

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 by helping them learn how to increase milk supply, create personalized feeding schedules, and troubleshoot ongoing breastfeeding issues.

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. Although the numbers have improved over the years, breastfeeding rates in the NICU have only reached 56% compared to 83% for well babies.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

National Breastfeeding Data for All Infants³

83%

*of all infants started
breastfeeding*

56%

*of infants were breastfeeding
at 6 months*

36%

*of infants were breastfeeding
at 12 months*

19%

*of breastfed infants
supplemented with formula
before 2 days of age*

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.

About ProgenyHealth

ProgenyHealth is a leading national, tech-enabled women's healthcare company dedicated to Maternity and NICU Care Management. We serve women, infants, and families through the milestones of maternal care — from conception and pregnancy to postpartum and parenting, with special expertise in managing premature and complex births and resulting NICU admissions. Our industry-leading intelligent platform, Baby Trax™, integrates utilization management and case management, while driving payment validation & assurance activities based on clinical data. With nearly 20 years of experience, our board-certified physicians, nurses, social workers, and others collaborate with providers to improve health outcomes, enhance the member and provider experience, and reduce costs for all payer groups including commercial health plans, Medicaid payers and large employers.

Learn more at progenyhealth.com

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

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>

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