



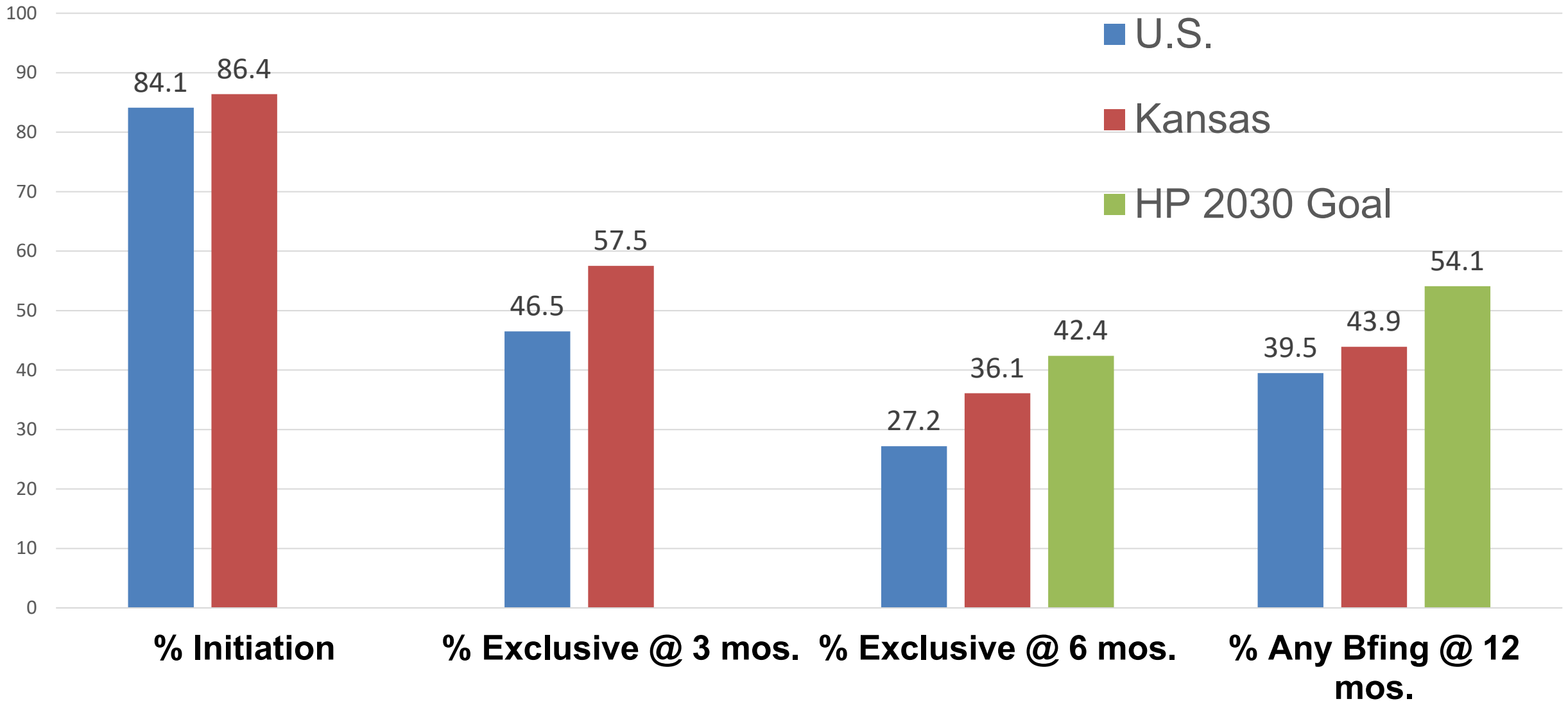
State of Breastfeeding in Kansas

**Brenda Bandy, Executive Director
Kansas Breastfeeding Coalition**

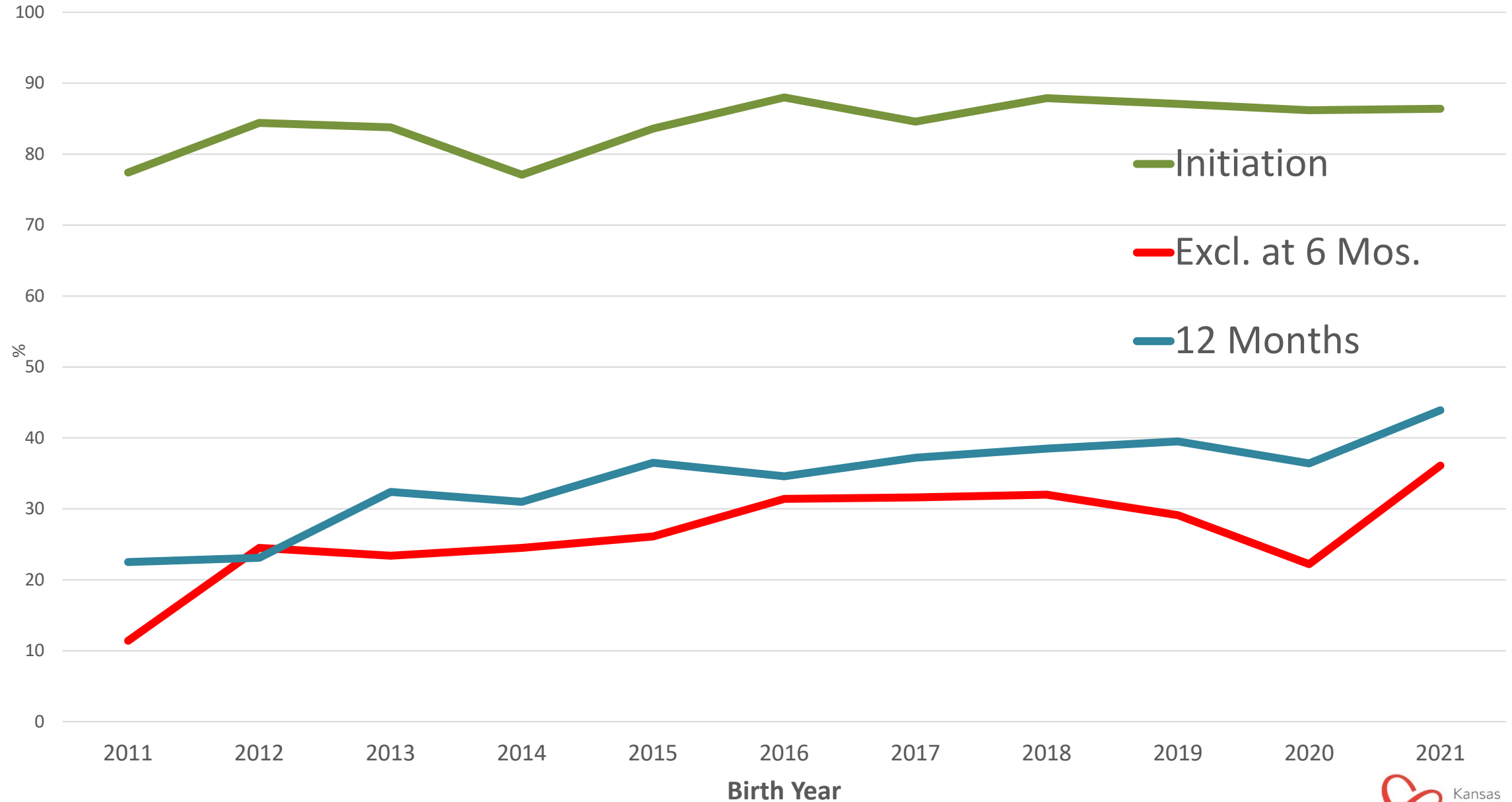




Breastfeeding Rates



Kansas Breastfeeding Rates - History



Source: National Immunization Survey, Centers for Disease Control and Prevention, Department of Health and Human

Celebrate!

Kansas
ranks:



