

MAKING AN IMPACT:

How ProgenyHealth Supports Your Members on Their Breastfeeding Journey

ProgenyHealth understands that breastfeeding can be a wonderful yet challenging experience – especially for NICU moms. That’s why we support your members throughout their breastfeeding journey.



Our **Case Managers** ensure that your members have the proper connections to resources, education, and supplies for breastfeeding and nutrition.



Our **Lactation Specialists** support your members with breastfeeding issues, and one of ProgenyHealth’s Medical Directors is an International Board-certified Lactation Consultant.

National Breastfeeding Data for All Infants³

84%

of all infants started breastfeeding

58%

of infants were breastfeeding at 6 months

35%

of infants were breastfeeding at 12 months

19%

of breastfed infants supplemented with formula before 2 days of age

Breastfeeding lags for premature infants

Compared to full-term infants, the number of premature infants who are breastfed continues to be low, especially infants born earlier than 32 weeks. In a 2008 study, only 16 percent of premature infants were breastfeeding at the time of discharge from the hospital.¹

NICU infants are often bottle-fed to promote weight gain. Even though breastfed premature infants gain weight more slowly, the breastfed infants’ neurodevelopmental status at two and five years of age was significantly higher, especially when breastfeeding exceeds two months.²

Why are premature breastfeeding rates so low?

- **Scheduled feedings** in the hospital can require infants to feed from a bottle when the mother is not available to be bedside.
- **The stress of having a premature infant** in the NICU can affect the mother's milk production.
- **Access to lactation consultants** in the hospital setting may be limited. A lack of support can lead to breastfeeding failure.

NICU moms and infants face unique obstacles

- **Prematurity** – The mother's body has to adapt to lactation earlier than anticipated.
- **Physical size** – Tiny infants often have eating and breathing difficulties.
- **Education** – NICU moms often need help learning to breastfeed a NICU infant successfully.
- **Breast Pumps** – Moms with preemies may have to use breast pumps until their baby is strong enough to directly breastfeed. Relying on a pump for breast milk expression may also decrease milk supply.
- **Workplace** – Despite protections for nursing moms, the burden falls on the employee to advocate for accommodations.

How ProgenyHealth promotes breastfeeding

ProgenyHealth's case managers and lactation consultants support your member's desire to breastfeed:

- **Needs Assessment** – Our case managers discuss the benefits of breastfeeding and encourage the mother to consider breastfeeding for her infant.
- **24/7 Support** – Many mothers need the confidence that a ProgenyHealth case manager or lactation support specialist offers if they run into difficulties. We provide one-to-one teaching and reinforcement of the education she received in the hospital.
- **Resources** – Our case managers make sure the mother has obtained a breast pump, often as a covered benefit through the health plan. We also connect mothers to outside resources who can provide local support and can help in their transition back to work.

Member Satisfaction

Through ProgenyHealth's support, our case managers and lactation consultants empower mothers to overcome their challenges and continue breastfeeding longer. Our breastfeeding initiatives are part of ProgenyHealth's mission to give infants a healthy first year of life and beyond.

ProgenyHealth's Impact on NICU Infants

75%

of moms breastfed their infants

71%

obtained breast pumps with ProgenyHealth support

5.1 months

well-prepared group breastfed compared to less-prepared of 4.2 months

About ProgenyHealth

Our team, led by pediatrician and founder Dr. Ellen Stang, is comprised of clinical specialists, technologists, and business innovators. Many of them also have had NICU infants in their families. We extend the continuum of care beyond the NICU stay to encompass the first crucial year of life. We also solve the social determinants of health by connecting NICU families to resources to utilize the healthcare system properly and reduce total costs.

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1) Roze et al (2012). The apparent breastfeeding paradox in very preterm infants: relationship between breastfeeding, early weight gain and neurodevelopment based on results from two cohorts, EPIPAGE and LIFT. *BMJ Open*, 2(2):e000834, doi: 10.1136/bmjopen-2012-000834.

2) *ibid*

3) <https://www.cdc.gov/breastfeeding/data/reportcard.htm>

