



# Breastfeeding Coalition

## Mission Statement

The Healthy Kent Breastfeeding Coalition exists to improve the health and well being of infants and families through education, outreach and advocacy to promote and support breastfeeding and the use of human milk.

Minutes of Meeting: **June 25, 2018**

**Attendees:** **Annie Jones** - Secretary (Metro Hospital), **Regina Kirwin** (GVSU), **Jamie Platt** – Chair Elect (Gold Coast Doulas), **Anita Esquerra-Zwiers** (Hope College), **Emilie Dykstra Goris** (Hope College), **Jenny Callaghan** (Spectrum Health), **Rachel Siebert** (ELNC), **Martelle Esposito** (Mothership), **Barb Hawkins-Palmer** - Chair (KCHD), **Christine Stancle** (MHM-BF Project), **Latoyia Thomas** (Strong Beginnings HUGS)

**Current Chair:** Barb Hawkins Palmer

## Agenda Items

- I. **Welcome & Introductions**
- II. **Minutes review** Done
- III. **Mother's Milk for Michigan Infants Research**  
Anita Esquerra-Zwiers, Ph.D., RN  
Hope College Department of Nursing
  - a. See flyers for their research study, after last page of minutes
  - b. Some info about the study:
    - i. Using the theory of planned behavior (but this lacks measuring biological impact and cultural/societal influence)
    - ii. Longitudinal study
    - iii. Measuring “perceived” insufficient milk supply day 10 & 60
    - iv. Working w/ Hartman Research Lab in Australia
    - v. All online surveys for study participants for their convenience
    - vi. Looking to expand into additional research if funding can be secured.
- IV. **World Breastfeeding Month Activities**
  - a. **Rock n Rest @ Zoo Days**
    - i. Thursday, August 2, 9am-4pm @ John Ball Zoo



- ii. We've been granted space outside of the zoo, as in years past, for no charge.
- iii. Pat Tucker and BF Peer Counselors from WIC will be running the station
- iv. HKBC banner will be displayed and BF info/resources available

**b. Big Latch On**

- i. Saturday, August 4, 10am @ Briggs Park
- ii. Count will be at 10:45am
- iii. Shira Johnson (Gold Coast Douglas) & Martelle Esposito (Mothership) will be hosting
- iv. There will be vendors
- v. Looking for a volunteer to set up our Coalition table
- vi. **Contact Shira if you're interested in volunteering:**  
[Shirajohnson@gmail.com](mailto:Shirajohnson@gmail.com)

**c. Breastfeeding Awareness Walk**

- i. Wednesday, August 8, 11:30am-1pm in Lansing
- ii. Hosted by MIBFN, MI-WIC, and MDHHS
- iii. Group photo at 12, walk begins at 12:30
- iv. More info on HKBC Facebook page

**V. Strategic Planning**

- a. July 23<sup>rd</sup> meeting

**VI. Updates**

- a. Breakfast Break for Breastfeeding Fall topics
  - i. Will be discussed at July 23<sup>rd</sup> meeting
- b. Laker Challenge Trainings
  - i. Will be discussed at July 23<sup>rd</sup> meeting
- c. Non-profit status
  - i. Will be discussed at July 23<sup>rd</sup> meeting

**VII. Partner Sharing**

- a. Moms Helping Moms Breastfeed was awarded the Model Practice Award

**VIII. Next Meeting Topics**

- a. Breakfast Break for Breastfeeding Fall topics
- b. Laker Challenge Trainings
- c. Non-profit status

**IX. Adjournment**

**Next Meeting: Monday, July 23, 2018 from 11:30am-1pm @ Kent County Health Department, Lower Level, Lake Superior Conference Room**



# COMMUNITY BABY SHOWER

## Vendor Registration

Where: Salvation Army Kroc Center  
2500 Division Ave SE  
Grand Rapids MI, 49507

When: Tuesday, July 17th  
6:00 -8:00 pm  
5:00 pm set up

You're invited to participate in the Community Baby Shower - a partnership between Healthy Kent Infant Safe Sleep Coalition, Strong Beginnings - Healthy Start, and United Healthcare.

We are expecting up to 100 participants—Pregnant women and families with young children up to 5 years old. There will be food, games, and prizes. For your time, we will provide a table, two chairs and dinner for your representatives.

There is no fee to have a table, but we ask that you donate an item, up to \$25, to be used for the prize drawings, such as diapers, books, educational toys, breastfeeding pillow, Tummy Time activity mat, etc.



Please reserve your table on or before July 13th.

Email Adrienne Arnsman at [adrienne.arnsman@kentcountymi.gov](mailto:adrienne.arnsman@kentcountymi.gov) with the following information:

Organization Name, Organization Address, Contact Name, Phone, and Email.

Please list the item(s) that you will be donating.



Mother's Milk for Michigan Infants is a group of nurse researchers at Hope College interested in learning more about what a mother's body can tell us about her milk supply.

Many mothers think that they do not make enough milk for their baby and often stop breastfeeding before the recommended time. Multiple factors may cause a mother to stop breastfeeding, but little is known about how a mother's breast tissues and genes influence this decision. Researchers can examine a mother's breast milk to better understand what is happening inside her breasts at the tissue level and can examine a mother's saliva to better understand her genetic makeup. Researchers with the Mother's Milk for Michigan Infants project are interested in learning more about what a mother's genes and milk can tell them about her milk supply. Nurses play an important role in providing breastfeeding support for nursing mothers. A better understanding of the relationship between a mother's breast tissues and genes and her ability to produce milk for her infant may allow researchers to design nursing interventions to help mothers reach their breastfeeding goals.

**We are looking for mothers that meet the following criteria:**

- 30-40 weeks pregnant with one baby OR gave birth to one baby (37 weeks +) within the last 3 days
- Plan to breastfeed OR currently breastfeeding (at the breast, pump, partial)
- 21 years or older
- Speak, read, and understand English
- Reside in West Michigan

### How can you help?

Please share a flyer with any mothers that may meet the above criteria.

**Suggested language:**

*Mother's Milk for Michigan Infants is a group of nurse researchers at Hope College interested in learning more about what a mother's body can tell us about her milk supply. Here is a recruitment flyer for more information. If you're interested in learning more, please email the research team at [mothersmilk@hope.edu](mailto:mothersmilk@hope.edu).*

# Are you pregnant? Are you planning to breastfeed?

Consider participating in this study:



**Nurse researchers from Hope College are working to explore connections between mothers' genetics and milk supply.**

#### What would be required?

- Making a decision as to whether to participate (consent)
- Completing 1 10-minute online survey about your pregnancy
- Completing 2 5-minute online surveys after the birth of your baby
  - Providing a saliva sample for DNA
  - Donating a small breastmilk sample (less than 1oz)

If you are willing to learn more about this study, please contact us at:

**mothersmilk@hope.edu**

616-395-7424

Emilie Dykstra Goris, PhD, RN

Anita Esquerra-Zwiers, PhD, RN

**Hope College Department of Nursing**

A. Paul Schaap Science Center

35 East 12th Street, PO Box 9000, Holland, MI 49422-9000



Mothers who choose to participate will be offered in exchange for their time a \$20 store card. Participation may take place from home. This study has been approved by the Hope College Human Subjects Review Board.

