

In Partnership with



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Community Connection

University of Nevada

Clark County Cooperative Extension

Breastfeeding is Everyone's Business



Surgeon General Regina Benjamin issued a *Call to Action* in 2011 to support breastfeeding, endorsing human milk as the best nutrition for infants. This report described in detail the plans necessary to remove obstacles faced by women who need the education and support to successfully breastfeed. More importantly, Dr. Benjamin identified key actions that family members, community health care providers and

employers can take to make breastfeeding easier for women. Breastfeeding is indeed everyone's business!

Health benefits to the baby and to the mother range from superior infant brain development to reduced infant illnesses and lower rates of female cancers and other chronic diseases in women who nurse. Studies have shown that the fat composition in human milk boosts an infant's brain growth, enhancing the intellectual development from infancy to childhood. Human milk contains antibodies necessary for the baby to thrive: babies are sick less often. Breastfeeding also

lowers a woman's risk of both breast and ovarian cancers. Moreover, the longer a woman breastfeeds, the greater the benefits when it comes to preventing diabetes, for breastfeeding is correlated with a reduced risk of diabetes. (This is especially important for women with a family

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history of diabetes. Breastfeeding can delay the onset of type 1 or type 2 diabetes in an infant.) Also, breastfeeding helps a woman protect against osteoporosis later in life. According to a cost

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NV Naturalist Spring 2013 Graduation

To become a Nevada Naturalist, participants completed a rigorous program of 85 hours of classroom and field study, including 20 hours of volunteer service; and completed a project on an environmental topic of their choice. Topics covered

included: native plants and animals; threatened and endangered species; ecology; biodiversity; conservation; geology; water; soils; and Mojave Desert survival skills.

For information on how to become a NV Naturalist,

[email](mailto:Denise.Parsons@unr.edu) Denise Parsons or call 702-948-5906.



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We're on the Web

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www.unce.unr.edu/blogs/southernarea

www.YouTube.com/UNRextension

Breastfeeding

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analysis in the journal *Pediatrics*, if 90% of U.S. women exclusively breastfed their babies for the first six months of life, nearly 900 babies would be saved each year, along with 13 billion dollars in medical costs. Formula currently costs around \$3,000 for the first year of a baby's life. Clearly there are health as well as economic benefits to breastfeeding.

We have begun to see a shift toward higher rates of breastfeeding in America. Unfortunately, African-American women have the lowest breastfeeding rates nationwide and here in Nevada. In her "Let's Move" campaign, First Lady Michelle Obama spoke out about removing barriers to breastfeeding as a way to reduce childhood obesity. She supports breastfeeding (having breastfed both her girls) and encourages hospitals to become baby friendly, allowing newborns to be with their mothers to initiate early breastfeeding. She has also stated, "And because it's important to prevent obesity early, we are also working to promote breastfeeding, especially in the black community – where 40 percent of our babies never get breastfed at all, even in the first weeks of life, and we know that babies that are breastfed are less likely to be obese as children."

The *Call to Action* listed the following barriers to breastfeeding:

- 1) Lack of knowledge: Most women lack knowledge and skills about breastfeeding and do not understand the risks associated with not breastfeeding. Some women perceive breastfeeding as a hindrance to their freedom and independence, one that interferes with their lifestyle.
- 2) Social norms: Women in the United States are exposed to an aggressive marketing campaign manipulated by infant formula companies, thus influencing their decision to feed their infants via bottles. One example is that women often receive a gift package that contains free formula, bottles, pacifiers, etc. upon discharge from the hospital. Artificial infant formula has "hijacked" human milk as the normal

infant feeding method.

- 3) Poor family and social support: Women are less likely to choose breastfeeding if friends and family members do not support their decision as early as possible even before their babies are born.
- 4) Embarrassment: Many public entities disapprove of women breastfeeding, asking them to stop breastfeeding or to leave. Many women resort to either hiding or stopping breastfeeding early to avoid embarrassment caused by breastfeeding in public places.
- 5) Problems with breastfeeding: Women who encounter unpleasant experiences such as painful nipples early on are unlikely to continue with breastfeeding. If women are educated early and prepared as to what to expect during the first weeks, they are more likely to master and overcome this barrier.
- 6) Employment and child care: This is a major barrier for working women after their babies are born. Lack of employer support shortens the duration of breastfeeding. Women simply stop breastfeeding too early to the detriment of their babies' health.
- 7) Health care support: Hospital policies that are not supportive of breastfeeding unnecessarily separate mothers and their newborns too long, delaying skin-to-skin kangaroo mother care and early latch-on, which are pre-requisites for favorable breastfeeding outcome. Clinicians or health care providers can be of great influence to women's decisions to breastfeed.

