

The Surgeon General's  
Call to Action:  
**Best Practices in  
Indian Country**

# Disclosure

- **We have no financial conflict of interest to disclose.**
- **We will not be recommending off label use of medications.**

# Why Breastfeed?

- It's good for the baby
- It's good for the mother
- It's good for the community
- It's good for the environment

Why Breastfeed?

**It's what Creator intended**

# **Landscape of Breastfeeding:**

- **Lack of Knowledge**
- **Lactation Problems**
- **Poor Family and Social Support**
- **Social Norms**

# **Landscape of BF cont'd**

- **Embarrassment**
- **Employment and Child Care**
- **Health Services**

# **Actions for mothers and their families:**

- 1. Give mothers the support they need to breastfeed their babies.**
- 2. Develop programs to educate fathers and grandmothers about breastfeeding**

# Native On Line Resources:

- [nativemothering.com](http://nativemothering.com)
- [www.nativebreastfeeding.org](http://www.nativebreastfeeding.org)
- [www.ihs.gov/medicalprograms/mch/m/bf.cfm](http://www.ihs.gov/medicalprograms/mch/m/bf.cfm)
- [www.myspace.com/nnbreastfeedingcoalition](http://www.myspace.com/nnbreastfeedingcoalition)



# Loving Support for NA's

[www.nal.usda.gov/wicworks/Learning  
\\_Center/support\\_materials.html](http://www.nal.usda.gov/wicworks/Learning_Center/support_materials.html)

# **Actions for Communities:**

3. Strengthen programs that provide mother-to-mother support and peer counseling.

# Community Resources:

- <http://www.breastfeedingbasics.org/>

## Grow and Glow Curriculum:

- [www.nal.usda.gov/wicworks/Learning\\_Center/BF\\_training.html](http://www.nal.usda.gov/wicworks/Learning_Center/BF_training.html)

## WIC PC Curriculum:

- [www.health.state.mn.us/divs/fh/wic/localagency/bf/peer/spanish/spindex.html](http://www.health.state.mn.us/divs/fh/wic/localagency/bf/peer/spanish/spindex.html)

# Actions for Communities, cont'd

4. Use community-based organizations to promote and support breastfeeding.

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## **Actions for Communities, cont'd**

5. Create a national campaign to promote breastfeeding.
6. Ensure that the marketing of infant formula is conducted in a way that minimizes its negative impacts on exclusive breastfeeding,

# **Actions for Health Care:**

7. Ensure that maternity care practices around the United States are fully supportive of bf'ing.
8. Develop systems to guarantee continuity of skilled support for lactation between hospitals and health care settings in the community.

# **Actions for Health Care, cont'd**

9. Provide education and training in bf'ing for all health professionals who care for women and children.
10. Include basic support for bf'ing as a standard of care for midwives, obstetricians, family physicians, nurse practitioners, and pediatricians.

# **Actions for Health Care, cont'd**

11. Ensure access to services provided by International Board Certified Lactation Consultants.
12. Identify and address obstacles to greater availability of safe banked donor milk for fragile infants.



# **Actions for Employment:**

13. Work toward establishing paid maternity leave for all employed mothers.
14. Ensure that employers establish and maintain comprehensive, high-quality lactation support programs for their employees.

# Navajo Healthy Start Act

- In October 2008 the Act was passed by the Navajo Council and signed into law in November 2008.

# **Actions for Employment, cont'd**

15. Expand the use of programs in the workplace that allow lactating mothers to have direct access to their babies.
16. Ensure that all child care providers accommodate the needs of breastfeeding mothers and infants.

## **Actions for Research and Surveillance:**

17. Increase funding of high-quality research on breastfeeding.
18. Strengthen existing capacity and develop future capacity for conducting research on breastfeeding.

# **Actions for Research and Surveillance, cont'd**

19. Develop a national monitoring system to improve the tracking of breastfeeding rates as well as the policies and environmental factors that affect breastfeeding.

# Infant Feeding Tool

- IHS has a unique birth to death data base that is not being optimized.
- RPMS

# **Action for Public Health Infrastructure:**

20. Improve national leadership on the promotion and support of breastfeeding.

## National Leadership, cont'd

- US Breastfeeding Committee
- Bi monthly teleconferences, followed by Tribal Coalition conference call.
- Lynn Parker is current Tribal Representative
- Goal: to build the National Native Council on Breastfeeding
- <http://www.usbreastfeeding.org/>



## Other Resources:

### Hand Expression video

- [newborns.stanford.edu/Breastfeeding/HandExpression.html](http://newborns.stanford.edu/Breastfeeding/HandExpression.html)

# Other Resources

## Business Case for Breastfeeding:

- [www.womenshealth.gov/breastfeeding/government-programs/](http://www.womenshealth.gov/breastfeeding/government-programs/)

## La Leche League International

- [www.llli.org/](http://www.llli.org/)

# Other Resources, cont'd

## WellStart

- [www.wellstart.org/](http://www.wellstart.org/)

Linda Smith, BSE, IBCLC

- [www.bflrc.com/ljs/cv-ljs.htm](http://www.bflrc.com/ljs/cv-ljs.htm)

## Other Resources:

### Baby Friendly Hospital Initiative

- [www.babyfriendlyusa.org/](http://www.babyfriendlyusa.org/)

### Gold Online Conference

- [www.goldconf.com/](http://www.goldconf.com/)

# CLE and IBCLC training

University of North Carolina

- [www.sph.unc.edu/breastfeeding](http://www.sph.unc.edu/breastfeeding)

Healthy Children

- [www.healthychildren.cc/](http://www.healthychildren.cc/)

UC San Diego

- [www.breastfeeding-education.com](http://www.breastfeeding-education.com)

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