

Nurturing Health: The Link Between Breastfeeding and Type 2 Diabetes Prevention

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Objectives

01

Examine the short-term and long-term benefits of breastfeeding for the mother-infant dyad.

02

Explain how breastfeeding can help prevent T2DM and chronic illness at a physiological level.

03

Employ effective clinical and community-based strategies to protect, promote, and support breastfeeding, with the goal of increasing breastfeeding

Benefits of Breastfeeding for Mother-Infant Dyads

The World Health Organization declares there is strong evidence for many public health benefits of breastfeeding

Mothers who breastfeed are proven to have reduced incidents of:

Type 2 Diabetes	Obesity	Hypertension	Cardiovascular Disease	Hyperlipidemia	Certain Cancers (ovarian and breast)	Lower rates of Postpartum Depression
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Exclusively breastfed infants are proven to have reduced incidents of:

Asthma	Allergies (both environmental and food)	Obesity	Diabetes	Ear infections	Dermatology issues	Type 1 & Type 2 diabetes
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Benefits of Breastfeeding – Short Term

Maternal

- Postpartum weight loss
- Stress relief and mood regulation postpartum
- Bonding with infant
- Better Sleep
- Financial Security
- Pregnancy Prevention
- Better Body Satisfaction

Infant

- Immunological impact
- Reduce risk of SIDS
- Bonding, emotional security and psychological development

A close-up photograph of a newborn baby sleeping peacefully in a person's arms. The baby's face is the central focus, showing closed eyes and a slightly open mouth. The person holding the baby has dark, curly hair and is wearing a light blue shirt. The background is softly blurred, suggesting an indoor setting with natural light.

Nutritional Outcomes for Infants

- Breastmilk provides appropriate, and ever changing, micro- and macronutrients for the infant.
- Infants who are breastfed have lower gross energy intakes than formula-fed infants
- Breastfed infants create the demand and regulate their intake leading to a more intuitive approach to consumption
- Protein specific to human breastmilk are associated with the following functions:
 - Nutrient utilization, synthesis, and assembly
 - Protection of the gut via microbial pathogens
 - Regulate the inflammatory process
 - Promotion of growth through production of growth factors and certain hormones

Maternal Metabolic Impact of Breastfeeding



Pathophysiology of Diabetes

- Involves multiple hormones:
 - Insulin
 - Glucagon
- Normal functions in the body require continuous access to glucose
- Reduction of glucose utilization by absence or resistance of insulin

Metabolic Impact of Breastfeeding

- Breastfeeding initiation results in a metabolic shift
 - Decreased blood lipids
 - Increased insulin sensitivity
 - Mobilization of fat stores
- Lactogenesis requires lipids and glucose for milk production
- Considering Gestational Diabetes conversion to T2DM

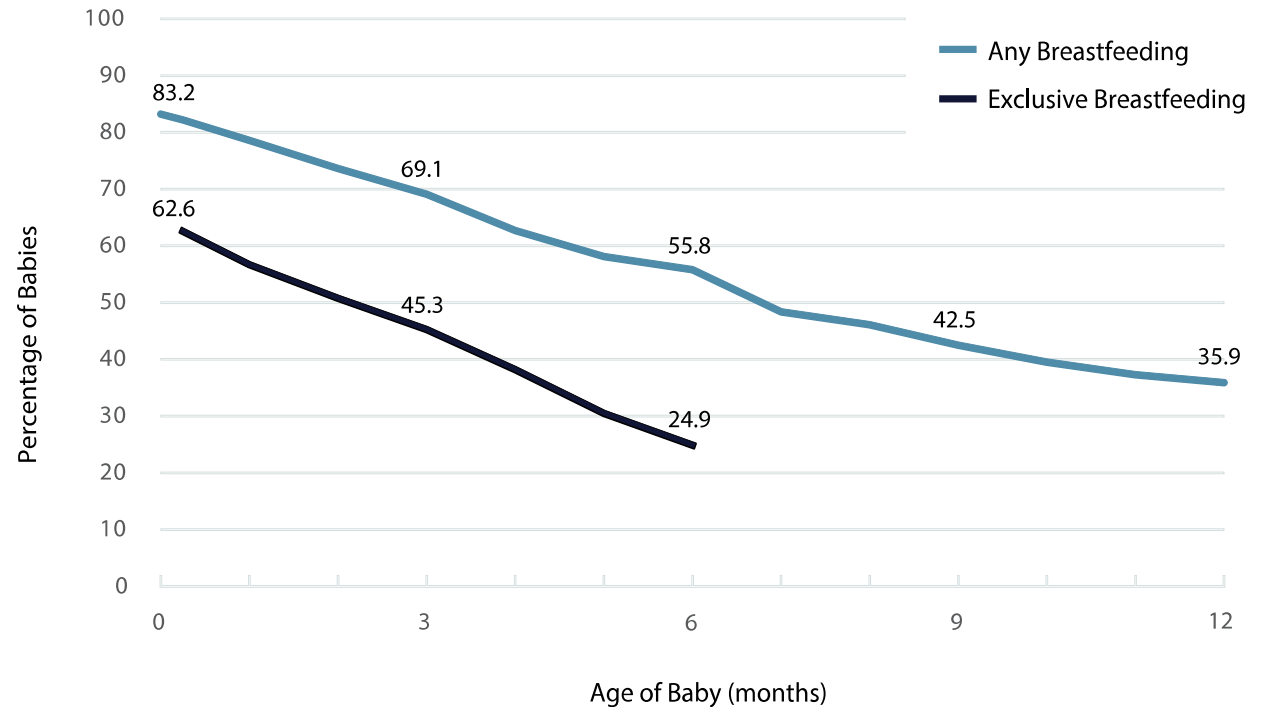
Breastfeeding Report Card - 2022

Among infants born in 2019, 83.2% received some breastmilk

At 6 months 55.8% of infants received any breastmilk and 24.9% received breast milk exclusively

