

Summary of Planning and Consultation Meeting

Sponsored by CIHR

Held on June 8th & 9th



Canadian Breastfeeding Research Network



Réseau Canadien de Recherche sur l'Allaitement

The screenshot shows a Google Meet session with 28 participants. The participants are arranged in a grid, with their names and video thumbnails visible. The names listed are: Isabelle Michaud-Latour, Stephanie George, sanoji wijenayake, Kylie Whitfield, Laurie Twells, Garry Shen, Marie Tarrant, Sonia Semenic, Smitha Rodrigues, Natalie Scime, Karen McQueen, Leigh Newhook, Julia Micallef, Alison Mildon, Michele McIntosh, Kimberley Allen, Jane Francis, Nancy Feeley, Rosann Edwards, Maria Vera Cardoso, Suzanne Campbell, Marilee Brockway, Christina Ricci, Chantal Bayard, Laura H., Jo-Anna Baxter, Carolina Huang, and You. The interface also shows a browser address bar with the URL 'meet.google.com/tjc-kfhq-uai', a Windows taskbar at the bottom, and a system tray with the time '2:24 PM' and date '6/8/2023'.





Attendees from across Canada

- Good representation from researchers across Canada.
- Most provinces represented from Newfoundland and Labrador to British Columbia, with greatest representation from Ontario and Quebec.
- The attendees represented a number of disciplines which included nursing, nutrition, epidemiology, medicine, microbiology, public health, indigenous midwifery and sociology, with many currently or previously having IBCLC.
- The attendees were at various stages of their careers including research chairs, full, associate & assistant professors, post-doctoral fellows, clinician scientists, trainees.



Canadian Breastfeeding Research Network Planning and Consultation Meeting

Attendee Profiles

June 8th and 9th, 2023



List of Researchers

1. Jennifer Abbass Dick
2. Meghan Azad
3. Jo-Anna Baxter
4. Chantal Bayard
5. Britney Benoit
6. Jodie Bigalky
7. Merilee (Meredith) Brockway
8. Suzanne Campbell
9. Maria Vera Lúcia Moreira Leitão Cardoso
10. Allison Daniel
11. Cindy-Lee Dennis
12. Rosann Edwards
13. Darine El-Chaar
14. Nancy Feeley
15. Jane Francis
16. Laura Haiek
17. Rebecca Hoban
18. Kimberley Jackson
19. Michele Janet McIntosh
20. Karen McQueen
21. Isabelle Michaud-Létourneau
22. Alison Mildon
23. William Montelpare
24. Leigh Anne Newhook
25. Maryam Razaghi
26. Christina Ricci
27. Smitha Rodrigues
28. Natalie Rodriguez
29. Misty Rossiter
30. Natalie Scime
31. Daniel Sellen
32. Sonia Semenic
33. Garry Shen
34. Marie Tarrant
35. Laurie Twells
36. Kyly Whitfield
37. Sanoji Wijenayake





Main areas of research focus

- breastmilk composition
- impact on health
- indicators
- breastmilk in the NICU
- breastfeeding experiences of parents
- predictors
- health care providers' knowledge, attitude and support
- support interventions
- motherhood
- milk expression
- supporting sup-populations
- implementation/policy
- technology
- diverse qualitative methods



