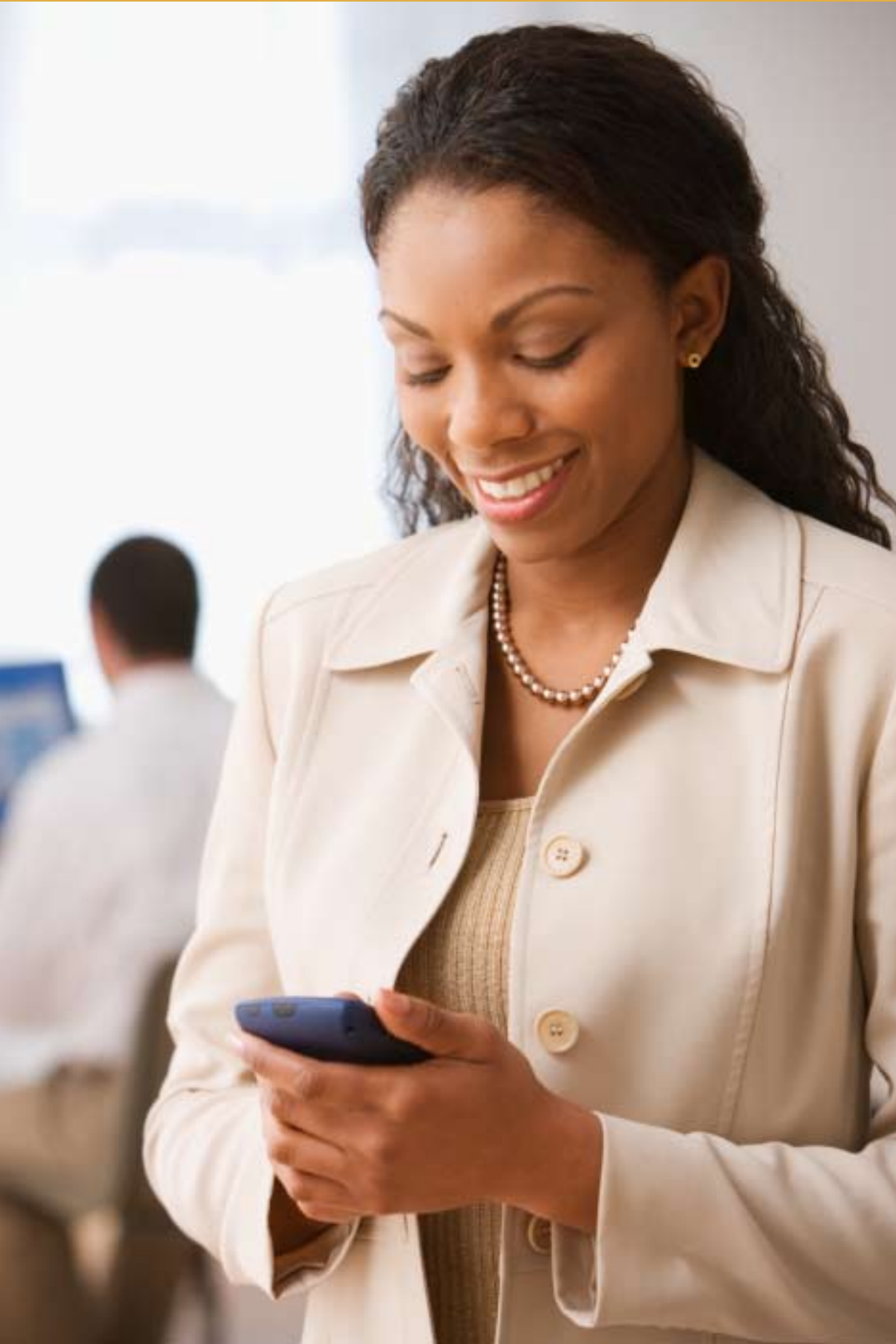


# 10 | Resources



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## COMMUNITY RESOURCES

### Local Health Care Professionals

Contact your local hospital or private clinic for names of practitioners who may be available to consult with you in establishing your program or providing direct services to employees. These may include childbirth instructors, lactation consultants, nurses, pediatricians, family physicians, obstetricians, nurse practitioners, nurse midwives and others.

