



# ALLEGHENY COUNTY

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## FOR IMMEDIATE RELEASE

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### **ACHD's Maternal and Child Health Program to Host Certified Lactation Counselor Training**

**PITTSBURGH** – The Allegheny County Health Department's (ACHD) Maternal and Child Health Program (MCH), in partnership with Magee-Womens Hospital of UPMC and the Allegheny County Breastfeeding Coalition, is hosting a Certified Lactation Counselor (CLC) Training.

The CLC training, which is funded through the Healthy Children Project, Inc. (HCP), will be held at Magee-Womens Hospital of UPMC, March 5-9, 2018, each day from 8:00 a.m. – 5:00 p.m. CLC training prepares professionals and para-professionals with the skills to advocate, promote and support breastfeeding mothers.

Breastfeeding can provide great health benefits for mother and baby. A 2014 report from the Pennsylvania Department of Health showed that 77.2% of mothers ever breastfed in Allegheny County. The Healthy People 2020 objective is to increase the number of mothers in the United States that will ever breastfeed to 81.9%.

“Our MCH program promotes breastfeeding as the preferred feeding method for infants, and ensures that nursing mothers who choose to breastfeed have access to the support they need,” said ACHD Director, Dr. Karen Hacker. “We are very happy to be participating in this training, and we are very pleased by how well it has been received by our communities. This training will greatly assist our efforts as we continue to work to reach the Healthy People 2020 goal in our county.”

The Health Department is sending 23 participants to the training, 13 of which are staff members from its MCH and WIC programs, and 10 other participants received a scholarship, thanks to funding from the Heinz Endowments.

Scholarship recipients included family support centers, teachers, community residents, and community health workers. The scholarship was awarded to applicants that could demonstrate the ability to support the normalization of breastfeeding in their community or workplace, increase supports and access for women who are traditionally inaccessible and underrepresented in the data, and increase the number of women who breastfeed for six months or more.

In addition, Magee-Womens Hospital of UPMC is sending three nurses to the training. Magee staff members provide education and support to mothers before birth and throughout the breastfeeding journey. From prenatal breastfeeding classes to bedside consultations, lactation consultants support a mother's decision to breastfeed with latest, evidence-based information.

“Our lactation consultants at Magee are experts in teaching and counseling moms,” said Maribeth McLaughlin, Vice President of Operations at Magee. “We are excited to partner with the ACHD to train our staff as they continue to offer support and assistance to new mothers and their babies.”

#### **More about ACHD's Maternal and Child Health Program**

The mission of the Health Department's Maternal and Child Health Program is to maximize the quality of life and health of mothers, infants, children and their families in Allegheny County. MCH offers numerous programs to Allegheny County residents, including the Breastfeeding Promotion Program, which is designed to help increase the proportion of mothers who breastfeed their infants. For more information on the MCH program, visit:

<http://www.achd.net/childhth/index.html>.

#### **More about Magee-Womens Hospital of UPMC**

Magee-Womens Hospital of UPMC is a full-service women's hospital and includes a range of services for women and men: diagnostic imaging including CT and MRI, a Heart Center, bariatric surgery, orthopaedics, digestive disorders, comprehensive breast and gynecologic cancer services, pulmonology, thoracic surgery, minimally

invasive abdominal surgery, vascular surgery, and a full-service emergency department. For more information on Magee Womens Hospital, visit: <http://www.upmc.com/locations/hospitals/Magee/Pages/default.aspx>.

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