Category	Topics	
Breastmilk composition	Micronutrient supplementation B vit thiamin deficiency fortification	Microbiome
Impact on health	Duration and chronic conditions Cardiometabolic risks Gynecological conditions Childhood hospitalization in Hong Kong	Diabetes and glucose Obesity Menopause symptoms
Indicators	National statistics any and exclusive Rates- initiation, exclusivity	WHO targets
NICU	Neonatal Abstinence syndrome BFI neo implementation	Pain Expression
Experiences	Pain Self-efficacy Barriers/Facilitators- individual/ systemic With donor milk supplementation BF support in primary care services	When and why weaning Mother with chronic illness Cultural discomfort Public perceptions
Predictors barriers facilitators	Knowledge Attitude	Grandmothers Self-efficacy
Health Care Providers	Curriculum Educating and supporting mothers	Knowledge\Attitude Training
Support Interventions	Lactation Consultant support early and ongoing Self-efficacy Peer support Co-parenting ehealth Community based nutrition intervention multi component support for First	Nations populations and postnatal education Public Health campaigns to normalizing in culture Communicating the evidence with HCP in non-judgmental way workplace labour and support Human milk supplements BFI Remote ongoing support
Motherhood	Cultural norms Social media	Health equity empowerment
Milk Expression	Experiences Donor milk feeding	Responsive feeding with pumping
Implementation /policy	BFI national implementation Health services usage with infant feeding	WHO code violations Guideline development
Technology	Virtual gaming open education eHealth	Mobile phones Virtual lactation support
Diverse Qualitative Methods	Art space Photo voice	Critical ethnography



Category	Topic	Researcher
Breastmilk composition	Microbiome Micronutrient supplementation B vit thiamin deficiency fortification	Meghan Azad Jo-Anna Baxter Merilee Brockway Kylly Whitfield Sanoji Wijenayake
Impact on health	Duration and chronic conditions Cardiometabolic risks Gynecological conditions Childhood hospitalization in Hong Kong Diabetes and glucose Obesity Menopause symptoms	Darine El-Chaar Leigh Anne Newhook Natalie Scime Sonia Semenic Marie Tarrant Laurie Twells
Indicators	National statistics any and exclusive WHO targets Rates- initiation, exclusivity	Christina Ricci Sonia Semenic
NICU	Expression BFI neo implementation Neonatal Abstinence syndrome Pain	Britney Benoit Laura Haiek Rebecca Hoban Nancy Feeley Karen McQueen Sonia Semenic



Category	Topic	Researcher
Experiences	Pain	Britney Benoit
	Self-efficacy	Jodie Bigalky
	Barriers/Facilitators- individual/ systemic	Marilee Brockway
	With donor milk supplementation	Rosann Edwards Nancy Feeley
	When and why weaning	Kim Jackson
	Mother with chronic illness	Leigh Anne Newhook
	BF support in primary care services	Laurie Twells
	Cultural discomfort	Kyly Whitfield
	Public perceptions	
	Predictors, Barriers, & Facilitators	Knowledge
Attitude		Britney Benoit
Grandmothers		Merilee Brockway
Self-efficacy		Cindy-Lee Dennis Leigh Anne Newhook
		Christina Ricci Sonia Semenic Daniel Sellen Laurie Twells Kyly Whitfield





Category	Topic	Researcher
Health Care Providers	Knowledge Attitude Training Curriculum Educating and supporting mothers	Jennifer Abbass Dick Suzanne Campbell Isabelle Michaud-Létourneau Laurie Twells
Support Interventions	Lactation Consultant support early and ongoing Self-efficacy Peer support Co-parenting eHealth Community based nutrition intervention Remote ongoing support multi component support for First Nations populations and postnatal education Public Health campaigns to normalizing in culture Communicating the evidence with HCP in non-judgmental way workplace labour and support Human milk supplements BFI	Jennifer Abbass Dick Britney Benoit Merilee Brockway Cindy-Lee Dennis Jane Francis Karen McQueen Alison Mildon Maryam Razaghi Daniel Sellen Sonia Semenic Garry Shen Marie Tarrant





Category	Topic	Researcher
Supporting Sub-populations	Chronic illnesses <ul style="list-style-type: none"> • Diabetes • Gastrointestinal • Medication use • Hypertension • HIV Shelters CPNP – breastfeeding programming Food insecurity Remote and rural Immigrant families First Nations communities University students Women in the workplace Supplementing Tongue tied C-Section	Jennifer Abbass Dick Jo-Anna Baxter Darine El-Chaar Jane Francis Michele McIntosh Alison Mildon Sonia Semenic Garry Shen Daniel Sellen Laurie Twells Marie Tarrant





