Creating a Culture to Support Breast Feeding in the Latino population

Diane Dooley MD
January 28th, 2015
5th Annual Breastfeeding Summit
Latino Population in California

Myths

Minority population

High rates of breastfeeding

Healthy immigrant effect
Latino Population in California

Myths

Minority population

50% of women delivering infants in California are Hispanic

High rates of breastfeeding

Only 20% of California Hispanic women are exclusively breastfeeding at 3 months

Healthy immigrant effect

Burdened by many high risk health conditions, poverty, and low educational attainment
Exclusive Breastfeeding Intention and Rates by Race Ethnicity 2012

California Maternal and Infant Health Assessment Survey 2012

47% drop in Hispanic BF rates between 1-3 months
Population at risk

Perinatal and postpartum Hispanic women had:

• The lowest rates of high school completion (68.5%)

• The highest rates of obesity/overweight before pregnancy (52%)

• High rates of prenatal or postpartum depression (37%)

• High rates of diabetes or gestational diabetes (12.2%)

- 43.4 % Speak non-English language at home
- 136,600 below 100% Federal Poverty Guideline (68.5% of total population of women)
Latino Challenges and Supports to Breastfeeding

Challenges

- Frequent supplementation
- Lack of access to bilingual, bicultural staff knowledgeable about breastfeeding
- Barriers with return to work

Supports

- Acceptance of breastfeeding as best for the child
- Influence and support of fathers and family members
- WIC program eligibility
Supporting families in the medical clinics

Outpatient provider trainings

Enhanced access to lactation counselors in newborn clinics

Breast pumps available through Contra Costa Health Plan

Ben McLeod
Outpatient Provider Trainings

Practical Strategies for Providers to Support Breastfeeding

Come discuss and learn about best practice tips for every day medical complications of breastfeeding seen in your office settings.

Presenting:
Diana Mahar, MD. IBCLC

Training topics include:
- Milk Supply Issues
- Jaundice
- Engorgement and overproduction
- Cultural beliefs regarding breastfeeding
- How to deal with uncomfortable issues such as guilt and breast exams.
- Knowing when and where to refer

Join Us....

Where:
Pittsburg Health Center
Cypress Room
2311 Loveridge Road
Pittsburg, CA 94565

When:
Thursday, May 14, 2015
Time:
6:00 am-8:30 pm

Do you know what the health benefits are for breastfeeding mothers and infants?

Questions please contact:
Monique Sim-Harper
(513) 848-2201
Monique.sims@ohio.gov

FREE Registration &
Panel presented
2.5 hours CMY/CEU Units Available

Register Online:
bp/providersandnurses.eventbrite.com
or Scan QR code

Focus on outpatient issues:

- Milk supply
- Jaundice
- Cultural beliefs
- Engorgement
- Breast exams
- Referrals
Healthy and Active Before 5

- Community collaborative in Contra Costa county focused on prevention of early childhood obesity
- Guided by Executive Committee and Leadership council of community organizations serving children aged 0 – 5 years
- Pledge the Practice policies adopted in:
  - Healthy Beverages and Food
  - Movement and Play
  - Tap water promotion
  - Reducing Marketing to Children
  - Breastfeeding Accommodation
Community Support for Lactation Accommodation

Adoption

- Sample policy provided to community organizations
- Support provided to develop and pass their own policy
- $500 incentive provided to implement and adopt policy
- Agency recognized at community meeting
- Follow up support provided to promote changes and identify barriers to adoption and promoting changes
More Resources

- **Breastfeeding Support in Medical Clinics**

- **Lactation Policy and guidelines**

- **Practical Strategies for Providers to Support Breastfeeding**
  - Diana Mahar MD, IBCLC & Monique Sims DrPH, RD, IBCLC
  - [Monique Sims-Harper Monique.sims@hsd.cccounty.us](mailto:Monique.sims@hsd.cccounty.us)

- **Healthy and Active Before 5 Policy Library**
  - [http://www.healthyandactivebefore5.org/policy-library/](http://www.healthyandactivebefore5.org/policy-library/)

Thank you!  [Diane.Dooley@hsd.cccounty.us](mailto:Diane.Dooley@hsd.cccounty.us)