



BCC News Update June 2005

The following is a news update from the Board of Directors of The Breastfeeding Committee for Canada (BCC).

Funding for BCC!

Since the BCC's inception in 1991, the BCC's funding has been on a grant by grant basis from Health Canada. In September 2004 a proposal for a project titled *Feeding Programme for Canadian Infants and Young Children: A Means of Enhancing Capacity for Breastfeeding and Improving the Health of Canada's Children* was submitted for funding to the Population Health Fund, Health Canada. The BCC received a letter on April 12, 2005 advising that funding of the project had not been recommended.

The BCC National Coordinator was paid to work 3.75 hours a week from July 1, 2004 when funding for the BFI in Community Health Services project ended to March 31, 2005 when the Diabetes project extension ended (see below). Effective April 1, 2005 the BCC has no external funding sources.

Previous Funding for BCC

In July 2002, the BCC received funding of \$200,000 over two years from Population Health, Health Canada for the project "**Baby-Friendly Initiative in Community Health Services: Implementation and Evaluation**". This funding, which ended June 30, 2004, assisted the BCC to continue the work started with a previous three year grant including development of assessment tools for use in community health services, training assessors and continuation of our support to the provinces and territories in their work on breastfeeding and the BFI.

Evaluation of the BFI in CHS project focused on the BFI assessor candidates trained in 2003, the Provincial/Territorial committees and the BCC Board. Since the process of implementing BFI is long term all three groups were asked about evidence of movement toward the end goal through both their personal perceptions and documentary evidence including reports, minutes, documents etc.

In March 2002, funding of \$300,000 over two years was received from the Canadian Diabetes Strategy Prevention and Promotion Contribution Program, Health Canada to support a project titled "**Breastfeeding, Healthy Eating and Active Living: Natural Tools for Diabetes Prevention**". Breastfeeding has been identified as a preventive factor for obesity /Type 2 diabetes. This project was implemented in partnership with the Canada Prenatal Nutrition Program and the Canadian Diabetes Association to direct its interventions to pregnant women and new mothers living in difficult or isolated circumstances.

The project started in two communities: one in northern Manitoba (I Thompson) and one in rural New Brunswick (the Miramichi region). The Thompson project was unable to attract program participants within the timeframe and the site was closed at the end of May 2003. The Miramichi program, called "Mummies and Tummies Walking Club", went very well and was to conclude in December, 2003. However, additional funding was received from other local sources to extend this successful programme after the official end of the project March 31, 2004.

The National Diabetes Strategy provided an additional \$52,000 for an extension of the original project from June, 2004 through March 31, 2005. Kaplan and Associates of Winnipeg, Manitoba have been undertaking the formative and summative evaluations on both funded projects. Reports on both projects should be finalized by June, 2005.

Canada's 1st Baby-Friendly™ Hospital, 1st successfully Re-Designated Facility:

Installation Hôpital Brome-Missisquoi-Perkins du Centre de santé et de services sociaux la Pommeraie, Cowansville QC – was successfully reassessed and had its designated confirmed on November 12, 2004. BMP which maintained the BFHI standards over the last five years had a full external assessment as both the CEO and head nurse have changed. This also provided valuable experience for the members of the assessment team.

Installation Hôpital Brome-Missisquoi-Perkins du Centre de santé
et de services sociaux la Pommeraie
E-mail: christiane.charest@rrsss16.gouv.qc.ca

Canada's 3rd Baby-Friendly™ Hospital

Le Centre Hospitalier Saint-Eustache, QC—was designated on May 27, 2004. The 250 bed facility serves the cities and municipalities of the MRC de Deux-Montagnes, de Thérèse-De Blainville and the southern part of the MRC de Mirabel.

Centre hospitalier Saint-Eustache
E-mail: info.chse@ssss.gouv.qc.ca
www.chse.qc.ca

Canada's 1st Baby-Friendly™ Birthing Centre

La Maison de Naissance Mimosa du Centre de santé de services sociaux du Grand Littoral in Saint-Romuald QC—was designated on January 12, 2005 following successful assessment in December 2004. The facility, which is staffed primarily by midwives, has about 200 births per year. The facility has 100% breastfeeding initiation and, as the midwives follow all mothers for 6 weeks post-partum, they are able to report that 88.5% are still breastfeeding at 6 weeks. This is impressive especially as about 25% of mothers are under 24 years of age.

Maison de naissance Mimosa du Centre de santé et de services
sociaux du Grand Littoral
E-mail: maisondenaissancemimosa@ssss.gouv.qc.ca
www.mimosa.qc.ca

Canada's 1st Baby-Friendly™ Community Health Service

CLSC d'Argenteuil, Lachute QC—was designated on November 17, 2004. The area served by the CLSC has about 250 births per annum, some of which take place at Centre Hospitalier Saint-Eustache, which became Canada's third BFHI-designated hospital in 2004.

