



VOLUME 3 ■ SPRING ■ 2009

# Breastfeeding Kentucky



## Natural Disasters and Emergencies: Breastfeeding Makes a Difference

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As long as people have been on earth, women have had the nourishment their babies need readily available from their own bodies. Long before formula companies convinced us that breastfeeding was not as 'convenient' as having a can of formula to 'just add water' to, or 'ready to feed' from a bottle, women were providing their children nature's most perfect food. In normal circumstances, their arguments may be compelling, but in extraordinary disaster situations, their arguments just don't hold water. Women have proven many times over that breastfeeding is still the best solution.

In December, 2006, Kati Kim and her family were traveling through the unfamiliar back roads of Oregon, and became lost. Her husband went to get help as their car became disabled in the blinding snow. Tragically, he became lost, and the snowbound woman and her two children grew desperate for sustenance. Kim was able to breast feed not only her 7-month-old, Sabine, but her 4-year-old daughter Penelope also benefited from the choice her mother made to breastfeed. Kim's

body was able to provide adequate nutrition for both children during the nine days they were trapped in subfreezing temperatures. Her breast milk was able to keep the children nourished, and from dehydrating. Additionally, the skin to skin contact kept the children from freezing to death as their mother's body was able to warm them.

"This is a remarkable fluid in many ways. There is nothing better you can give a child in a disaster than breast milk." Judy Hopkinson, assistant professor at the USDA/ARS Children's Research Center at Baylor College of Medicine in Houston, said upon learning of Kati Kim's ordeal. "I'm really, really grateful that the mother had breast milk available for the baby, as well as for her other child."

During Kentucky's recent "IceQuake", many Kentuckians found themselves without electrical power. This electrical power deficit was, in many cases, community wide, and affected the supply of water. Imagine the panic that ensued as roads were impassible due to fallen trees, stores

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THE KENTUCKY  
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BREASTFEEDING  
COALITION**

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were closed due to the power outage, purchase of formula could not take place and fresh water was badly needed. Emergency crews came out to alleviate the need, but in many cases, it took two or three days just to cut out a path for rescuers to get in, or victims to get out as ice laden trees broke and fell into the roadways.

Some people claim that their lives on a normal day are too stressful to breastfeed. In a disaster situation, how stressful would it be to not to have anything to feed your infant for three or four days? Women are naturally equipped to handle disaster and to provide for their children. It is essential that women with infants prepare themselves to handle disasters.

For mothers who have made the decision to formula feed, extra precautions need to be made. In these situations, it is important to stockpile at least two weeks worth of formula. Remember that the infant's feeding needs increase over time, and formula has a shelf life. Have an adequate supply of clean water available for mixing formula as well as for cleaning bottles and other supplies. In a disaster situation, expect each household member to use three gallons of water per day. In addition, have an adequately stocked disaster preparedness kit with items such as over the counter baby remedies and plenty of diapers.

For more information, go online to [www.ready.gov](http://www.ready.gov) or contact your local public health department and ask to speak to someone about disaster preparedness.



## Breastfeeding: A Vital Emergency Response

**KELLY ALSIP, NUTRITIONIST, CLC  
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"Thank God for breastfeeding!" I thought, as I was sitting in a candle lit house with my six month old daughter eagerly nursing at my breast.

"What would I do if I were giving my daughter formula? No power for warming the bottles. What if we needed formula? No stores open, in some areas no running or clean water!" The power has been out for several days across the state. Trees are blocking our drive, power lines are across roads and falling limbs are making standing outside a life threatening venture. "What added stress would we be under?" Thank God for

breastfeeding! I have none of those added worries! No bottle to fool with no water to find or formula to buy. All I have to do is snuggle with my infant and feed her without worry of contamination, heat, or supply.

Disaster is something that probably never crosses your mind when making the decision on how to feed your precious infant. After this winter this needs to be a lingering thought in a new parents' mind.



The World Alliance for Breastfeeding Action also believes this is an important issue for us to consider. The theme for World Breastfeeding Week 2009 is:

***Breastfeeding:  
A Vital Emergency Response.  
Are You Ready?***

Visit [www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org) today to begin planning your World Breastfeeding Week activities.

La Leche League has also compiled helpful information for breastfeeding mothers who experience natural disasters or other emergencies and for the care providers who support them. Please visit [www.llli.org/emergency.html](http://www.llli.org/emergency.html) for a list of these resources.

# Maternal and Child Health Forums

The Kentucky Department for Public Health (DPH), in collaboration with local health departments, will host 11 Maternal and Child Health community forums to gather input from state and local government, education, health care, private industry and other interested individuals. Participants will discuss the economic and societal impact of health, including the oral, physical and mental health of mothers and children. Additionally, meeting participants will be asked to provide input on local initiatives, gaps and ways that local communities can partner with government and the private sector on strategies to increase the health status of our mothers and children. Please consider attending your local forum to voice your concerns and be an advocate for breastfeeding.

