
Increasing capacity for the provision of evidence-based human milk and breastfeeding support

Prof Diane L. Spatz,
Professor of Perinatal Nursing and the Helen M. Shearer Professor of Nutrition at the University of Pennsylvania School of Nursing
Director of the Lactation Program and the Mothers' Milk Bank
Nurse Researcher at The Children's Hospital of Philadelphia, USA

Globally, all health professionals agree that human milk and breastfeeding is a vital lifesaving intervention for children and mothers. However, worldwide less than 40% of infants are exclusively breastfed. Clearly, we must increase the capacity to provide evidenced-based human milk and breastfeeding support and care. This presentation will focus on three methods that have proven research outcomes to improve human milk and breastfeeding outcomes. These include the utilization of educated and trained nurses, the Spatz 10 step model for human milk and breastfeeding in vulnerable infants, and the creation of a regional assembly to improve hospital practices.

Strategies that have been developed in the United States, Thailand and India will be highlighted and shared. Creating a culture that values human milk and providing institutional resources and support is essential to improve human milk and breastfeeding globally. Tailored approaches are essential and can be effective for low, medium, and high resource settings.

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