

Orange County Perinatal Council Breastfeeding Subcommittee Meeting Highlights
Thursday, September 29, 2022
2:00 PM – 3:00 PM

In Attendance:

Anaiah Brown, Program Officer, First 5 Orange County-Family Resilience Team
Pauline Bui, MCAH Coordinator and Division Director, OCHCA-Health Promotion & Community Planning Division
Danielle Burns, BS, CLEC, Health Educator, CalOptima
Michele Cheung, MD, MPH, Acting MCAH Medical Director, OCHCA-CNSD
Lucy Hernandez, HCA Program Supervisor II, OCHCA-CNSD
Maridet Ibanez, RD, Administrative Manager II, OCHCA-Nutrition Services/WIC
Sarah O'Rourke, MSW, MSPH, Chief Program Officer, MOMS Orange County
Harry Pellman, MD, Pediatrician and Clinic Professor at UCI, American Academy of Pediatrics Breastfeeding Liaison
Arisa Palmer, Executive Director, Breastfeed LA
Liza Scammahorn, MPH, RD, CLE, Supv PH Nutritionist, OC WIC Regional Breastfeeding Liaison, OCHCA-Nutrition Services/WIC
Gaby Torres, HCA Program Supervisor, OCHCA-CNSD-CP

Welcome and introductions:

- Liza Scammahorn welcomed all in attendance.
- Attendees signed in via the chat box.

Discussion:

What have we done in the past?

- The following were developed from this group in the past:

- PN Guide to Breastfeeding & Baby Behavior
- Supporting Breastfeeding is as Easy as 1-2-3
- OC Breastfeeding Resource List

- Maridet Ibanez commented that breastfeeding was the primary focus when this group first got together and as a sub group, we want to bring breastfeeding forward.

What are we doing now?

- Arisa Palmer commented that her program is working on updating their prenatal booklet and looking to get it translated into other languages. It is similar to Orange County as they added information about mental health and paid family leave, using language that is more inclusive. Arisa to send the booklet to our group.

- Sarah O'Rourke stated that MOMS Orange County is in the process of becoming a milk repository and that they have existing lactation classes with their certified lactation coordinator in both English and Spanish. The goal is for the community to have access to this. Arisa commented that she wants to volunteer to help support MOMS OC with the milk repository. Sarah to provide an informational flyer.

- Arisa announced that on October 3, BreastfeedLA is hosting "The Lactation Lab" featuring Dr. Jack Newman at the California Endowment in Los Angeles. She will provide us with the event flyer.

- Liza Scammahorn mentioned she and Amanda Lamont go out with the Comprehensive Perinatal Services Program (CPSP) nurse to educate medical office staff on WIC and breastfeeding. They are also working with organizations that service pregnant teens. Two Orange County high schools have a Teen Parenting Program. Also focusing on lactation space accommodations with 8-10 agencies. Liza and Amanda also send out a quarterly newsletter, Orange County Regional Breastfeeding News.

- Dr. Michele Cheung announced that the data from the Conditions of Children Report has been updated and should be out soon.

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What do we want to do in the future?

-Sarah O'Rourke would like to see more breastfeeding promotion and to fix some of the systemic barriers to breastfeeding.

-Maridet Ibanez stated that it would be advantageous to re-look at our products, as there are some real good ones out there. According to Maridet, Supporting Breastfeeding is as Easy as 1-2-3 received a lot of traction. She suggested that we re-examine it so that work members, their parent organization and partners utilize it. Maridet also suggested that we figure out what other messages we should provide related to breastfeeding, as well as re-looking at the title, as breastfeeding may not be "easy for some".

- Discussed may want to decide if focus is any breastfeeding vs exclusively breastfeeding in our messaging.

-Dr. Pellman soliciting for any exceptional speakers that could present on breastfeeding to practicing clinicians for CME's.

Next Steps?

-Dr. Cheung suggested that a good starting point would be to create a list of possible projects and activities we want to pursue and bring it up at the next OCPC meeting for feedback. These are the possible activities summarized by Liza:

- Revisit past products
 - Have practicing clinicians review our PN Guide for their feedback
 - Resurrect document Supporting Breastfeeding is as Easy as 1-2-3
- Survey Hospitals on breastfeeding protocol, policies, trends? – ask Lucy Van Otterloo what the pulse is in the hospital environment
- Address systemic barriers to breastfeeding?
 - Promoting lactation accommodation
 - Providing mental health resources
 - Community support

-Work on creating a communication stream about Orange County breastfeeding activities.

- Dr. Pellman to see if we can link to breastfeeding newsletter to American Academy of Pediatrics (AAP) newsletter or get email distribution list for us
- Add breastfeeding page to Every Woman Orange County (EWOC)
[Local Resource for Pregnant Women & New Parents | Every Woman OC](#)

Updates and Announcements:

-If anyone is interested in being a co-lead for this subcommittee meeting, please email Gaby Torres: gatorres@ochca.com

-The next newsletter, Orange County Regional Breastfeeding News, comes out in November 2022.

OCPC Breastfeeding Sub Working Group meetings to be held quarterly, the opposite month of OCPC meetings. – Date TBD