

The DPH Bulletin

From the Delaware Division of Public Health

January 2017

Delaware ranks second for breastfeeding hospital support

Delaware ranks second in the country in the Centers for Disease Control and Prevention's 2015 national survey of Maternity Practices in Infant Nutrition and Care (mPINC). mPINC measures infant feeding care practices, policies, and staffing expectations at maternity hospitals.



Breastfeeding mother Lauren Durk of Dover, with 5-month-old daughter Emmery, spoke at DPH's press conference last month. Photo by Donna Sharp.

"Breastfeeding is a public health priority because it provides the optimal nutrition for infants," said Division of Public Health (DPH) Director Dr. Karyl Rattay. "Breastfed babies are protected from many illnesses and diseases and get the healthiest start."

Delaware received its highest mPINC score, 90, up from 86 in 2013 and 63 in 2007. Delaware tied New Hampshire while Rhode Island scored 96. All eligible Delaware hospitals were surveyed.

Delaware scored 90 out of 100.

Our highest score in history.



Delaware scored 100 percent within certain dimensions: including

breastfeeding in prenatal patient education, hospitals having designated staff members who coordinate lactation care, having an initial feeding of breastmilk for both vaginal and cesarean births, not using water and glucose water, having infants in the mothers' rooms at night, and not giving complimentary infant formula samples and marketing products to breastfeeding patients.

For more information about the mPINC survey, and to request Spanish translations of the 2015 report, visit www.cdc.gov/mpinc. For more information on breastfeeding, visit the Breastfeeding Coalition of Delaware at www.delawarebreastfeeding.org/ or the CDC at <http://www.cdc.gov/breastfeeding/>.

DBCC receives grant to assist Kent Countians undergoing treatment

The Delaware Breast Cancer Coalition, Inc. (DBCC) received a \$40,000 grant in November from the Potter Charity Trust, a fund of the Delaware Community Foundation.

DBCC's grant supports the Kent County Breast Cancer Assistance Fund, a partnership with Bayhealth to provide financial assistance and bilingual support to Kent Countians undergoing breast cancer treatment or during their survivorship journey. To apply, contact Lois Wilkinson at 302-672-6435 or email wilkinson@debreastcancer.org.

For more information about the DBCC, call 866-312-DBCC or visit www.debreastcancer.org.

Make a New Year's resolution to create a household emergency kit

Resolve to finally create a household emergency kit this year. You'll need a three-day supply of ready-to-eat food and water (one gallon per person per day for drinking and sanitation).

Other essentials are a battery-powered or hand-cranked radio, a NOAA weather radio, flashlights, batteries, a first aid kit, a manual can opener, and paper products. For a complete supply list, visit prepareDE.org, a website that translates all content.



During extreme cold events, Code Purple sites open in houses of worship and community centers to shelter and feed homeless individuals and families. To find Code Purple locations, call Delaware 211, use the Delaware 211 mobile app, or visit www.delaware211.org.



Delawareans can enroll in health insurance until January 31, 2017 through the Delaware Health Insurance Marketplace, ChooseHealthDE.com. Information on [Medicaid and the Children's Health Insurance Program](http://www.dhss.delaware.gov/medicaid) is available on HealthCare.gov. You can also apply by going to <https://assist.dhss.delaware.gov>.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health