Source:

<https://cdc.gov/breastfeeding/data/reportcard.htm>



Percentage of Babies Receiving Any and Exclusive Breast Milk During the First 12 Months, Among Children Born in 2019

Barriers to Breastfeeding

Lack of accurate information, support, and advice

Lactation consultants are few and far between, typically in inpatient or clinical settings and concentration in urban areas making them difficult to access in rural or low-income areas

There are approximately 19,000 lactation consultants in the United States

Reducing Barriers to Breastfeeding Support

Clinical and community-based strategies to protect, promote, and support breastfeeding

Clinical Strategies

Baby-Friendly Hospital Designation

- 10 Steps to Breastfeeding
- Implementation of an Infant Feeding Policy

Reputable, continued training for clinical staff

Designated lactation staff

Prenatal Education

Promote childbirth education and support low-intervention births

Home-Visiting and Virtual Visits



10 Steps to Successful Breastfeeding

- Have a written breastfeeding policy that is routinely communicated to all health care staff.
 - Train all health care staff in skills necessary to implement this policy.
 - Inform all pregnant women about benefits and management of breastfeeding.
 - Help mothers initiate breastfeeding within one hour of birth.
 - Show mothers how to breastfeed and maintain lactation, even if separated from their infants.
 - Give newborn infants no food or drink other than breast milk, unless medically indicated.
 - Practice “rooming in” which allows mothers and infants to remain together 24 hours/day.
 - Encourage breastfeeding on demand.
 - Give no pacifiers or artificial nipples to breastfeeding infants.
 - Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.
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Infant Feeding Policy

**Increased
Breastfeeding
Rates**

**Improved
Infant Health**

**Enhanced
Maternal
Health**

**Cost-effective
Care**

**Standardized
Care**

**Staff
education and
Training**

**Community
Impact**



Designated Lactation Staff & Flexibility of Delivery of Care

- Clinical lactation evaluation and management by a qualified lactation consultant, can involve an office visit of 60-120 minutes to do a full assessment and provide comprehensive education
- Lactation consultants are a cost-effective solution
- Postpartum looks different for all families! Visits may need to take place virtually, or in-home. Text support can also be crucial.

Protection and Success through Education



Community Strategies

Offer in-person & online support opportunities

Provide space for groups to host their meetings

Pursue Grants

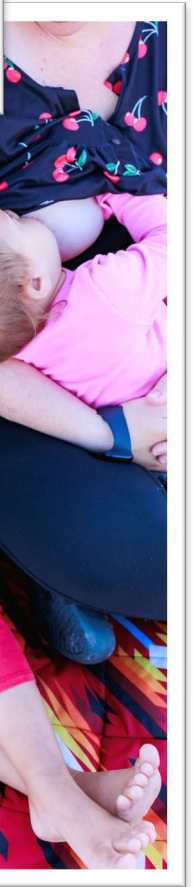
Utilize social media for outreach

Educate community members

Partner with WIC: Women, Infants, Children

Celebrate World Breastfeeding Week/Month

Community Strategies



Lactation Help Line

Do you have a breastfeeding question, concern, or need some extra support?

Open to all pregnant and breastfeeding mothers who would like to talk with a lactation consultant. No appointment necessary!

bit.ly/lactationhelpline

Every Tuesday from 12-1 p.m.

Using your Camera app, point at QR to join

Breastfeeding Support

LACTATION COUNSELORS

- Nicole Santonastaso, RDN, LD, CDCES, IBCLC
CAMP Department
(907) 443-3480
nsantonastaso@nshcorp.org
- Tracy Gregg, RDN, LD, IBCLC
CAMP Department
(907) 443-3477
tgregg@nshcorp.org
- Hilary Fello, RDN, LD, CLC
WIC Manager
(907) 443-3374
hfello@nshcorp.org

LACTATION SERVICES

TLC: The Lactation Club
TLC meets in-person & virtually on the 10th of each month at 12:30pm. You can easily join via Zoom or by phone if your internet connection isn't great. There will be fun giveaways, 'door' prizes and lots of virtual hugs and support! Join breastfeeding or pregnant moms are welcome! Join Contact CAMP at wellness@nshcorp.org for more info!

Inpatient Postpartum
We visit new moms & babies prior to discharge to ensure the best start. Our goal is to help with breastfeeding baby prior to discharge. If you would like to speak to a consultant, please let your midwife know.

Outpatient Clinic
After discharge from the hospital, we provide lactation support. Lactation consultants are available at the CAMP support center located at the new Wellness & Training Center on the 2nd floor.

Telephone Support & Home Visits
We know leaving your home with a baby can be difficult. Our lactation consultants are available by telephone or text message. We can also do a home or virtual visit. Call 443-3365 for assistance!

Alaska Moms Grow Strong Babies

WIC

They start by breastfeeding

Breast milk is the most nutritious food for babies. Breastfed babies grow up stronger and healthier. Breastfeed the first year or longer.



WIC ALASKA

WIC staff are a great breastfeeding resource and can answer questions about feeding your baby.

Contact Us

AMP: 907-443-3365
NESS@NSHCORP.ORG
IC: 907-443-3299
LL@NSHCORP.ORG

Understanding the Influence of Social Media

- Misinformation and Inaccurate Advice
- Comparison and Body Image Issues
- Online Shaming and Bullying
 - Breastfeeding Mothers
 - Validation of Formula Feeding Mothers
- Overwhelming Information
- Isolation and Decreased Support



Thank you & Questions

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907-443-3480

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