care Act amended the Fair Labor Standards Act and now requires employers to provide nursing mothers reasonable break time and a non-bathroom place to express breast milk. This Request For Information (RFI) appeared in the December 21 Federal Register which can be viewed at <http://www.gpo.gov/fdsys/pkg/FR-2010-12-21/pdf/2010-31959.pdf>. The text of this request serves as the Wage and Hour Division's current interpretation of the law and contains detailed explanations of each section. Employers, employees, and others have requested additional guidance from the DOL about the law's requirements. Your comments regarding this RFI will assist the DOL in providing additional guidance to employers for complying with the new break time and pumping location requirements. Comments must be received by **February 22, 2011**.

For more information on the Request for Information, go to: <http://www.babygooroo.com/index.php/2011/01/04/public-asked-tocomment-on-break-time-for-nursing-mothers-law/>

The Secretary of Health and Human Services Announces 2011 Healthy Living Innovation Awards

The Secretary of Health and Human Services is proud to announce the 2011 Healthy Living Innovation Awards. This is a new initiative at the U.S. Department of Health and Human Services (HHS) that seeks to identify and acknowledge innovative health promotion projects within the last 3 years that have demonstrated a significant impact on the health status of a community.

The Healthy Living Innovation Awards offer an exciting chance to recognize and foster the spread of effective health promotion efforts, specifically community-based efforts that either make use of an entirely new tool or approach or have applied existing tools in an unusual way to improve community health and well-being.

Eligible organizations must have an innovative project in at least one of three health promotion areas: Healthy weight, Physical activity, and/or Nutrition

Nominated programs must have been piloted or implemented within the last three years and have demonstrated results. (Note: An innovation can be an existing program that has been implemented in a new way within the last three years.)

Awards will be given in the following categories

- | | |
|---|---------------------------------------|
| 1. Faith-Based and/or Community Initiatives | 6. Non-Profit |
| 2. Health Care Delivery | 7. Public Sector |
| 3. Healthy Workplace | 8. Schools (K-12) |
| 4. Large Employer > 500 Employees | 9. Let's Move Cities and Towns |
| 5. Small Employer < 500 Employees | |

Winners will receive awards from the Secretary at a public recognition ceremony and have the opportunity to present their innovations at a national conference in spring 2011.

Nominations for the awards will be accepted **January 18 through March 1, 2011**.

To learn more about the 2011 Healthy Living Innovation Awards, please visit www.hhs.gov/secretary/about/healthyliving/

Advocacy Opportunity

Dear USLCA member,

As you may have heard, the House of Representatives will be voting this week to repeal the new health reform legislation, i.e., the Patient Protection and Affordable Care Act (PL 111-148). While largely symbolic, this provides us with an opportunity to educate our legislators regarding the 2 sections in this law pertaining to breastfeeding. Section 2713 pertains to the IBCLC and has important implications for all of us working with breastfeeding mothers. Please send the letter below to your House member within the next day or two, prior to the House vote anticipated early next week. We wish to educate our legislators about breastfeeding and help keep both breastfeeding and IBCLCs on their radar screen. Please take just a little time to let me know who you have sent the letter to so that we can keep track of the offices that have been contacted.

Send your letter via fax or e-mail. Your Member of Congress information can be found by zip-code at the "Find Your Representative" link here: <http://www.house.gov/>

Marsha Walker, RN, IBCLC
Marshalact@aol.com

Your contact info
Date
The Honorable (Full Name)
United States House of Representatives
Washington, DC 20515

Dear Congressman/Congresswoman (Last Name):

I am writing in regards to the upcoming vote in the U.S. House of Representatives to repeal the Health Care Reform Law.

As an advocate and supporter of programs that promote breastfeeding, I was pleased to see that the Patient Protection and Affordable Care Act (PL 111-148) signed into law in March 2010 contained sections which supported breastfeeding.

- **Section 2713: "Coverage of Preventive Health Services,"** which states that, "United States Preventive Services Task Force (USPSTF) recommendations for breastfeeding include: pre and postnatal breastfeeding education, formal breastfeeding evaluations undertaken by trained caregivers in the hospital and out-patient care settings, followed by interventions to **correct problems as needed.**" **The provision of recommended services is imperative for families to overcome pervasive barriers to breastfeeding.**
- Section 4207 amended the Fair Labor Standards Act requiring a reasonable break time and location for nursing mothers in the workplace to express breast milk. The provision states that employers shall provide reasonable, unpaid break time and a private, non-bathroom place for an employee to express breast milk for her nursing child for up to one year after the child's birth. **Employers with less than 50 employees are not subject to the requirement if it would cause "undue hardship."**

(continued next page)

Every year, more than 3 million mothers in America breastfeed. These provisions are good public policy for not only the baby and the mother, but also for the business community and our overall economy. Breastfeeding can improve more than 10% of the Healthy People 2020 health goals for the nation.

