

Why talk about breastfeeding and disparities?

By Janice Campbell, MSN, RN, LCCE, IBCLC

*Coordinator Lactation Resource Center - Mount Sinai South Nassau
Private Practice at Lactation Time*

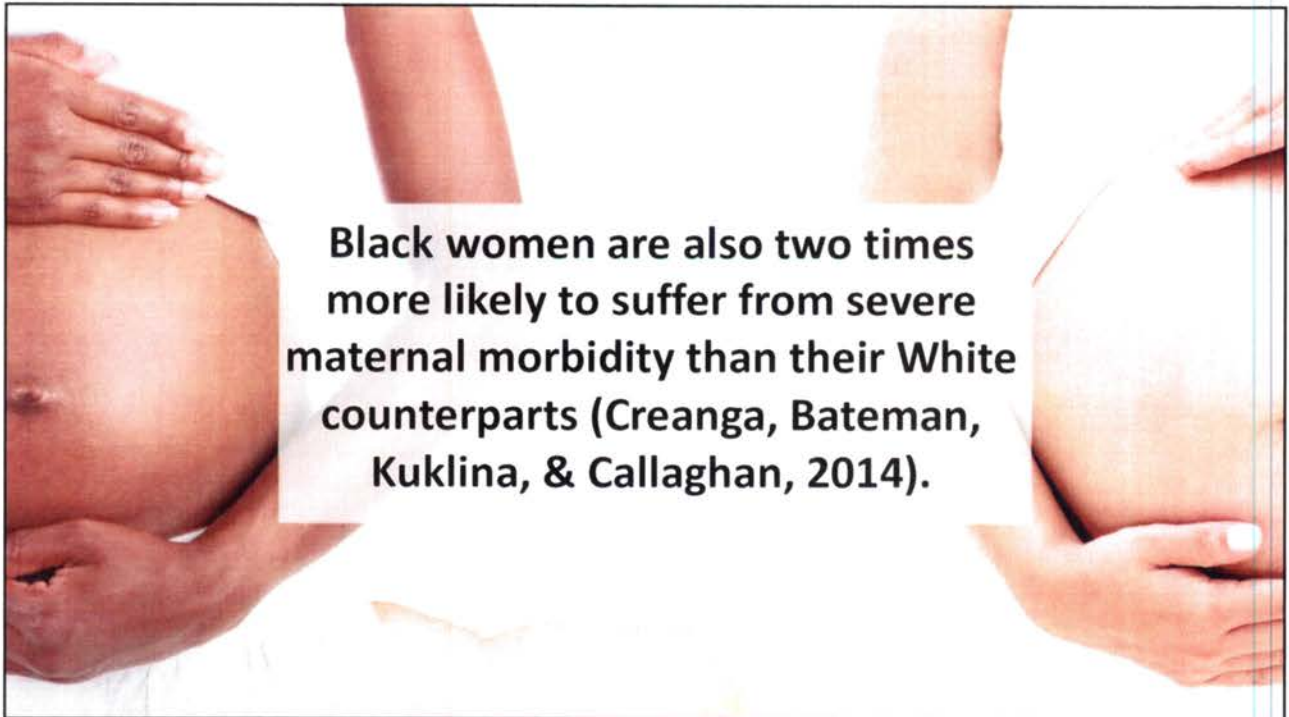


1

Disparities in maternal and infant outcomes remain a prevalent and significant issue in the United States.



2



3

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).