4th

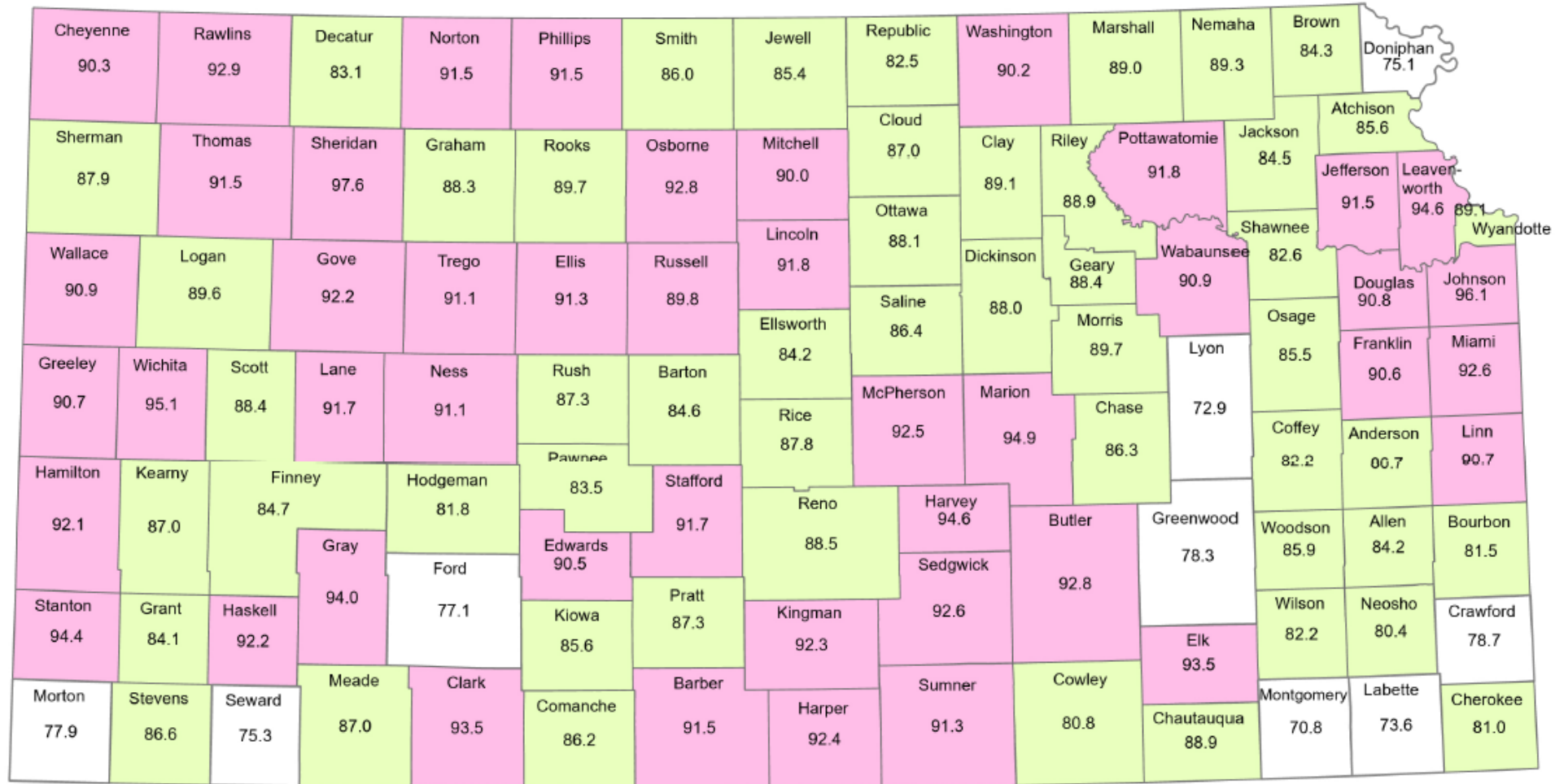
in the nation for rates of infants exclusively
breastfeeding at 3 months






5th

in the nation for rates of infants
exclusively breastfeeding at 6 months

by county of residence



Percent  70.8 - 80.0  80.1 - 89.7  89.8 - 97.6

Kansas = 89.8%

*Missing/unknown breastfeeding status and infants that died shortly after birth were excluded.

Source: Kansas Department of Health and Environment, Bureau of Epidemiology and Public Health Informatics, Birth Data (Resident).



Progress!

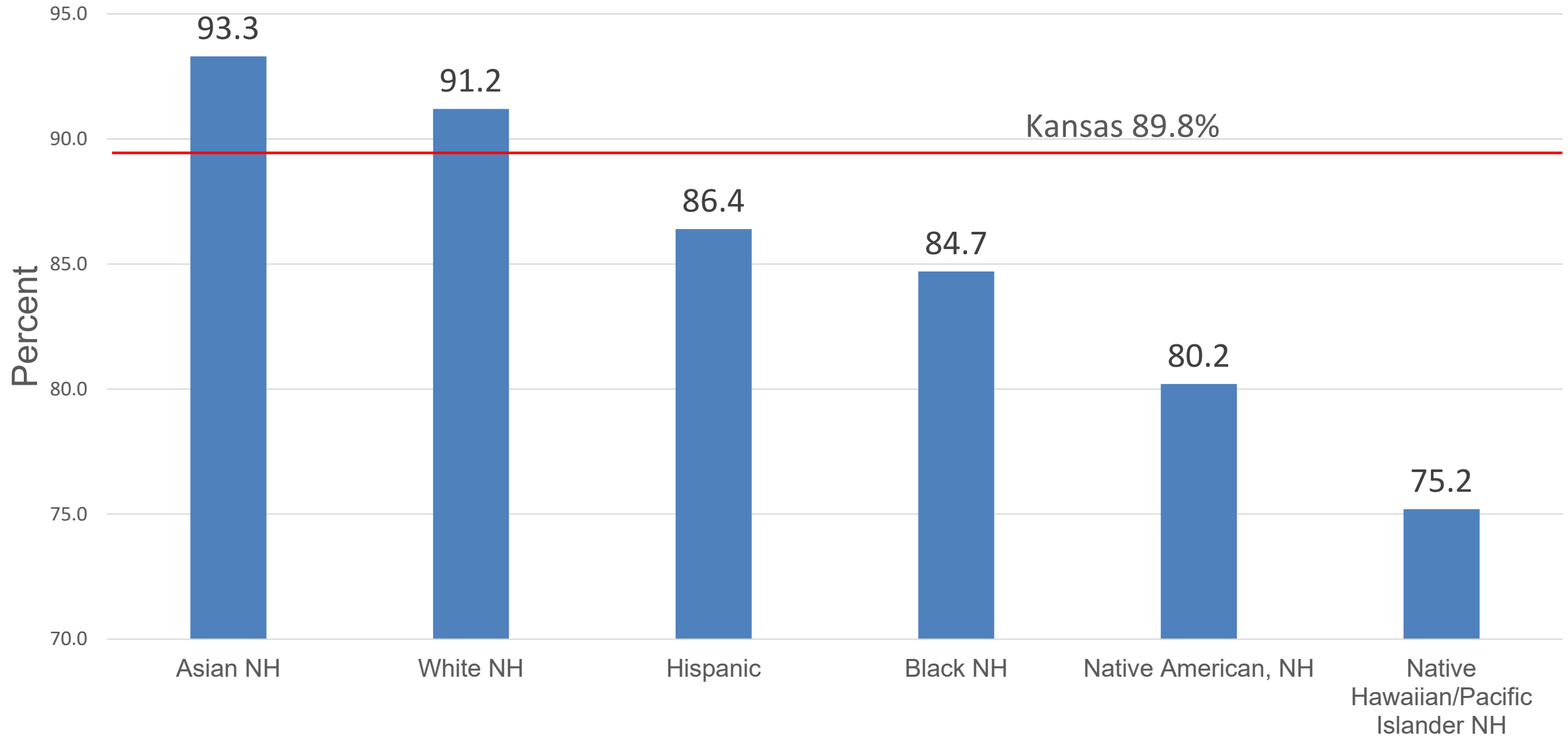
Woodson 77.3	Allen 75.3	Bourbon 80.6
Wilson 73.2	Neosho 80.1	Crawford 77.0
Montgomery 70.7	Labette 75.5	Cherokee 79.4

2018-2020

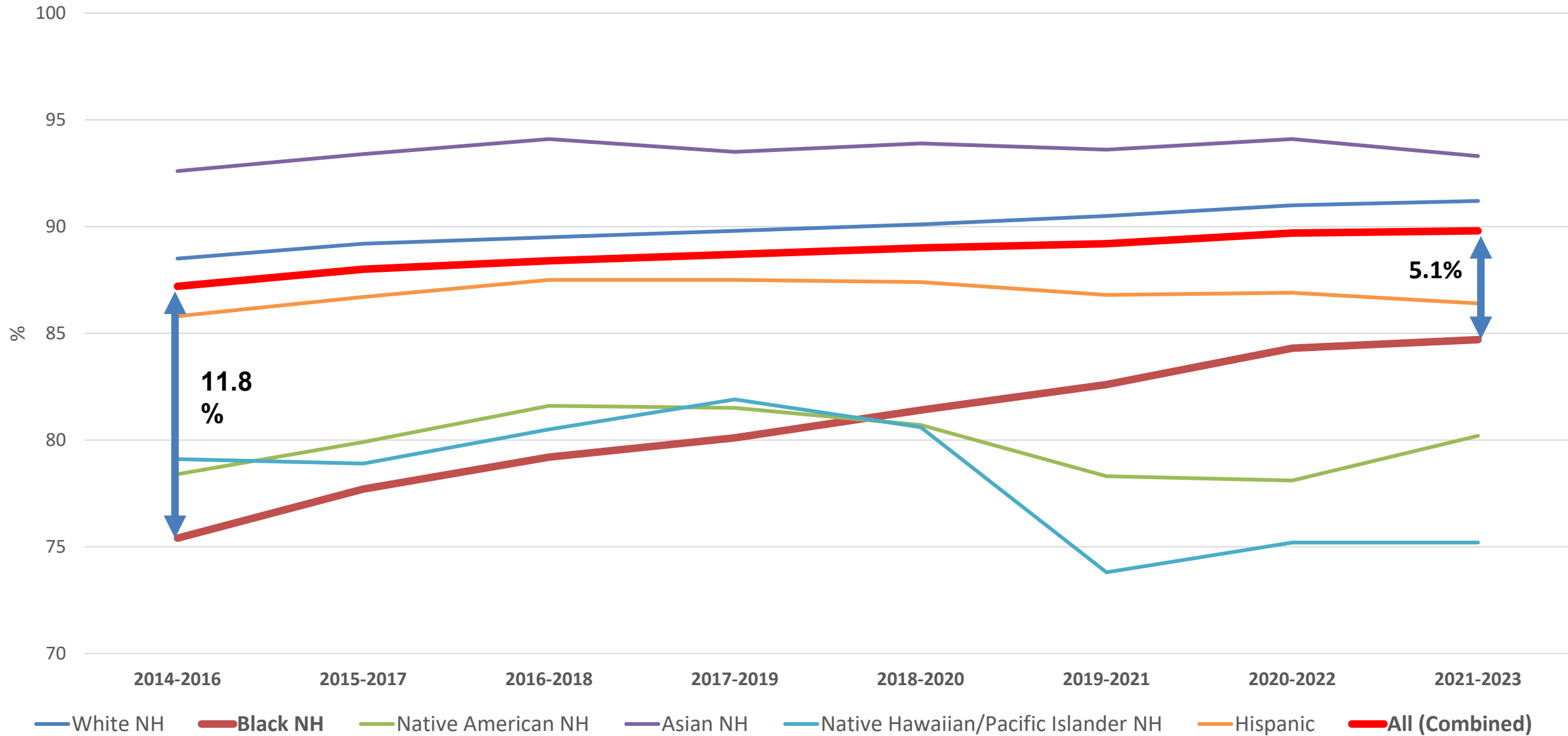
Woodson 85.9	Allen 84.2	Bourbon 81.5
Wilson 82.2	Neosho 80.4	Crawford 78.7
Montgomery 70.8	Labette 73.6	Cherokee 81.0

