“To Not Have Diabetes” A Child’s Definition of Health and Why Breastfeeding Support is Everyone’s Responsibility
World Breastfeeding 2021! Let’s celebrate!
Zuni, NM
“To Not Have Diabetes”
A Child’s Definition of Health ...
& Why Breastfeeding Support is Everyone’s Responsibility
Zuni Reservation
Breastfeeding Event
Breastfeeding Month Proclamation

Pueblo of Zuni
Zuni Tribal Council
Zuni, New Mexico

Zuni Breastfeeding Celebration Month
August 1-31, 2018

By the Governor of Pueblo of Zuni

A PROCLAMATION

WHEREAS human milk provides the best possible nutrition for an infant’s growth, development and wellbeing, provides protection against infection and disease, and promotes maternal health;

WHEREAS breastfeeding is economical, and benefits society through lower health care costs for infants, a healthier workforce, stronger family bonds, and less waste;

WHEREAS the Pueblo of Zuni wishes to have a community where breastfeeding is an ongoing tradition, with baby-friendly hospitals, nurseries, and communities;

WHEREAS the Pueblo of Zuni supports workplace policies to promote and support breastfeeding mothers;

NOW THEREFORE, in appreciation of breastfeeding mothers and all of the dedicated volunteers, professionals, community, and organizations who support their efforts, I Val R. Panthap Sr., Governor at the Pueblo of Zuni, do hereby declare the month of August, 2018 as the ZUNI BREASTFEEDING CELEBRATION MONTH

And pledge the Pueblo of Zuni to promote, protect, and support breastfeeding as a high priority for healthier mothers and babies in our community.

IN WITNESS WHEREOF, I have hereunto set my hand this 16 day of August 2018.

Val R. Panthap, Sr.
Governor
Exercise Events
Happy Families
Mother’s Love
Dancing at Event
Youth Programs
Zuni Youth Enrichment Project Event
How Much Sugar is in Your Drinks?
If 2 groups of ZYEP Summer campers (a total of 72 youth) all drank a sugary drink today for lunch, this is about how much SUGAR they would’ve consumed!

WE CHOOSE WATER! 😊
ZYEP Nutrition Team
Fresh Produce
AI/AN Diabetes Rates: A Health Disparity

Appendix Table 3. Age-adjusted prevalence of diagnosed diabetes by detailed race/ethnicity, education level, and sex among adults aged 18 years or older, United States, 2017–2018.

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Total Percentage (95% CI)</th>
<th>Men Percentage (95% CI)</th>
<th>Women Percentage (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Race/ethnicity</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>14.7 (14.6–14.7)</td>
<td>14.5 (14.4–14.6)</td>
<td>14.8 (14.7–14.9)</td>
</tr>
<tr>
<td>Asian, non-Hispanic, overall</td>
<td>9.2 (8.0–10.5)</td>
<td>10.0 (8.3–12.0)</td>
<td>8.5 (7.0–10.5)</td>
</tr>
<tr>
<td>Asian Indian</td>
<td>12.6 (9.3–16.7)</td>
<td>13.9 (10.3–18.6)</td>
<td>11.1 (6.6–18.0)</td>
</tr>
<tr>
<td>Chinese</td>
<td>5.6 (3.9–8.1)</td>
<td>5.9 (3.5–9.8)</td>
<td>5.3 (3.2–8.8)</td>
</tr>
<tr>
<td>Filipino</td>
<td>10.4 (8.1–13.4)</td>
<td>10.9 (7.6–15.4)</td>
<td>10.0 (6.8–14.6)</td>
</tr>
<tr>
<td>Other Asian</td>
<td>9.9 (8.1–12.2)</td>
<td>11.5 (8.5–15.3)</td>
<td>8.7 (6.2–11.9)</td>
</tr>
<tr>
<td>Black, non-Hispanic</td>
<td>11.7 (10.8–12.7)</td>
<td>11.4 (10.0–12.9)</td>
<td>12.0 (10.9–13.1)</td>
</tr>
<tr>
<td>Hispanic, overall</td>
<td>12.5 (11.5–13.5)</td>
<td>13.7 (12.3–15.2)</td>
<td>11.6 (10.2–13.0)</td>
</tr>
<tr>
<td>Central/South American</td>
<td>8.3 (8.0–8.6)</td>
<td>9.2 (8.8–9.6)</td>
<td>7.6 (7.2–8.0)</td>
</tr>
<tr>
<td>Cuban</td>
<td>6.5 (4.6–9.2)</td>
<td>7.3 (4.2–12.5)</td>
<td>6.0 (3.6–9.8)</td>
</tr>
<tr>
<td>Mexican</td>
<td>14.4 (13.1–15.8)</td>
<td>16.2 (14.2–18.3)</td>
<td>12.8 (11.1–14.8)</td>
</tr>
<tr>
<td>Puerto Rican</td>
<td>12.4 (10.1–15.1)</td>
<td>13.0 (9.5–17.6)</td>
<td>11.9 (9.0–15.5)</td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>7.5 (7.2–7.8)</td>
<td>8.6 (8.1–9.0)</td>
<td>6.6 (6.2–7.0)</td>
</tr>
</tbody>
</table>

