

# Diversity, Equity and Inclusion in Breastfeeding Support

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# Disclosure

The speakers have no actual or potential conflict of interest in relation to this program/presentation.

## Learning Goals

- Describe the importance of including race in data collection for the breastfeeding population.
- Formulate ideas on how to improve breastfeeding rates in minority populations.



## Corewell Health West - Butterworth

Corewell Health West is an integrated health care system.

9 hospitals provide obstetric care to families in West Michigan

10,000 babies delivered in the Corewell Health West (CHW) system a year

7,500 babies a year at Butterworth, the largest hospital in the CHW system

108 bed NICU

34 OB/GYN Residents

7 Maternal Fetal Medicine specialists

7 obstetric floors at Butterworth

- 11 Triage beds
- 28 Labor and Delivery beds on 2 floors
- 3 Cesarean Suites on Labor and Delivery
- 23 Antepartum beds
- 61 Postpartum beds on 3 floors



# Black Morbidity and Mortality



<https://www.woodtv.com/news/grand-rapids/local-doula-pushes-action-during-black-maternal-health-week/>

## QI-TRACS (Quality Improvement Training Accountability and Community Supports)

- Improve breastfeeding rates among minority populations
- Tactics include the Baby Friendly 10 Steps and WHO recommendations
- Partner with community members and organizations
- We are one of 7 hospitals participating to move forward in providing equitable breastfeeding support

**Reducing Disparities through Training, Accountability, and Community Supports (QI-TRACS)** aims to implement Baby-Friendly USA & WHO strategies – using an explicit racial equity lens – to reduce disparities in breastfeeding rates among Black and Indigenous dyads, as well as decrease birthing person and infant morbidity and mortality through hospital and community partnership, participation, and policy.

# Benefits of Breastfeeding

## For the Baby:

- Lower rates of diarrhea, otitis media, lower respiratory tract infections, and diabetes
- Supports the healthy development of an infant's gut microbiome

## For the Mother:

- Lower risk of type 2 diabetes, hypertension and breast and ovarian cancers
- Reduction in the risk of cardiovascular diseases

The American Academy of Pediatrics, the American College of Obstetricians and Gynecologists and the Centers for Disease Control and Prevention and the World Health Organization all recommend exclusive breastfeeding for 6 months and continued breastfeeding while adding complimentary foods for one year and beyond.



**The QI-TRACS model is  
“work together, learn  
together, create together,  
and heal together.”**



# Benefits:

- Learn from each other
- DEI training
- Stratifying data by race
- Funding



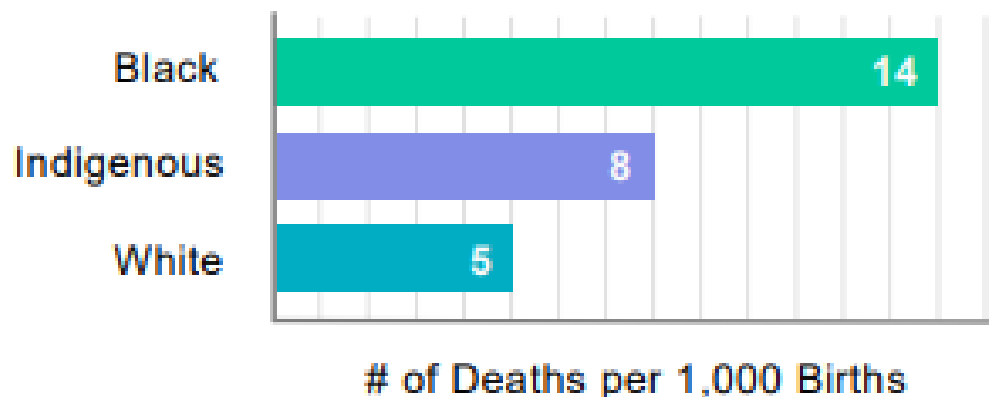
Taken from [coffective.com/qi-tracs](https://coffective.com/qi-tracs)

# WHY?????

## Michigan Infant Mortality

Infant mortality is high in Michigan, with glaring racial disparities.

