Why talk about breastfeeding and disparities?

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Disparities in maternal and infant outcomes remain a prevalent and significant issue in the United States.
Black women are also two times more likely to suffer from severe maternal morbidity than their White counterparts (Creanga, Bateman, Kuklina, & Callaghan, 2014).

Maternal Mortality

1990 and 2013, the maternal mortality ratio in the U.S. increased from 12 to 28 maternal deaths for every 100,000 live births (World Health Organization [WHO], 2014).
Substantial evidence exists, documenting the superiority of breastfeeding and breastmilk for mothers, babies, and society.

Breast milk is the best preventative medicine nature provides.
Increasing breastfeeding initiation and duration rates is a constant challenge.

Challenges - Why we may not breastfeed?

Discouraging comments about breastfeeding from family members, usually the maternal grandmother. "My grandmother and my mother both NEVER breastfed their babies"

Mothers described making the feeding decision in late pregnancy, or after their babies were born.

Health care providers are very influential regarding maternal infant feeding decision, but their support is not always present.
Emotional and physical trauma suffered by women at a young age, during pregnancy, during labor and delivery, or in the immediate postpartum period can negatively impact a new mother's ability or desire to breastfeed her baby.

Staging black women into the center of the breastfeeding movement
Black Feminist Theory in Public Health

Dr. Quinn M. Gentry

- Respect Individual's Right to Self-Definition and Self-Valuation
- Controlling Images
- Race, Class, and Gender
- Unique Experiences
- Matrix of Domination
- Structure and Agency
- Reality, Roles, Relationships, and Risk-taking
- Rigorous Research, Responsible Application
- Problem-Solution Paradigm
- Empowerment, Activism, and Social Justice

Thinking about racism, not race in breastfeeding disparities
Life course theory is a conceptual framework that aims to provide an explanation for health, disease, and disparities patterns among differing populations and over time. (Fine & Kotelchuck, 2010)
The early programming component of the life course perspective suggests that early life exposures influence future health outcomes. *(Fine & Kotelchuck, 2010)*

Having a greater knowledge of the complex experiences of breastfeeding among Black women will help to improve infant feeding disparities.

There is also evidence to suggest that breastfeeding difficulties predict postpartum depression.

Maternal anxiety and depression precede early weaning.
Happy with Current Level of Support

Quality of Breastfeeding Advice

Nature of the Interpersonal Interactions

✓ encouragement, support and empathy
✓ respect for their preferences and knowledge
✓ respect for decision to use formula

Timely and Accessible Breastfeeding Support

Promotion & Protection
Virtual Breastfeeding Support Group

Every 2nd and 4th Thursday of the month

Time: 6 p.m. EST

References


Thank you!

LactationTime.com
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