### International Board Certified Lactation Consultants (IBCLCs)

The International Lactation Consultant Association (ILCA) publishes an online directory of International Board Certified Lactation Consultants available to assist mothers with breastfeeding. IBCLCs are health care professionals who specialize in breastfeeding techniques and management. IBCLCs may also be available to provide technical assistance to your company in setting up a lactation program.

[www.iblce.org](http://www.iblce.org)

### International Board of Lactation Consultant Examiners (IBLCE)

The primary purpose of the International Board of Lactation Consultant Examiners is to benefit the public by setting standards for the lactation consultant profession. Its website contains information on the credential and discusses ways that a lactation consultant can help families with breastfeeding.

[www.iblce.org/](http://www.iblce.org/)

### International Lactation Consultant Association (ILCA)

The professional association for IBCLCs includes a national affiliate, the United States Lactation Consultant Association (USLCA), and numerous state and regional affiliates across the country that are highly active in community-level breastfeeding promotion and support. Local affiliate groups may be available to assist work sites with establishing a lactation support program and can help you identify qualified individuals to provide direct assistance to breastfeeding employees. ILCA has a detailed directory of lactation consultants by zip code, available at [www.ilca.org](http://www.ilca.org).

### Breastfeeding Coalitions

Most states have a state and/or local breastfeeding task force or coalition composed of health professionals and community leaders who promote and support breastfeeding. Assisting local work sites with lactation support for employees is within the mission of many of these groups. Contact your local hospital, local lactation consultant or La Leche League group to find out what is available in your area. A state/territory breastfeeding coalition directory with websites and contact information is available at the website of the United States Breastfeeding Committee at

[www.usbreastfeeding.org/State-Coalitions/coalitions-directory.html](http://www.usbreastfeeding.org/State-Coalitions/coalitions-directory.html)

### **La Leche League International**

La Leche League was founded to give information and encouragement, mainly through individualized help, to all mothers who want to breastfeed their babies, while complementing the care of the physician and other health care professionals. Its website includes numerous publications, including books, pamphlets, and articles on breastfeeding, parenting, and managing employment with breastfeeding. La Leche League mothers' groups are located in many areas throughout the country. To find state-by-state listings of La Leche League leaders and groups as well as a complete state-by-state listing of legislation regarding breastfeeding (including laws supporting working women), please visit [www.llli.org](http://www.llli.org) or call 1-800-LALECHE.

## **U.S. GOVERNMENT AGENCIES**

### **U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA) Maternal and Child Health Bureau (MCHB)**

A HRSA Information Center and two MCHB websites ([www.mchb.hrsa.gov/pregnancyandbeyond/depression/default.htm](http://www.mchb.hrsa.gov/pregnancyandbeyond/depression/default.htm)) ([www.ask.hrsa.gov/](http://www.ask.hrsa.gov/)) offer a broad array of resources for women, teens, children, infants, families and their health care providers. The national "Business Case for Breastfeeding" project includes a resource kit and individual components for both employers and mothers, available free of charge at the HRSA Information Center at [www.ask.hrsa.gov/](http://www.ask.hrsa.gov/) or by calling 1-888-ASK-HRSA.

### **U.S. Centers for Disease Control and Prevention (CDC)**

The comprehensive CDC website includes the most up-to-date recommendations, statistics and research on breastfeeding. It also contains helpful links and resources related to working and breastfeeding.

[www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

### **U.S. Department of Health and Human Services/Office on Women's Health**

The National Women's Health Information Center (NWHIC) is a reliable and current information resource on women's health today. Guidelines for workplaces on the breastfeeding support that new mothers need are included in a "Blueprint for Action on Breastfeeding," media materials, and downloadable information sheets on breastfeeding. "Easy Guide to Breastfeeding" booklets, offered as free downloads, are tailored for five different audiences (white, African-American, American Indian and Alaska Native, Chinese and Latina).

