# Summary of Planning and Consultation Meeting

Sponsored by CIHR Held on June 8th & 9th

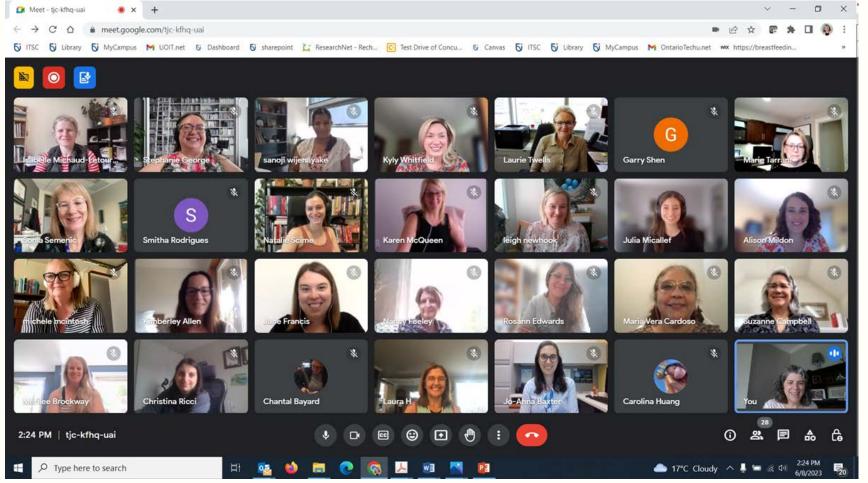




#### Canadian Breastfeeding Research Network



### Réseau Canadien de Recherche sur l'Allaitement





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





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





Category	Торіс	Researcher
Experiences	Pain	Britney Benoit
	Self-efficacy	Jodie Bigalky
	Barriers/Facilitators- individual/	Marilee Brockway
	systemic	Rosann Edwards
	With donor milk	Nancy Feeley
	supplementation	Kim Jackson
	When and why weaning	Leigh Anne Newhook
	Mother with chronic illness	Laurie Twells
	BF support in primary care	Kyly Whitfield
	services	
	Cultural discomfort	
	Public perceptions	
Predictors, Barriers,	Knowledge	Jennifer Abbass Dick
& Facilitators	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	Knowledge	Jennifer Abbass Dick
Providers	Attitude	Suzanne Campbell
	Training	Isabelle Michaud-Létourneau
	Curriculum	Laurie Twells
	Educating and supporting mothers	
Support	Lactation Consultant support early and ongoing	Jennifer Abbass Dick
Interventions	Self-efficacy	Britney Benoit
	Peer support	Merilee Brockway
	Co-parenting	Cindy-Lee Dennis
	eHealth	Jane Francis
	Community based nutrition intervention	Karen McQueen
	Remote ongoing support	Alison Mildon
	multi component support for First Nations populations	Maryam Razaghi
	and postnatal education	Daniel Sellen
	Public Health campaigns to normalizing in culture	Sonia Semenic
	Communicating the evidence with HCP in non-	Garry Shen
	judgmental way	Marie Tarrant
	workplace labour and support	
	Human milk supplements	
	BFI	





Category	Topic	Researcher
Supporting	Chronic illnesses	Jennifer Abbass Dick
Sub-populations	<ul> <li>Diabetes</li> </ul>	Jo-Anna Baxter
	<ul> <li>Gastrointestinal</li> </ul>	Darine El-Chaar
	<ul> <li>Medication use</li> </ul>	Jane Francis
	<ul> <li>Hypertension</li> </ul>	Michele McIntosh
	• HIV	Alison Mildon
	Shelters	Sonia Semenic
	CPNP – breastfeeding	Garry Shen
	programming	Daniel Sellen
	Food insecurity	Laurie Twells
	Remote and rural	Marie Tarrant
	Immigrant families	
	First Nations communities	
	University students	
	Women in the workplace	
	Supplementing	
	Tongue tied	
	C-Section	

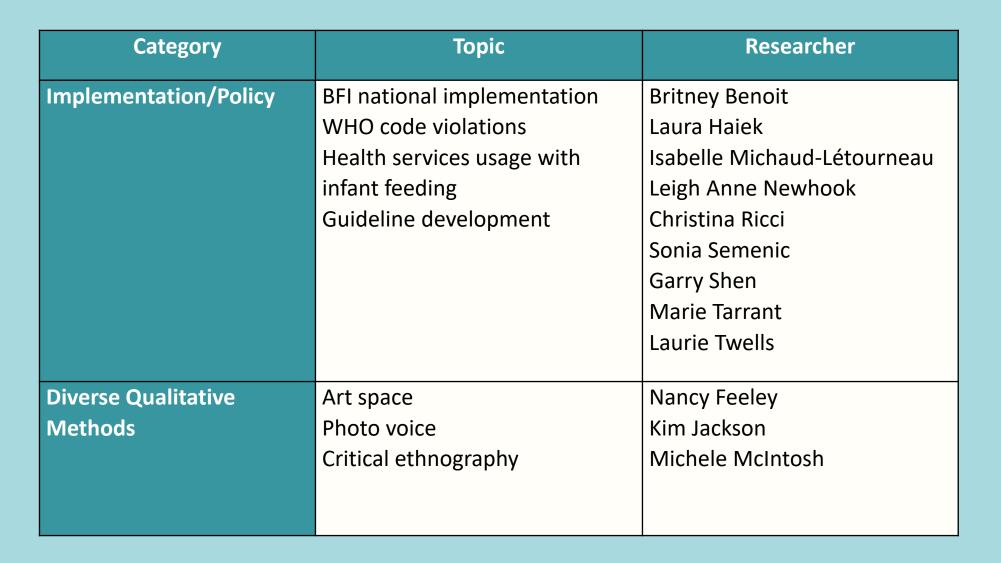




Category	Topic	Researcher
Milk Expression	Experiences Donor milk feeding Responsive feeding with pumping	Darine El-Chaar Jodie Bigalky Marilee Brockway Nancy Feeley Marie Tarrant Kyly Whitfield
Motherhood	Cultural norms Social media Health equity empowerment	Rosann Edwards Kim Jackson Michele McIntosh
Technology	Virtual gaming open education eHealth Mobile phones Virtual lactation support	Jennifer Abbass Dick Suzanne Campbell Alison Mildon Laurie Twells











## 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



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







Réseau Canadien de Recherche 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?



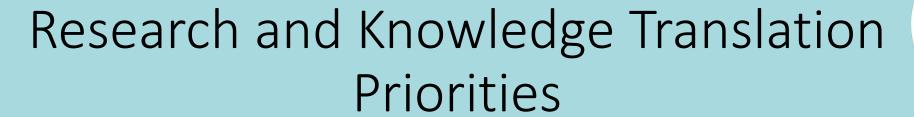
#### Membership:

 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







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

