



# CONTAINING HEALTH CARE COSTS HELP IN PLAIN SIGHT

**International Board Certified Lactation Consultants:  
Allied Health Care Providers Contribute to the Solution**

## Affordable Health Care Begins with Breastfeeding

The training of International Board Certified Lactation Consultants (IBCLCs) focuses exclusively on the care and support of lactation, resulting in allied health professionals uniquely qualified to address the health care needs of the breastfeeding family.

My IBCLC helped me to overcome early breastfeeding problems and plan for returning to work. My baby is almost a year old now and we are still breastfeeding according to the recommendations of every expert in healthcare.

***CREDENTIALING IBCLCs  
as lactation service providers  
will reduce healthcare costs  
for families and insurers.***

**Skyrocketing  
medical costs  
have resulted  
in emphasis  
on disease  
PREVENTION.  
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The Affordable Care Act requires non-grandfathered plans to cover lactation counseling and breast pumps.



Reimbursement of the IBCLC yields a significant return on investment. Why pay more for disease when prevention costs less?



For more information Contact:  
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**INTERNATIONAL BOARD  
CERTIFIED LACTATION SERVICES**

**HPCS/CPT Codes &  
Diagnosis Codes Available here:**

**Visit the reimbursement section at [uslca.org](http://uslca.org)**

**MUTUAL GOALS OF USLCA AND INSURERS**

- Improved infant health
- Improved maternal health
- Comprehensive healthcare
- Lower lifetime healthcare costs

The United States Breastfeeding Committee and the National Breastfeeding Center’s “Model Policy” cites IBCLCs as non-licensed approved lactation care providers with certification meeting recognized credentialing standards for insurers.

**SURGEON GENERAL’S CALL THE ACTION TO SUPPORT BREASTFEEDING ENSURE ACCESS TO IBCLC SERVICES**

- Include support for lactation as an essential medical service for pregnant women, breastfeeding mothers, and children
- Standard coverage for IBCLCs as covered providers
- Provide *reimbursement* for IBCLCs independent of their having other professional certification or licensure
- Work to increase the number of racial and ethnic minority IBCLCs to better mirror the U.S. population

**AMERICAN PUBLIC HEALTH ASSOCIATION**

- Calls for increasing access to lactation services and reimbursement, especially for under-served populations.

**NATIONAL BUSINESS GROUP ON HEALTH**

- Lactation programs reduce overall healthcare costs
- IBCLCs are approved lactation providers

**INCREASED RISK FOR CHILD ILLNESSES ASSOCIATED WITH NOT BREASTFEEDING AMONG FULL-TERM INFANTS**

DISEASE	INCREASED RISK
Acute Otitis Media	100%
Atopic Dermatitis	47%
Gastrointestinal Infection	178%
Lower Respiratory Infection, Hospitalization Rate	257%
Asthma, with family history	67%
Asthma, no family history	35%
Childhood Obesity	32%
Type II Diabetes	64%
Acute Lymphocytic Leukemia	13%
Acute Myelogenous Leukemia	18%
Sudden Infant Death Syndrome	56%
Necrotizing Enterocolitis in Pre-term Infants	138%

IBCLCs have a positive effect on breastfeeding success at all times in the course of lactation and in all settings.

**MATERNAL RISK REDUCTION FROM BREASTFEEDING**

DISEASE	RISK REDUCTION
Diabetes	12%
Metabolic Syndrome	8.4%
Ovarian Cancer	21%
Breast Cancer	4.3%
Coronary Artery Disease	23%
Aortic Calcifications	22%
Coronary Calcifications	15%

**IBCLC QUALIFICATIONS**

- 300-1000 clinical experience hours depending on prior background
- 90 hours of didactic education
- 8 college level health science courses
- 6 health related continuing education courses
- Pass an independent, criterion-referenced exam
- Recertified every 5 years by continuing education or exam

Use of IBCLCs is a cost effective solution for safe and effective care with improvements in breastfeeding initiation, duration, and exclusivity – all of which result in reduced health care claims.

**CONTINUED PROFESSIONAL SUPPORT IS NEEDED HELP MOTHERS MEET THEIR DESIRED BREASTFEEDING DURATION**

- Only 8% of mothers reported no breastfeeding problems
- Only 49% of mothers report fully resolved by 7 days
- Approximately 60% of mothers stop breastfeeding earlier than they want to
- The major reasons why mothers stop breastfeeding are concerns about maternal or child health and processes associated with breastfeeding
- Healthcare provider support is critical to breastfeeding success yet many health care providers do not have the needed training in lactation

For full report visit the reimbursement section at [uslca.org](http://uslca.org)