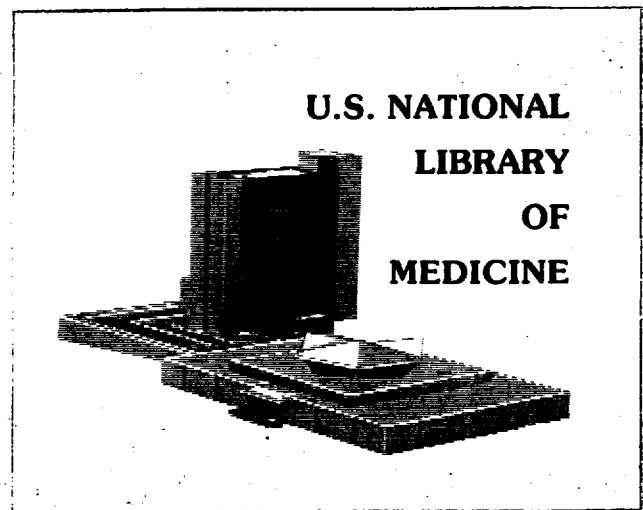


FOLLOWUP REPORT:  
THE SURGEON GENERAL'S WORKSHOP ON  
**BREASTFEEDING &  
HUMAN LACTATION**



Presented by the  
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
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The original drawing on the cover was done by Bob Congé of Rochester, N.Y.

## PREFACE

Since the Surgeon General's Workshop on Breastfeeding and Human Lactation last year, there has been a notable renewal of interest and a resurgence of activity in promotion of breastfeeding. This may be attributed to the philosophy of "shared responsibility" which guided the planning committee in organizing the workshop. The workshop participants, representing many professional and voluntary organizations, were actively involved in the workshop process of assessing the current status of breastfeeding promotion in the United States and of developing recommendations and strategies to facilitate progress toward achieving the 1990 breastfeeding objective for the nation. The workshop recommendations have become a national agenda, with participant organizations providing leadership in disseminating the recommendations and encouraging their implementation.

The *Report of the Surgeon General's Workshop on Breastfeeding and Human Lactation*, published in September 1984, has become a valuable reference on the science and art of breastfeeding and a useful planning guide for breastfeeding promotion efforts. The original printing of 35,000 copies was quickly distributed by participant organizations, and a second printing has been done.

This Followup Report has been prepared to document efforts emanating from the workshop and to continue to disseminate information related to breastfeeding promotion activities and accomplishments. At the workshop four successful models to promote breastfeeding were presented. In the past year many additional approaches have come to our attention. The purpose of this *Followup Report: Surgeon General's Workshop on Breastfeeding and Human Lactation* is to recognize other useful approaches, describe these approaches, and identify where they are being implemented. It is hoped that policymakers, administrators, educators, health care providers, professional and voluntary organizations, Federal agencies, employers, and others who read this Followup Report will gain new ideas that will inspire them to further action. Information included in this report was submitted in response to requests made to the participants in the workshop; State Directors of Maternal and Child Health; members of the Healthy Mothers, Healthy Babies Coalition; and Department of Health and Human Services Regional Health Administrators. The responses were impressive and included descriptions of a variety of efforts such as legislation, policies, resolutions, guidelines, meetings, publications, media campaigns, service delivery models, support systems, and research, all of which are included in this report.

We are interested in your response to our ongoing efforts to disseminate information and stimulate action to reduce barriers to breastfeeding. Will you please take a few minutes to complete the questionnaire on the back cover of this publication?

We recognize and appreciate the new, renewed, and continuing work that is being done in support of improved health and nutrition for our nation's mothers and babies. Progress has been made, but many challenges remain in our efforts to promote informed decisions by more women to breastfeed their babies.

A handwritten signature in black ink, appearing to read "C. Everett Koop". The signature is fluid and cursive, with a large initial "C" and a long, sweeping underline.

C. Everett Koop, M.D., Sc.D.  
Surgeon General

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