Infant Deaths in Michigan by Race, 2020<sup>1</sup>



## Why Breastfeeding

# 26%

Decrease in odds of infant mortality, as a result of breastfeeding.<sup>2</sup>

Taken from [coffective.com/qi-tracs](https://coffective.com/qi-tracs)

## Gap in Practice:

According to the American Academy of Pediatrics the breastfeeding initiation rate for black women is significantly lower than white women. Breastfeeding has health benefits for both the mother and the newborn. Black women and their newborns experience health inequity due to the lower breastfeeding rate.

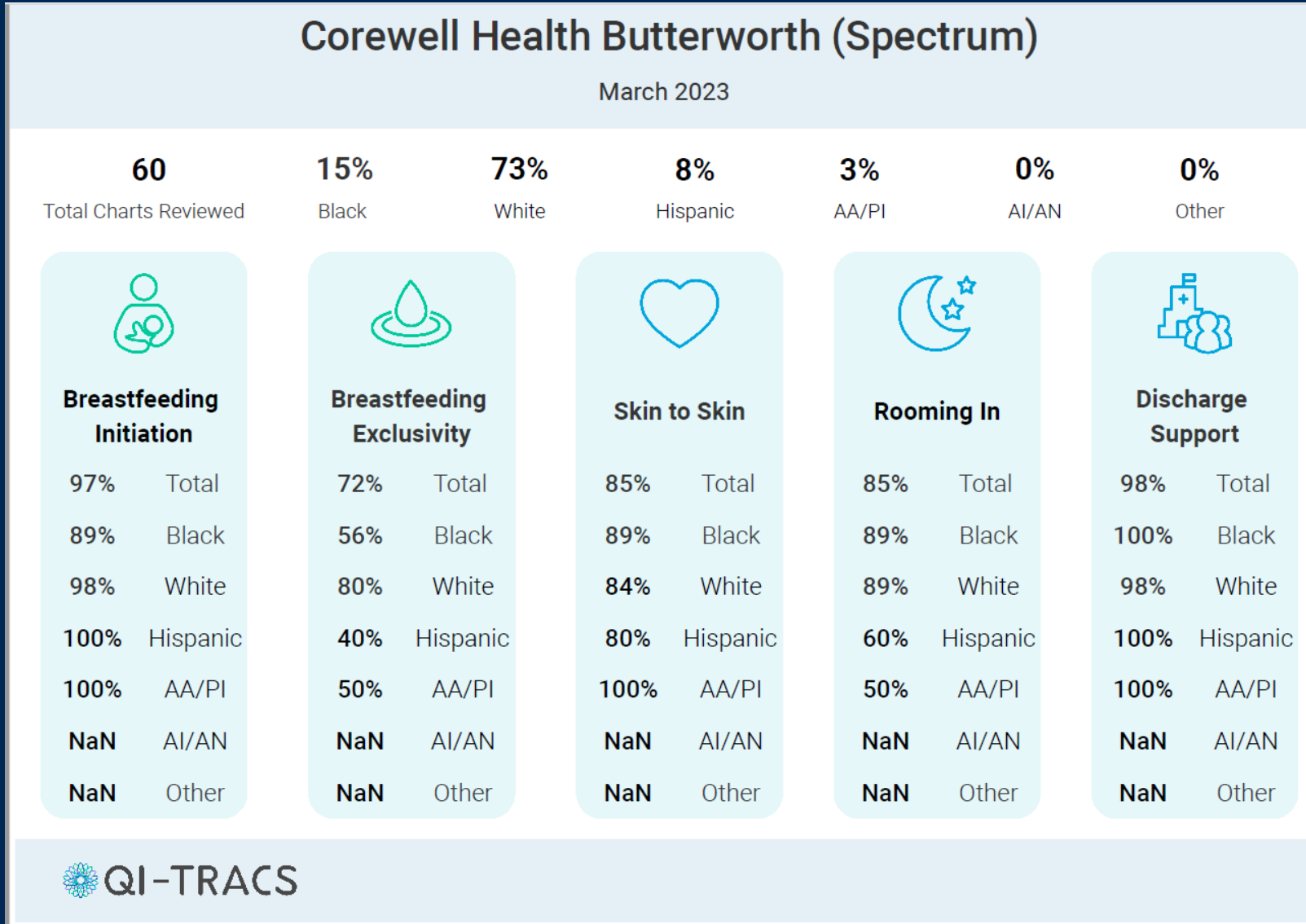


## Need for Practice Change

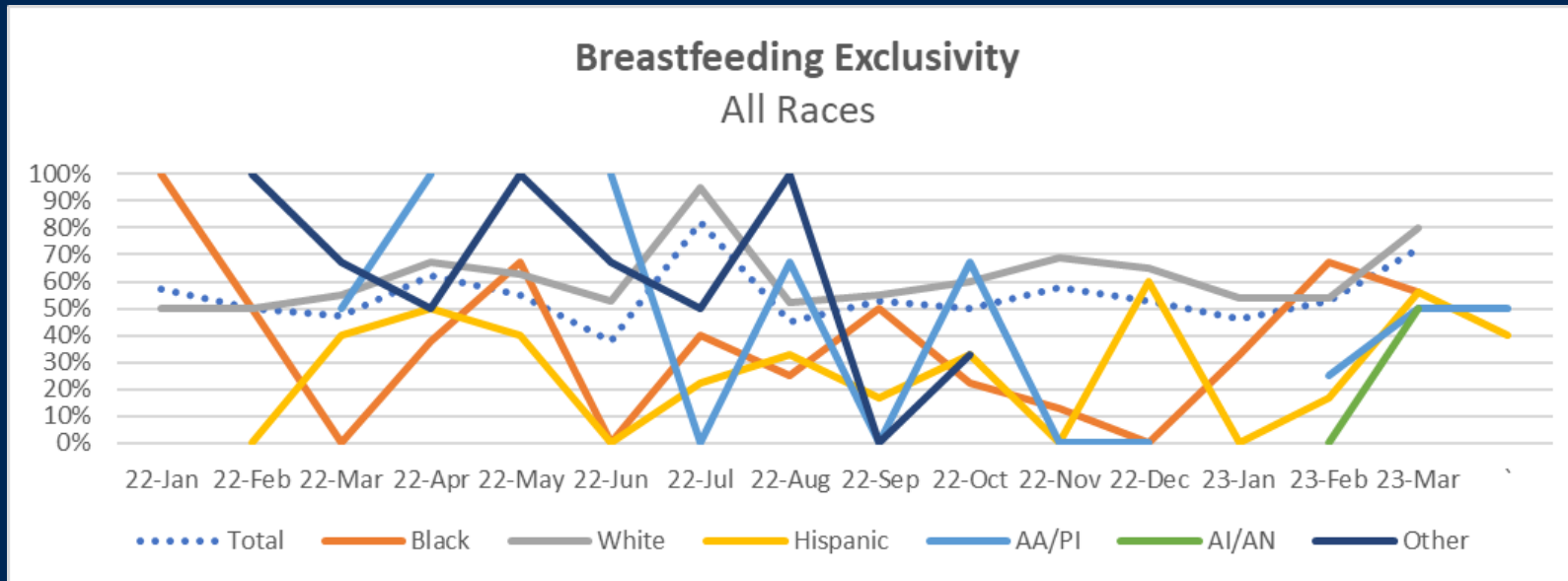
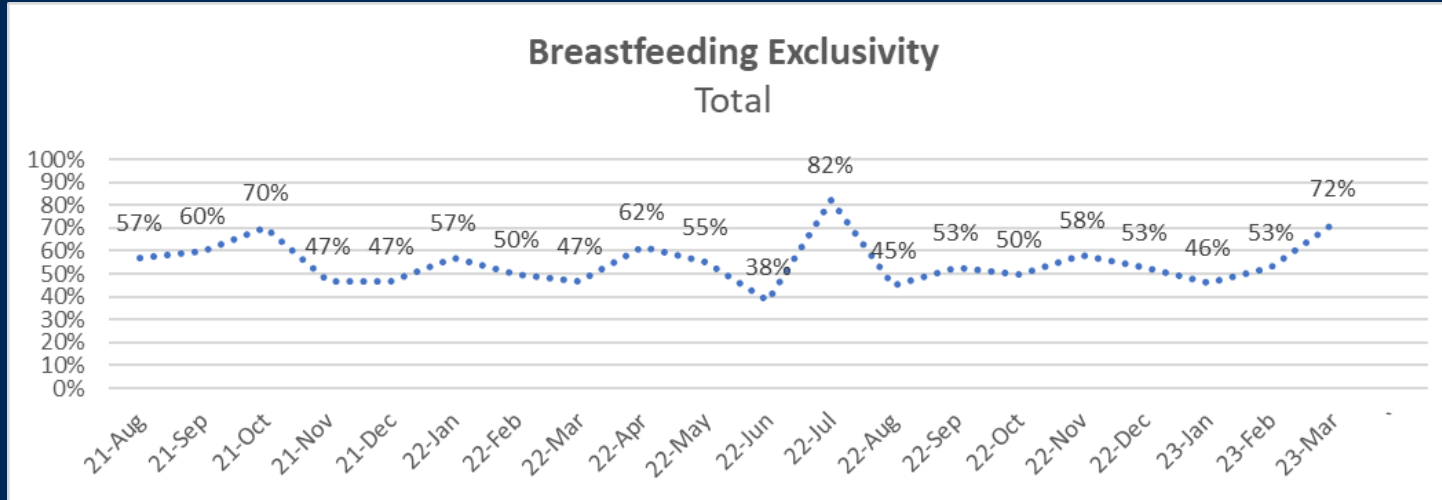
Corewell Health West Butterworth determined a need to discover the extent of disparities in breastfeeding. The team acknowledged the problem must exist and yet did not have data to show the severity of the issue. With the help of QI-TRACS, we determined metrics to examine the health disparity in breastfeeding