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Milk Expression	Experiences Donor milk feeding Responsive feeding with pumping	Darine El-Chaar Jodie Bigalky Marilee Brockway Nancy Feeley Marie Tarrant Kyly Whitfield
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Category	Topic	Researcher
Implementation/Policy	BFI national implementation WHO code violations Health services usage with infant feeding Guideline development	Britney Benoit Laura Haiek Isabelle Michaud-Létourneau Leigh Anne Newhook Christina Ricci Sonia Semenic Garry Shen Marie Tarrant Laurie Twells
Diverse Qualitative Methods	Art space Photo voice Critical ethnography	Nancy Feeley Kim Jackson Michele McIntosh



Canadian Breastfeeding Research Partners



Community partners, healthcare organizations, and government agencies which include:

- La Leche League Canada
- Midwives
- Family physicians
- Community centers
- Health departments
- Hospitals
- Birthing centers
- Hospital milk banks
- Provincial and Federal government agencies
- Public Health Agency of Canada
- Statistics Canada
- Canadian Prenatal Nutrition Program
- Breastfeeding Committee for Canada
- Canadian Association of Perinatal and Women's Health Network



Funders of Breastfeeding Research



- Global
- Federal
- Provincial agencies (NL, NS, NB, QC, ON, MB, AB, BC)
- Universities
- Private philanthropic



Research Gap Themes



Diverse breastfeeding families and addressing inequities among sub-populations

Health outcomes on breastfeeding and expressed milk feeding

Societal/system level benefit and actions

Maternal mental health/experiences and breastfeeding

Standard indicators

Implementing effective interventions and support including LC support and education for families

BFHI/Code implementation and legislation



Website- Addition of Trainees and Partners

Log In

Canadian Breastfeeding
Research Network



Réseau Canadien de
Recherche sur l'Allaitement

Home | About | Researchers | Specialties | Main Themes | **Trainees** | **Partners** | Networking Events | Message Board

Welcome

A group of researchers in Canada have been working to form a national research network focused on breastfeeding protection, promotion, and support. The main goal of this initiative is to increase research capacity and advocacy in Canada related to breastfeeding by enabling researchers to connect and showcase their work.

Are you a Canadian researcher, trainee or partner interested in being a part of our network?

For more information, email us at breastfeedingstudy@ontariotechu.ca



Canadian Breastfeeding
Research Network



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sur l'Allaitement

breastfeedingstudy@ontariotechu.ca



Examples of Research Networks

1. Meghan Azad

- Manitoba Interdisciplinary Lactation Center (2019)

2. Laurie Twells

- Baby Friendly Newfoundland Council Research Group (1992)

3. Nancy Feeley

- Centre for Nursing Research RRISIQ Network (20 years)
- SCENE

- Mission
- Vision
- Membership
- Leadership
- Activities



What type of research group do we envision?



Membership:

- Researchers, students, community groups/parents/diverse group representation, community partners, provincial and national organizations

Goals/Objectives:

- Establish consistent data collection on breastfeeding research across Canada
- Identify and collaborate on research to address current priorities for breastfeeding in Canada
- Bring together researchers with a shared focus and support trainee development in this field
- Knowledge translation and dissemination within and beyond the network
- Advocacy for inclusive breastfeeding research



Research and Knowledge Translation Priorities



The research and knowledge translation priorities were split up into three areas;

1. **Lactation Science** (e.g., benefits, physiology, microbiome, composition),
2. **Promotion and Support** (e.g., clinical management, training for HCPs, tailored interventions, implementation/access),
3. **Policy and Advocacy** (e.g., global health, BFHI, WHO Code, equity).





Key Priorities

- Improve indicators and definitions of breastfeeding to have consistency and be able to accurately compare findings
- Enhancing the ability of each province to produce data
- Continue to bring forward the evidence on the importance of breastfeeding
- Knowledge translation to policymakers and healthcare providers
- Making breastfeeding a cultural norm
- Implementing and scaling up effective tailored interventions





Next Steps:

- Increase membership on the website
- Purpose/mission
- Meetings
- Advisory Committee
- Funding

