

NE BFC Quarterly Meeting
August 5, 2025 10:00AM - 12:45PM
QUARTERLY MEETING
[MEETING CHAT](#)

10:00 - 11:00 CERP

- Welcome to our August CERP session!
- Explain that anyone who has purchased a \$40 Add-On, or registered as a FREE Student Add-On will receive a CERP for the session. Also, share what do attendees need to do to verify their attendance and how they will receive their CERP certificate? Renewal emails will go out each month to those whose add-on is expiring. If you would like to check on the date of your renewal please email info@nebreastfeeding.org
- Introduce Laurel
 - Laurel Wilson is a TEDx and international speaker, women's health and perinatal specialist, integrative nutrition health coach, international board-certified lactation consultant, speaker consultant, educator, and author. Laurel has authored two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*. Her passion is blending today's recent scientific findings with mind/body/spirit wisdom to highlight the magnitude and importance of the perinatal period. Laurel has been joyfully married to her husband for three decades and has two wonderful grown sons, whose difficult births led her on a path towards helping emerging families create positive experiences. She believes that the journey into parenthood is a life-changing rite of passage that should be deeply honored and celebrated.
- Presentation by Laurel
 - Laurel delivered an outstanding presentation on the role of social media in today's society, particularly as it relates to pregnancy and lactation. She shared eye-opening statistics on how social media is used by new and expecting parents and highlighted the powerful influence it has on feeding decisions. Laurel also shed light on how some formula companies violate the WHO Code—and how even healthcare professionals and influencers may unintentionally contribute by promoting formula. Importantly, she offered practical and professional strategies for how we can counteract misinformation and unethical promotion.

She encouraged us to elevate our own—and our organizations'—social media presence to provide trustworthy, evidence-based education to new, pregnant, and lactating parents.

- While Laurel does not distribute her presentation slides, she does provide handouts on the topic. Please visit [HERE](#) to view.

MEMBER MEETING

11:15 – 11:30 Introductions

- Welcome to our August Quarterly Meeting! Karina has served as Chair the past two years and has done a wonderful job helping build a great foundation for the Coalition. Karina is excited to now serve as Past Chair and continue in our efforts to expand our outreach across Nebraska. Thank you, Karina!
- Melanie & Angie introduction: Melanie Horstman is now serving as our Chair with Angie Cantrell taking on the role of Vice Chair.
- New LT members Introductions
 - We have four new LT members:
 - Alisha Mor - Family Physician board certified in Breastfeeding and Lactation Medicine by the NABBLM
 - Angela Johnson - Children and Family Wellness Manager
 - Liz Siedhoff - CHI Health St. Elizabeth Healthcare Professional, Perinatal Safety RN
 - Sheila Borohquez de Gualtiere - WIC Breastfeeding and Outreach Coordinator
- Members were able to introduce themselves and share anything happening in their community or organization.
 - Ann Seacrest shared that the class she helps teach through SCC- a breastfeeding education course has decreased the cost to (\$129 with contact hours included. This is great for providers, family support specialists, recerts, peer counselors. Please reach out to annseacrest@ars-health.com for any questions.
 - Liz Siedhoff shared that St. Elizabeth is working with a Quality Improvement team on improving breastfeeding practices within the NICU population.
- If you are a leadership member please identify yourself during your introduction.

11:30 – 11:50 Highlight 1: Tina Vettel

- Our first highlight for today's meeting is Tina Vettel
 - Tina is an IBCLC at Grand Island Regional Medical Center.
- Tina Vettel shared her story on what led her to become an IBCLC. She has been a breastfeeding advocate her whole life, she saw all of her family breastfeeding but when she went to have her own children formula was what most healthcare providers thought moms would do. Tina then decided she was going to be a labor and delivery nurse after going through her own motherhood and lactation journey. Tina has three breastfeeding support group times throughout the week. She has moms that have been coming for years, with each child that they have. All mothers are welcome in this space and they celebrate each milestone. Tina has been very busy the last couple of years and has asked for support at her hospital to which she found two mothers in her support group who are passionate about supporting mothers on their breastfeeding journey and they have started the process and training to become a lactation professional. Tina's support groups are on Mondays and Wednesdays from 10-12 and Thursday from 5-7PM at Grand Island Regional Hospital on the maternity floor. She has created a strong community of mothers who continue to support each other!
- Thank you, Tina!

11:50 – 12:10 Highlight 2 :

- Our second highlight is Christine Townsend.
 - Dr Christine Anne Townsend is proud to say first-generation college graduate. Christine took the scenic journey in her nursing career and education. Christine gave birth at home with an inspirational nurse midwife in New Jersey. Christine became a doula and La Leche League Leader and then earned her nursing degree. Spent many years in the hospital in intensive care, oncology, medical, surgical, maternity, family health, and many roles from floor nurse to case management to leadership. Christine was a CLC and has had her IBCLC certification. Christine has been an educator in hospitals, the community, and higher education for the last 20 years. Currently, her newest role is the RN Maternity Child Care Specialist at the Nebraska Department of Health and Human Services, and she remains a professor at Nebraska Methodist College.