# Data

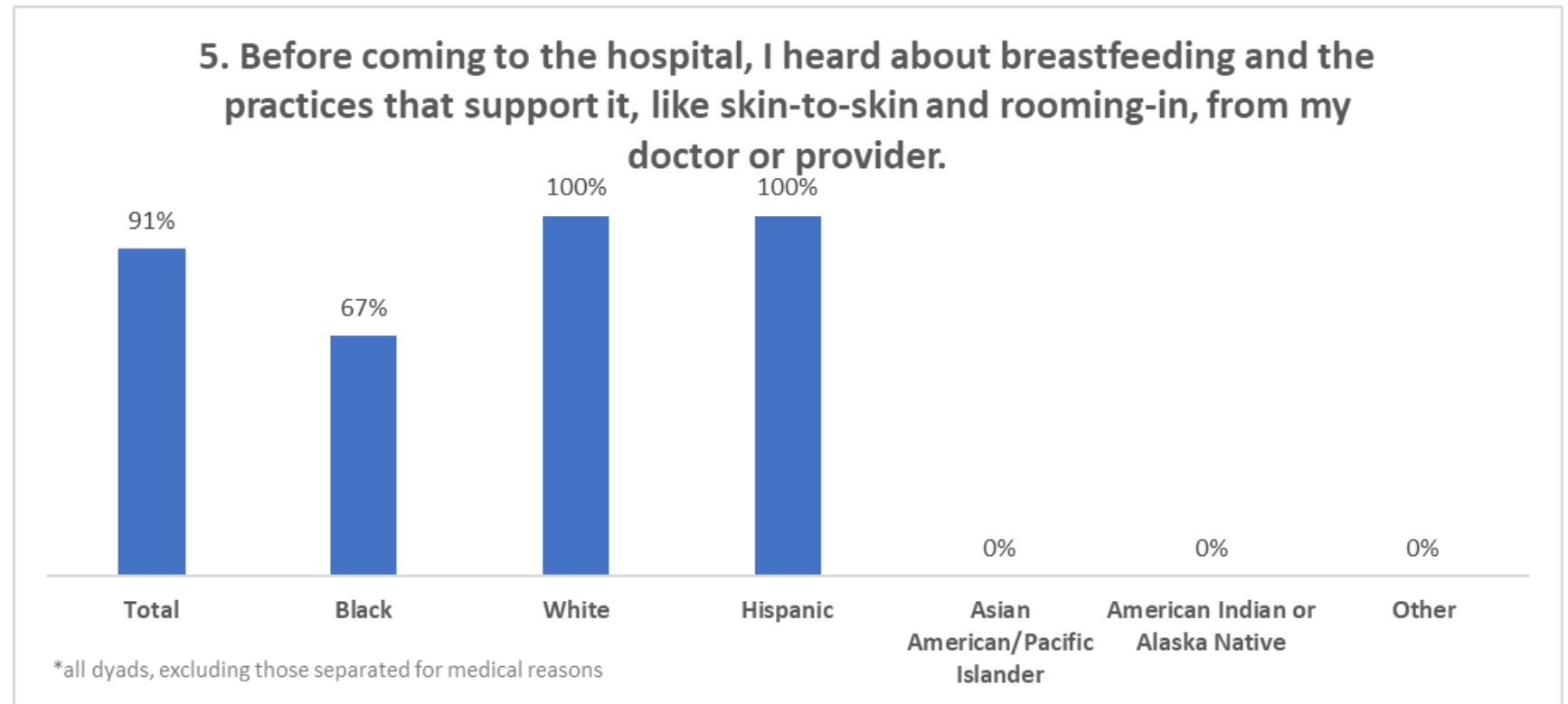


# March 2023 Data



# Birthing Persons Survey

## Quarterly Patient perception



## Impact on Nursing

The inpatient postpartum period is a time when the nurse provides extensive education and support to the mother. Understanding how systemic racism, bias and inequitable access to lactation support impacts breastfeeding is critical to providing education.





# Practice Change: Provide Equitable Lactation Support

Host a black breast-feeding panel, live event that was recorded so team members working at the time of the live event were able to watch the recording.

## Black Mother's Breastfeeding Panel



Women of color have unique barriers and experiences when it comes to breastfeeding. As healthcare providers we need to learn what these barriers are so we can support the breastfeeding goals of all women.

[https://spectrumhealth-my.sharepoint.com/personal/katherine\\_mcnabnay\\_corewellhealth\\_org/\\_layouts/15/stream.aspx?id=%2Fpersonal%2Fkatherine%5Fmcnabnay%5Fcorewellhealth%5Forg%2FDocuments%2FDownloads%2FWomen%20of%20Color%20Breastfeeding%20Panel%2D2022-0831%5F120052%2DMeeting%20Recording%2Emp4](https://spectrumhealth-my.sharepoint.com/personal/katherine_mcnabnay_corewellhealth_org/_layouts/15/stream.aspx?id=%2Fpersonal%2Fkatherine%5Fmcnabnay%5Fcorewellhealth%5Forg%2FDocuments%2FDownloads%2FWomen%20of%20Color%20Breastfeeding%20Panel%2D2022-0831%5F120052%2DMeeting%20Recording%2Emp4)

