



## **LA MOMs (LOS ANGELES COUNTY MANAGING OBESITY IN MOMS) E-UPDATE**

**August 15, 2013**

Welcome to our first “E-blast” newsletter. This monthly update will keep you informed of collaborative activities and give you an opportunity to share accomplishments and announcements with other collaborative members.

Newsletters report on four items: Headlines; Meetings; Project Updates; and Features.

### **LA MOMs UPDATES**

LA MOMs has hired 3 Health Educators to develop the program curriculum. We have also hired a Management Analyst to help develop and implement the LA MOMs program.

Currently, we are in the process of beginning the development of an evaluation platform along with securing a marketing and evaluation team.

### **FEATURES**

August is Breastfeeding Awareness Month!

In Los Angeles County, 16.2% of mothers exclusively breastfeed for 6 months. Maternal obesity is negatively correlated with both initiation and duration of breastfeeding.

Breastfeeding:

- Can help moms lose 500 calories/day when breastfeeding exclusively (an average of 1lb/week)
- Reduces the risk of ovarian and breast cancer
- Can help the uterus return to its normal size and prevent postpartum bleeding
- Can create a strong bond between mommy and baby!

Online breastfeeding support groups

- Mom2mom Breastfeeding Support Group  
[www.facebook.com/Mom2MomBreastfeedingCampaign](http://www.facebook.com/Mom2MomBreastfeedingCampaign)
- The Bump  
<http://pregnant.thebump.com/new-mom-new-dad/breastfeeding.aspx>
- Kelly Mom Breastfeeding Support Group  
[www.facebook.com/groups/kellymamas](http://www.facebook.com/groups/kellymamas)

Breastfeeding apps to help you along way

- LactMed prescription drug and lactation app-Android and iPhone

Links for the working and breast pumping mom

- <http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Documents/MO-BFP-CDPH-LactationAccommodationPolicy.pdf>
- <http://www.womenshealth.gov/breastfeeding/going-back-to-work/>

## HEADLINES

Mother's Personality Influences Breast-Feeding Decision, Study Finds

Introverted, anxious moms may need extra support, researcher says

<http://consumer.healthday.com/mental-health-information-25/behavior-health-news-56/mother-s-personality-influences-breast-feeding-decision-study-finds-678872.html>

Related Resource: World Breastfeeding Week 2013

<http://worldbreastfeedingweek.org/index.shtml>

Can Spanking Lead to Obesity?

<http://www.first5la.org/articles/can-spanking-lead-to-obesity>

Breast-Feeding Tied to Reduced Child Obesity

[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_139678.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_139678.html)

## MEETINGS

Your Weight Matters National Convention

<http://www.ywmconvention.com/alert-form/>

[Obesity Medicine Certification Review Course](#) (12.5 CME Hours)

Wednesday, Oct. 9 - Thursday, Oct. 10

Provides preparation to those planning to take the American Board of Obesity Medicine certification exam.

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[Innovate 2013: Cultivate the Leader in You](#) (12.5 CME Hours)

Wednesday, Oct. 9 - Thursday, Oct. 10

A NEW COURSE to offer education about how to complete marketing, communication, advocacy and research that will amplify YOUR voice as an obesity medicine expert.

[Obesity Course](#) (17.5 CME Hours)

Friday, Oct. 11 - Sunday, Oct. 13

Provides a wide selection of plenary and breakout sessions focused on trending topics in obesity medicine.

*Send information that you would like shared in regards to announcements, meetings and/or requests to*  
[LAMOMs@ph.lacounty.gov](mailto:LAMOMs@ph.lacounty.gov)

*Please forward our e-update!*