**Kym Beltrane u3171723**

**The Milk Bar – providing breastmilk for babies**

Human breastmilk is the perfect first food for human babies, containing everything required for optimal growth and development plus short and long-term protection from illness and disease. Unfortunately, not all babies have access to breastmilk, for a variety of reasons. Currently the only option is formula baby milk, with evidence showing an associated increased potential for adverse health outcomes and early weaning.

A donor milk bank is the perfect facility, able to provide babies with human breastmilk as a superior alternative to formula baby milk. Studies show that women want access to donor milk when they are unable to provide their own breastmilk to their baby. Lactating women want to be able to donate their milk for babies other than their own for a variety of reasons. Donor milk banks are heavily linked to promoting and supporting breastfeeding and evidence shows they increase breastfeeding longevity.

This policy aims to offer the families of the ACT surrounding areas access to a human donor breastmilk bank. This new facility would be located in The Canberra Hospital, close to the neonatal intensive care unit (NICU) and special care nursery (SCN). Breastmilk donated at this facility would also be provided to Calvary Public Hospital in Bruce. Having a donor milk bank in the ACT will increase breastfeeding rates and duration and reduce the need of babies being given artificial formula milk as currently is the only alternative. Having access to human breastmilk will result in better health outcomes for babies and their mothers.

**References:**

ACT Health. (2019). *Feasibility of establishing a milk bank in the ACT* <https://www.health.act.gov.au/sites/default/files/2019-11/Feasibility%20of%20a%20milk%20bank%20in%20the%20ACT%20report%2028%20November.pdf>

Australian Institute of Health and Welfare. (2021). *Birthweight*. <https://www.aihw.gov.au/reports/mothers-babies/australias-mothers-babies-data-visualisations/contents/baby-outcomes/birthweight>

Australian Breastfeeding Association. (2021). *Position Statement on Donor Milk*. <https://www.breastfeeding.asn.au/system/files/content/POL-Statement%20on%20Donor%20Milk-V4-202111_0.pdf>

Carter, S. K., Reyes‐Foster, B. M., & Carter, J. S. (2018). “Breast is best, donor next”: Peer breastmilk sharing in contemporary western motherhood. *Sociological inquiry, 88*(4), 673-695. <https://doi.org/10.1111/soin.12227>

Chagwena, D. T., Mugariri, F., Sithole, B., Mataga, S. F., Danda, R., Matsungo, T. M., & Maponga, C. C. (2020). Acceptability of donor breastmilk banking among health workers: a cross-sectional survey in Zimbabwean urban settings. *International breastfeeding journal, 15*(1), 37-37. <https://doi.org/10.1186/s13006-020-00283-y>

Gianni, M. L., Bezze, E. N., Sannino, P., Baro, M., Roggero, P., Muscolo, S., Plevani, L., & Mosca, F. (2018). Maternal views on facilitators of and barriers to breastfeeding preterm infants. *BMC Pediatr, 18*(1), 283. <https://doi.org/10.1186/s12887-018-1260-2>

Kair, L. R., & Flaherman, V. J. (2017). Donor milk or formula: a qualitative study of postpartum mothers of healthy newborns. *Journal of Human Lactation, 33*(4), 710-716. <https://doi.org/10.1177/0890334417716417>

Klein, L. D., Keir, A. K., Cruz, M., & Rumbold, A. R. (2021). ‘I wish I'd had the option’: views about donor human milk among parents with babies born moderate-late preterm. *Journal of Paediatrics and Child Health, 57*(8), 1334-1335. [https://doi.org/https://doi.org/10.1111/jpc.15460](https://doi.org/https%3A//doi.org/10.1111/jpc.15460)

Kundisova, L., Bocci, G., Golfera, M., Alaimo, L., & Nante, N. (2019). A systematic review of literature regarding the characteristics and motivations of breastmilk donors. *Breastfeeding Review, 27*(3), 29-42. <http://ezproxy.canberra.edu.au/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=rzh&AN=140945988>

Mosca, F., & Giannì, M. L. (2017). Human milk: composition and health benefits. *Pediatr Med Chir, 39*(2), 155. <https://doi.org/10.4081/pmc.2017.155>

Reimers, P., & Coutsoudis, A. (2021). Donor human milk banking—time to redirect the focus? *Journal of Human Lactation, 37*(1), 71-75. <https://doi.org/10.1177/0890334420941805>

Weaver, G., Bertino, E., Gebauer, C., Grovslien, A., Mileusnic-Milenovic, R., Arslanoglu, S., Barnett, D., Boquien, C.-Y., Buffin, R., Gaya, A., Moro, G. E., Wesolowska, A., & Picaud, J.-C. (2019). Recommendations for the establishment and operation of human milk banks in Europe: a consensus statement from the European Milk Bank Association (EMBA) [Review]. *Frontiers in Pediatrics, 7*. <https://doi.org/10.3389/fped.2019.00053>

Worlf Health Organisation. (2022). *Breastfeeding*. <https://www.who.int/health-topics/breastfeeding>

Yang, R., Chen, D., Deng, Q., & Xu, X. (2020). The effect of donor human milk on the length of hospital stay in very low birthweight infants: a systematic review and meta-analysis. *International breastfeeding journal, 15*(1), 1-89. <https://doi.org/10.1186/s13006-020-00332-6>