2021-2023

Breastfeeding Initiation by Mother's Race & Ethnicity Kansas 2021-2023



Kansas Breastfeeding Initiation by Maternal Race & Ethnicity



NH = non-Hispanic

Source: Kansas Department of Health and Environment, Bureau of Epidemiology and Public Health Informatics. Birth Data (Resident).

What Can Be Done?



ADVOCACY



EDUCATION



COALITION
BUILDING



THE KBO ROAD TRIP 2024

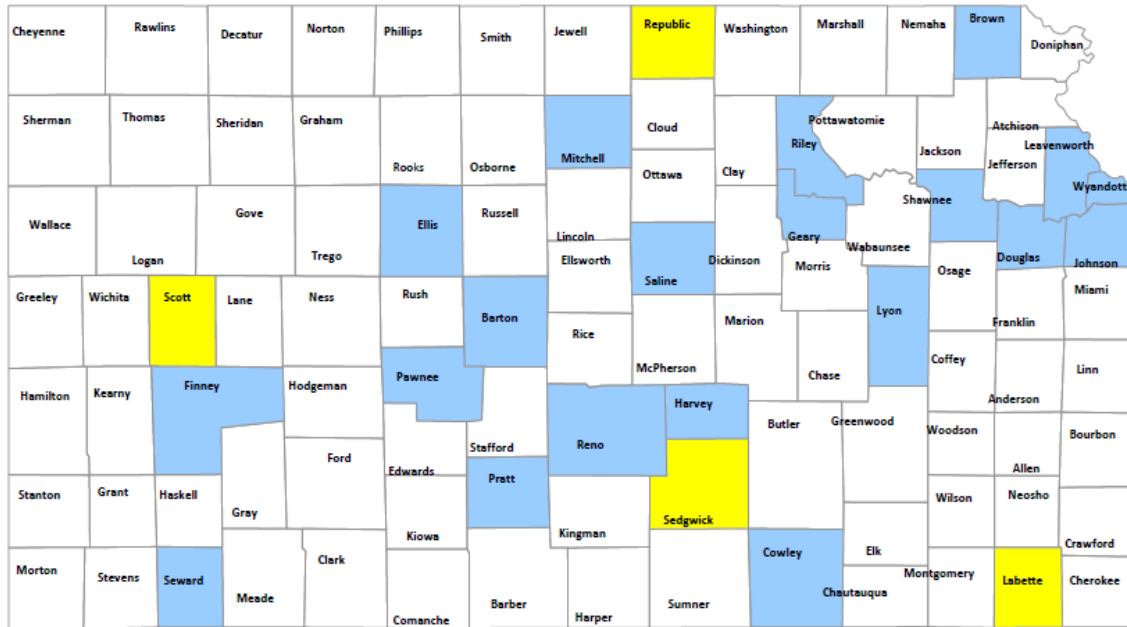


42 MEALS
224 PEOPLE
2,395 MILES

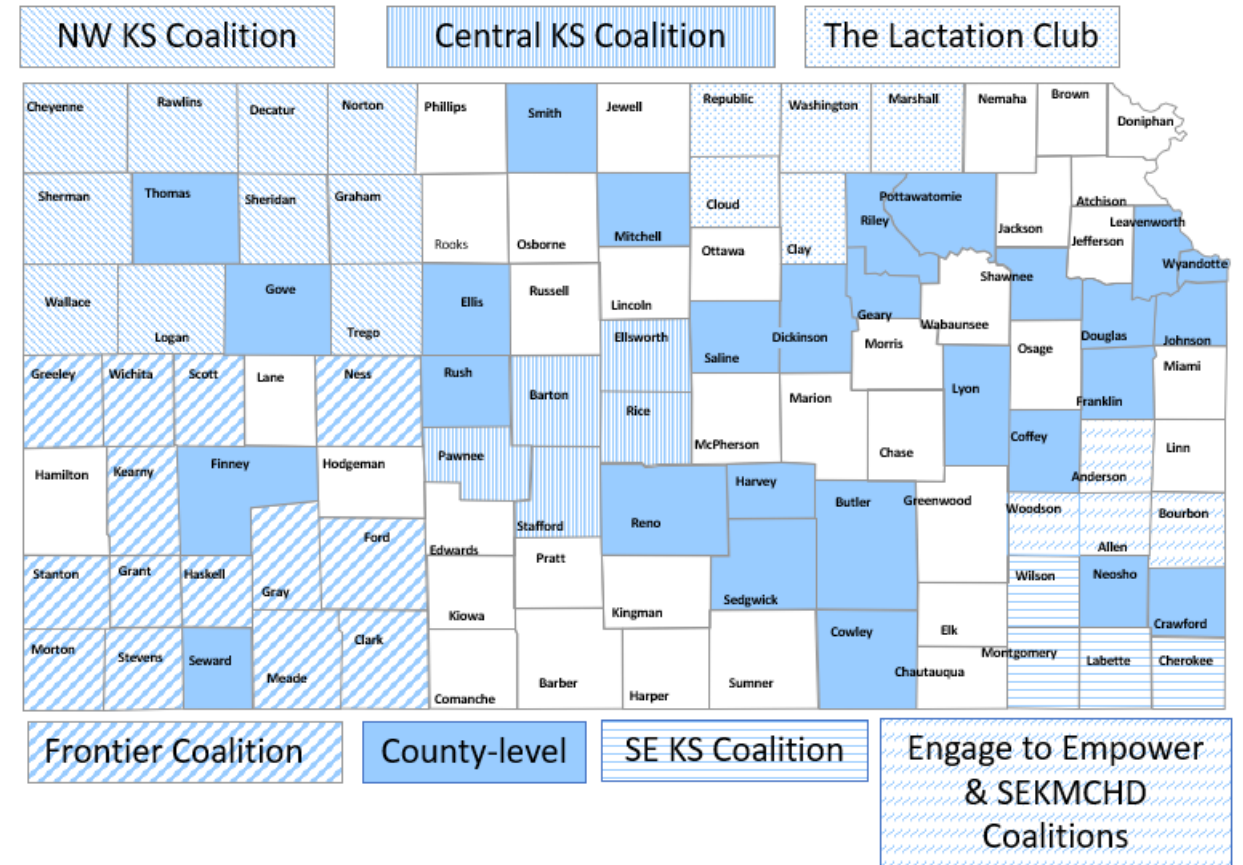


What we heard	Potential Solutions
<ul style="list-style-type: none">• We've lost many lactation support providers & breastfeeding knowledge	Rebuild the workforce - provide skills days & breastfeeding education opportunities
<ul style="list-style-type: none">• Kansas is becoming more racially and ethnically diverse	Provide more breastfeeding support and resources in Spanish and other languages
<ul style="list-style-type: none">• Families are not using the traditional breastfeeding services as they did pre-COVID	Meet families where they are – online, texting, social media, etc.

