

# Utah Breastfeeding Health

Developed for health professionals to support Breastfeeding

Volume 12, Issue 2 | August 2025



Information provided by the

**Utah WIC  
Program,  
Utah Department  
of Health and  
Human Services**

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## [Doula Support and Breastfeeding Outcomes: A Systematic Review](#)

Doulas are associated with improved breastfeeding outcomes. Increased breastfeeding education in doula training and greater inclusion and awareness of doulas among the health care team could maximize this benefit.

## [The Association of Mother and Infant Characteristics with the Macronutrient Content of Donor Human Milk](#)

This study indicated that the characteristics of mothers and infants may influence the macronutrient content of donor human milk. It is important to monitor factors that could affect the nutritional quality of donor human milk.

## [Antipsychotics and Breastfeeding](#)

Antipsychotic drugs have long been a concern in nursing mothers and some new drug classes have become available in recent years. In evaluating the acceptability of antipsychotics during breastfeeding, consider that a relative infant dose (RID) of 10% or less is generally thought to be an acceptable amount; however, one expert guideline proposed a safety RID limit of 5% for psychotropic agents.

## [Current Scope of Practice for Breastfeeding and Lactation Medicine Physicians and Providers: Description of an Emerging Subspecialty](#)

Breastfeeding and Lactation Medicine is an emerging medical subspecialty that addresses the physiology, pathology, and sociodemographic components of breastfeeding and lactation. In the past 50 years, the field has grown into an international subspecialty supported by the Academy of Breastfeeding Medicine. Training programs are emerging in many countries, and it has become a reimbursable, board-certified medical specialty in the United States and Canada.

## [Influence of Race and Ethnicity on Meeting Intention to Exclusively Breast Milk Feed at Postpartum Hospital Discharge](#)

Breastfeeding intentions are known to predict breastfeeding practices at hospital discharge and breastfeeding retention in the long term. Interventions during postpartum hospitalization can help mothers achieve breastfeeding intentions and reduce racial and ethnic gaps in breastfeeding on discharge.



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## ["Why Is There Not a Doctor that Knows Anything About This Part of My Body?" Patient Perspectives on Chronic Lactation Insufficiency](#)

The findings from this study highlight the urgent need for improved education and training among health care providers to address the complex realities of chronic lactation insufficiency. They also point to the importance of advancing personalized approaches to breastfeeding support and expanding research to determine causes and diagnostics for low milk supply. By centering patient voices, this study identifies critical gaps in care and communication that prevent effective support for those navigating chronic lactation insufficiency.

## [The Impact of Maternal Antibiotic Consumption on the Development of Oral Thrush Infection in Breastfeeding Infants: A Quasi-Experimental Study](#)

Oral thrush is a common yeast infection caused by *Candida albicans* in infants during their first few weeks or months. Infant mothers' antibiotics intake can contribute to this opportunistic fungal growth due to their weaker immune systems.

## [Maternity Care Practices and Their Role in U.S. Breastfeeding Disparities](#)

Higher quality hospital maternity care practices are associated with increased breastfeeding initiation, particularly among population groups with historically lower breastfeeding rates. Enhancing maternity care policies and practices may help reduce long-standing breastfeeding disparities.

## [Pharmacokinetics and Breast Milk Transfer to Infants of Subcutaneous Extended-Release Buprenorphine for the Treatment of Individuals with Opioid Use Disorder](#)

Among lactating individuals receiving extended-release buprenorphine was present in low levels in maternal plasma (similar to nonlactating individuals on extended-release buprenorphine) and breast milk of lactating individuals receiving extended-release buprenorphine (similar to lactating individuals on sublingual buprenorphine), resulting in a low relative infant dose. N-methyl-2-pyrrolidone passes into breast milk, however, was not present in infant plasma.

## [To Supplement or Not to Supplement—That Is the Question](#)

The importance of exclusively breastfeeding a baby from birth to 6 months of age is well established, and the recommendation for exclusivity for this period is recommended by WHO, the American Academy of Pediatrics, and the Academy of Breastfeeding Medicine. However, with breastfeeding, like with all physiological processes, not reaching this goal can cause a direct threat to the infant.

## [Point-of-Care Techniques to Identify Risks for Early, Unplanned Lactation Cessation Among Term Mother/Infant Dyads: An Integrative Review](#)

Infant scales to measure weight change, mother's own milk transfer and ion-selective electrodes (measures mammary gland function and health) are ideal point-of-care measures to identify and mitigate lactation risk in the early postpartum period for term dyads. Translational studies that inform risk detection algorithms and novel models of lactation care that include these point-of-care techniques are needed.