

Pretest/Post-test: Breastfeeding-supportive Clinic Policies Webinar

1. Which is not a reason to adopt a breastfeeding supportive clinic policy?
 - a. Decrease barriers to breastfeeding
 - b. Decrease breastfeeding exclusivity and duration
 - c. Help mothers make informed choices
 - d. Reduce racial and ethnic disparities in breastfeeding

2. Women less likely to breastfeed include: those with less than a high school education, those living in rural areas, and those _____.
 - a. Living in the southeastern United States
 - b. Living with their partner
 - c. Who are single parents
 - d. Living in the northwestern United States

3. Some common barriers to breastfeeding include (choose all that apply):
 - a. Physical challenges, such as pain or engorged breasts
 - b. Negative attitudes of family members or friends
 - c. No place to pump in the home
 - d. Worries about milk supply
 - e. Challenges related to returning to work

4. Benefits of breastfeeding for baby include all of the following except:
 - a. Higher developmental and intelligence scores for premature babies
 - b. Decreased risk of type 1 diabetes
 - c. Decreased risk of celiac disease
 - d. Higher IQ scores

5. Benefits of breastfeeding for mothers include all of the following except:
 - a. The release of stress relieving hormones
 - b. Easier post-partum weight loss
 - c. Increased risk of post-partum depression
 - d. Greater glycemic control for women with type 2 diabetes

6. Perceived insufficient milk (PIM) is a common concern for breastfeeding mothers and can lead to formula supplementation or cessation of breastfeeding. Physicians can help women worried about their milk supply by (choose all that apply):
 - a. Explaining that most women produce enough milk
 - b. Educating on coping strategies
 - c. Explaining normal infant feeding cues and patterns
 - d. Suggesting supplementation with formula

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7. Including fathers in breastfeeding education can increase breastfeeding rates.
 - a. True
 - b. False

8. Which of the following is a step in adopting a breastfeeding supportive clinic policy?
 - a. Choose a champion
 - b. Make environmental changes
 - c. Adapt the policy and guidelines templates
 - d. Get the policy signed
 - e. All of the above

9. Women who work have lower rates of breastfeeding initiation than women who do not work.
 - a. True
 - b. False

10. Unsupportive social norms do not need to be addressed when encouraging women to breastfeed because most women are not affected by social norms.
 - a. True
 - b. False