Building Local Breastfeeding Coalitions



Local Breastfeeding Coalitions 2014



Local Breastfeeding Coalitions 2024

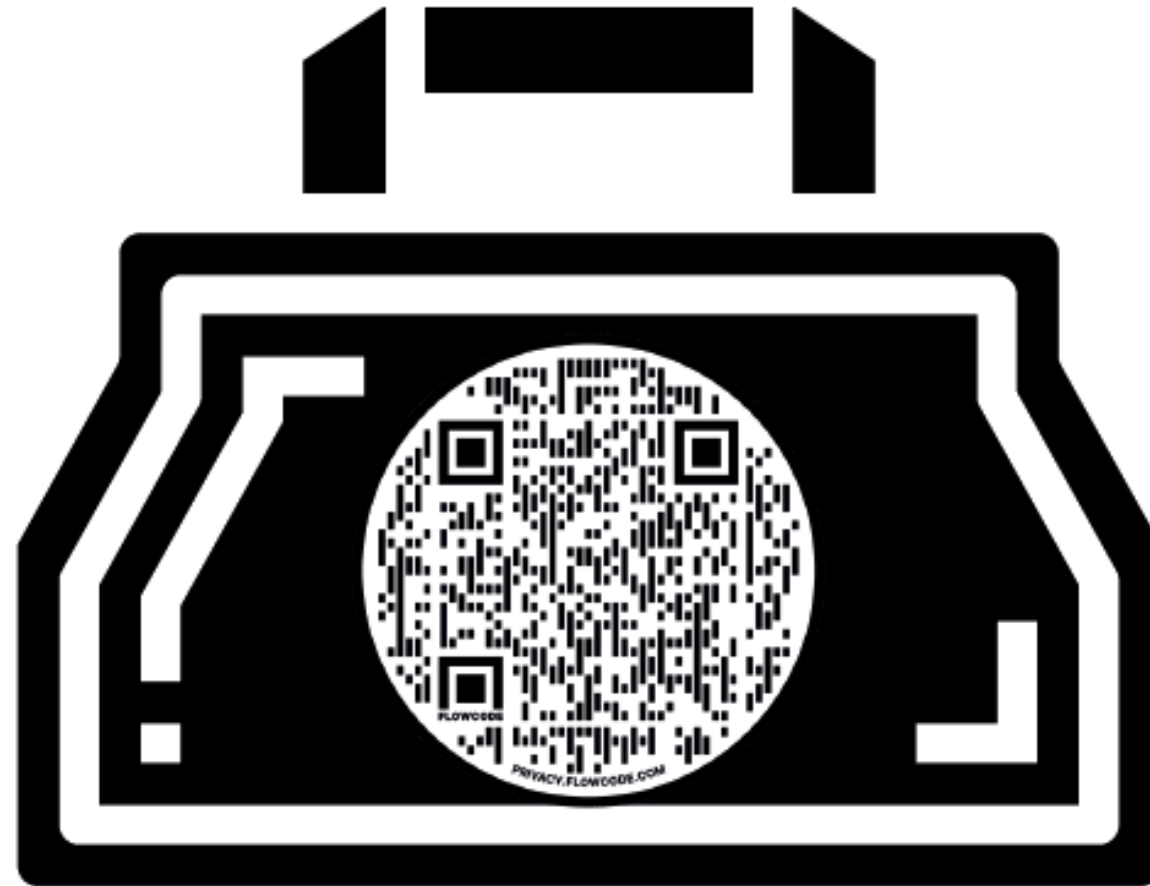
Building Peer Breastfeeding Support

- WIC Breastfeeding Peer Counselors in 45 counties
- La Leche League Leaders in 17 communities
- Facebook Support groups across the state (15+)
- Peer Breastfeeding Support for:
 - Black & Brown families in Wichita, Topeka, and Kansas City
 - Hispanic families in SW Kansas
 - Indigenous families across the state



Virtual Go Bag

NEW!



Scan the QR code or go to
ksbreastfeeding.org/home-visitor-virtual-go-bag/

Breastfeeding Signs



Warning Signs

If breastfeeding parent experiences:

- ▶ Red areas or streaking on one or both breasts.
- ▶ Fever (100.4° F or higher) or flu-like symptoms.
- ▶ Sharp pains inside breasts.

Call your health provider at _____ (phone #).



Caution Signs

If breastfeeding parent experiences:

- ▶ Pain with feeding or pumping that does not go away in 10–20 seconds.
- ▶ Nipples that are cracked, bleeding or appear flattened/creased after feeding.
- ▶ Breast that feels swollen or hard.
- ▶ Lumps or painful spot on breast.

Find Lactation
Help:



Going Well Signs

If breastfeeding baby:

- ▶ Infant feeds 8–12 times in a 24-hour period.
- ▶ Regained birth weight by 2 weeks.
- ▶ Pees 6 times or more in a 24-hour period by day 5.
- ▶ Poops 3–4 times in a 24-hour period by day 4 (poop should be the size of a quarter or bigger).

If breastfeeding parent experiences:

- ▶ Uterine cramps with breastfeeding during postpartum. This is a sign of healing.
- ▶ Strong tug with breastfeeding, no pinching or pain; any latch discomfort fades within about 10–20 seconds.
- ▶ Breasts that feel soft and drained after feeding or pumping.

Hand expression:*

1. Position your thumb above the nipple and your fingers below the nipple about 1-2 inches behind your nipple. Your thumb and fingers will make the letter "C" shape.
2. Press your fingers and thumb back toward your chest.
3. Gently compress your fingers and thumb together.
4. Release and then repeat in a rhythmic pattern: Press, Compress, Release. Continue until the milk stops and then switch to the other breast.

Watch the video
for more about
hand expression:



*Content provided by Centers for Disease Control and Prevention



Newborn Warning Signs



GO TO EMERGENCY CARE OR CALL 911

- ▶ **Temperature:** If newborn has a temperature of 100.4° F (38° C) or higher.
- ▶ **Bleeding:** If baby was circumcised, any blood soaked in the diaper is urgent. Small streaks of blood are normal, like a small cut.
- ▶ **Breathing:** Has a hard time breathing that does not go away with nose suctioning.
- ▶ **Color:** Has blue lips, tongue, or mouth.



Call your baby's health provider at _____ (phone #)
if your baby has one or more of these signs.

Pee and poop problems

- ▶ There is blood (streaks, flecks, or clots) or mucous with poop.
- ▶ Does not pee 6 times within 24 hours by day 5.
- ▶ Still having very thick, dark poop after 4 days of life.
- ▶ Has not pooped in the past 1–2 days.

Bad smells

- ▶ Starts to have unusually watery or bad-smelling poop. (Breast milk stools are very loose but do not smell bad.)
- ▶ Has a cord (belly-button area) or circumcision site that smells bad or has pus or if the surrounding skin is bright red and warm.

Changes in color

- ▶ Skin or eyes become more yellow in color.

Changes in behavior

- ▶ Is fussier or is sleeping more than usual.
- ▶ Misses or vomits most of 2 feedings in a row.
- ▶ Crying a lot, with no known cause, or an unusual, high-pitched cry.

Scan for more information
on baby care:



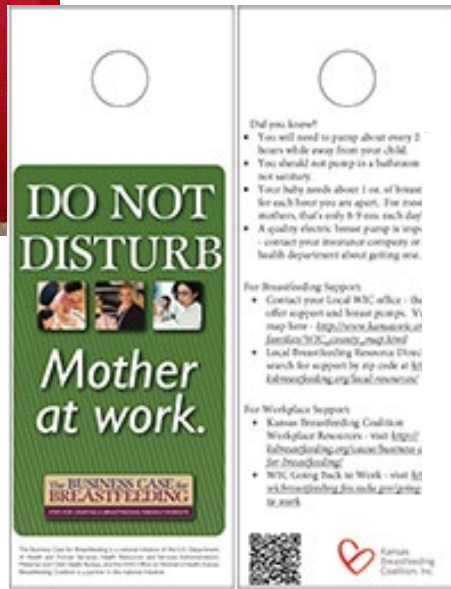
Kansas
Breastfeeding
Coalition, Inc.



This content has been adapted from the 4th Trimester Project™ resources on
NewMomHealth.com



FREE Resources for Parents



Know Your Workplace Lactation Rights



Time to Pump



Private Location



Protected by Law

Feeding Tips for Breastfed Babies

Handling Human Milk

- Store milk in small amounts (1-4 ounces), labeled with baby's full name and date collected
- Store milk in back of refrigerator or freezer
- Thaw milk in refrigerator or in a bowl of lukewarm water
- Warm milk by using warm, not hot, water (never microwave)
- Never freeze thawed milk

Type of Human Milk	Storage Location and Temperatures		
	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best. Up to 12 months is acceptable.
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

From CDC website https://www.cdc.gov/breastfeeding/communities/handling_breastmilk.htm

Note: Storage guidelines in the child care setting may be different

Feeding the Breastfed Baby

- Breastfed babies may eat more often; every 1.5-3 hours
- Watch for hunger cues: turning head from side to side, sucking, hand movements toward face, smacking lips
- A crying baby is in distress and may need something other than food
- Feed small amounts of milk (1-2 oz.), adding more as needed
- Feed slowly with frequent pauses and the bottle horizontal
- Slow flow nipples are recommended



For breastfeeding support:
Call 800-944-9662
or visit ksbreastfeeding.org/local-resources/

Newborn Warning Signs



GO TO EMERGENCY CARE OR CALL 911

- **Temperature:** If newborn has a temperature of 100.4° F (38° C) or higher.
- **Bleeding:** If baby was circumcised, any blood soaked in the diaper is urgent. Small streaks of blood are normal, like a small cut.
- **Breathing:** Has a hard time breathing that does not go away with nose suctioning.
- **Color:** Has blue lips, tongue, or mouth.



