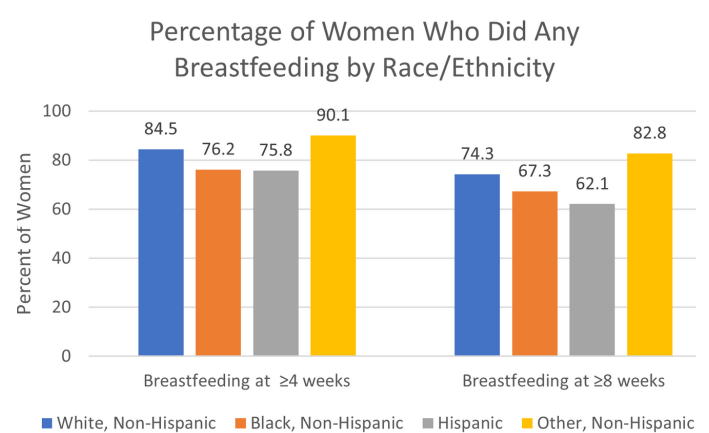


ADDRESSING BARRIERS AND FACILITATORS TO BREASTFEEDING

BACKGROUND

According to data from the Connecticut Pregnancy Risk Assessment Monitoring System (PRAMS) in 2018, 76.2% of Non-Hispanic Black women were engaged in any breastfeeding at 4 weeks compared to 84.5% of Non-Hispanic white women, and 67.3% of Non-Hispanic Black women were engaged in any breastfeeding at 8 weeks compared to 74.3% of Non-Hispanic white women (1). These disparities in breastfeeding rates are based in various social, structural, and historical determinants that affect Black mothers disproportionately and their ability to breastfeed.



OUR WORK WITH PARTNERS

To better understand these disparities, CARE partnered with New Haven Healthy Start, WIC and our Community Advisory Board to recruit for and conduct focus groups to learn the barriers and facilitators to breastfeeding among Black and African American mothers in the Greater New Haven area.

CHALLENGES

AIDS

<ul style="list-style-type: none"> Lack of knowledge of breastfeeding-friendly laws 	POLICY	<ul style="list-style-type: none"> Access to breastfeeding-friendly workplace policies Access to maternal leave policies
<ul style="list-style-type: none"> Formula feeding as the cultural norm The sexualization of breastfeeding 	COMMUNITY	<ul style="list-style-type: none"> Breastfeeding being a generational tradition/cultural or familial norm Breastfeeding being a religious norm
<ul style="list-style-type: none"> Institutional bias and racism Unhelpful lactation support Lack of lactation supplies 	INSTITUTIONAL	<ul style="list-style-type: none"> Virtual lactation support Doulas, CLCs, Peer Counselors, Support Groups Having the correct lactation supplies
<ul style="list-style-type: none"> Discouragement from partners, parents, friends, social networks, etc 	INTERPERSONAL	<ul style="list-style-type: none"> Support from partners, parents, friends, social networks, etc
<ul style="list-style-type: none"> Breastfeeding is time-consuming Difficulties with pumping The need to change their diet Pain, engorgement, cracked nipples 	INDIVIDUAL	<ul style="list-style-type: none"> Intention and determination Prior knowledge of the benefits Breastfeeding is cheaper Good latch