

Updated Breast/Chestfeeding Guidelines: What Do they Mean for People with HIV in the US

The Well Project



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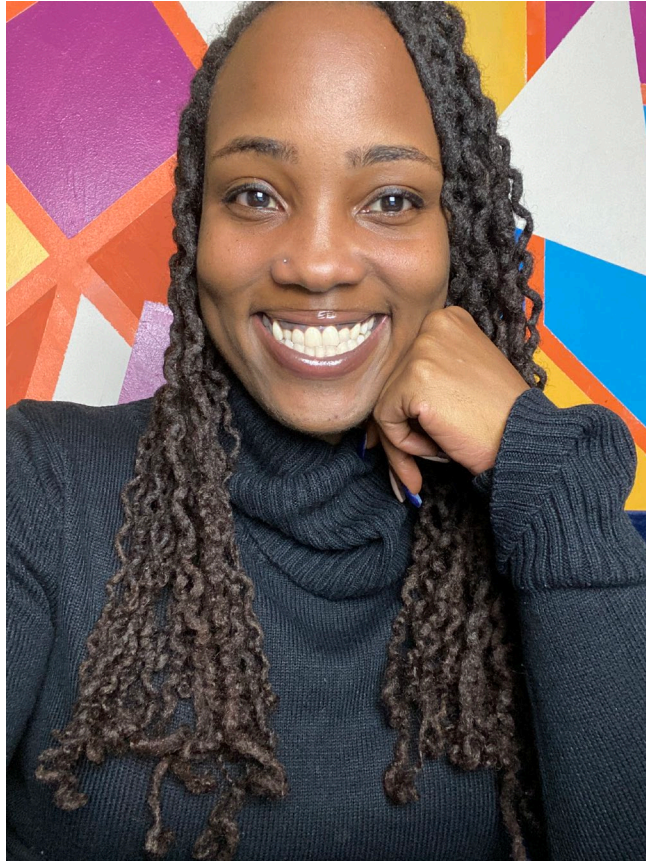
AETC Program National Centers and HIV Curriculum

- **National Coordinating Resource Center** – serves as the central web –based repository for AETC Program training and capacity building resources; its website includes a free virtual library with training and technical assistance materials, a program directory, and a calendar of trainings and other events. Learn more: <https://aidsetc.org/>
- **National Clinician Consultation Center** – provides free, peer-to-peer, expert advice for health professionals on HIV prevention, care, and treatment and related topics. Learn more: <https://nccc/ucsf.edu>
- **National HIV Curriculum** – provides ongoing, up –to-date HIV training and information for health professionals through a free, web –based curriculum; also provides free CME credits, CNE contact hours, CE contact hours, and maintenance of certification credits. Learn more: www.hiv.uw.edu

Learning Objectives

- Understand the meaningful changes reflected in the updated infant-feeding recommendations for parents with HIV in the United States, including their potential impact at the personal and population level
- Recognize the role and power of advocacy, including at the federal policy level
- Be able to identify ways to engage in advocacy (from the individual level to broader efforts) around breast/chestfeeding

Speaker



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About The Well Project

- Non-profit organization with a mission to change the course of the HIV/AIDS pandemic through a unique and comprehensive focus on women and girls across the gender spectrum
- Leverages technology to improve health outcomes and increase quality of life for women and girls with HIV
- Our focus: education and information, community support, advocacy and leadership, collaborative engagement, and women-focused HIV research
- Access our resources and join our community at www.thewellproject.org

