

## CCPD Grant Program Spotlight – May 2019

### Boulder County Public Health: Regional Lactation Day

As part of the technical assistance available through the Advancing Breastfeeding in Colorado (ABC) project funded through the CCPD Grants Program, Boulder County Public Health (BCPH) is tasked with supporting non-metro breastfeeding coalitions and local public health agencies in capacity building and leadership development for breastfeeding-related policies, systems and environments. To maximize face-to-face contacts with our partners, we created a “Regional Lactation Day” (RLD) model. This complements the “seed money” distributed through ABC earlier this fiscal year. The awards ranged from \$500 to \$2,500 and were given to 11 different non-metro partners for breastfeeding projects created by and for their specific communities. These seed money projects will be highlighted in a later CCPD newsletter.



For the Regional Lactation Days, BCPH worked with a partner in the region who has received ABC seed money targeted at coalition development. We collaboratively set up a mini-summit: one day, four hours, with four topics for lactation advocates and professionals in surrounding counties. We recently held one RLD in Grand Junction for 37 participants from seven counties and one in Salida for 34 participants from five counties. We covered networking and fostering Breastfeeding Friendly Environments; grant writing; coalition building; and a hot topic. The hot topic

both sites chose, complete with continuing education units, was “Counseling the Breastfeeding Family about Cannabis.” The RLDs were very well received and evaluations showed that two big takeaways were about the importance of coalitions and that “grants aren’t so scary.” This seems to be a great model for working in parts of the state where travel to the metro area for networking and continuing education is a significant barrier. We look forward to supporting more RLDs in the future!

For more information about RLDs or to communicate interest in hosting one next year, please contact [Linda Kopecky](#) (BCPH) or [Allie Morgan](#) (CHI).