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Title:

Strategic Pathway to Milk Depots in Hawai'i

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ACCEPTED

Session Title:

Maternal-Child Health Nurse Leadership Academy (MCHNLA)

Slot:

MCH: Sunday, 17 November 2019: 11:45 AM-12:15 PM

Applicable Category:

Leaders

Keywords:

Maternal Child Health, community engagement and milk bank, milk depots, breastfeeding

References:

1. Belfort, M. B., Drouin, K., Riley, J. F., Gregory, K. E., Philipp, B. L., Parker, M. G., & Sen, S. (2018). Prevalence and trends in donor milk use in the well-baby nursery: a survey of northeast United States birth hospitals. *Breastfeeding Medicine*, 13(1), 34-41. <https://doi.org/10.1089/bfm.2017.0147>
2. Keller, T., Körber, F., Oberthuer, A., Schafmeyer, L., Mehler, K., Kuhr, K., & Kribs, A. (2018). Intranasal breast milk for premature infants with severe intraventricular hemorrhage-an observation. *European Journal of Pediatrics*, 178(2), 199–206. doi:10.1007/s00431-018-3279-7
3. Office of the Surgeon General, USA. (2011). The Surgeon General's call to action to support breastfeeding.
4. Taylor, E. C., & Lobbok, M. H. (2015). Donor human milk access in the united states: findings and recommendations.
5. United States Breastfeeding Committee. (2019). Hawaii Breastfeeding Report. Retrieved from <http://www.usbreastfeeding.org/p/cm/ld/fid=257>.

Abstract Summary:

Interested in helping to protect, promote and support breastfeeding in your community? Thinking about having a donor human milk bank in your area? Come learn how Hawaii planned and implemented donor human milk depots and shipping supply sites as their first step towards opening a donor human milk bank.

Content Outline:

I. Introduction

1. Donor human milk can help the US achieve optimal breastfeeding rates, improving maternal-child health.
2. Establishing donor human milk depots within a state is one way to help a community achieve optimal breastfeeding rates.

II. Body

1. Connecting with nationally established donor human milk banks creates a strong foundation.
 1. Breastfeeding Hawai'i connected with Mothers' Milk Bank of San Jose, a member of the Human Milk Banking Association of North America, for support and an avenue to establish milk depots in Hawai'i.
 2. Breastfeeding Hawai'i connected with community members to provide education around milk depots and donor human milk to increase engagement with the project.
2. Collaborating with one's community improves potential for success of public health projects.
 1. Breastfeeding Hawai'i collaborated with public and private organizations to gain financial support and buy-in of the project.
 2. Collaborative partners helped to promote the milk depot project and engaged businesses so that communities across the state were aware of and how to support the project.
3. Relationships catalyzed the growth of the donor human milk depot project.
 1. Through relationships with Mothers' Milk Bank of San Jose, Breastfeeding Hawai'i was able to create new options for the community to participate in supporting human milk donations, despite geographical barriers.
 2. Breastfeeding Hawai'i's work became a part of the Hawai'i Maternal Infant Health Collaborative breastfeeding strategic plan, and therefore a support priority for partners. This led to larger engagement of in-kind donations and grants.

III. Conclusion

1. Connection and collaboration become a catalyst for the donor human milk project being established in Hawai'i.

Topic Selection:

Maternal-Child Health Nurse Leadership Academy (MCHNLA) (25199)

Abstract Text:

Background:

Human milk is a lifesaving food and medicine for premature and critically ill infants, and is recommended as the first and exclusive food of all babies through 6 months of age. If 90% of infants are exclusively breastfed through the first 6 months of life, which is the optimal rate of exclusive breastfeeding, the US could annually save \$13 billion and 1000 infant lives. Just this year the *Hawaii Breastfeeding Report* showed that Hawaii pays approximately \$45 million annually in combined medical, non-medical, and death related costs by not achieving the optimal exclusive breastfeeding rate. Hawaii is in a prime position to achieve optimal breastfeeding rates and be a leader for our country with over 90% of moms initiating breastfeeding after birth! Hawaii starts out strong; this project seeks to provide supports to the community in maintaining optimal breastfeeding rates. Donor human milk in NICUs has shown to have better health outcomes in infants and reduce preterm infant mortality, and donor human milk available for term babies requiring supplementation in community hospitals demonstrates an improved exclusive breastfeeding rate upon discharge. Donor human milk can help families and the state achieve optimal breastfeeding rates for the health of Hawaii's community. This project is Phase 1 of our pathway to establishing a Human Milk Banking Association of North America non-profit member milk bank in Hawaii. The project is also part of The Maternal-Child Health Nurse Leadership Academy (MCHNLA), presented by Sigma Theta Tau International Honor Society of Nursing (Sigma) in partnership with Johnson & Johnson.

Purpose:

The purpose of the project was to develop a strategic plan for opening donor human milk depots in Hawaii.

Methods:

Under the Sigma-Johnson & Johnson Maternal-Child Health Nurse Leadership Academy Fellow's guidance, Breastfeeding Hawaii board members implemented a strategic plan to open milk depots and local donor milk shipping supply sites across Hawaii over an 18-month period. The first step was to identify barriers to hosting a freezer to collect donor human milk among potential customers. Within this acknowledgement, Breastfeeding Hawaii created alternate plans such as hosting local shipping supply sites rather than a business having a freezer, and also became more detailed in management of interested parties, such as coordinating shipping days and times based on how long donor milk would be in transit from a site to the donor human milk bank in California. Applications for milk depot sites were launched on the Breastfeeding Hawaii's website. Identified sites received a site visit for activation of the milk depot. Breastfeeding Hawaii also sought and received grant funding for the initial investment for

the project. Lastly, an online educational video was administered to all interested parties to determine change in knowledge regarding breast milk and donor human milk pre/post-the video.

Results:

The number of milk depots and shipping supply sites to be opened in Hawaii will be reported through September 1, 2019. The results from our pre/post-test are pending.

Conclusions:

Approximately 90% of mothers initiate breastfeeding in Hawaii and if we can maintain this level of exclusive breastfeeding throughout an infant's first 6 months, this creates optimal health for the infant and our future. Optimal breastfeeding rates in Hawaii models breastfeeding as the norm to siblings, family members and the community, which impacts generations to come as they incorporate breastfeeding as the norm. Building a donor human milk bank can support breast milk needs for the future as a supplement for a child's own mother's milk.

Future work should focus on if the establishment of donor human milk depots in a community increases lactation support in the community, exclusive breastfeeding rates, and acceptance of breastmilk as the First Food. Additionally, future studies should look at long term outcomes of generational health improvements when communities achieve milestones of increased exclusive breastfeeding rates on the pathway to an optimal exclusive breastfeeding rate. Breastfeeding Hawaii's last recommendation is to monitor how a state becoming a champion in modeling optimal exclusive breastfeeding rates influences other states to stretch to achieve the same goals.