

UBC Position Search

Hello all,

Thank you being a part of helping to make Utah babies healthy and safe by supporting Breastfeeding. UBC has done many things this year to raise awareness in our local communities and we have many more plans. You will be hearing about much of it in our annual report and newsletter in the coming months. As this year comes to a close we send out a request to our membership. It is time to search and nominate for board positions. Some positions are for two years and some are for one year. The bylaws have also recently been changed to reflect a longer duration for president-elect to have better continuity for our organization. These board positions and the people who fill them are all a part of keeping UBC sustainable and able to continue to help moms and babies in Utah.

We ask that you take a good look around you in the next couple of weeks. We have many board positions to fill and we need all of you to help. The time commitment is not huge and usually can be worked around work schedules. If you see someone around (or yourself) that would be good in a leadership position, works well in a team or just has great enthusiasm for Breastfeeding, we ask for your nominations. You may send them directly to contact@utahbreastfeeding.org.

Many of the executive board positions are open right now and those require a bit more work, but once again, nothing monumental. Due to circumstances beyond our control, we are losing both our secretary and treasurer. We typically rotate those positions so they are not vacant at the same time, but that was cut short this year. We are also looking for a president elect who will serve one year as p-e and then two years as president. I have one year left on my term as president.

Much learning takes place on the job and that is to be expected. Many of the women on the board have served for many years and love the work they do. There is a lot of momentum on the board right now and we have plans for the upcoming year. We need as many hands as possible to make lighter work and our board will be healthier for it.

Again, thank you for all the work you do to help make Breastfeeding a normal way to feed and take care of babies. Thank you for your support to UBC. We would love to hear from you if you know of any Breastfeeding champions willing to serve on the board, or any other comments you may have to help make our organization a more sustainable and helpful organization.

Warmly,
Karin Hardman
UBC President

Newsletter Highlights!

- **UBC Position Search**
- * **March 12-13 Conference with Dr. Nils Bergman**
- **2011 Breastfeeding Report Card**
- * **New Joint Commission Campaign**

Save the Date!

March 12-13 Conference at the Marriott University Park Hotel. Dr. Nils Bergman will be speaking on the first day and we will have break out sessions the next day. The cost will be \$135 for both days and \$80 for one day. There is a discount on group registrations, 5 registrations will be \$500.

More info coming soon!

Breastfeeding Report Card—United States, 2011

Improving the health of mothers and their children is a primary goal of the Centers for Disease Control and Prevention (CDC). Protecting, promoting, and supporting breastfeeding, with its many known benefits for infants, children, and mothers, is a key strategy toward this goal.

The most recent CDC data show that 3 out of every 4 new mothers in the United States now starts out breastfeeding. The United States has now met the *Healthy People 2010* national objective for breastfeeding initiation. However, rates of breastfeeding at 6 and 12 months as well as rates of exclusive breastfeeding at 3 and 6 months remain stagnant and low.

Breastfeeding Report Card 2011, United States: Outcome Indicators

NOTE: Percents in bold are those that have met the *Healthy People 2020* objective.

Date	Ever BF	BF at 6 months	BF at 12 months	Exclusive BF 3 Mo	Exclusive BF 6 Mo	% of BF infants receiving formula before 2 days
U.S. National	74.6	44.3	23.8	35.0	14.8	24.5
Utah	84.5	61.5	29.3	44.1	17.0	21.8

<http://www.cdc.gov/breastfeeding/data/reportcard.htm>

http://www.pwrnewmedia.com/2011/joint_commission/speak_up_breastfeeding/

Here is an update from Dr. Jerry King. It would be amazing if he could get it to pass. Good things are happening in Utah!

To update you on my doings, I am currently working on a talk for the residents in January. It will focus on the case for exclusive BM from birth in term and premature infants. I will repeat the talk for the neonatal faculty and fellows at a future date to be determined. I will also be speaking at the March conference that Eliz Smith is helping organize.

The AAP breastfeeding section has put forth a resolution which I am trying to get the Utah AAP to support. They initially rejected a former version in November, but have yet to vote on this revised one. I will be going to a future exec board meeting when it comes up again on the agenda.

Jerry