[www.womenshealth.gov](http://www.womenshealth.gov)

## **NATIONAL AND INTERNATIONAL ORGANIZATIONS**

### **America's Health Insurance Plans (AHIP)**

America's Health Insurance Plans is a national association representing members who provide health benefits to more than 200 million Americans. AHIP advocates on behalf of health insurance plans. It also conducts education, research and quality assurance programs. An AHIP program entitled "Advancing Issues in Women's Health: Health Plans' Innovative Programs in Breastfeeding Promotion" is available free at

[www.ahip.org](http://www.ahip.org)

### **Healthy Mothers/Healthy Babies Coalition (HMHB)**

The National Healthy Mothers, Healthy Babies Coalition publishes information about maternal and child health issues from preconception to early childhood, relevant both in the United States and internationally. HMHB provides fact sheets in many languages on various topics, as well as links to local organizations.

[www.hmhb.org](http://www.hmhb.org)

### **United States Breastfeeding Committee (USBC)**

The USBC’s mission is to improve the nation’s health by working collaboratively to protect, promote and support breastfeeding. It produces downloadable “issue papers” on the cost benefits of breastfeeding and the importance of work site and childcare support programs.

[www.usbreastfeeding.org](http://www.usbreastfeeding.org)

## **STATE AND LOCAL ORGANIZATIONS**

### **National Conference of State Legislatures (NCSL)**

The National Conference of State Legislatures is a bipartisan organization that serves the legislators and staffs of the nation’s 50 states, its commonwealths and territories. NCSL provides research, technical assistance, and opportunities for policymakers to exchange ideas on the most pressing state issues. Its website covers many health topic areas at the state level and includes a 50-state summary of breastfeeding laws.

[www.ncsl.org](http://www.ncsl.org)

## **RESOURCES FOR MOTHERS—MATERIALS**

### **U.S. Department of Health and Human Services/Office on Women’s Health**

Downloadable information sheets on breastfeeding. A toll-free telephone information line is also available (800-994-9662), staffed by operators who are trained peer counselors. “Easy Guide to Breastfeeding” booklets, offered as free downloads, are tailored for five different audiences (white, African-American, American Indian and Alaska Native, Chinese and Latina).

[www.womenshealth.gov](http://www.womenshealth.gov)

### **March of Dimes**

The March of Dimes’ mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality. The website also contains educational information on breastfeeding strategies, pictorial guides, and a listing of support groups. Local March of Dimes chapters may also be a helpful resource.

[www.marchofdimes.com](http://www.marchofdimes.com)

## OTHER IMPORTANT ORGANIZATIONS

### **Academy of Breastfeeding Medicine (ABM)**

A worldwide organization of physicians dedicated to the promotion, protection and support of breastfeeding and human lactation. A central goal of the Academy of Breastfeeding Medicine is the development of clinical protocols for managing common medical problems that may impact breastfeeding success.

[www.bfmed.org/](http://www.bfmed.org/)

### **American Academy of Pediatrics (AAP)**

Provides general information related to child health and more specific guidelines concerning pediatric issues. The Academy has many programs and activities, including policy statements and practice guidelines, publications, and other child health resources.

[www.aap.org/](http://www.aap.org/)

### **American Academy of Family Physicians (AAFP)**

The American Academy of Family Physicians is one of the largest national medical organizations, representing family physicians. Resources on its website include information on immunizations and on issues facing family physicians. The Family Doctor site provides easy-to-understand information on a variety of health topics relevant to men, women and children.

[www.aafp.org](http://www.aafp.org) and [www.familydoctor.org](http://www.familydoctor.org)

### **American College of Obstetrics and Gynecologists (ACOG)**

The American College of Obstetrics and Gynecologists is a nonprofit organization of women's health care physicians. Its website provides information on a wide variety of women's and children's health topics, such as adolescent health, health disparities, perinatal HIV, women with disabilities and smoking cessation.

[www.acog.org](http://www.acog.org)

### **Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN)**

AWHONN provides professional resources and support for nurses and evidence-based care to support women throughout the lifespan as well as newborns.

[www.awhonn.org](http://www.awhonn.org)

### **National Association of Pediatric Nurse Practitioners (NAPNAP)**

NAPNAP promotes optimal health for children through leadership, practice, advocacy, education and research.

[www.napnap.org](http://www.napnap.org)

### **The World Alliance for Breastfeeding Action (WABA)**

The World Alliance for Breastfeeding Action promotes breastfeeding globally and provides contacts for breastfeeding groups in many countries as well as information about breastfeeding in the workplace, breastfeeding and HIV, and other issues.

[www.waba.org.my](http://www.waba.org.my)