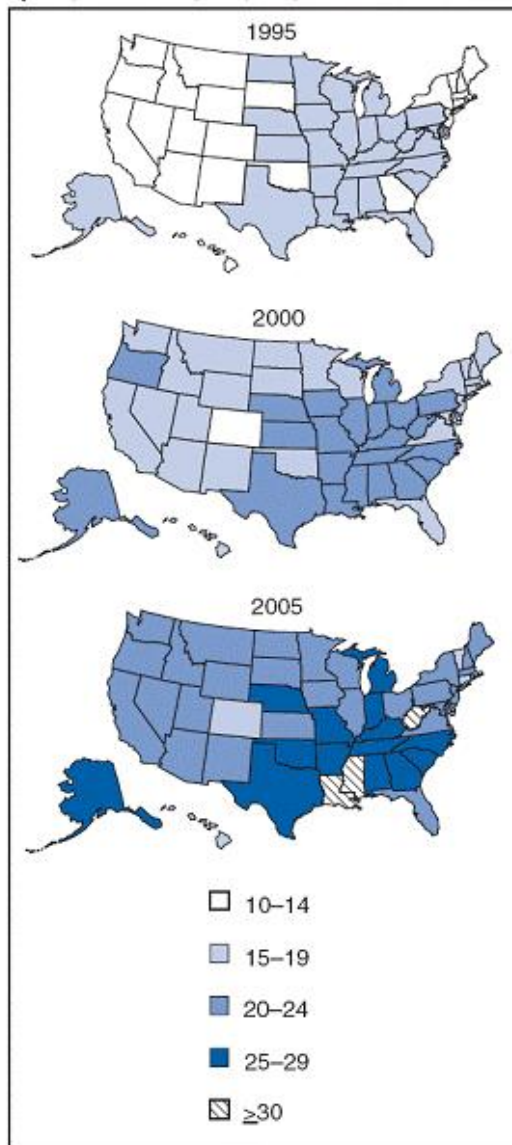




JUST SOME NUMBERS...

Centers for Disease Control and Prevention. State-Specific Prevalence of Obesity among Adults in the United States, 1995, 2000, and 2005

FIGURE. Percentage of adults aged ≥ 18 years who were obese,* by state — Behavioral Risk Factor Surveillance System, United States, 1995, 2000, and 2005



* Persons with a body mass index (BMI) of ≥ 30.0 ; self-reported weight and height were used to calculate BMI (weight [kg] / height [m]²).

SUPPORT FOR BREASTFEEDING IN THE WORKPLACE

Shealy KR, Li R, Benton-Davis S, Grummer-Strawn LM. The CDC Guide to Breastfeeding Interventions. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2005. Accessed on September 13, 2006 from http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf

Preventing obesity and its consequences is an important argument in the drive to encourage breast feeding. Significant steps must be taken in the US to increase breastfeeding rates in the family, community, workplace, health care sector, and society.

Mothers are the fastest-growing segment of the U.S. labor force. Approximately 70% of employed mothers, with children younger than 3 years, work full time. One-third of these mothers return to work within 3 months after birth and two-thirds return within 6 months. Working outside the home is related to a shorter duration of breastfeeding, and intentions to work full time are significantly associated with lower rates of breastfeeding initiation and shorter duration. Given the substantial presence of mothers in the work force, there is a strong need to establish lactation support in the workplace.

To support breast feeding in the work place the CDC is developing *The Business Case for Breastfeeding*, to address barriers and the educational needs of employers, includes materials for upper management, human resource managers, and others involved in implementing on-site programs for lactation support. Also included is a tool kit with reproducible templates that can be adapted to the work setting. An outreach marketing guide helps local breastfeeding advocates and health professionals effectively reach out to employers. For details on the breast feeding friendly workplaces see: http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf

FUNDING OPPORTUNITIES

2006 Mini-Grant Application for Breastfeeding in the workplace! The Montana Nutrition and Physical Activity Program of the Department of Public Health and Human Services is awarding 5-\$1,000 grants to agencies wishing to promote and implement breastfeeding in the workplace.

If your worksite is interested in becoming Breast Feeding Friendly please contact me and I will send the electronic application. The deadline for the application is October 13, 2006.

UPCOMING EVENTS:

Harvest Fest 2006 will feature a keynote address by Anna Lappe on Fri., Sept. 29, titled "Eat Grub! Putting Politics on Your Plate;" local foods at area restaurants; and a fun and food-filled event on Sat., Sept. 30 at Caras Park. For details see: <https://www.umt.edu/cfa/happenings.htm> Come celebrate local food, farming, and community!