The Well Project and Breastfeeding and HIV

- 2018: Convened the Women's Research Initiative on HIV/AIDS (WRI) meeting "Undetectable=Untransmittable: Contextualizing a Campaign in the Lives of Women Living with and Vulnerable to HIV"
- The Well Project began developing resources (fact sheets, webinars, conference presentations) on breastfeeding and HIV to raise awareness and advance advocacy
- 2019: Presented at Adherence 2019 (Breastfeeding with HIV: Optimizing Informed Choices in the Era of "U=U,") and USCHA 2019 (Breastfeeding and HIV in the Era of U=U: Highlights from a Growing Discussion)
- 2020: The Well Project and ICW-NA convened a multi-disciplinary, multi-sectoral group of experts including a diverse group of women with HIV
- Resulted in Expert Consensus Statement on Breastfeeding and HIV in the US and Canada (bit.ly/BFConsensus), which recommended more/better education for community and providers, advancing research, and policy change (including a push for infant feeding guidelines to be updated)

The Well Project and Breastfeeding and HIV

- April 2021: Presented “Breastfeeding And HIV In The U.S. And Canada: Centering Women’s Lived Experiences” on the need for more research and policy updates at the International Workshop on HIV and Women
- December 2021: Launched BEEEEBAH (Building Equity, Ethics, and Education on Breastfeeding and HIV), with the support of ViiV Healthcare, to help fund our work on this topic
- 2022: The Well Project was engaged by members of Infant Feeding Guideline Committee to provide input on guideline updates – process took ~one year
- January 2023: Guidelines updated
 - Department of Health and Human Services (DHHS)
 - Centers for Disease Control and Prevention updated to match DHHS’s
- 2023 and beyond: Continue to increase awareness among community and providers and advance advocacy and research

Breastfeeding

- Breastfeeding is the standard of care for parents with HIV giving birth in low-resource settings
- Benefits for mom and baby
- Considered the healthiest infant-feeding option for the general public
 - Recommended by healthcare providers
 - “Breast is Best”



What's New in the Updated Guidelines?

Key updates include:

- For the first time, **no specific recommendation against breastfeeding** for women and other birthing parents with HIV
- Guidance to counsel birthing parents around their infant-feeding options
- Clearer guidance on transmission rates if the birthing parent has an undetectable viral load and is taking HIV medications (<1%)
- Details guiding care management to reduce HIV transmission risk if a parent decides to breast/chestfeed
- People with HIV should receive evidence-based, patient-centered counseling to support shared decision-making about infant feeding

Source: Recommendations for the Use of Antiretroviral Drugs During Pregnancy and Interventions to Reduce Perinatal HIV Transmission in the United States

October 31, 2023



What's New in the Updated Guidelines?

- Detailed information on potential benefits of breastfeeding
- Caution to not engage Child Protective Services in response to infant-feeding inquiries
- Equity considerations to address effects of structural racism, poverty, and segregation, which disproportionately impact Black women and other women of color
- Guidance for transgender and gender-diverse people who desire to breast/chestfeed
- Counseling about infant feeding should begin prior to conception or as early as possible in pregnancy

Source: Recommendations for the Use of Antiretroviral Drugs During Pregnancy and Interventions to Reduce Perinatal HIV Transmission in the United States

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What's New in the Updated Guidelines?

Access the updated guidelines by visiting bit.ly/HIVInfantFeedingGuidelines or scan the QR code



What's New in the Updated Guidelines?

“The bold and constant advocacy of The Well Project was the catalyst that propelled the multidimensional movement toward radical change in the language, understanding, need, and urgency to meaningfully operationalize breast/chestfeeding for individuals with HIV. As a longstanding provider for people with HIV, I credit The Well Project for the change in the guidelines.”

-- Allison Agwu, ScM, FAAP, FIDSA, Associate Professor of Pediatric and Adult Infectious Diseases at the Johns Hopkins University School of Medicine

What the Updated Guidelines Mean for Women with HIV

Personal Story and Impact



October 31, 2023

Q & A



BEEEBAH

(Building Equity, Ethics, and Education on Breastfeeding)



A comprehensive, multi-tiered project expanding upon The Well Project's efforts to increase knowledge and expand access to information around breast/chestfeeding and HIV

Part of our endeavors to address lack of women-specific information/representation across all areas of HIV prevention, care, research, and policy

Thank you!!!

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