In the Patient Protection and Affordable Act which took effect on March 23, 2010, employers with more than 50 employees are now required to provide "a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk." This act also supports insurance company coverage for breast pumps when ordered by the doctor, without co-pay. Meanwhile, the Internal Revenue Service announced that breast pumps and other breastfeeding supplies now qualify for tax

breaks.

For the first time, the Academy of American Pediatrics formally endorsed breastfeeding to reduce Sudden Infant Death Syndrome (SIDS). The policy states that the protective effect of breastfeeding increases with exclusivity (i.e., feeding the infant breast milk only). It further states that any breastfeeding at all has been shown to be more protective against SIDS compared to no breastfeeding at all.

In Nevada, women are generally not well-informed about their legal right to breastfeed in public. There have been times when women were approached to discontinue breastfeeding or even escorted out of a mall or a casino because they were breastfeeding in public. However, Nevada Revised Statute 201.232 (1997) states that a woman can breastfeed in any public or private location where they are authorized to be. Here at UNCE, a private lactation room is located in the Health and Nutrition team area to accommodate nursing women, whether they are employees or class attendees.



Mom's Special Gift (MSG) is a breastfeeding education and support program funded by USDA's Supplemental Nutrition Assistance Program (SNAP) to assist low-income or SNAP-eligible women.

~May Tang, RD, CLC,

Less Salt, Lower Blood Pressure



Herbs and spices make great salt substitutes

Using less table salt and salt in cooking may help lower blood pressure and reduce your risk for heart disease.

To avoid salt without sacrificing flavor, experiment

by making your own seasoning blends.

Chinese five-spice blend for chicken, fish, or pork

Combine ¼ cup ground ginger, 2 tablespoons ground cinnamon, 2 teaspoons ground cloves, and 1 tablespoon each ground allspice and anise seed.

Mexican blend for chili, enchiladas, and tacos

Combine ¼ cup chili powder; 1 tablespoon each ground cumin and onion powder; 1 teaspoon each dried oregano, garlic powder, and red pepper; and ½ teaspoon cinnamon.

Mixed herbs for salads, steamed vegetables, or fish

Combine ¼ cup dried parsley, 2 tablespoons dried tarragon, and 1

tablespoon each dried oregano, dill weed, and celery flakes.

Hidden salt

Always check the nutrition facts labels for the amount of sodium, which is commonly added as a preserving or flavoring agent in frozen entrees, luncheon meats, canned vegetables, and even frozen chicken and turkey breasts.

Sodium causes the body to retain fluid, one thing that contributes to high blood pressure. Experts recommend limiting sodium to 2,300 milligrams per day — the equivalent of about 1 tsp. of table salt. A lower sodium level — 1,500 mg a day — is appropriate for people 51 years of age or older, and individuals of any age who are African-American or who have hypertension, diabetes or chronic kidney disease.

Table salt is sodium plus chloride. Condiments like soy sauce, ketchup, mustard, pickles, MSG (monosodium glutamate), and some prepared seasonings typically contain lots of salt. Restaurant and fast foods can also be high in salt.

Sources: *Academy of Nutrition and Dietetics; Swedish Heart Diet, CDC*

Hope Health—No. 11353

Sodium causes the body to retain fluid.

Recognizing Health Fraud

Americans spend billions of dollars each year on products that offer shortcuts and simple solutions to all our ills. People want to believe in miracles. We are a society that wants results now. Unfortunately, there are no shortcuts to good health. Only through self-control; intelligent, informed decisions; and adequate exercise can we achieve it.