Year	Maternal Mortality Ratio (per 100,000 live births)
1990	12
2013	28

4



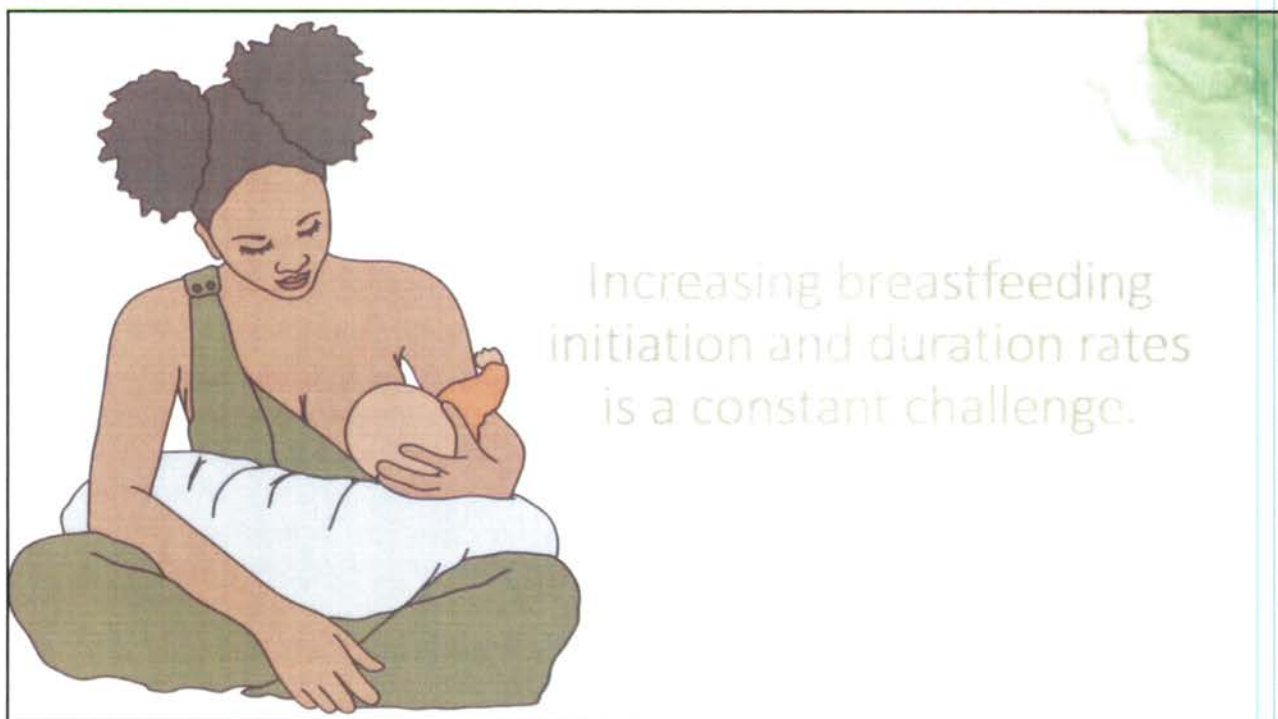
Substantial evidence exists, documenting the superiority of breastfeeding and breastmilk for mothers, babies, and society.

5



Breast milk is the best preventative medicine nature provides.

6



Increasing breastfeeding initiation and duration rates is a constant challenge.

7

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.

 An illustration of a woman with dark skin wearing a vibrant, multi-colored headwrap (neti) and large gold hoop earrings. She is wearing a blue top and a yellow necklace. She is holding a baby wrapped in a yellow blanket. The background features a light blue watercolor-style wash on the left side.

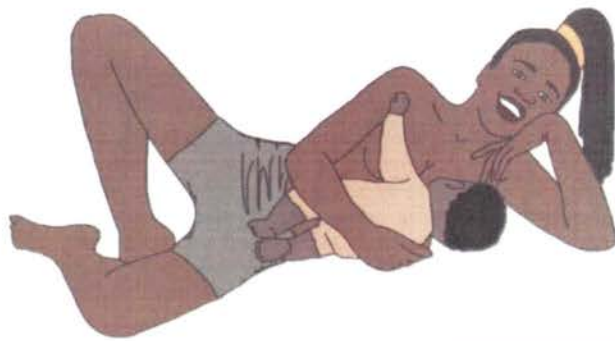
8

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.




9

Staging black women into the center of the breastfeeding movement



10



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

11



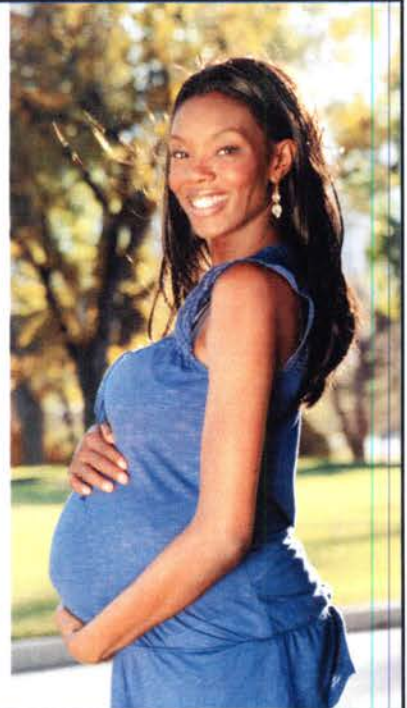
Thinking about racism, not race in breastfeeding disparities

