



## **Ohio Breastfeeding Alliance – *Human Milk for Human Health***

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Meeting Minutes for November 8, 2017 Board Call beginning at 12 noon

Present: Jennifer Foster (Chair, OLCA Rep), Lori Nester (Treasurer, R3 Rep), Michelle Catersino (R4 Rep), Ann Davis (LLLOH Rep, Secretary), Mary Burton (Vice Chair, R6 Rep), Libby Svoboda (R5 Rep), Stephanie Carroll (R7 Rep). Gina, a member of Stephanie's office, also listened in.

Not Present: Debbi Smith-Moore (ABN Rep), Terri Rutz (R1 Rep), Sylvia Ellison (R2 Rep).

**Approval of Minutes:** The minutes for the September 20 and October 11 meeting were approved and will be posted to the website.

**Treasurer Report:** Lori has provided Ann information needed for the financial report to the Ohio Attorney General. Balance is \$4419.64. Lori has been continuing to reconcile records and transfer accounts; the PayPal account is now changed over. We had 17 memberships in 2017. Lori, Jen and Stephanie will be working together on reconciliations of accounts as past and present treasurers.

### **Committee Task Force Reports**

**Childcare (Ann):** This group is working on learning about child care regulations and policies. The hierarchy of this group with OECHN and ODH is still confusing to members. Bre Haviland at ODH has been helpful in providing connections and resources to the group. ODH was able to participate in ODJFS's last reworking of child care rules through the HHS COINN group, and was able to include a new rule that child care centers must have a policy on breastfeeding. This gives the group a potential point to connect with facilities and be able to offer them services. Lori suggested that the group have a conference call or webinar to help facilitate research and learning for group members. Ann is looking into an organization called 4C or to SUTQ licensing experts to see if they can provide this learning. Jennifer and Libby are working on a draft of a poster presentation for OLCA. Connecting with more people at OLCA or in other groups would help to provide volunteers to the group if we evolve into doing more work directly with child care centers. This group needs to work out how they will present the poster and the work of the OBA/OECHN groups as a joint effort.

**First Steps (Jennifer):** Round 10 of applications from hospitals is underway. Experiencing an 80% participation rate from Ohio hospitals. Looking for ways to expand and move hospitals on to complete BFHI accreditation.

**Nursing In Public (Ann):** Mary did a presentation for her Human Resources and used materials from the toolkit. Jennifer has also used toolkit materials for a presentation to Summit County employees. Lori emailed the Small Business assistance office in Ohio about including toolkit info in setting up a business information, but hasn't heard back. Many businesses are unaware of the laws and their obligations under them. USBC's webpages are a great resource for updates on employment laws. A discussion of helping employers and businesses be cognizant of their obligations under laws re: breastfeeding ensued, and how OBA can help keep people updated on the laws and best practices, and spread information and education. USBC resources are linked from the OBA website.

Database: Still calling for updates, this will be ongoing. Update from Lori: The breastfeeding helpline being piloted in the Appalachian area is using this as a part of their referral tools -- OBA area reps should look at the database map - see who from their areas are not listed (services you are aware of) and encourage them to submit. I will continue to post in WIC - make sure offices are listed - and we have referral lists for our counties - could help make sure services we are aware of are included.

### **Regional Reports/Local Coalitions/ Members at Large:**

Region 1: no report

Region 2: no report

Region 3: from Lori: nothing major happening - hospitals are busy with First Steps - and progress is varied. CLC training being held in Lima next week - I haven't heard what size group they have coming. I think it will be here again next spring. I think both hospitals in Lima are trying to get all of their OB nurses to this training. Ohio WIC offices have life sized cut outs of breastfeeding moms (one has a dad included) that came after the August Breastfeeding Awareness Month - they can be used in a variety of settings - talk to your local WIC office if you are interested in hosting one.

Region 4: from Michelle: I recently heard about a new start up non-profit in Franklin County called ROOTT, Restoring Our Own Through Transformation. This group is led by a MPH student, Jessica Roach and is focusing on utilizing community level resources to reduce minority infant mortality. It looks like they have start free or low-cost birth companion (doula) trainings among other outreach efforts. I messaged Jessica through FB to see if their group would be interested in networking with OBA and if perhaps we could partner together on any work to support her efforts in maternal child health issues. I will let you know about any further contact.

Region 5: no report

Region 6: no report

Region 7: from Stephanie: SEOBC – October's meet up was held in Gallipolis, OH at Holzer. Stephanie Carroll spoke about Holzer's changes and work towards Baby-Friendly; including an education piece on the Ten Steps. After the education piece, SEOBC discussed where they are heading in the future and gathered information from Stephanie Carroll and Dyan Van Sickle (ABN's treasurer) on 501c3 status. Athens LLL/Birth Circle – No major updates, having regular meetings and attendance.