Pre-register online at: <https://apps.chfs.ky.gov/GenRegistration/ClassConf.aspx?AGY=6>.

The remaining regional forums are as follows:

**April 30, Lexington**

1:30—4:30 pm  
Northeast Christian church  
990 Star Shoot Pkwy

**May 5, Hazard**

9:00 am—Noon  
Primary Care Centers of Eastern Kentucky  
145 Citizens Lane, Suite B

**May 7, Burlington**

1:00—4:00 pm  
Boone County Main Library  
1786 Burlington Pike

**May 11, Paducah**

9:00 am—Noon  
Luther F. Carson Four Rivers Center  
Myre River Room  
100 Kentucky Avenue

**May 14, Ashland**

1:00—4:00 pm  
First Christian church  
1930 Winchester Ave

**May 19, Owensboro**

9:00 am—Noon  
River Park Center  
101 Daviess Street

**May 21, Bowling Green**

9:00 am—Noon  
First Christian Church  
1109 State Street



## Educational Opportunities

**April 23-25**

**Lexington:** UK Contemporary Pediatrics Conference. For more info and to register, <http://ukyce.cecentral.com/event/1850>.

**May 1**

**Cincinnati:** *Breastfeeding Issues in Today's Society* and *The Breastfeeding Team: More Than Just Lactation Consultants* with Barbara Morrison. Sponsored by TriHealth Lactation Consultants. 6 CERPs, \$100. FMI, Cathy Meister 513-872-4602 or email [Cathy\\_Meister@trihealth.com](mailto:Cathy_Meister@trihealth.com) or [cathym927@fuse.net](mailto:cathym927@fuse.net).

**May 5**

**Louisville:** KLIC Quarterly meeting. Dr. Beth Doyle recaps the Academy for Breastfeeding Medicine conference in October 2008.

**May 8**

**Indianapolis:** *Building Breastfeeding Support: A Day of Breastfeeding Excellence and Recognition* with Linda Smith. Sponsored by La Leche League of Indiana and Indiana Perinatal Network. \$75. Registration brochure at <http://www.indianaperinatal.org/files/Calendar%20files/050809%20breastfeeding%20conf.pdf>. FMI Joyce Bermes at 260.639.6235 or [bermespi@yahoo.com](mailto:bermespi@yahoo.com).

**May 8**

**Mt. Vernon, IL:** *Breastfeeding: A Mother's Gift for Life*. Sponsored by Southern Illinois Task Force & Illinois Department of Human Services. FMI Kellie Grapperhaus at 618-548-3878 or [kgrapperhaus@ussonet.net](mailto:kgrapperhaus@ussonet.net)

**May 9-31**

**Online Access:** *Gold 09 Conference*. On-line presentations in real time or

taped, featuring Peter Hartmann, Kathy Kendall-Tackett, Liz Brooks, and many others for a very eclectic line-up. Approx 20 CERPs. Sponsored by Health e-Learning. \$180; 15% discount for groups of 10 or more registering together (but do not need to participate in the Conference as a group or even in the same town). FMI, Steve Fisher at [steve@health-e-learning.com](mailto:steve@health-e-learning.com). Online info and registration at: [www.gold09.net](http://www.gold09.net).

**June 17-18**

**Indianapolis:** *IBLCE Exam Cram/ Review Course*. Sponsored by Lactation Education Consultants. 16.5 CERPs. FMI, 630-260-4847 or [LECOffice@aol.com](mailto:LECOffice@aol.com). Registration and details at [www.lactationeducationconsultants.com](http://www.lactationeducationconsultants.com)

# Save the Dates!

<p><b>ILCA</b></p> <p><b>Annual Conference: Relating Evidence to Practice: An International Perspective</b></p> <p><b>Date: July 22-26, 2009</b></p> <p><b>Location: Orlando, FL</b></p> <p><b>For more information: <a href="http://www.ilca.org/ilcaconf.html">www.ilca.org/ ilcaconf.html</a> Liz Koroly <a href="mailto:lizkoroly@ilca.org">lizkoroly@ilca.org</a></b></p>	<p><b>WESTERN KENTUCKY BREASTFEEDING COALITION</b></p> <p><b>Ninth Annual Conference</b></p> <p><b>Date: August 6, 2009</b></p> <p><b>Featuring: Karen Gromada</b></p> <p><b>Location: River Park Center Owensboro</b></p>	<p><b>EASTERN KENTUCKY BREASTFEEDING COALITION</b></p> <p><b>First Annual Conference</b></p> <p><b>Date: August 27, 2009</b></p> <p><b>Featuring: Doraine Bailey, Becky Derifield &amp; March of Dimes Representative</b></p> <p><b>Location: To Be Announced</b></p>	<p><b>KENTUCKIANA LACTATION IMPROVEMENT COALITION</b></p> <p><b>Annual Conference</b></p> <p><b>Date: October 9, 2009</b></p> <p><b>Featuring: Diana West &amp; Lisa Marasco</b></p> <p><b>Location: To Be Announced</b></p>
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