12

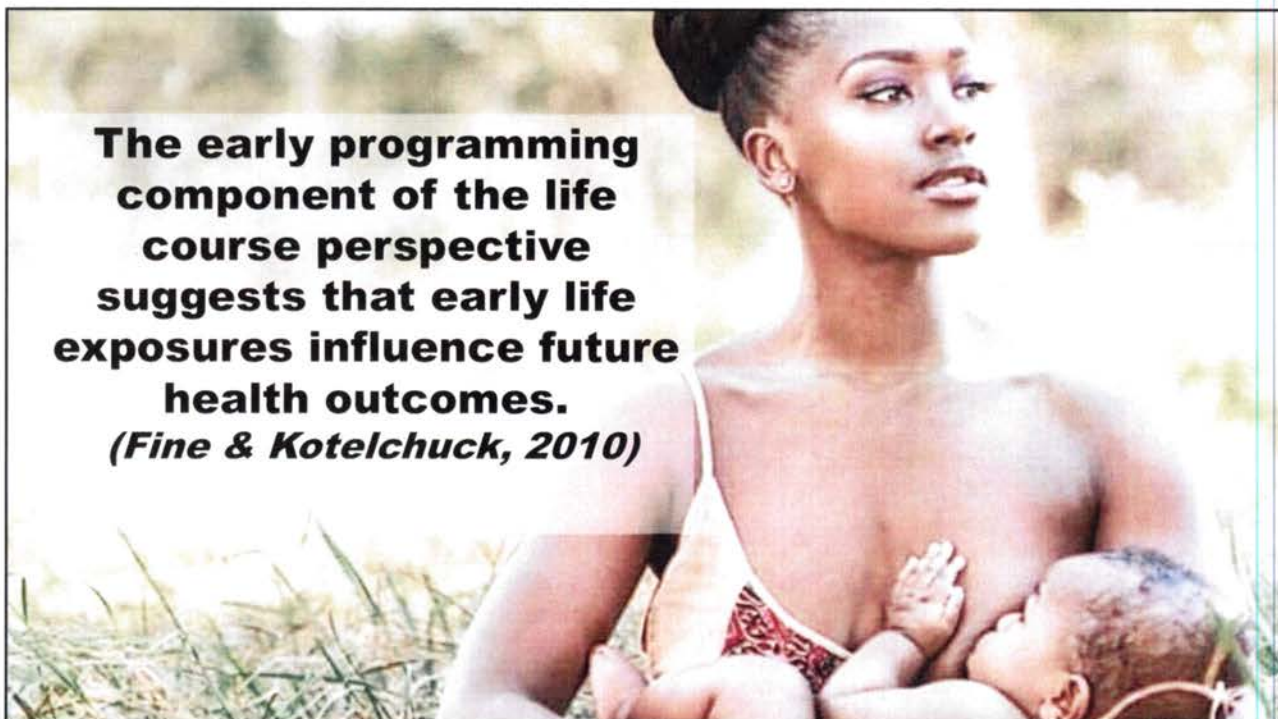


13

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)