Call your baby's health provider at _____ (phone #) if your baby has one or more of these signs.

Pee and poop problems

- There is blood (streaks, flecks, or clots) or mucus with poop.
- Does not pee 6 times within 24 hours by day 5.
- Still having very thick, dark poop after 4 days of life.
- Has not pooped in the past 1-2 days.

Bad smells

- Starts to have unusually watery or bad-smelling poop. (Breast milk stools are very loose but do not smell bad.)
- Has a cord (belly-button area) or circumcision site that smells bad or has pus or if the surrounding skin is bright red and warm.

Changes in color

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- Is fussier or is sleeping more than usual.
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Scan for more information on baby care:



This content has been adapted from the 4th Trimester Project™ resources on NewMomHealth.com

Type of Breast Milk	STORAGE LOCATION AND TEMPERATURES		
	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best. Up to 12 months is acceptable.
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	NEVER refreeze breast milk after it has been thawed unless ice crystals are still present
Leftover from a Feeding (Baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		



A mother may breastfeed in any place she has a right to be.



"The State of Kansas acknowledges breast milk to be the most complete form of nutrition for infants, with a range of benefits for infant's health, growth, immunity and development."

-From Kansas Law (KSA 65-1,248)



Visited a business that was breastfeeding friendly?
Ask them to contact the Kansas Breastfeeding Coalition to enroll in the 'Breastfeeding Welcome Here' program.



Asked to leave a public place because you were breastfeeding?
Contact the Kansas Breastfeeding Coalition for assistance at info@ksbreastfeeding.org.



Provided by the Kansas Department of Health and Environment

Building Breastfeeding-Supportive Environments

1,100+ Business Enrolled in “Breastfeeding Welcome Here”

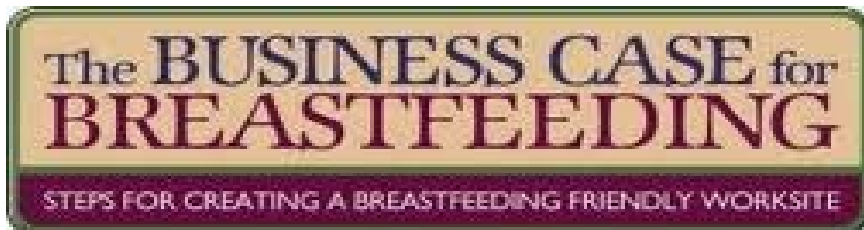


Building Workplace Breastfeeding Support

400+ Employers Received
“Breastfeeding Employer Support Award”

These include:

- 43 Local Health Departments
- 26 County governments
- 24 City governments
- 14 School Districts



2024 Employer Survey

Support Service	2013 (n=41)	2014 (n=57)	2015 (n=60)	2016 (n=67)	2017 (n=82)	2018 (n=29)	2019 (n=59)	2024 (n=69)
Written policy	26.8	40.4	35.0	40.3	28.0	62.1	54.2	60.3
Allow employees flexible time to pump	75.6	77.2	90.0	77.6	80.5	93.1	83.1	95.6
Provide a clean and private place other than a bathroom for pumping	70.7	73.7	70.0	73.1	67.1	82.8	66.1	86.8
Paid family leave for at least 6 weeks	NA	NA	NA	38.7	24.4	24.1	28.8	35.3
Breastfeeding resource materials provided to employees	2.4	8.8	8.3	10.4	18.3	24.1	22.0	22.1
Breast pump provided by company's insurance plan	2.4	7.0	8.3	11.9	23.2	20.7	20.3	23.5

Building breastfeeding support in the child care setting

6,200+ Child Care Providers complete breastfeeding training

Now available in Spanish!

Partners:

- KDHE Child Care Licensing
- Kansas Child Care Training Opportunities
- Child Care Aware ® of Kansas



local resources



"Me" will be used as the reference point to search from.

wichita, ks

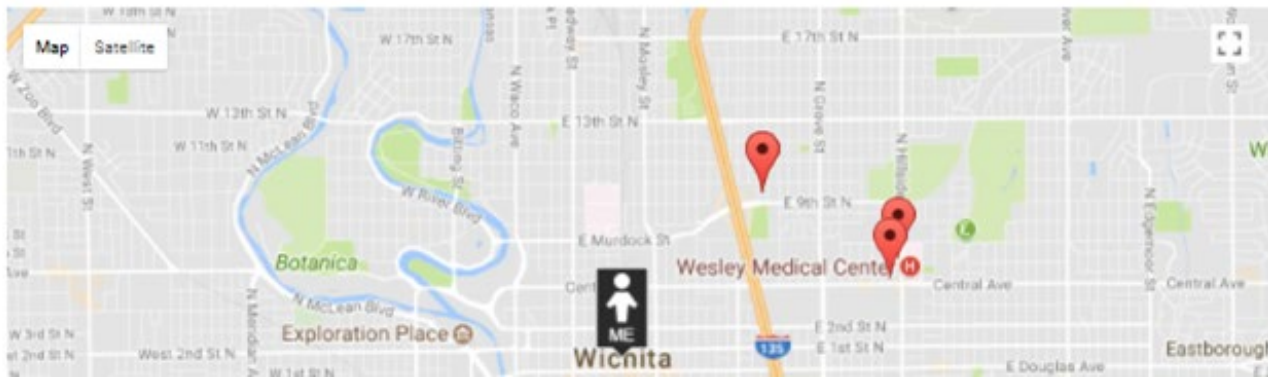
Enter your postal code or a city to modify your current location:

wichita, ks

OK

Search by Keyword

SEARCH



Building a referral network

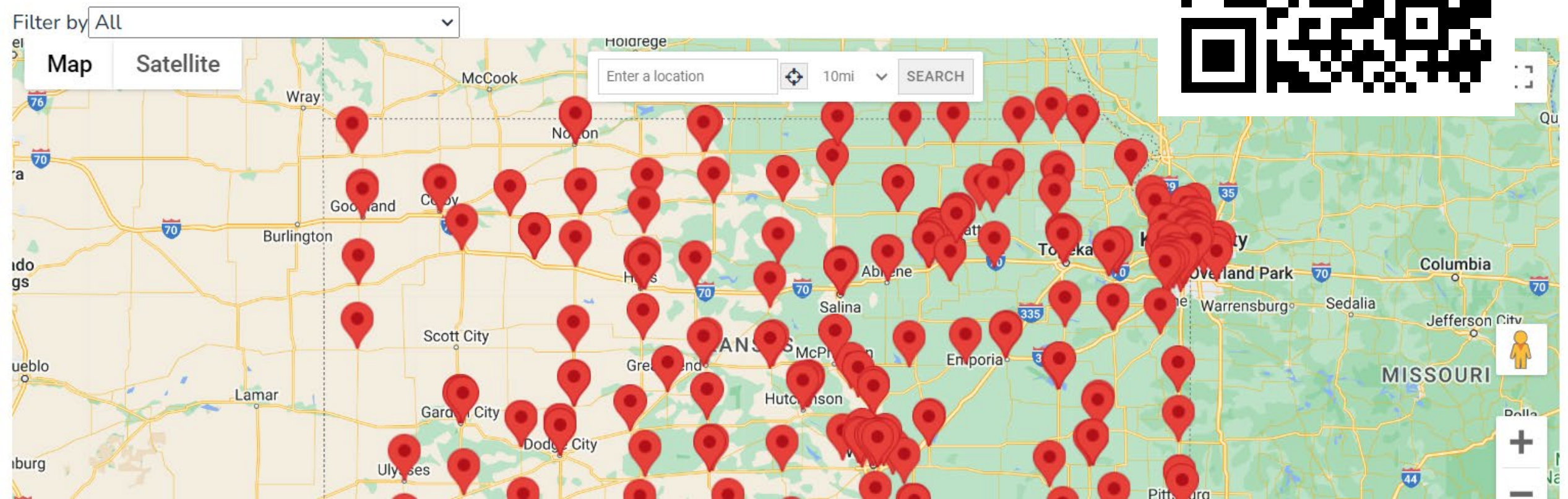
260+ local resources
in KBC directory



Building a referral network

260+ local resources

Local Resources List



Building Breastfeeding Education Opportunities

- Awarded 42 education grants/scholarships
- Over 300 individuals have completed Breastfeeding 101 & 201
- 211 IBCLCs in Kansas (*6.14/1,000 births, v. 8.6 recommended*)
- 238 “Mid-Level” Lactation Support Providers in Kansas
- Created “*Becoming...*” and “*Color-Filled Clinical Lactation Training Program*”



*Color-Filled Breastfeeding
Clinical Lactation
Training Program*

Enhanced Certified Breastfeeding Specialist Training

Special Opportunity for Kansas!