| **Education**                  |                           |                         |                           |
| Less than high school          | 13.3 (12.4–14.2)          | 13.0 (11.8–14.4)        | 13.6 (12.3–15.1)          |
| High school                    | 9.7 (9.1–10.4)            | 11.2 (10.4–12.1)        | 8.6 (7.9–9.4)             |
| More than high school          | 7.5 (7.2–7.9)             | 8.3 (7.8–8.8)           | 6.8 (6.4–7.3)             |

Note: CI = confidence interval.
Data sources: 2017–2018 National Health Interview Survey, except American Indian/Alaska Native data, which were from the Indian Health Service National Data Warehouse (2017 data only).

- Centers for Disease Control, National Diabetes Statistics Report 2020
- “What Causes Type 2 Diabetes.” Centers for Disease Control and Prevention
Diabetes Prevention & Achieving Public Health can be COMPLICATED
Gardening

Love & Respect

Healthy Environment
Nutrition

Source of Nutrition

Essential Inputs that Sustain Life
Genetics Partially Determines How We Grow
Root Causes of Health Disparities:

Social Determinants of Health

Epigenetics
SOCIAL DETERMINANTS OF HEALTH

“Social Determinants of Health.” Office of Disease Prevention and Health Promotion, 2021
SOCIAL DETERMINANTS OF HEALTH (con’t)

ECONOMIC STABILITY

ENVIRONMENT/SURROUNDINGS

HEALTH CARE ACCESS

EDUCATION

EMOTIONAL/SOCIAL CONNECTIONS

https://www.ihs.gov/newsroom/factsheets/disparities/
https://www.uihi.org/resources/indigenous-health-equity/
SOCIAL DETERMINANTS OF HEALTH (more)
EPIGENETIC FORMATION: Ages 0-3 yrs.

Illustration by Betsy Hayes. Credit: Harvard University. “What is Epigenetics? And How Does it Relate to Child Development?”

Billiar, Cynthia. “Epigenetics and Breastfeeding.”

Bullock, Ann. “When Does Diabetes Start – or – ‘How Adversity Gets Under the Skin’.” Indian Health Services
Root Causes of Health Disparities

Social Determinants of Health

Epigenetics
Breastmilk Benefits

**A drop of breast milk:**
- White blood cells protect against infection
- Fat globules help eyes and brain grow faster

**The Composition of Breast Milk**

- **Made for Babies**
  - 90% water
  - Fats
    - Lipids
    - Fatty acids
  - Carbohydrates
    - Lactose
    - Oligosaccharides
  - Proteins
    - Casein
    - Whey
    - Lactoferrin
  - Vitamins
  - Minerals
  - Hormones
  - Antibodies
  - Stem cells
  - Enzymes

**Breast Milk is Living Tissue**

Educate. Advocate. Integrate.

[National Perinatal Association](https://nationalperinatal.org/feeding_our_babies)
Enfamil® Infant

Milk-based Infant formula for infants 0-12 months.

Indication

Enfamil Infant is a 20 Cal/fl oz milk-based, iron-fortified, routine formula for full-term infants 0-12 months. Enfamil Infant is clinically demonstrated to foster cognitive development through 5 years of age. Enfamil Infant is patterned after mature breast milk and offers proven clinical outcomes in 3 key areas: brain development, immune health and growth.

Ingredients

Ingredients: Powder: Nonfat milk, lactose, vegetable oil (palm olein, coconut, soy and high oleic sunflower oils), whey protein concentrate and less than 2%: galactooligosaccharides, polydextrose, Mortierella alpina oil, Cryptococcus neoformans oil, calcium carbonate, potassium citrate, ferrous sulfate, potassium chloride, magnesium oxide, sodium chloride, zinc sulfate, cupric sulfate, manganese sulfate, potassium iodide, sodium selenite, soy lecithin, choline chloride, ascorbic acid, niacinamide, calcium pantothenate, vitamin A palmitate, vitamin B₆, vitamin D₃, riboflavin, thiamin hydrochloride, vitamin B₂, hydrochloride, folic acid, vitamin K₃, biotin, inositol, vitamin E acetate, nucleotides (cytidine 5'-monophosphate, disodium uridine 5'-monophosphate, adenosine 5'-monophosphate, disodium guanosine 5'-monophosphate), taurine, L-carnitine.
The Power of Breastfeeding to Fulfill our Social Determinants of Health

