How Supporting Breastfeeding Advances Health Equity

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4th Perinatal Hospital Leadership Summit
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Earle Brown Heritage Center, Brooklyn Center

Nancy Astor
born on May 19, 1879

- First woman to sit in the British House of Commons.
- “Real education should educate us out of self into something far finer; into a selflessness which links us with all humanity.”

Disclosure of Relevant Financial Relationships

4th Perinatal Hospital Leadership Summit May 19, 2016

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Lorraine Hansberry
born on May 19, 1930

- US playwright (Raisin in the Sun) first black woman to have a play produced on Broadway.
- “Seems like God don't see fit to give the black man nothing but dreams -- but He did give us children to make them dreams seem worthwhile.”
If dreams don’t come true
Risks of Not Breastfeeding

Breastfeeding Rates in Minnesota

Breastfeeding in MN WIC

Health Inequities: Breastfeeding Initiation

Adapted from Surgeon General’s Call to Action. [http://www.surgeongeneral.gov/topics/breastfeeding/](http://www.surgeongeneral.gov/topics/breastfeeding/)

[http://www.cdc.gov/breastfeeding/data/reportcard.htm](http://www.cdc.gov/breastfeeding/data/reportcard.htm)

Triple Aim of Healthcare

- Better care for individuals
- Lower per capita costs
- Better health for populations

Breastfeeding Duration


Why invest, and what it will take to improve breastfeeding practices?

Implement Health in All Policies Approach with Health Equity as a Goal

Risks of Supplementation
- Decreases confidence
- Decreases milk removal and milk synthesis
- Alters the infant gut microbiome
- Infants fed formula in the hospital were 144% more likely to have stopped breastfeeding by three months than those with no formula in the hospital.


Early supplementation by Race/Ethnicity

Breastfeeding Exclusivity and supplementation among African Americans

Understanding what's happening in those first few days

Target breastfeeding education and environmental change efforts to the needs in a specific community
Supplementation by Asian Ethnicity

Supplementation Outcomes

Comparison of breastfed infants supplemented in the hospital to infants exclusively breastfed during the hospital stay.

Average days breastfed:
- Among those supplemented: 121 days
- Among those not supplemented: 149 days

Average number of days until first WIC formula voucher issued to breastfed infants:
- Among those supplemented: 26 days
- Among those not supplemented: 42 days

Average ounces of formula issued in the first year to breastfed infants:
- Among those supplemented: 4845 ounces
- Among those not supplemented: 3042 ounces

Minnesota WIC’s Peer Breastfeeding Support Program

The Minnesota WIC Peer Breastfeeding Support Program hires women from the community with personal breastfeeding experience and trains them to provide breastfeeding education and support to pregnant and postpartum WIC participants.

About half of all Minnesota WIC participants are served by an agency which has a Peer Breastfeeding Support Program.

Minnesota’s peer breastfeeding support program advances health equity

Breastfeeding initiation by race/ethnicity, CY 2013
Minnesota’s peer breastfeeding support program advances health equity

Breastfeeding at six months by race/ethnicity, CY 2013

- Average = 36.5
- HP2020 = 60.6
- no peer
- American Indian
- Asian/Pacific Islander
- Black
- White
- Hispanic

p<0.001 for all race/ethnicities
among agencies with peer program services

MDH Breastfeeding Friendly Recognition Program

The Ten Steps to Successful Breastfeeding

1. Written Breastfeeding Policy
2. Train all Healthcare Staff
3. Inform all Pregnant Women of Benefits
4. Help Mothers Initiate BF within One Hour
5. Show Mothers How to BF and Maintain Lactation
6. Give Newborn Infants Only Breastmilk
7. Practice Rooming In
8. Encourage BF on Demand
9. Give No Pacifiers or Artificial Nipples to Breastfeeding Infants
10. Foster the Establishment of BF Support Groups

Baby-Friendly Reduces Racial Disparities

Figure 3. Exclusive Breastfeeding by Ethnicity: Baby-Friendly Versus Non-Baby-Friendly Hospitals (2013)

Source: California Department of Public Health; Expressed Milk, 2013.

Minnesota Maternity Center 5-Star Designation Program

Be recognized for any or all of the Ten Steps implemented

- One star for 2 Steps
- Two stars for 4 Steps
- Three stars for 6 Steps
- Four stars for 8 Steps
- Five stars for 10 Steps

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With questions


Adapted from North Carolina’s Maternity Center Breastfeeding Friendly Designation program.
Baby-Friendly Designated Hospitals

- Banner – 3’ x 6’
- Posters
- Window clings
- Recognition certificate
- Designation on website
- News release templates

MDH Recognizes

**Fairview Northland Medical Center in Princeton**

**Current Ten STEP awardees:**

- Essentia Health St. Joseph’s Medical Center, Brainerd
- Hennepin County Medical Center, Minneapolis
- Mayo Clinic Health System, Austin
- Regions Hospital Birth Center, St. Paul
- St. John’s Hospital, Maplewood
- St. Joseph’s Hospital, St. Paul
- M Health, The Birthplace in Minneapolis
- Woodwinds Health Campus in Woodbury

http://www.health.state.mn.us/divs/oshii/bf/maternityctrbff.html
Breastfeeding is where improving healthcare and advancing health equity come together.

**Dream Deferred** by Langston Hughes

What happens to a dream deferred?

Does it dry up
Like a raisin in the sun?

Or fester like a sore—
And then run?

Does it stink like rotten meat?
Or crust and sugar over—
like a syrupy sweet?

Maybe it just sags
like a heavy load.

Or does it explode?

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**What Dreams Do You Have for Breastfeeding in MN and the US?**

- *In dreams begins responsibility.*
  - William Butler Yeats