

DR. ESTHER CHUNG AWARDED “PHYSICIAN OF THE YEAR” BY PENNSYLVANIA LACTATION CONSULTANTS

January 28, 2010, Philadelphia: Esther K. Chung, MD, MPH, FAAP was recently awarded the “Physician of the Year” honor by the Pennsylvania Resource Organization for Lactation Consultants (PRO-LC). This selection is based on the physician’s promotion and support of breastfeeding.

Dr. Chung is Associate Professor of Pediatrics and Director of Advocacy and Community Partnerships, Jefferson/duPont Pediatric Residency Program. She was nominated by several PRO-LC members, who identified the many ways she is supporting breastfeeding. Dr. Chung was one of four physicians selected for the “Physician Advocacy Fellowship” from Columbia University’s Institute on Medicine as a Profession, which paid for 50% of her time over two years. Dr. Chung partnered with the Maternity Care Coalition (MCC) to address workplace and hospital policies related to breastfeeding, and policies impacting low-income women. Dr. Chung also worked with MCC to organize their employer recognition award in the fall of 2008 and led a subcontract with the Office on Women’s Health of the Department of Health and Human Services to recognize Pennsylvania employers with lactation support programs.

Dr. Chung co-authored "Factors Associated with Intention to Breastfeed among Low-Income, Inner-City Pregnant Women" in *Maternal & Child Health Journal*, 2005. An article by Dr. Chung appeared in the Pennsylvania Medical Society newsletter encouraging physicians to create an office environment that encourages breastfeeding, including being a supportive employer. She collaborated with Andrea Crivelli-Kovach, PhD, on a follow-up study of hospital practices in southeastern Pennsylvania. Dr. Chung also testified at two hearings on behalf of the breastfeeding in the workplace bill and wrote several letters to the editor about breastfeeding issues.

In her work as a pediatrician, Dr. Chung works with each mother and baby in her practice to support breastfeeding and to provide assistance in evaluating breastfeeding problems. Dr. Chung is also helping Thomas Jefferson University Hospital to improve practices that support and promote breastfeeding. Dr. Chung is also the mother of two wonderful daughters, both of whom she breastfed.

Breastfeeding is associated with many benefits -- breastfed children score higher on IQ tests and tests of visual acuity; they have lower incidence of ear infections, diarrhea, respiratory tract infections, some forms of cancer, diabetes, asthma, eczema, obesity, and more; breastfeeding mothers have lower incidence of ovarian and pre-menopausal breast cancers and osteoporosis, enjoy a quicker recovery after childbirth, and save money; and there are environment benefits as breastfeeding requires no fuel for production and transportation, and no packaging. Clearly, Dr. Chung’s efforts to promote and support breastfeeding will have a huge positive impact on babies and families in the Philadelphia area.

Dr. Chung was honored at a PRO-LC meeting on January 28th. With the award, she

receives a lifetime membership in PRO-LC, and one year memberships in the International Lactation Consultant Association and the Academy of Breastfeeding Medicine.

PRO-LC is the local affiliate of the professional organization for lactation consultants. The mission and purpose of PRO-LC is to protect, promote and support breastfeeding; to serve as a continuing education resource to further the professional growth of lactation consultants by sharing knowledge gained through research and personal experience; to enhance the reputation, image and credibility of lactation consultants and ILCA in a responsible and professional manner; and to support the world-wide implementation of the International Code of Marketing of Breastmilk Substitutes.

For more information:

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