- **ECONOMIC STABILITY**: Breastmilk is Free!
- **ENVIRONMENT/SURROUNDINGS**: Breastfeeding can be done anywhere at anytime
- **HEALTHCARE ACCESS**: Breastmilk contains immunizations and is medicinal
- **EDUCATION**: No degree needed; no job needed to buy formula
- **EMOTIONAL/SOCIAL CONNECTIONS**: Breastfeeding creates connections, gives mom endorphins and bonding

The Power of Breastfeeding to Address and Reshape Epigenetics

- Breastmilk itself is a gene switch
- It helps to regulate food intake and the expression of energy regulating peptides
- Many of the components in human milk can change gene expression in the newborn baby via breastfeeding. For example, lactoferrin affects immune disorders, prostaglandin J impacts obesity, Long Chained Polyunsaturated Fatty Acids and cholesterol impacts the risk of nonalcoholic fatty liver disease and cholesterol issues, and oligosaccharides influence Necrotizing Enterocolitis, immune disorders and obesity

Wilson, Laurel. “Epigenetics and Breastfeeding -- The Long-Term Impact of Breastmilk on Health.”; erduci, 2014
The Power of Breastfeeding to Protect At-risk Mothers and Infants

Breastfeeding can help lower a mother’s risk of:

- High blood pressure
- Type 2 diabetes
- Ovarian cancer
- Breast cancer

Infants who are breastfed have a lower risk of:

- Asthma
- Obesity (risk factor for Type 2 Diabetes)
- Type 1 diabetes
- Severe lower respiratory disease
- Acute otitis media (ear infections)
- Sudden infant death syndrome (SIDS)
- Gastrointestinal infections (diarrhea/vomiting)
- Necrotizing enterocolitis (NEC) for preterm infants

The Power of Breastfeeding

Centers for Disease Control: “Recent reports have shown that breastfeeding people who have received mRNA COVID-19 vaccines have antibodies in their breastmilk, which could help protect their babies. More data are needed to determine what protection these antibodies may provide to the baby.”
Health Support Strategies: Culture-centric, Cross-sector, Multi-level

- **Workplace**
  1. Policies/Norms
  2. Environment
  3. Direct Support

- **Community**
  1. Policies/Norms
  2. Environment
  3. Direct Support

- **School**
  1. Policies/Norms
  2. Environment
  3. Direct Support

- **Health Centers**
  1. Policies/Norms
  2. Environment
  3. Direct Support

- **Family & Friends**
  1. Policies/Norms
  2. Environment
  3. Direct Support

- **Health/Breastfeeding**
IHS Baby Friendly Initiative/Designation

Locations
- Headquarters
- Alaska Area
- Albuquerque Area
- Bemidji Area
- Billings Area
- California Area
- Great Plains Area
- Nashville Area
- Navajo Area
- Oklahoma City Area
- Phoenix Area
- Portland Area
- Tucson Area

Locations
- Pine Ridge Hospital
  Pine Ridge, SD
  Achieved baby friendly status in December 2012
- Quentin N Burdick Memorial Health Facility
  Belcourt, ND
  Achieved baby friendly status in December 2012
- Rosebud Hospital
  Rosebud, SD
  Achieved baby friendly status in December 2012
- Whiteriver Hospital
  Whiteriver, AZ
  Achieved baby friendly status in February 2014
- Chilie Comprehensive Health Care Facility
  Chilie, AZ
  Achieved baby friendly status in May 2014

Locations
- Claremore Hospital
  Claremore, OK
  Achieved baby friendly status in June 2013
- Phoenix Indian Medical Center
  Phoenix, AZ
  Achieved baby friendly status in June 2013
- Blackfeet Community Hospital
  Browning, MT
  Achieved baby friendly status in November 2014
- Gallup Indian Medical Center
  Gallup, NM
  Achieved baby friendly status in November 2014

Locations
- Zuni Comprehensive Community Health Center
  Zuni, NM
  Achieved baby friendly status in November 2013
- Northern Navajo Medical Center
  Shiprock, NM
  Achieved baby friendly status in October 2014
WHO Breastfeeding Steps 1-4
WHO Breastfeeding Steps 5-10

“Ten Steps to Successful Breastfeeding.” World Health Organization;

“Ten Steps and International Code: The Ten Steps to Successful Breastfeeding.” Baby Friendly USA
Vision Statement

“We want to have a community where breastfeeding is the tradition, hospitals and communities are baby friendly, and work places have polices to protect breastfeeding mothers”
Zuni IHS Baby Friendly Designation
Active Members:

- Zuni WIC Program
- Zuni IHS
  - PHN Dept
  - Women’s Health Dept
  - OB Dept
- Zuni Recovery Center
- Zuni Detention Center
- First Born Program
Policy Projects
Built Environment Projects

Our breastfeeding/baby changing station is officially up for Zuni fair!

