

**CT-DPH and CTAAP**  
**2012 Teleconference Programs**  
**The Journey to Successful Breastfeeding Series - Part VIII**

The Connecticut Department of Public Health and  
The Connecticut Chapter of the American Academy of Pediatrics

**The Inter-relationships Between Pregnancy, Obesity and Breastfeeding**

Continuing Medical Education Program

Wednesday, September 12, 2012

12:10 – 1:00PM

1/3 of pediatric patients are obese or overweight. 12% of infants and toddlers are classified as obese. New research clearly demonstrates a set of complex yet critical links between pregnancy, obesity and breastfeeding. This program will unravel these linked relationships and help explain what health care practitioners can do promote both healthy patient weight and breastfeeding. Breastfeeding plays a critical positive role in obesity prevention in many ways. Our speaker will review the variety of behavioral, physiological, growth and confounding factors that all contribute to breastfeeding's important role. The program will also examine neonatal weight and recommended use of growth standards. Recent research demonstrates numerous long and short-term benefits to breastfed babies of obese mothers. The program will review strategies for preventing and treating pediatric obesity and the inter-relationship between maternal obesity, lack of breastfeeding and child obesity. Our speaker will review some of the obesity specific anatomical breastfeeding challenges that result from maternal obesity along with specific practical strategies for helping obese mothers breastfeed.

Participants will be able to:

- Briefly discuss the impact of maternal obesity on pregnancy and risks to the fetus;
- To understand how prenatal nutrition can influence future nutrition and obesity in the growing baby;
- To list complications of labor, delivery and breastfeeding that are associated with maternal obesity;
- To detail the positive affect toward obesity prevention breastfeeding exerts upon an infant that extends into childhood and later life-i.e. the role of breastfeeding as the first intervention in the prevention of obesity!

Who should participate? Pediatricians, physician assistants, nurse practitioners, nurses, nurse mid-wives, lactation consultants, registered dietitians and office staff.

*Speaker:* **Kathleen Marinelli, MD**, Chair-elect, United States Breastfeeding Committee, Chapter Breastfeeding Coordinator, American Academy of Pediatrics, Neonatology and Human Lactation, Connecticut Children's Medical Center; Associate Professor of Pediatrics, University of Connecticut; Medical Director, Mothers' Milk Bank of New England.

**POLICY FOR CME/CEU REQUESTS**

As part of this expanded 15 program series, we are now charging a small fee for CMEs or letters verifying participation for CEUs. *As always, anyone may listen in for free.* Questions? Ct-aap.org, [yvette.ctaap@gmail.com](mailto:yvette.ctaap@gmail.com) or 860-977-3430

- **Special Discount for all 15 CMEs and CEU Letters of Participation - \$150 for members, \$175 for non-member MDs/DOs, \$115 for APRNs, PAs, RNs and others**
- **Per Program CME/CEU Charge - \$20 for MD members, \$25 for non-member MDs, \$20 for APRNs, PAs, RNs & others**

CME Credits for Physicians

- CME Credit has been applied for at Norwalk Hospital. This activity has been planned and implemented in accordance with the Essentials and Standards of the Connecticut State Medical Society through the joint sponsorship of Norwalk Hospital and the CTAAP. Norwalk Hospital is accredited by the CSMS to provide continuing medical education for physicians. Norwalk Hospital designates this educational activity for a maximum of 1 AMA PRA CATEGORY 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Continuing Education Requirements for Nurses

- The American Academy of Nurse Practitioners (AANP) will accept documentation of participation in the teleconference as meeting continuing education requirements toward recertification.
- The American Nurses Credentialing Center (ANCC) will accept documentation of participation in this teleconference as meeting continuing education requirements for certified nurses. The credit hours will transfer equally. CTAAP will provide verification of participation in letter form to the nurse. Nurses must submit the proper paperwork to the ANCC for approval.

Continuing Education Recognition Points (CERPs) for Lactation Consultants

- We have applied to the International Board of Lactation Consultant Examiners (IBLCE) for L-CERP credits.