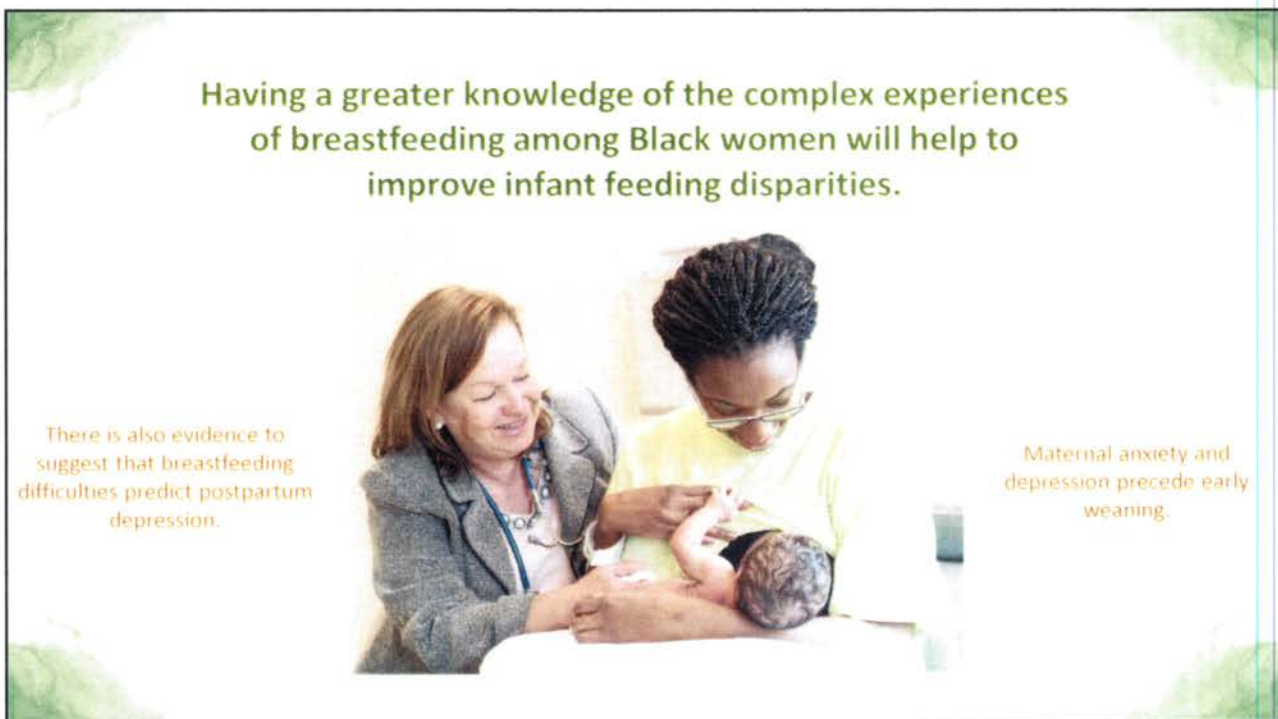


14



The early programming component of the life course perspective suggests that early life exposures influence future health outcomes.
(Fine & Kotelchuck, 2010)

15



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.


16

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

An illustration showing a healthcare provider, possibly a nurse or doctor, interacting with a woman who is breastfeeding. The woman is smiling and looking towards the provider. The provider is also smiling and appears to be providing support or advice. The scene is set in a clinical or hospital environment.

17

Timely and Accessible Breastfeeding Support

Promotion & Protection

An illustration featuring four women in various breastfeeding positions. On the left, a woman with curly hair in a teal dress stands and breastfeeds. In the center, a woman in a purple top sits on the floor and breastfeeds. To her right, a woman in a brown dress is kneeling and breastfeeding. On the far right, a woman in a red dress stands and breastfeeds. The background is a simple green and white gradient.

18

We Breastfeed



Black Breastfeeding Coalition of NY

Virtual Breastfeeding Support Group

Every 2nd and 4th Thursday of the month

Time: 6 p.m. EST

www.wbcb.org/support



19

References



- Collins, P. H. (2015). *Black feminist thought: Knowledge, consciousness, and the politics of empowerment*. New York, NY: Routledge.
- Differding, M. K., & Mueller, N. T. (2020). Human Milk Bacteria: Seeding the Infant Gut?. *Cell host & microbe*, 28(2), 151–153. <https://doi.org/10.1016/j.chom.2020.07.017>
- Gentry, Quinn M. Breastfeeding movement: 10 key principles for applying Black Feminist Theory in Public Health Quinn M. Gentry. Excerpt from Smith, P. H., Lobbok, M. H., & Chambers, B. D. (2017). *Breastfeeding, social justice and equity: Papers from the 10th Breastfeeding and Feminism International Conference, March 19–20, 2015, Sheraton Chapel Hill, Chapel Hill, NC*. Amarillo, TX: Praeclarus Press, LLC.
- Jang, G. (2020, July 31). Influence of a Breastfeeding Coaching Program on the Breastfeeding Rates and Neonatal Morbidity in Late Preterm Infants. Retrieved August 14, 2020, from <https://www.e-chnr.org/journal/view.php?doi=10.4094%2Fchnr.2020.26.3.376>
- Jones, K. M., Power, M. L., Queenan, J. T., & Schulkin, J. (2015). Racial and ethnic disparities in breastfeeding. *Breastfeeding medicine: the official journal of the Academy of Breastfeeding Medicine*, 10(4), 186–196. <https://doi.org/10.1089/bfm.2014.0152>
- Smith, P. H., Lobbok, M. H., & Chambers, B. D. (2017). *Breastfeeding, social justice and equity: Papers from the 10th Breastfeeding and Feminism International Conference, March 19–20, 2015, Sheraton Chapel Hill, Chapel Hill, NC*. Amarillo, TX: Praeclarus Press, LLC.
- Teles, M. B., Da Silva Junior, R. F., Dos Santos Júnior, G. G., Fonseca, M. P., & Eugênio, K. K. (2017). ORIGINAL ARTICLE KNOWLEDGE AND PRACTICES OF BREASTFEEDING ... Retrieved August 05, 2020, from <https://periodicos.ufpe.br/revistas/revistaenfermagem/article/download/23391/19044>
- Verbiest, S.; Zabala, A.; Thomas, E. Breastfeeding Disparities and Implications for the Life Course Excerpt from Smith, P. H., Lobbok, M. H., & Chambers, B. D. (2017). *Breastfeeding, social justice and equity: Papers from the 10th Breastfeeding and Feminism International Conference, March 19–20, 2015, Sheraton Chapel Hill, Chapel Hill, NC*. Amarillo, TX: Praeclarus Press, LLC.

20

