



2019 RVA BREASTFEEDING SYMPOSIUM SPONSOR REPORT



**#RVAbreastfeeds
is a Healthy
Communities Action
Team (HCAT)
administered
through Nurture, a
nonprofit focused on
improving the health
and wellbeing of
childbearing families
through fitness,
education, social
support, and
community
engagement.**

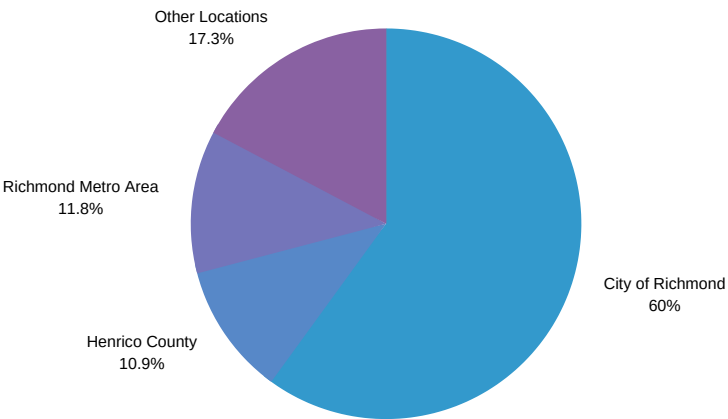
On September 26, 2019, the RVA Breastfeeding Symposium brought parents, healthcare and social service providers, and community members together to:

- Provide training on Ready, Set, BABY (RSB), an educational program developed by Carolina Global Breastfeeding Institute designed to counsel prenatal women about maternity care best practices and the benefits and management of breastfeeding.
- Encourage community members, organizations, hospitals and healthcare providers across the Richmond Metro Area to identify a shared vision for supporting breastfeeding and maternal health, particularly with regard to marginalized communities.
- Promote policy, systems, and environmental change regarding lactation and maternal health in our community.

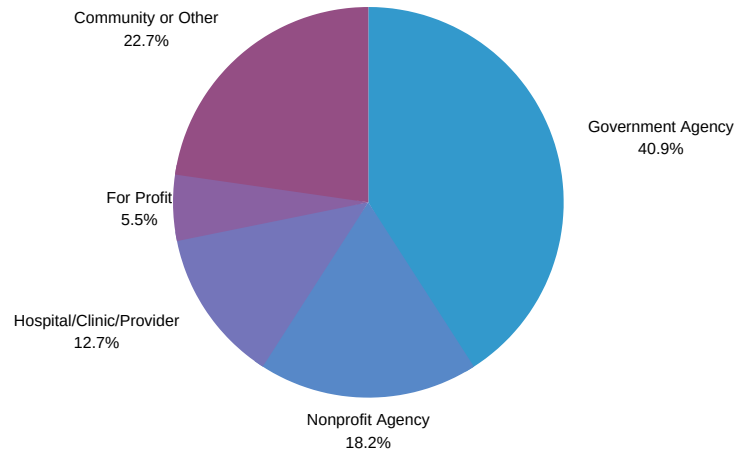


ATTENDANCE: 110 PARTICIPANTS

WHERE THEY WORK



TYPE OF WORK



PARTICIPANT EXPERIENCE



EVALUATION RESULTS

Attendee rating of symposium learning objectives on a 5 point scale:

- Place breastfeeding support into the context of national and global public health efforts: **4.64**
- Understand trends in breastfeeding rates, including disparities among race/ethnicities: **4.60**
- Discuss the importance of equitable and evidence-based maternity care practices: **4.58**
- Review publicly available resources and tools to assist with breastfeeding advocacy efforts: **4.60**
- Learn to utilize the Ready, Set, BABY tool for prenatal breastfeeding counseling: **4.48**
- Explore opportunities for policy and systems change within the local maternal/child health ecosystem: **4.54**
- Foster cross-sector organizational and community relationships that support evidence-based infant feeding practices: **4.70**
- Understand the current statistics of cannabis use during pregnancy and breastfeeding: **4.78**
- Understand what the latest medical research indicates about the effects of perinatal cannabis exposure on developing brains: **4.79**

PARTICIPANT EXPERIENCE



Reflections from attendees:

“I appreciated the reflection questions at the beginning and how to recognize bias on the individual and systemic level.”

“The speakers were great. Also the handouts are very worthwhile (handouts in the packets and at the tables). The networking is a huge benefit.”

"As a brand new mom it was great to see and have a community of supporters behind me on my breastfeeding journey."

"It was great being surrounded by individuals passionate about maternal health."



Thank you to our sponsors and partners!

Platinum Sponsors:



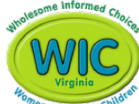
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Silver Sponsor



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