Step 1: Complete the Certified Breastfeeding Specialist (CBS) online course through Lactation Education Resources (LER) which includes:

- 53.5 hours of online instruction with expert instructors
- CBS Exam (included in course cost)

Step 2: One day in-person learning event in early June 2025 in **Wichita**. In-person skills day includes:

- Instructor from LER
- Case Studies
- Skills Stations: 1) Fundamentals of Position and Latch, 2) Nipple Wound Assessment and Care, 3) Alternative Feeding Methods, 4) Hand Expression, and 5) Breast Pumps

**Enhanced CBS Training Package Cost - \$350
(a \$675+ value!)**

Register HERE: <https://bit.ly/3zQd2dV>

Limited number of seats

Must complete the CBS on-line course to be eligible to attend the in-person event



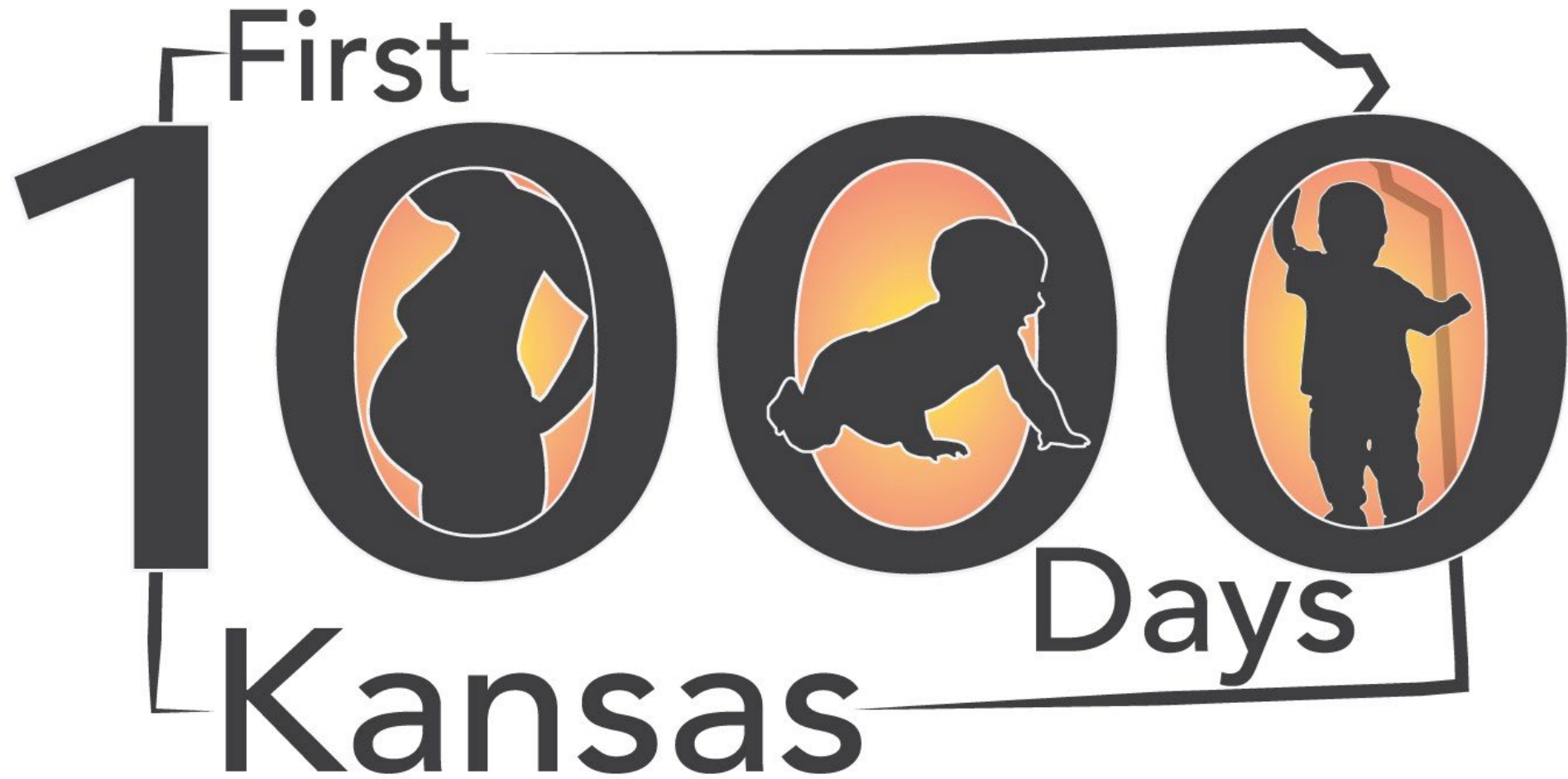
Only 22 seats left!

Certified Breastfeeding Specialists educate and support breastfeeding families through pregnancy, breastfeeding initiation, and the normal course of lactation.

Breastfeeding Support by County



	Population Data		Peer Support			Workforce Development			Clinical Support					
County	2022 Population	# of Live Births (2022)	WIC Breastfeeding Peer Counselor	La Leche League	Other Support Group	Education Grant Recipients	# of individuals Completed BF 101	# of individuals Completed BF 201	Walk-in Clinic (H/HD/Other)	# IBCLC	# of IBCLCs per 1,000 births	# Mid-Level LSPs	# of Mid-Level LSPs per 1,000 births	
Stafford	3,993	43			HD		3	6	HD	0	0.00	0	0.00	
Stanton	1,963	31					3	6		0	0.00	0	0.00	
Stevens	5,175	73	Y							0	0.00	0	0.00	
Sumner	22,473	261		X						1	3.83	0	0.00	
Thomas	7,893	103			FB, HD		1	1		1	9.71	10	97.09	
Trego	2,752	21								1	3.65	0	0.00	
Wabaunsee	7,019		Systems Support									Outcome Measures		
Wallace	1,488		Coalition (L/R)	# Child Care Providers Completed Training	Breastfeeding Friendly Child Care Provider	Breastfeeding Friendly Local Health Department	Breastfeeding Friendly Physicians Practice (1* - 5*)	Hospital Designation	# Breastfeeding Welcome Here Establishments	# Employers with "Breastfeeding Employee Support Award"	Community Supporting Breastfeeding Designation	2022 Breastfeeding Initiation %	2021-2023 WIC Exclusive Breastfeeding through 6 mos. (%)	2008 WIC Exclusive Bfing at 6 mos.
Washington	5,501													
Wichita	2,064													
Wilson	8,622													



An initiative of the Kansas Breastfeeding Coalition to advance policies that support families from pregnancy through the child's 2nd birthday

<http://first1000daysks.org/>



Paid Leave

FOR ALL KANSANS



Lactation Billing Manual – coming in 2025!



American Heart Association®





KBC SECTIONS

ANNUAL UPDATES

Local Coalitions Section

- Informed:
 - KBC 2024 Listening Tour
 - 2024 mini-grants
 - 2024 Kansas Breastfeeding Conference
- Focused on coalition revitalization
 - Discussed coalition life cycles and strategies for success
 - Utilized Stakeholder Analysis Model for member recruitment
- Addressed challenges and needs
 - Discussed funding for local coalition leadership
 - Identified post-COVID knowledge gaps in breastfeeding support
- Shared coalition structures and leadership models
- Take a deep dive into the Toolkit for Local Coalitions

Meetings from 12-1 PM on 2nd Thursday of odd # months



Monique Koerner

Chair



Hospital Section

- Hosted “Hospital Spotlights” at each meeting
- Organized and executed Regional Hospital Skills Fairs
 - Covered key topics: latch and positioning, alternative feeding methods, milk expression, and discharge planning
 - Attracted 121 attendees across four locations
- Developed and distributed Infant Warning Signs cards
- Supported hospitals in completing 2024 mPINC Surveys
- Encouraged participation in the Lactation Billing Cohort
- Engaged in policy discussions maternity care practices supporting breastfeeding
- Discussed access to donor human milk for rural hospitals

Meetings from 12-1 PM on the 4th Thursday of odd # months



Dana Deters

Chair



Public Health Section

- Hosted Home Visiting Program Spotlight Series
- Promoted "Breastfeeding Friendly Local Health Department" initiative
- Discussed Continuity of Breastfeeding Care recommendations
- Addressed challenges in public health settings, including language barriers
- Promoted community outreach initiatives, including breastfeeding supply closets
- Informed 2024 Kansas Breastfeeding Conference planning

Meetings from 11 AM - 12 PM on the 3rd Thursday of even # months



Stephanie Henry

Chair



Child Care Section

- Continued promotion and growth of the "Breastfeeding Friendly Child Care Program"
- Discussed "Freshest First" over "First in, First out" for frozen breastmilk
- Reviewed and supported proposed KDHE Child Care Regulations changes
- Conducted a Train-the-Trainer session for "How to Support the Breastfeeding Family"
- Planned Spanish language offerings of the "How to Support the Breastfeeding Family" course for 2025
- Addressed challenges in child care settings
 - Discussed strategies for accommodating breastfeeding in toddler rooms
 - Began developing FAQs for new KDHE regulations
- Promoted breastfeeding support resources
 - Created and distributed a Breastfeeding Friendly Child Care Provider postcard
 - Referenced and utilized the Breastfeeding Friendly Child Care Toolkit

Meetings from 12-1 PM on 3rd Tuesday of odd # months



Kris Nicholson
Chair



You're Invited!



Join to KBC and participate in the following KBC Sections and Workgroups:

- Lactation Billing Cohort
- Public Health Section
- Hospital Section
- Local Breastfeeding Coalitions Section
- Child Care Section





Celebrations!