Zuni Breastfeeding Coalition
Published by Jessica Quinlan · May 5, 2018

We are here at Zuni Pueblo MainStreet! Come by the Baby Center and/or Mother’s Day Picture Tent! Starting today @ 10, stop by, like our page, or check in on FB for a chance to win a Mother's Day gift-basket! Drawings will start @ 10:30!
The Baby Cafe — Breastfeeding Nook
Ribbon Cutting Event

A RIBBON CUTTING FOR

The Baby Cafe - Breastfeeding Nook
located in
Zuni Comprehensive Community Health Center’s waiting area

Aug 26, 2021
3 PM

Hosted by the Zuni Breastfeeding Coalition
Education and Direct Support
Outreach Events
Social Media Outreach

Zuni Breastfeeding Coalition
Published by Vimeo • September 16, 2020 •

Are you concerned about prenatal care, giving birth, or breastfeeding during COVID? Unsure of what to expect at I.H.S. OB appointments? Zuni IHS & the Zuni Breastfeeding Coalition want you to know that it’s safe to schedule prenatal appointments and reach out for medical or WIC program services. Listen in on our conversation to find out more! Call Zuni I.H.S. for an appointment @ (505) 782-7434; Zuni WIC @ (505) 782-2929

New Mexico Breastfeeding Task Force

PREGNANT DURING COVID
A CONVERSATION WITH THE ZUNI BREASTFEEDING COALITION

VIMEO.COM
PSA from Zuni Breastfeeding Coalition
Important information for the community of Zuni Pueblo regarding...

Zuni Breastfeeding Coalition
Published by Jessica Quinlan • August 4 at 8:25 AM •

August is World Breastfeeding Month!!! Tune into KSHI 90.9 today 8/4 @ 2 PM to hear all about it from Zuni Breastfeeding Coalition members! Thank you Dr. Bak!

Living Matters with Dr. Rebecca Bak airing on KSHI (90.9) in Zuni
This Wednesday, August 4 @ 2 PM & Sunday, August 8 @ 12 PM:

World Breastfeeding Week!
With:
Monica Esparza, NM Breastfeeding Taskforce
Olivia Nastacio, Melanie Seowtewa, & Jessica Quinlan.
Quotes

Dr. Bak/Zuni I.H.S. Staff Member and Breastfeeding Coalition member: “Breastfeeding is a top priority for maternal and infant health. Zuni IHS Baby Friendly Designation’s success is supported by the Zuni Breastfeeding Coalition, and our coalition is successful because it is driven by community programs in cross-sector collaboration with I.H.S. staff.”

Sebastian Leekya, CCHP, Zuni Detention Center: “Detention strives to promote health and wellness to a population of people who are underserved and often overlooked. Breastfeeding is important for the population because it provides connectedness for the mother and child. The positive connection the mother has to the child may provide a change in behaviors, thoughts, and overall life experiences. In general, breastfeeding in jail provides a sense of hope and opportunity to make a better life for the incarcerated mother and/or father.”
Quotes (con’t)

Ruby Wolf, Zuni WIC Program Director:
“When I was a mother in the 70’s, I was told by Public Health Services to not breastfeed. I was breastfed but when it came to me, they didn’t allow me to breastfeed. I took it upon myself as a person that can create change to lead the Zuni WIC Program in our task to teach and support breastfeeding. It is a Zuni tradition, and with the support and interest of our tribal leaders, community members and programs, we have brought breastfeeding back to now having some of the highest rates in the nation“.

Lynelle Besselente, Zuni WIC Breastfeeding Peer Counselor:
“Breastfeeding is the first medicine you can give your baby that will help them grow and be more healthy. Supporting and encouraging the future is the most important part in the journey to having a successful breastfeeding and pregnancy journey. Continue to listen, encourage, support and promote breastfeeding for a healthier generation to come.”
Lessons

• Benefits and Barriers of Breastfeeding

• Ways to enhance early breastfeeding education and overcome any early problems

• How to create supportive breastfeeding environments