Study: Exercising Increases Benefits of Breast Milk for Babies

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

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The Ohio State University Wexner Medical Center

NEWS PACKAGE

SUGGESTED TEASE	COMING UP, HOW STAYING ACTIVE WHEN EXPECTING CAN BOOST THE FUTURE HEALTH OF YOUR BABY. A NEW STUDY DISCOVERS A CONNECTION BETWEEN EXERCISE AND BREAST MILK.
ANCHOR LEAD	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. BARB CONSIGLIO HAS THE DETAILS ON A STUDY THAT SHOWS WHAT EXPECTANT AND NEW MOMS CAN DO TO BOOST THOSE BENEFITS FOR THEIR BABIES.
(PACKAGE START)	
CG: Courtesy: The Ohio State	(Nats - Sound) :02
University Wexner Medical Center	
:00 - :03	ANDREA BERARDI MADE IT A PRIORITY TO
Shots of Andrea putting baby in jogging stroller, walking out the door	MAINTAIN HER EXERCISE ROUTINE THROUGHOUT HER PREGNANCY. :04
CG: Andrea Berardi	
Chose to breastfeed her baby	especially during the third trimester." :07
Shots of Andrea running with stroller	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
	(Nats- running) :01
Shots of Stanford walking in hall	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
Shots of Stanford with colleagues in lab	MATERNAL EXERCISE, BUT LITTLE IS UNDERSTOOD ABOUT HOW THESE ADVANTAGES ARE PASSED

Shots of Andrea breastfeeding	FROM MOM TO BABY. THROUGH THEIR RESEARCH, THEY FOUND THAT BREAST MILK PLAYED A MAJOR ROLE, SPECIFICALLY A COMPOUND CALLED 3-S-L. SO IN A NEW STUDY, THEY MONITORED THE EXERCISE AND ACTIVITY OF PREGNANT AND POSTPARTUM WOMEN USING ACTIVITY TRACKERS. :19
CG: Kristin Stanford, PhD Ohio State Wexner Medical Center	"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
Shots of Andrea breastfeeding Shots of researchers in lab	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
	"So we wanted to isolate the effects of the milk." :02
Kristin Stanford (CG'd earlier)	
Shots of researchers in lab	SEDENTARY MOTHERS MILK FROM MOTHERS WHO WERE ACTIVE THROUGHOUT PREGNANCY. :05
Kristin Stanford (CG'd earlier)	<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." :</i> 07
Shots of researchers	THOSE INCLUDED REDUCED INSTANCES OF HEART DISEASE, DIABETES AND OBESITY. :03
Kristin Stanford (CG'd earlier)	"This was kind of the first time we were able to show that the milk itself was really having an impact." :03
Shots of Andrea walking	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
Kristin Stanford (CG'd earlier)	<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>
Shots of Andrea jogging with baby and dog	ANDREA HOPES THEIR JOGS NOT ONLY SET UP HER DAUGHTER FOR A HEALTHY FUTURE BUT ALSO INSTILL HEALTHY HABITS EARLY ON. :05
	<i>"I run with her in a stroller, she really enjoys being out. My husband and I take her on walks around the</i>

Andrea Berardi (CG'd earlier)	neighborhood, and we really enjoy these activities as a family." :08
Shots od Andrea picking up baby (PACKAGE END) ANCHOR TAG	AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03
	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.

SOCIAL MEDIA

Share it! Suggested tweet:	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. <u>https://bit.ly/2MFhLUf</u>
f Suggested post:	Exercise is great for the overall health of expectant and postpartum moms, and a new study by <u>The Ohio State</u> <u>University Wexner Medical Center</u> 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. <u>https://bit.ly/2MFhLUf</u>

EXTRA BITES

CG: Kristin Stanford, PhD Ohio State Wexner Medical Center	Stanford says moderate exercise is enough to get the benefits: "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." :13
	Stanford says adding the compound to formula would benefit babies who can't breastfeed: "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." :09
CG: Kristin Stanford, PhD	Stanford explains the goal of the new study : "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.":12

Ohio State Wexner Medical Center	
	Andrea says she's glad she fought through some breastfeeding issues: <i>"I saw a lactation consultant, was having issues with supply. So I did supplement for the first couple of weeks with formula and there's no shame in that. We just kept trucking along, kept trying and I'm really glad I did because we've both kind of fallen into this pattern that's really helpful for us." :19</i>
CG: Andrea Berardi Chose to breastfeed her baby	Andrea says the research solidifies her decision to breastfeed: "Hearing that there's research that really gives a child a leg up that has been breastfed, also solidifies my decision to breastfeed. Everything that I've read has, there's just numerous benefits for a child, not only early on, but also later in life." :15
	Andrea says she hopes her healthy lifestyle sets an example for her daughter: <i>"I want her to really model our behavior as parents through her life. So I'm hoping this gives her the tools that she needs to make those decisions early on. She sees this happening and it's just second nature for her." :13</i>

References

¹Exercise-induced 3'-sialyllactose in breast milk is a critical mediator to improve metabolic health and cardiac function in mouse offspring, **Nature Metabolism, June 29, 2020**. Online: <u>https://go.nature.com/3drWN5Z</u>

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