New High 5 for Mom & Baby Hospitals

High 5 for Mom & Baby Premier:

- **Coffey Health System**
 - **Gove County Medical Center**
 - **NMC Health**
- St. Catherine Hospital, Dodge City**



High 5 for Mom & Baby:

- **The University of Kansas Health System, Olathe Campus**

34 Recognized High 5 for Mom and Baby Facilities in 2024!

23 High 5 for Mom and Baby Premier designations!

High 5 for Mom & Baby Hospitals

High 5 For Mom and Baby Premier

Adventhealth Shawnee Mission

Amberwell Hiawatha

Ascension Via Christi St. Joseph

Citizens Medical Center

Clay County Medical Center

Coffey Health System

Community HealthCare System

Gove County Medical Center

Hays Medical Center

Kearny County Hospital

Labette Health

LMH Health

New Birth Company

Newman Regional Health

NMC Health

Pratt Regional Medical Center

Salina Regional Health Center

St. Catherine Hospital, Dodge City

Stormont Vail Health

The University of Kansas Health System, Kansas City

The University of Kansas Health System, Saint Francis

William Newton Hospital

High 5 for Mom and Baby

Ascension Via Christi Manhattan

Ascension Via Christi Pittsburg

Hospital District #1 of Rice County

Hutchinson Regional Medical Center

McPherson Hospital

Nemaha Valley Community Hospital

Neosho Memorial Regional Medical Center

Providence Medical Center

Republic County Hospital

Stormont Vail Health, Flint Hills Campus

The University of Kansas Health System, Olathe Campus



Anniversary Recognition

High 5 for Mom and Baby 10 Year Award

Hays Medical Center

LMH Health

Newman Regional Health

Republic County Hospital

Stormont Vail Healthcare

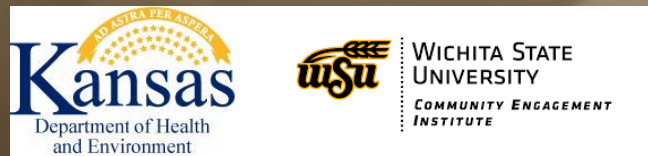


**Ford County
is the
Second
*Community
Supporting
Breastfeeding PLUS***



Congratulations to 8 NEW award-winning Health Departments – now 18 total!

- Anderson
- Cloud
- Haskell
- Neosho
- Pottawatomie
- Republic
- Riley
- Woodson



The Breastfeeding Friendly Local Health Department designation was developed by the Kansas Breastfeeding Coalition and Wichita State University through the support of the Kansas Department of Health and Environment

5 New Breastfeeding Friendly Child Care Programs – now 36!

- Beautiful Savior Lutheran ELC, Topeka
- Busy Bees Day Care, Lucas
- Gaga's Care, Lawrence
- Kidzville Group Home, Chanute
- Talbert Daycare, Overland Park



**BREASTFEEDING
FRIENDLY
CHILD CARE**

Sponsored by Child Care Aware® of Kansas

Contact us



Toll Free: 1-855-750-3343

Website: ks.childcareaware.org

Email: info@ks.childcareaware.org

Follow us on social media



Sign up for our monthly newsletter



Congratulations to 22 NEW Gold Award Employers!

Beautiful Savior ELC
Exploration Place
Kidzville
Konza Prairie CHC
KU School of Medicine - KC
Leavenworth USD 453
Pediatric Care Specialists
Wilson Medical Center

Kansas Children's Service League -
Garden City, Hutchinson, Iola,
Newton, Overland Park, Pittsburg,
Topeka, Winfield

County Health Departments –
Cloud, Geary, Haskell, Lincoln,
Neosho, Republic



Congratulations to the WIC Breastfeeding Award of Excellence Gold Awardees!

- Konza Prairie Community Health Center
- Meade County Health Department
- Wyandotte County WIC Program



Welcome new Kansas WIC Staff!

- **Amber Martin, Breastfeeding Coordinator**
- **Karen Wellman, Nutrition Education Specialist**
- **Kellie Bentley, Training Coordinator**





Kansas
Breastfeeding
Coalition, Inc.

2024

ANNUAL MEETING

Susan Lukwago, Chair

Notes from the Chair...





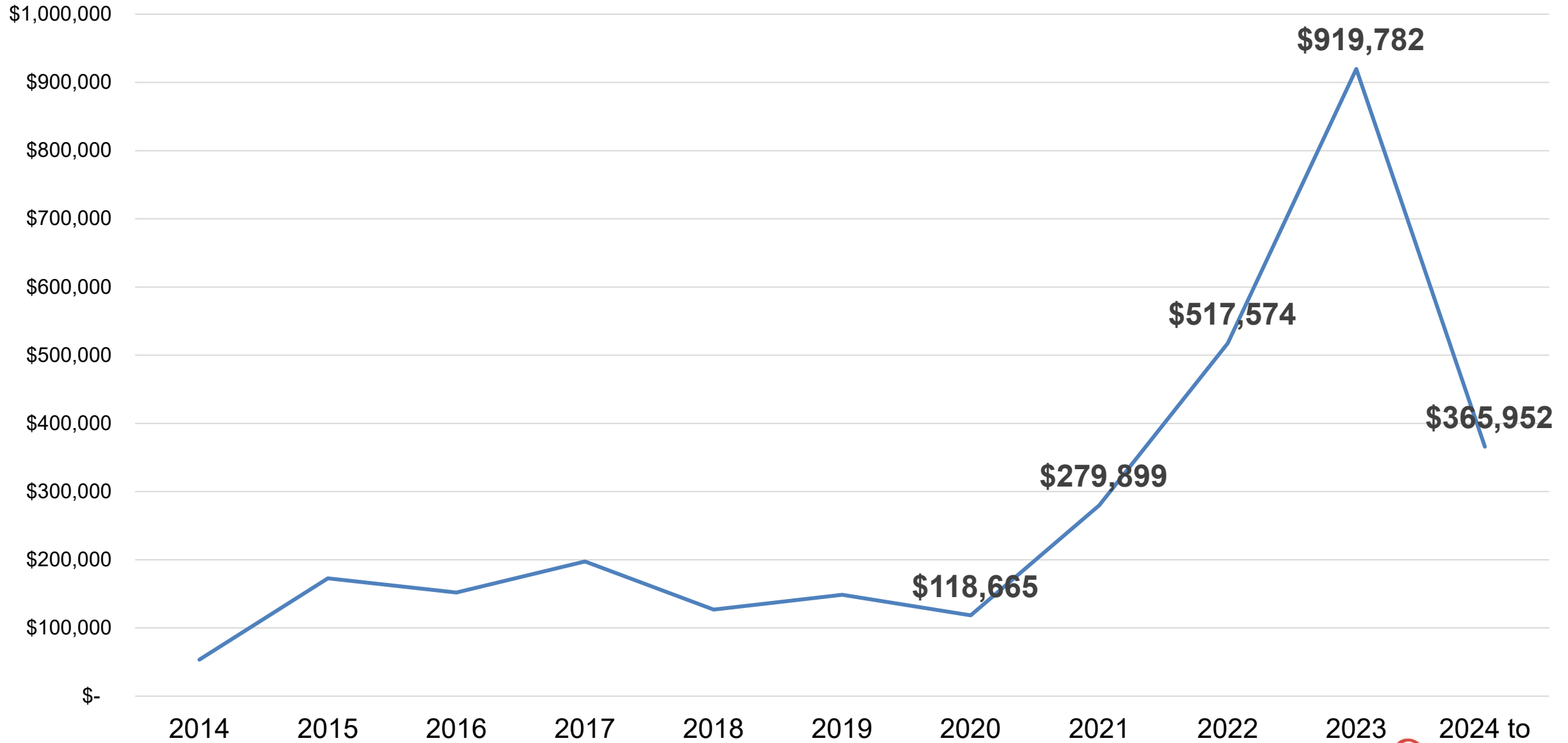
Kansas
Breastfeeding
Coalition, Inc.