Mission communautaire du Centre de santé et de services
sociaux d'Argenteuil
E-mail: monique.therien@ssss.gouv.qc.ca

Contact information for Canada's 2nd Baby-Friendly Hospital

St. Joseph's Healthcare Hamilton
E-mail-- hdawson@stjosham.on.ca
www.stjosham.on.ca/mn/index.htm
Designated in March 2003

Complete contact information for all designated facilities in Canada is posted on the BCC website at www.breastfeedingcanada.ca under "Baby-Friendly Initiative".

BFI Outcome Indicators

The English Language BCC BFI Practice Outcomes Indicators for Hospitals and Community Health Services were updated March 24, 2004 and, along with the French Language Indicators finalized in October, 2003 are now available for download from the BCC's at www.breastfeedingcanada.ca under "Baby-Friendly Initiative".

Annual General Meeting, April 28, 2005

The BCC held its Annual General meeting for the first time via telephone conference call on the evening of Thursday, April 28. Twenty-one voting members participated in the call which was hosted by Rosemary Sloan, Public Health Agency of Canada. Susan James and Gail Storr will continue in their positions as Senior and Junior Co-Chairs respectively until the 2006 Annual General Meeting.

BCC Committee Reports to the 2005 AGM

BFI Assessment Committee – Marianne Brophy, Chair

Members of this committee have supported the assessments referred to above and have also undertaken pre-assessment documents reviews of two hospitals and one community health service. Work in progress includes revision of BFI documents for the BCC website, development of a BFI in community health services assessment tool, preparation of an integrated practice outcome indicator document for hospitals and community health centres, development of a continuous reporting and re-assessment tool for use by BFI-designated facilities and preparation of a newsletter for assessors and assessor candidates.

Education Committee-- Wendy Stefiuk, Chair

This committee has met quarterly via conference call to follow up on work begun at the face to face meeting held in April 2004 to create an interdisciplinary teaching tool for health professionals to promote best practice in breastfeeding management consistent with BFI criteria. This work was the basis for the project proposal submitted to Population Health Fund, Health Canada in September, 2004 which has not been recommended for funding. A curriculum committee has been established and some sample curricula have been sourced. Dr. Perle Feldman, a family physician, instructor at McGill University & the Sir Mortimer B. Davis - Jewish General Hospital and member of the BCC Board of Directors has developed a 3-hour course for physicians which she will pilot in Montreal.

Infant Nutrition Committee—Johanna Bergerman, Chair

This committee has met monthly via conference call to follow up on work begun at the face to face meeting held in April 2004 to develop practice guidelines for health professionals to support complementary feeding practices in four areas: support for sustained exclusive breastfeeding and delay in introduction of solids, what are complementary foods including safe, locally available foods, support for women returning to work/school, and peer support.

The committee also collated BCC member response to the draft recommendations from Health Canada on duration of exclusive breastfeeding and vitamin D supplementation of exclusively breastfed infants (see below) and provided feedback to the BCC's Provincial/Territorial Committee regarding breastfeeding definitions for infants older than six months (see below).

Provincial/Territorial Committee – Barbara Selwood and Claudette Landry, Co-Chairs
This committee has met four times by conference call since its face to face meeting in April 2004. These calls have been hosted by Rosemary Sloan, Public Health Agency for Canada. The committee finalized breastfeeding definitions and algorithm for data collecting on feeding of infants less than six months (see below), developed breastfeeding definitions and algorithm for data collecting non feeding of infants older than six months and developed a BFI survey tool for use in community health services and acute care settings that provide prenatal services (see below).

Special Projects Committee – Roberta Hewat, Chair
The project ***Breastfeeding, Healthy Eating and Active Living: Natural Tools for Diabetes Prevention*** received a funding extension from the Canadian Diabetes Strategy Prevention and Promotion Contribution Program, Health Canada from June 2004 to March 31 2005. The final report on both phases of the project (the original phase having run from March 1, 2002 to March 31, 2004) will be complete by June, 2005.

The BCC's Annual Report 2004-2005 is posted under "Publications" and complete reports to the Annual General Meeting from all BCC committees are posted under "Committees" on the BCC website at www.breastfeedingcanada.ca

OTHER NEWS

BCC's Breastfeeding Definitions and Data Collection Timeframes

In April 2004, the BCC Board approved the BCC's Breastfeeding Definitions and Data Collection Timeframes document, developed by the BCC's Provincial/Territorial Committee. The Canadian Perinatal Partnership Coalition (CPPC) along with the Canadian Pediatric Society has agreed to use the definitions document as the basis for data collection and/or will incorporate the definitions as they update their data collection systems in the future. The document is posted under "Documents" on the BCC website at www.breastfeedingcanada.ca .

BCC's Baseline BFI Questionnaire

The baseline BFI questionnaire developed by the P/T committee has been sent to all hospitals and community health services in BC. The Registered Nurses Association of BC has done the evaluation and a report is in preparation which will include comments on the questionnaire itself. Education for health care professionals is identified as a major BFI challenge.