- Christine is working on many initiatives through DHHS and has asked that anyone who would like to share any ideas with her please email Christine.Townsend@nebraska.gov.
- She is currently working on a safe sleep initiative. They are also working on their media and website pages to make them more user friendly to provide more education.
- She would love to support breastfeeding and has a special passion for rural areas.
- Tina asked if DHHS could provide formal statewide education on formula for hospitals and Christine.
- Christine would like to weave breastfeeding into anything that she can. We need to change the narrative around breastfeeding to show the positive effects it can have on parents and infants health. Provide as much education as we can to support and bring breastfeeding into every MCH initiative and conversation.

12:10 – 12:35 NE BFC Projects/Updates/Financial Report

- Financial Report
 - Fiscal Year: July 2024-June 2025
 - Amount of revenue this fiscal year*: \$18,400 Primarily 1:1 Donor Campaign Contributions
 - Amount spent this fiscal year*: \$16,954 Primarily on Admin/Program contractor
 - Balance as of 6/30/25*: \$29,120

*Unaudited financials for FYE 6-30-25

- Mary Lanning Donation
 - Mary Lanning Healthcare recently signed on to our 1:1 hospital campaign. We want to take a moment to thank them for their donation and joining our mission of advancing the health of Nebraskans by making breastfeeding the norm through education, advocacy, and collaboration. And a special thank you to Sayward for hosting us here at Mary Lanning today!
- Year End Report
 - We wanted to give you a preview of our year-end report - this piece is still in progress but it gives a glimpse into what we accomplished this last year.
 - [2024 - 2025 Year End Report](#)
 - We have been able to do more outreach this year with legislation

- and connecting with community colleges across the state.
 - We have seen an increase in membership, attendance at QM, and points on our lactation support map.
 - We are excited to continue growing and expand our reach in NE!
- Strategic Plan Update
 - The Nebraska Breastfeeding Coalition has been hard at work refining our strategic plan. We've developed updated goals and objectives that reflect our mission and values—and, most importantly, ones that our team and membership can stand behind.
 - Share updated strategic plan:

https://www.canva.com/design/DAGtkq9cU-g/1oXMggL09qCGjxLFpntMJg/view?utm_content=DAGtkq9cU-g&utm_campaign=designshare&utm_medium=link2&utm_source=uniqueLinks&utm_id=he9d06c6b0f
 - This plan will be uploaded to our website but will also be sent out via our dedicated email. If you have any questions or feedback you can email info@nebreastfeeding.org.
- NEW CDC Data Released
 - Link in chat:
 - The latest CDC report (2025) on bf rates was released this week for 2022 births. The USBC announced it at their Summit. [NIS-Child Data Results | Breastfeeding Data | CDC](#)
 - Amazingly, Nebraska ranked FIRST in EBF thro 6 m at 36.7 (+/- 7.1 %). Two other states came in very close: Maryland at 35.7 +/- 5.4 and Oregon at 35.9 +/- 6.0. Granted this is limited data, but still!!!!
 - Nebraska ranked 3rd in EBF for 3 m (61.3). Wyoming and Montana ranked higher at 63.9 and 63.3%.
 - Nebraska ranked 5th in Any BF at 12 m (Hawaii, Colorado, Utah and Vermont ranked higher) and 8th for Ever BF or Any BF at 3 m.
- USBC Conference
 - Melanie, Angie, and Ann shared on a few topics that were discussed at the USBC conference.
- Fall Conference Plans
 - The Nebraska Breastfeeding Coalition is excited to attend several upcoming fall conferences focused on maternal-child health and breastfeeding. We will be present at:
 - AWHONN Nebraska Conference 8/22
 - Olson Center Breastfeeding Conference 8/27

- NPQIC Annual Summit 9/12
- Omaha Women's Health & Wellness Conference (*tentative*)

Our goal is to share valuable breastfeeding information and resources, and to connect with healthcare professionals, advocates, and community members across the state.

- Upcoming CERPs
 - November 2025: Breastfeeding and Early Relational Health by Larissa Moguel
 - February 2026: Latch Assessment and Management of Milk Supply by Hope Lima
 - Both of these CERP applications have been approved by the IBLCE
 - Any specific topics the membership would like to see next year?

12:35 – 12:45 Catch up/sharing/closing comments

- Governor's Proclamation August 19th, 2025 8:30AM - A link has gone out to sign up for this. We are required to let the Capitol know how many we will have in attendance so please sign up if you will be attending and if your plans change you can always remove your sign up. [LINK HERE](#).
- To finish up today, we want to thank you for your time and support!