



**ISRHML**  
The International Society  
for Research in Human  
Milk and Lactation

# **International Society for Research in Human Milk and Lactation**

## **21<sup>st</sup> International Conference**

***“Human Milk Feeding as a Complex System:  
Function, Change, Resilience”***

**October 22-28, 2022**

**Hilton Hotel Panama City, Panama**

## 1. Summary

It is well established scientifically and in diverse cultural knowledge systems that human milk and breastfeeding have powerful influences that protect health, nutrition and development of newborns, babies, and toddlers, and can confer multiple lifelong benefits on human wellbeing.

Evidence and knowledge about the composition of human milk, its benefits on health and development of children of all genders, women of all ages and disease risks among vulnerable subgroups across all societies continues to accumulate and advance.

Everything we have learned so far about human milk, lactation and breastfeeding has brought us to our current understanding that we are studying is a complex system operating at multiple levels: molecular, cellular, physiological, immunological, nutritional, ontological, and socio-behavioral and techno-political. Modern research in this field must respond to new scientific questions and emerging policy needs but can leverage technological innovations and sophisticated multidisciplinary approaches.

The 21<sup>st</sup> ISRHML 2022 conference, arranged by the International Society for Research in Human Milk and Lactation (ISRHML), will be held to share cutting-edge knowledge on ***Human Milk Feeding as a Complex System*** (*Abstracts due online July 30, 2022*). Key learning goals relevant to researchers, clinicians, practitioners, business innovators and research trainees include:

- Know the latest research findings in the field of human milk, lactation, and breastfeeding
- Tools to enhance training programs in disciplines related to human milk and breastfeeding
- Hear updates on strategic priorities and opportunities of leading research funding bodies
- Catch up on new methods and techniques in human milk and lactation research
- Share the latest information on avant-garde themes in this field, such as:
  - Impacts of COVID on research, policy, practice, and populations
  - New understandings of human milk composition
  - Innovative methodologies for equitable and rigorous breastmilk sample collection
  - Breastfeeding policies, econometrics, and women's rights
  - Preterm and other vulnerable babies
  - Diversity, inclusion, equity and representation in lactation research and practice
  - Setting the research agendas for the future in a complex and uncertain world

The Conference will bring together professionals from research disciplines (such as anthropology, biochemistry, immunology, molecular biology, maternal and child health and nutrition, physiology, toxicology), health care professionals (such as medical doctors, nurses, midwives, dieticians, breastfeeding consultants), policy makers and commercial entities that promote, protect and support breastfeeding. Like previous meetings, we expect more than 400 attendees, dozens of keynote speakers, presenters, panelists, research, and clinical trainees, thought leaders, and change makers from different regions of the world, sharing knowledge and experience in the field of human milk, lactation, and breastfeeding. Formats will include *Plenaries, Symposia, Panel discussions, Poster sessions, Networking events, Recognition awards, and Pre-conference workshops* delivered with English and Spanish translations, in-person and online, and with Continuing Medical Education optional for practitioners. We hope you will join us!