# Practice Change: Provide Equitable Lactation Support

Obtain input from black female community leaders to establish a community resources list.

## Postpartum Community Resources

- **Baby Beloved (Lactation Support)**
  - <https://www.babybelovedinc.com/>
  - 616-485-6757
- **Day One Doula Collective (General Support)**
  - <https://mailchi.mp/89d7a1dda8e3/day-one-doula-collective>
  - 616-456-8593 ext. 256
- **Family Futures: Healthy Families (General and Lactation Support)**
  - [www.familyfutures.net](http://www.familyfutures.net)
  - 616-454-4673
- **Full Circle Life Coaching, LLC (Emotional and Lactation Support)**
  - [www.fullcirclelifecoaching.org](http://www.fullcirclelifecoaching.org)
- **GR Natural Birth & Pregnancy-Nourish Lactation Services (Lactation Support)**
  - [NOURISH LACTATION SERVICES | GR NATURAL BIRTH & PREGNANCY](#)
- **Gold Coast Doulas Postpartum Support (General and Lactation Support)**
  - <https://www.goldcoastdoulas.com/postpartum-support/>
  - Lactation/Breastfeeding Support: <https://www.goldcoastdoulas.com/lactation-support/>
  - Breastfeeding Class: <https://www.goldcoastdoulas.com/events/>
- **H.U.G.S Breastfeeding Café (Helping Us Grow Strong) (Lactation Support)**
  - 616-391-5830

## Next Steps

- Reaching In
- Supporting Black Breastfeeding Week activities
- Raise awareness among staff and providers
- Relationship building
- Attend breastfeeding events in August (Breastfeeding awareness month)
- Increase work with doulas

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# Thank you

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