

Study: Exercising Increases Benefits of Breast Milk for Babies

Even moderate exercise increases compound that reduces risk of heart disease, diabetes and obesity

The Ohio State University Wexner Medical Center

Produced by: MediaSource www.mediasourcetv.com	To download broadcast-quality video and other multimedia elements: https://bit.ly/2MFhLUf
Package Length: 1:56	Content provided by: The Ohio State University Wexner Medical Center

NEWS PACKAGE

SUGGESTED TEASE	<p>COMING UP, HOW STAYING ACTIVE WHEN EXPECTING CAN BOOST THE FUTURE HEALTH OF YOUR BABY.</p> <p>A NEW STUDY DISCOVERS A CONNECTION BETWEEN EXERCISE AND BREAST MILK.</p>
ANCHOR LEAD	<p>WE ALL KNOW THAT MOMS PASS A LOT OF TRAITS TO THEIR BABIES, FROM THE COLOR OF THEIR HAIR TO HEALTH RISKS LIKE DIABETES AND HEART DISEASE. BUT THE BENEFITS OF A HEALTHY LIFESTYLE CAN BE PASSED ALONG AS WELL.</p> <p>BARB CONSIGLIO HAS THE DETAILS ON A STUDY THAT SHOWS WHAT EXPECTANT AND NEW MOMS CAN DO TO BOOST THOSE BENEFITS FOR THEIR BABIES.</p>
<p>(PACKAGE START) ----- CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03 Shots of Andrea putting baby in jogging stroller, walking out the door CG: Andrea Berardi Chose to breastfeed her baby</p> <p>Shots of Andrea running with stroller</p> <p>Shots of Stanford walking in hall</p> <p>Shots of Stanford with colleagues in lab</p>	<p>(Nats - Sound) :02</p> <p>ANDREA BERARDI MADE IT A PRIORITY TO MAINTAIN HER EXERCISE ROUTINE THROUGHOUT HER PREGNANCY. :04</p> <p><i>"It was really a struggle every day to stay active during, especially during the third trimester."</i> :07</p> <p>BUT SHE KEPT AT IT, KNOWING IT WOULD NOT ONLY BENEFIT HER OWN HEALTH AND RECOVERY, BUT THE HEALTH OF HER DAUGHTER AS WELL. :05</p> <p>(Nats- running) :01</p> <p>KRISTIN STANFORD AND HER TEAM AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER'S DIABETES AND METABOLISM RESEARCH CENTER HAVE EXTENSIVELY STUDIED THE BENEFITS OF MATERNAL EXERCISE, BUT LITTLE IS UNDERSTOOD ABOUT HOW THESE ADVANTAGES ARE PASSED</p>

Producers and Reporters: To download scripts, video and photos go to:

<http://www.multimedia-newsroom.com>



Shots of Andrea breastfeeding	<p>FROM MOM TO BABY.</p> <p>THROUGH THEIR RESEARCH, THEY FOUND THAT BREAST MILK PLAYED A MAJOR ROLE, SPECIFICALLY A COMPOUND CALLED 3-S-L.</p> <p>SO IN A NEW STUDY, THEY MONITORED THE EXERCISE AND ACTIVITY OF PREGNANT AND POSTPARTUM WOMEN USING ACTIVITY TRACKERS. :19</p>
<p>CG: Kristin Stanford, PhD Ohio State Wexner Medical Center</p>	<p><i>“And what we found was that that 3-S-L was significantly correlated to the amount of steps per day and activity per day in these women.” :07</i></p>
Shots of Andrea breastfeeding	<p>WHILE ACTIVE MOMS PRODUCED MORE 3-S-L, RESEARCHERS NEEDED TO CONFIRM THAT THE HEALTH BENEFITS OF EXERCISE WERE IN FACT FROM BREAST MILK AND NOT SIMPLY INHERITED GENETIC TRAITS. :08</p>
Shots of researchers in lab	<p><i>“So we wanted to isolate the effects of the milk.” :02</i></p>
<p>Kristin Stanford (CG’d earlier)</p>	<p>TO DO THIS, THEY GAVE MICE BORN FROM SEDENTARY MOTHERS MILK FROM MOTHERS WHO WERE ACTIVE THROUGHOUT PREGNANCY. :05</p>
Shots of researchers in lab	<p><i>“What was really kind of striking is that we saw that these offspring who drank only the train milk had these beneficial effects of exercise.” :07</i></p>
<p>Kristin Stanford (CG’d earlier)</p>	<p>THOSE INCLUDED REDUCED INSTANCES OF HEART DISEASE, DIABETES AND OBESITY. :03</p>
Shots of researchers	<p><i>“This was kind of the first time we were able to show that the milk itself was really having an impact.” :03</i></p>
<p>Kristin Stanford (CG’d earlier)</p>	<p>STANFORD SAYS LEVELS OF 3-S-L HAD NOTHING TO DO WITH EXERCISE INTENSITY, SO EVEN A DAILY WALK IS ENOUGH TO REAP THE LIFELONG BENEFITS FOR YOUR BABY. :06</p>
Shots of Andrea walking	<p><i>“If you're able to exercise, anything you're able to do, is going to benefit you and it's going to benefit your baby.” :06</i></p>
<p>Kristin Stanford (CG’d earlier)</p>	<p>ANDREA HOPES THEIR JOGS NOT ONLY SET UP HER DAUGHTER FOR A HEALTHY FUTURE BUT ALSO INSTILL HEALTHY HABITS EARLY ON. :05</p>
Shots of Andrea jogging with baby and dog	<p><i>“I run with her in a stroller, she really enjoys being out. My husband and I take her on walks around the</i></p>

Producers and Reporters: To download scripts, video and photos go to:

<http://www.multimedia-newsroom.com>

<p>Andrea Berardi (CG'd earlier)</p> <p>Shots of Andrea picking up baby (PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p><i>neighborhood, and we really enjoy these activities as a family."</i>:08</p> <p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03</p> <hr/> <p>BECAUSE MANY WOMEN ARE NOT ABLE TO BREASTFEED OR EXPERIENCE COMPLICATIONS THAT REQUIRE BED REST DURING PREGNANCY, RESEARCHERS WILL EXAMINE HOW THEY CAN ISOLATE THIS BENEFICIAL COMPOUND IN BREAST MILK TO ADD TO INFANT FORMULA IN THE FUTURE.</p>
--	--

SOCIAL MEDIA

<p> Share it! Suggested tweet:</p>	<p>Researchers at @OSUWexMed discovered a great reason for expectant moms to stay active. A new study finds exercise during and after pregnancy increases a compound in breast milk that provides lifelong health benefits for their baby. https://bit.ly/2MFhLUf</p>
<p> Suggested post:</p>	<p>Exercise is great for the overall health of expectant and postpartum moms, and a new study by The Ohio State University Wexner Medical Center finds those health benefits are also passed to their babies through a compound in breast milk, lowering their lifelong risk of diabetes, heart disease and obesity. https://bit.ly/2MFhLUf</p>

EXTRA BITES

<p>CG: Kristin Stanford, PhD Ohio State Wexner Medical Center</p>	<p>Stanford says moderate exercise is enough to get the benefits: <i>"What we're showing here is that any type of moderate exercise is really important. And it doesn't have to be intense. A lot of the women that were followed, it was just their activity levels or steps per day. It doesn't have anything to do with their exercise intensity."</i> :13</p> <p>Stanford says adding the compound to formula would benefit babies who can't breastfeed: <i>"A lot of these human milk oligosaccharides are not in formula. And so being able to add this back could have really beneficial effects on women who aren't able to breastfeed or for babies who need a little extra supplementation."</i> :09</p> <p>Stanford explains the goal of the new study : <i>"We've done a couple studies in the past. We've got a couple of publications that have shown that maternal exercise improves health of offspring. So our question was why. And what we wanted to do first was to isolate the effects of milk on offspring health."</i>:12</p>
---	--

Producers and Reporters: To download scripts, video and photos go to:

<http://www.multimedia-newsroom.com>