2023

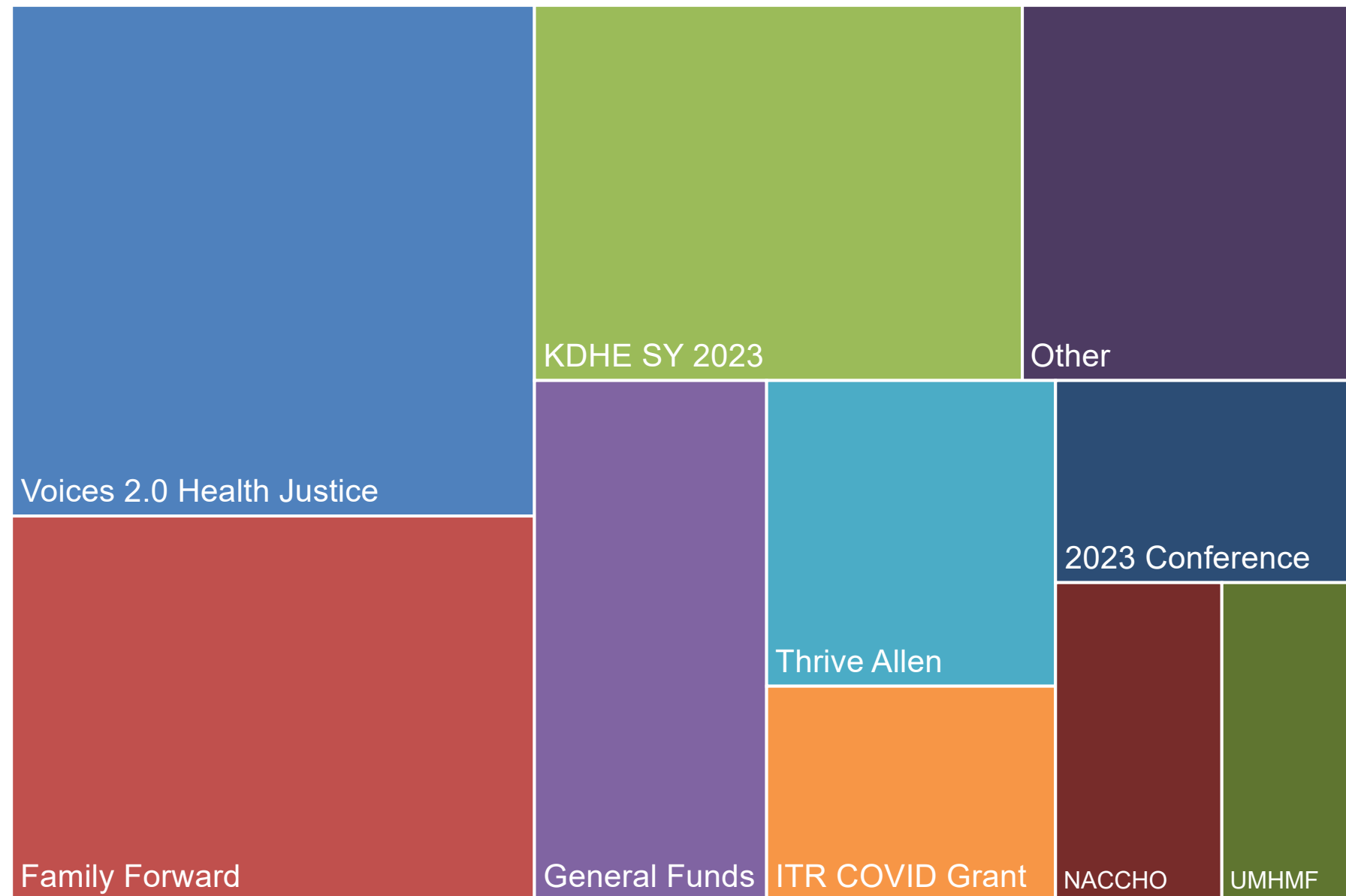
Annual Financial Report

Sarah Jolley, KBC Treasurer

KBC Revenue History



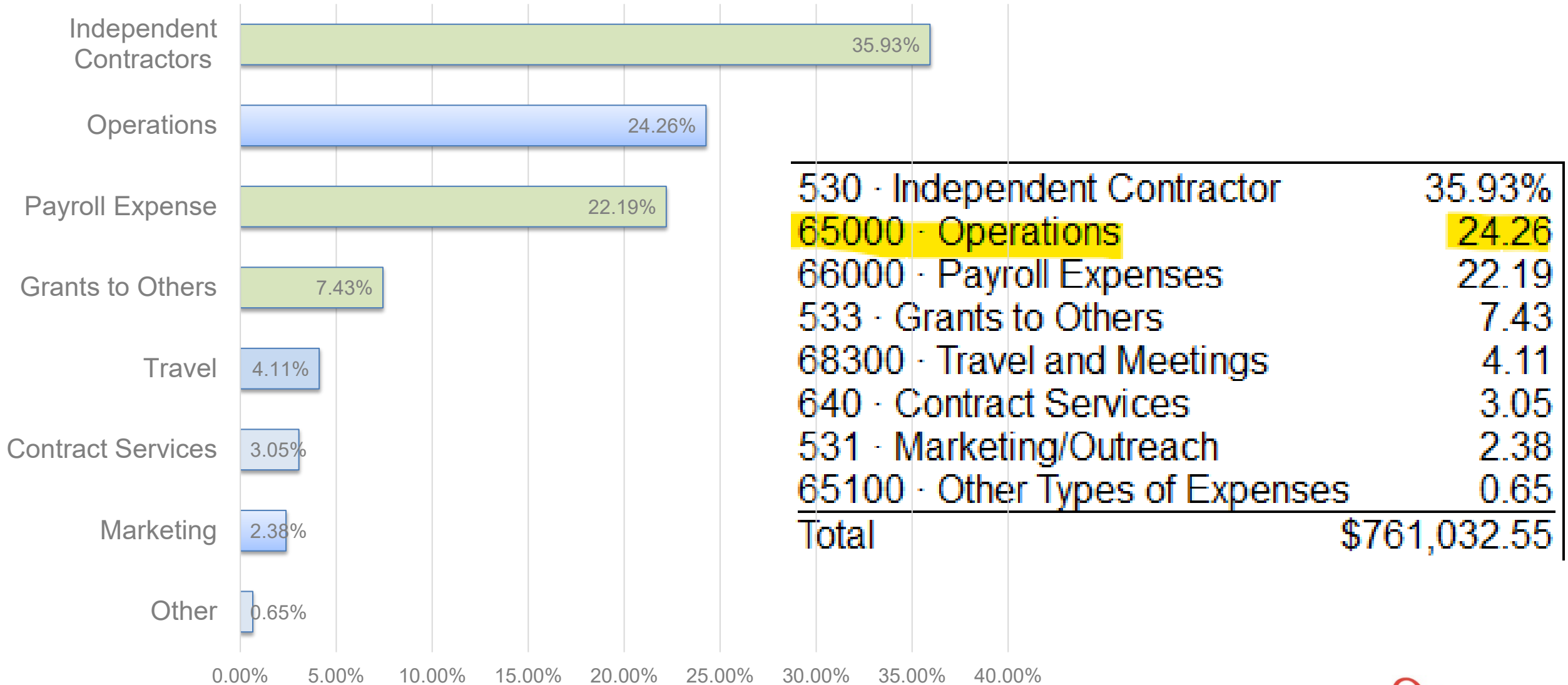
2023 Income



Voices 2.0 Health Justice	19.92%
Family Forward	15.02
KDHE SFY 2023	13.65
KHF 1,000 Days	9.88
Unclassified	9.01
Thrive Allen	6.58
ITR COVID Grant	4.63
2023 Conference (GF)	4.59
NACCHO Implementation #2 & #3	3.95
UMHMF One Big Idea 2.0	3.29
Other	9.46
Total	\$919,782.33

Expenses – 2023

By account



KBC 2023 Program Revenue

“General Funds”



\$16,523 - Annual Conference

\$5,002 - Donations

\$2,293 - Breastfeeding 101 & 201 courses



2024-2025

**BOARD OF
DIRECTORS**

Congratulations!



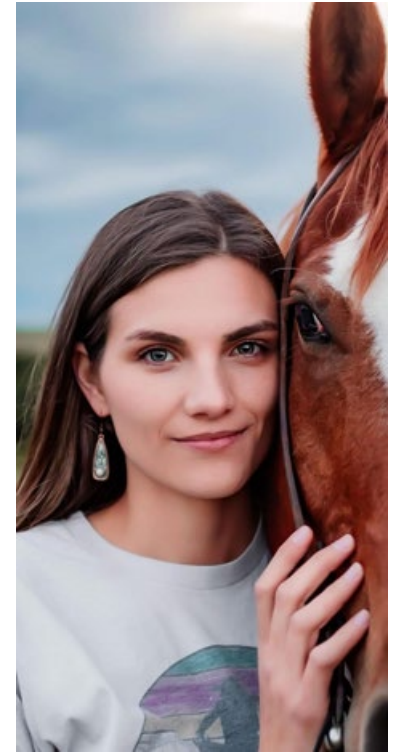
Kristen Alhareedi
Chair-Elect



Alex Tyson
Member at Large



Makala Navarro
Member at Large



Whitney Winder
Treasurer

Thank you Sarah & Logan!



Sarah Jolley
Outgoing Treasurer



Logan Stenseng
Outgoing Member at Large

KBC 2024-2025 Board



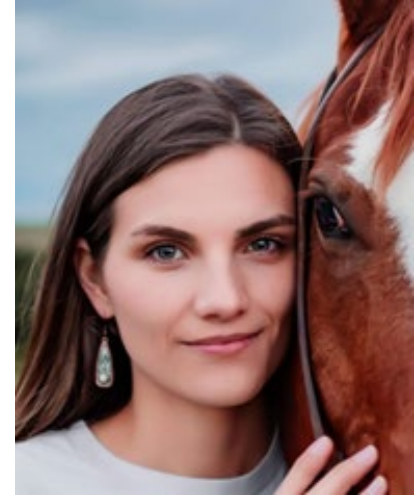
Stephanie Rupnicki
Chair



Kristen Alhareedi
Chair-Elect



Susan Lukwago
Past Chair



Whitney Winder
Treasurer



Mandy Chapin
Secretary



Sharla Smith
Member at Large



Makala Navarro
Member at Large



Alex Tyson
Member at Large



New KBC Chair

**Stephanne
Rupnicki**