Canadian Labour Standards Review Commission

Johanna Bergerman, Chair of the BCC's Infant Nutrition Committee, represented the BCC at a meeting of the commission in Saskatoon in February. She raised the issue of breastfeeding breaks and recommended that standards for nursing breaks in Canada meet the minimum standards as recommended by the revised International Labour Organization (ILO) standards 2001 (see below). It was strongly recommended that the BCC prepare a submission to the Commission by September, 2005.

BREASTFEEDING MOTHERS

Article 10

1. A woman shall be provided with the right to one or more daily breaks or a daily reduction of hours of work to breastfeed her child.
2. The period during which nursing breaks or the reduction of daily hours of work are allowed, their number, the duration of nursing breaks and the procedures for the reduction of daily hours of work shall be determined by national law and practice. These breaks or the reduction of daily hours of work shall be counted as working time and remunerated accordingly.

Links to Education and Professional Development

The BCC recommends that health care providers seeking recommendations for education and professional development visit <http://www.ilca.org/education/index.php> for a well-reviewed list of conferences, courses and independent study modules.

Reviewing and Providing Input

The BCC reviewed and provided considerable input to both the exclusive breastfeeding and Vitamin D recommendations developed by Health Canada in 2004. The BCC continues to assert that we do not yet have sufficient evidence to endorse a recommendation of Vitamin D supplementation for 100% of breastfed infants.

The BCC was invited to attend an Infant and Young Child Feeding Policy meeting. Joanne Gilmore, Past Co-Chair represented the BCC in November, 2004 at the meeting in Toronto.

Baby-Friendly™ News Across Canada

The Ontario Breastfeeding Committee publishes a newsletter three times a year. Each issue provides excerpts from The Ten Steps and Practice Outcome Indicators For Baby-Friendly™ Hospitals. The following newsletters are available on their website: <http://www.breastfeedingontario.org/newsletters.html>

- Vol. 2 #1 – Step 2
- Vol. 2 #2 – Guidelines
- Vol. 2 #3 – Becoming an Assessor
- Vol. 3 #2 – Step 3
- Vol. 3 #3 – Step 4
- Vol. 3 #4 – Step 5

Upcoming Conferences

June 2, 3rd, 2005

Toronto, ON

INFACT Canada Seminar for Health Professionals. *Normalizing Breastfeeding: The 21st Century Challenge*. Keynote Speakers include Dr. Lars Hanson, Dr. Christina Smillie, Dr. Aurore Cote, Leslie Ayre Jaschke. <http://www.infactcanada.ca/InfactHomePage.htm>

June 16-17, 2005

Ottawa , ON

Ninth Annual Breastfeeding Conference featuring Nils Bergman and Linda Smith Sponsored by the Ottawa Valley Lactation Consultants. For more information call 613-224-3528 or send email to sheryl.hamilton@rogers.com

June 20-21, 2005 Calgary, AB

Breastfeeding Conference 2005: Protecting the Mother and Baby Continuum

Speakers: Dr. Nils Bergman and Linda Smith. Sponsored by the Calgary Breastfeeding Matters Group and the Faculty of Nursing in association with CLCA/ACCL. For more information contact Alison Nelson at ajnelson@ucalgary.ca or visit the website at : www.calgarybreastfeeds.org.

June 23, 2005 Duncan, BC

Restoring the Original Paradigm for Infant Care with Dr. Nils Bergman
Sponsored by the Vancouver Island Health Authority. For more information call 250-709 3050 or send email to jean.valleau@cvihr.bc.ca

September 15, 16, 17 2005 Summerside, PEI

The PEI Breastfeeding Coalition presents a "Beyond the Basics: Breastfeeding Conference" with Barbara Wilson-Clay, BS Ed, IBCLC. In addition to the full day conference on the 16th, there will be an open public session on Thursday evening , September 15th and an education session, as part of the Atlantic Lactation Consultants Association Autumn Meeting, on Saturday, September 17th. The Coalition is presenting the conference in partnership with the Atlantic Lactation Consultants Association, the PEI Reproductive Care Program and AWHONN Canada's Atlantic Provinces Chapter. The brochure is available from the AWHONN website at www.awhonn.org

October 7, 2005 or September 30, 2005 Winnipeg, MB

Baby Friendly Manitoba: Working together to support Breastfeeding – From the Community to the Hospital and Back Again. MB. Winnipeg, MB.

November 3rd-5th, 2005 Prince George, BC

"Growing in the North" A Maternal/Child Nursing Conference is being held in Speakers from Canada and the United States will provide updates on Perinatal/LDR, SCN, Maternity and Paediatrics. Cost is \$200 for early registration. Reasonable hotel rates with many restaurants in and around the conference site. Questions/registration brochure requests can be emailed to Martina.Irvine@northernhealth.ca or called to 250-565-2328.