Promoting and increasing the rate of breastfeeding in the United States can provide upwards of \$14 billion per year in cost savings related to just the treatment of several childhood illnesses seen in higher rates in those infants who are not breastfed. Research shows that **breastfeeding lowers the baby's risk of infections, diarrhea, SIDS, obesity, diabetes, asthma, and childhood leukemia.** A 2009 study of nearly 140,000 women found that women who breastfed for at least one year were 10-15% less likely to have high blood pressure, diabetes, high cholesterol, and cardiovascular disease compared to mothers who never breastfed. **Breastfeeding also lowers the mother's risk of breast cancer, ovarian cancer and osteoporosis.**

Companies providing lactation accommodations reap a 3 to 1 return on investment and can save hundreds of thousands of dollars every year on reduced health claims, lowered employee turnover, decreased absenteeism, and less money spent on recruitment and training of new employees. At the same time, *The Business Case for Breastfeeding*, a program created in 2008 by the Department of Health and Human Services, showed that employees whose companies provide breastfeeding support consistently report improved morale, better satisfaction with their jobs, and higher productivity.

For these reasons, I am requesting that all prevailing Health Care Legislation and any changes made to the Affordable Care Act maintain the provisions contained in Sections 2713 and 4207 that promote healthier women and children while facilitating health care cost containment.

Sincerely,

What are YOUR New Year's Resolutions?

This time of year we reflect on where we've been and where we are going. Think about your professional position in your area, community, workplace, Chapter, etc. What have you accomplished in the past year to further breastfeeding and the status of the IBCLC? Most of us probably have not done as much as we would like to say we have, and yet most of us have **probably done more and reached more people in ways we aren't even aware of.**

In any case, 2011 is a brand new year and a new opportunity to set new goals for yourself. Make them reachable—but still requiring some "reach" on your part. **We grow that way.**

And consider adding a goal that would get you more involved in your professional organization. Take an active role in your Chapter—present an educational program, become an officer, encourage your colleagues to join USLCA. Or consider helping at the national level. Join a committee, nominate yourself for that Director of Marketing position, or just ask a Board member how you can help.

Together we can accomplish great things!

NEWS FROM ILCA

Student Membership Now Available

As you promote USLCA/ILCA membership to your colleagues, remember that ILCA now offers a Student level of membership! This membership offers all the benefits of ILCA membership including discounts, eligibility for scholarships, grants and other awards. The primary difference is that access to the Journal of Human Lactation is available only online; student members do not receive the printed copy. All articles can be viewed online, with free downloads for those who prefer the portability of a printed copy.

Eligibility for the student membership requires an affirmation from the student's Course Director, demonstrating current enrollment in a program of lactation or related field. There is no age limit to qualify, and the student membership may be used for a maximum of 2 years. Dues for student membership are \$95 for US; their dual membership in both ILCA and USLCA makes them eligible for the liability insurance offered by USLCA. To apply, the student must submit a completed application to ILCA, along with payment and signed affirmation form. More information and the application and affirmation forms are available at www.ilca.org/i4a/pages/index.cfm?pageid=3361. Please email info@ilca.org with any questions.

Retiree Membership Now Available, too! Click here for more information!

Group Membership Option Continues to March 15

If you still have friends or colleagues who have not yet joined or renewed their ILCA membership, **it's not too late. They can still join online or use our group discount option if they join** along with 2 other colleagues. Encourage them to download a 2011 membership application for each member of their group and send together with the Group Membership Form. The Group Membership option ends March 15.

Clinical Instruction Directory Survey

ILCA is committed to increasing the availability of and access to clinical practice opportunities for aspiring IBCLCs. One task is to create a directory where aspiring IBCLCs can find clinical instructors in their locale. To begin gathering information for the directory, we are asking all IBCLC members, regardless of your number of years of certification, to please take a moment to answer a few brief questions on a Clinical Instruction Survey. The survey will take less than 5 minutes to complete and can be accessed at <http://www.surveymonkey.com/s/DH5LLDJ>.

If you have questions about this project, please contact Judi Lauwers, ILCA's Education Coordinator, at judi@ilca.org.

Find a Lactation Consultant (FALC) Directory

If you recently earned your IBCLC credential, CONGRATULATIONS! Please let us know your IBCLC number and recertification date, so we can update your member record. This is necessary if you would like to be listed on this FALC (Find A LC) Directory, since we have to confirm everyone before they can be listed. The FALC Directory is updated every 2 weeks

New Study Modules Available!

The February 28 IBLCE early bird deadline for recertifying by CERPs is fast approaching. ILCA's Continuing Education site offers over 50 study modules from conferences, ILCA documents, and JHL articles to help you obtain the CERPs you need to recertify. Ten new modules from the 2010 ILCA conference in San Antonio were recently added. You can now listen to the presentation and view the PowerPoint slides just as you would live at the conference. Then submit your responses to some questions to indicate that you completed the learning experience, **print your certificate, and you're all set!**

Click [here](#) to learn more about how to earn your CERPs/contact hours!