Daily, we see television, magazine and newspaper advertisements proclaiming cure and quick-fixes for different problems. Some are obviously ridiculous, but others cite scientific studies and case histories that sound quite reliable. And not all advertisements for health products are false. Some ads use shreds of scientific evidence that are stretched out of

proportion. Others cite studies that were conducted under very specific circumstances, but do not hold true with the general public. The difficulty comes in deciding which advertisements we should or should not believe.

When considering different products or treatments, keep in mind the following characteristics of fraud:

- ◆ If the product sounds “too-good-to-be-true,” it probably is.
- ◆ Does it offer a quick and/or painless cure?



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Health Fraud

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- ◆ Does it offer a “special,” “secret,” “ancient,” or “foreign” formula that is available only through the mail or over the Internet from only one supplier?
- ◆ Does it offer testimonials or case histories as the only proof that it works?
- ◆ Does it seem to be a cure-all for all sorts of ailments?
- ◆ Does it claim to be a “scientific

breakthrough” that has been held back by the medical community?

If any of these characteristics are present, and even if they are not, check out the product with a professional before buying. A doctor, pharmacist, or registered dietitian; the Better Business Bureau; or the nearest office of the Food and Drug Administration may be able to provide the information needed for an intelligent decision to be made.

Remember, there are no quick cures. The best way to obtain the vitamins, minerals, and other nutrients needed by the

Remember: If it's too good to be true, it probably is!

body is to eat a variety of foods from the five major food groups. Keeping the “junk” foods to a minimum and exercising regularly, three to four times a week, will help to maintain a healthy, strong body.

Susan Lednický, Nutritionist

Upcoming Gardening Classes

August 3 ~ An Introduction to Desert Gardening ~ Paseo Verde Library (280 S. Green Valley Pkwy., Henderson) 10:30 am
Topics covered include: the desert bioscape; soils: how to improve and amend through fertilization and nutrition; irrigation techniques for desert plants; identifying plants/shrubs and trees suited for desert gardening (native plants vs “adapted”); and how to plant and care for your plants, trees and shrubs. Master Gardener Howard Galin will instruct. Register on line at www.mypubliclibrary.com or call 702-492-6580.

August 3 ~ Container Gardening ~ Gibson Library (100 W. Lake Mead Pkwy, Henderson) 1:30 pm
Container gardening is the city dweller's answer to the big backyard garden of yesteryear. You may not have a half acre to plant in flowers and vegetables, but you can get just about the same effect by growing plants in containers of a variety of sizes, shapes and materials. Master Gardener Carolyn Ellsworth will instruct. Register on line at www.mypubliclibrary.com or call 702-564-9261 option 5.

August 24 ~ Gardening in Small Places: Landscape Design ~ Lifelong Learning Center (8050 Paradise Road) 8am-Noon
Do you have BIG ideas for your small space? Participants will leave this workshop with the basics to create their own practical landscape design to turn that small space into a dream space. Let 2010 Southern Nevada Water Authority Water Smart Landscape Award winner Denise McConnell teach you tips for organizing your space and choosing size-appropriate plants to give the feeling of intimacy or create the illusion of more space. Pre-registration is required; email Elaine Fagin or call 702-257-5573.

August 27~ Time Plan Your Fall/Winter Garden ~ Family Resource Center UMC (1120 Shadow Lane) 10 am
Late August is the time to consider what to plant now and in the next two months for your fall/winter garden. It's also time to begin starting seeds for your fall/winter garden. This season is all about greens and root vegetables. To reserve a space for this free workshop, contact Amy Runge at the Family Resource Center at 702-383-2229. Registration is required.

September 21~ Gardening in Small Places: Using Native & Desert Adapted Plants ~ Lifelong Learning Center, 8am-Noon
If you hear native and desert adapted plants and think of only cactus, you couldn't be more wrong! There is a lot of beauty in the desert and not all of it is spiny. Professor M.L. Robinson will show and tell you about the plants you can use to have a beautiful and colorful desert garden all while saving money, energy and water! Pre-registration is required; email Elaine Fagin or call 702-257-5573.

Cooperative Extension's mission:

Discover: by assessing community needs; understanding emerging issues; *Develop:* science-based programs to help resolve the needs of community residents; *Disseminate:* through evidence-based educational programs; classes and publications; *Preserve:* by publishing findings via curriculum and fact sheets and demonstrate knowledge to strengthen the social, economic and environmental well-being of people.

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