Amber Sheeks – Amber is working on her thesis with her MPH and focusing on Appalachian breastfeeding. As a piece of her final project, she is bringing Linda Smith's course to Athens at the beginning on May 2018. Details will be released soon.

Appalachian Breastfeeding Network: from Stephanie: On August 19, 2017, Appalachian Breastfeeding Network's After Hours Breastfeeding Helpline was up and running! With monies from the Ohio Department of Health, ABN was able to launch an after hours helpline (4:30 pm to 8:30 am) for a three month pilot. Calls from rural areas such as Gallia County, Perry County, and Washington County are abundant - as well as surrounding counties in both Ohio and West Virginia. On average, the helpline receives 2 calls per night, with some nights receiving as many as 6. 87% of all calls have been received after 11pm and into the wee hours of the morning, showing the need for an after hours line. The helpline has received calls from other states, where we monitor and answer questions for anyone - referring them to their own state resources if we are aware. Top of the list of questions answered have to do with milk supply, latching, and relactation. A database of resources from all over would be useful (we currently use OBA's for Ohio). Our pilot is over on November 18. We will be keeping the hotline up and running on a volunteer basis – possible funding to come through in January.

On October 6, 2017, ABN hosted their first conference in Beckley, WV. With 60 women in attendance, the day was full of education from 9 speakers on topics such as Milk Banking, Homebirth in Appalachia, to the Barriers to Breastfeeding in a Formula Feeding Culture. Deemed a success, work is already going

into next year's conference which will be held in Glouster, OH at Burr Oak Lodge on October 12, 2018. Next year's theme will be "Taking Off the Rose Colored Glasses". The theme will focus on abuse, domestic violence, birth trauma, and opioid addiction and the direct correlation these topics have with breastfeeding in Appalachia.

In addition to the helpline and the conference work, ABN is also working on a hospital education initiative - identifying key barriers to breastfeeding in Appalachia and offering education to hospitals in short in person trainings and webinars. In addition to the hospital education initiative, ABN will be producing education materials that have QR codes linked to a YouTube channel for clinic displays and educational use within different clinical perspectives.

Another initiative ABN is working on is the creation of a Hospital Adoption Program for BFHI. The idea is a metropolitan hospital that has already achieved BFHI designation be able to adopt a rural Appalachian hospital with few resources and help bring them to BFHI designation. A sample grant proposal is in the works.

Last, but certainly not least, we have our social media campaign called the Empower Mom Movement. On Facebook, Twitter, and Instagram, EMM is separate from ABN and solely used to empower women in Appalachia to take home of their healthcare.

We have also put an importance on spreading the word - submitting abstracts to various conferences in the Appalachian region. Our ABN members are motivated, passionate and empowered! We are setting goals for 2018 now and hope to see a continuous growth as we have thus far. Currently ABN is approaching 350 members nationwide.

LLL Ohio: no report

OLCA: from Jennifer: Working with Libby on draft of table card about breastfeeding organizations for OLCA, please comment on draft. Board meeting 11/10/17, member meeting 11/11/17. Breastfest, March 16-17, 2018.

Ann asked the group about their experiences with La Leche League, to see if anyone had information on where LLL is doing a good job or is having issues. Jennifer and Mary have had good input from Nicki Lantz in Cuyahoga Falls area, and good input from the Kent LLL Group. Mary asked about LLL and home visits; LLL Leaders doing home visits is up to individual volunteer's judgement. Most Leaders do not do home visits. Information about who does home services is being collected by Lori, in order to ensure those workers have good breastfeeding info to offer. Ann has found that many people don't understand what kind of accreditation LLL Leaders have, and expect them to work as other clinical health workers, and at the same level of service. The value of lay assistance and remote assistance was discussed, as well as the value of the ABN hotline, which Gina helped to update the group about. Stephanie contributed that ABN has had 175 calls since inception, averaging about 2 calls a day. The hotline has proved to be a valuable service, and they hope to get their funding renewed. ABN pays hotline staff a small stipend for their time, and pays for advertising and the phone line service. Ways to continue to fund the hotline was discussed, and if OLCA or OBA can help to support the hotline. Concerns were shared that ODH renewal may be delayed and alternatives for funding needed. Stephanie also has some other lines on funding alternatives for the hotline.

**Policies and Procedures Manual:** Google Docs folder for OBA PPM work is <https://drive.google.com/open?id=0B9dtLtGXA7-7NGIGODRhWNETG8>

The meeting was adjourned by consensus.

Respectfully submitted by Ann Davis, Secretary, on December 13, 2017.