TIPS: TECHNOLOGY IN PRACTICE

- **Breastfeeding: A “Winnable Battle”** The Centers for Disease Control and Prevention’s Public Health Law Program has a new public health resource integrating science, policy, and law. The term [Winnable Battles](#) is used to “describe public health priorities with large-scale impact on health and with known effective strategies to intervene. The charge under Winnable Battles is to identify optimal strategies and to rally resources and partnerships to accelerate a measurable impact on health.” There are six currently identified Winnable Battles based on the “magnitude of the health problems and CDC’s ability to make significant progress in improving outcomes”:

- Healthcare associated infections
- HIV
- Motor vehicle injuries
- Obesity, nutrition, physical activity and food safety
- Teen Pregnancy
- Tobacco

Breastfeeding is listed as a specific topic in the nutrition battle. [Click here](#) to see the resources included in this section.

You can help improve the resource section: **CDC welcomes “your thoughts on this section** and invite suggestions for ways to improve it. If you know of a pertinent, public-domain information resource available on the Internet, please e-mail us at PHLP_web@cdc.gov.”

- **Breastfeeding Interventions—Another CDC resource** Here’s a [relative] oldie-but-goodie, free for the [download](#). (Printed copies are available.) This 2005 booklet lists a number of interventions intended to improve breastfeeding rates, and gives the evidence for each, as well as resources and potential action steps. While some of the information is dated, much is still sound and appropriate “food for thought.”



- **Planning a WIC Research Agenda:** This report from the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) includes proposed research methods and data considerations from a 2010 WIC workshop. In addition to breastfeeding protection, other topics addressed include birth outcomes, obesity, food insecurity and hunger, dietary intake and nutritional status, nutritional education, families, and the healthcare system. It’s another freebie [download](#), or you can purchase printed copies. The [breastfeeding chapter](#), “Research Needed to Improve Breastfeeding Protection, Promotion, and Support Within WIC,” is a detailed summary of a session at the workshop moderated by Miriam Labbok.



- **MCH Library Resource Brief on Breastfeeding:** Here’s a new Resource Brief from the Maternal and Child Health Library on breastfeeding that “describes national and international websites, lists recent publications for consumers and health professionals, and links to breastfeeding organizations. [Click here](#) to see the Brief.

Got a website or blog? Share the USLCA link—www.uslca.org!

Your site must be WHO-Code Compliant. Help us get the word out about the important work USLCA does in the name of the IBCLC and breastfeeding!



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2501 Aerial Center Parkway, Suite 103
919-861-4543

Morrisville , NC 27560
Info@uslcaonline.org

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USLCA CLIPBOARD

Stay organized and show your support for
USLCA.

USLCA clipboard comes with:

Calculator **Educational sheets**
Inserts **Conversion chart**

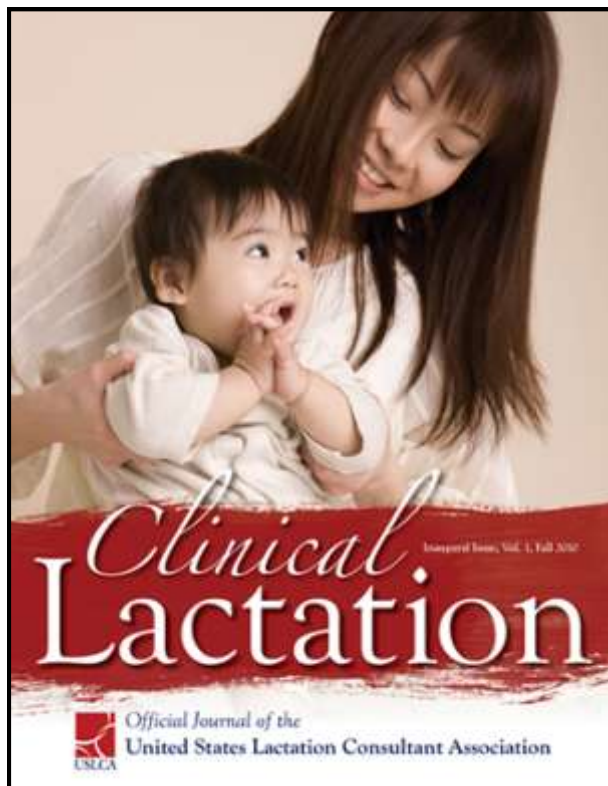


**Members: \$22 for one 2 for
\$40.00. + SH;**

Non-members 25.00 +SH

**Contact Scott Sherwood at
ExecutiveDirector@uslcaonline.org**

**Great gift idea!
Available in the [ILCA bookstore](#)**



KEEP UP WITH USLCA NEWS THROUGH TWITTER!

<http://twitter.com/USLCA>

And look for USLCA on [Facebook](#), too!