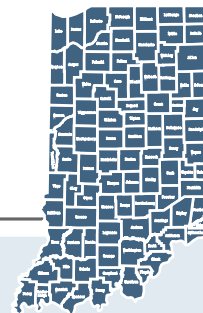


Indiana Learning Collaborative Helps Hospitals Achieve Baby-Friendly Designation

By: Laura Hormuth, MS, RDN



SUMMARY

The Indiana State Department of Health's Division of Nutrition and Physical Activity (DNPA) is working to increase the number of hospitals designated as Baby-Friendly in Indiana. To do this, they have partnered with the Indiana Perinatal Network to design and administer the Indiana Learning Collaborative (LINC). By working together to achieve Baby-Friendly designation, hospitals from around the state truly learn from each other's barriers, successes and journey—allowing them to improve team work, embrace a culture of change, enhance patient satisfaction and improve health outcomes.



CHALLENGE

Hospitals can either help or hinder mothers and babies as they begin to breastfeed. The early postpartum period is a critical time for establishing and supporting breastfeeding. More than 76% of Indiana's babies begin life breastfeeding, yet by day two, 18% of these babies have received formula. Experts recommend exclusive breastfeeding for about 6 months. However, low breastfeeding rates among infants who are 3 and 6 months of age (39.3% and 16.5%, respectively) indicate that mothers do not continue breastfeeding as recommended (Source: Centers for Disease Control and Prevention (CDC), National Immunization Survey (NIS) 2014-2015, among 2013 births). This has a particularly negative impact on people of color who, in Indiana, have experienced the highest infant and maternal mortality rates.

YOUR INVOLVEMENT IS KEY

For more information about the Indiana Learning Collaborative (LINC), visit the DNPA Breastfeeding webpage at <http://www.dnpa.isdh.in.gov>.

Visit Baby-Friendly USA at <https://www.babyfriendlyusa.org/> to learn more about the Baby-Friendly Hospital Initiative in the United States.

This project is supported by the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors and Promote School Health cooperative agreement (DP13-1305).

"We will have healthier babies and healthier moms."

—Loretta Ryan, M.D.,
Pediatric Section Chief,
Reid Health,
Richmond, Indiana
on Baby-Friendly
designation.

Contact

Lindsey Bouza, MPH
Indiana State Department of Health
Division of Nutrition and Physical Activity
2 North Meridian Street
Indianapolis, IN 46204

Phone: 317-234-3580
Email: LBouza@isdh.in.gov
<http://www.dnpa.isdh.in.gov>

SOLUTION

Hospital practices can make a big difference on whether a baby is breastfed at all. The Baby-Friendly Hospital Initiative is a global standard for hospital care to support not only breastfeeding, but also what is best for mother and baby. At the core of the Baby-Friendly process are the 10 Steps to Successful Breastfeeding. The LINC is designed to help facilities overcome common barriers to implementing the 10 Steps and to stay the course to complete designation. When hospitals have more of the 10 Steps to Successful Breastfeeding in place, mothers breastfeed longer. Working in a collaborative, LINC hospitals discuss their progress toward becoming Baby-Friendly. The hospitals help one another talk through their barriers, hear how their peers are handling similar situations and outline new strategies to take back to their own hospital to help facilitate the designation process. The Indiana Perinatal Network assists hospitals by providing expert-level consultation, training and mentoring. This combination of peer support and consultation allows LINC participants to hear new ideas, implement best practices and have continuous support and guidance.

RESULTS

Indiana currently has 17 facilities designated as Baby-Friendly, 12 of which have gained designation since 2013. Four of the seven LINC hospitals have achieved Baby-Friendly designation since the start of the collaborative, and the remaining three are in the final phases.

Indiana has successfully improved the state's Maternity Practices in Infant Nutrition and Care (mPINC) Survey score every year, with the state score rising from 62 (out of 100) in 2007 to a score of 80 in 2015! LINC hospitals had an average mPINC score of 90. Among the mPINC Dimension Scores, Indiana saw an increase in every subscore from 2013 to 2015, showing comprehensive progress in strengthening breastfeeding opportunities for all Hoosier women!

The Indiana Perinatal Network also convened an Annual Perinatal Hospital Summit (2010-2016) reaching 98% of Indiana's delivering hospitals. The summit has played a key role in introducing hospital leaders to the Baby-Friendly Hospital Initiative, the mPINC survey, the CDC Breastfeeding Report Card, the 2011 Surgeon General's Call to Support Breastfeeding and LINC.

SUSTAINING SUCCESS

The LINC Project created an opportunity for relationships between the seven participating hospitals to grow. At the beginning of the five-year project, participants would only call the LINC coaches for help and support. Now, they are learning from each other and call each other for advice and technical support. For example, staff from the hospitals that had already achieved Baby-Friendly designation led mock on site assessments for two hospitals that were scheduled to have their on site assessment in the coming month.

LINC participants have suggested that Baby-Friendly Designated hospitals in Indiana meet once or twice a year. During these meetings, they plan to share how they are implementing the Annual Quality Improvement projects, as well as share any problems or solutions they have come across while maintaining designation.

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Contact CDC

<http://www.cdc.gov/cdc-info/requestform.html>

Website

<http://nccd.cdc.gov/nccdsuccessstories/>

The findings and conclusions in this success story are those of the author(s) and do not necessarily represent the official position of the funding agencies or the Centers for Disease Control and Prevention (CDC).



Indiana State
Department of Health