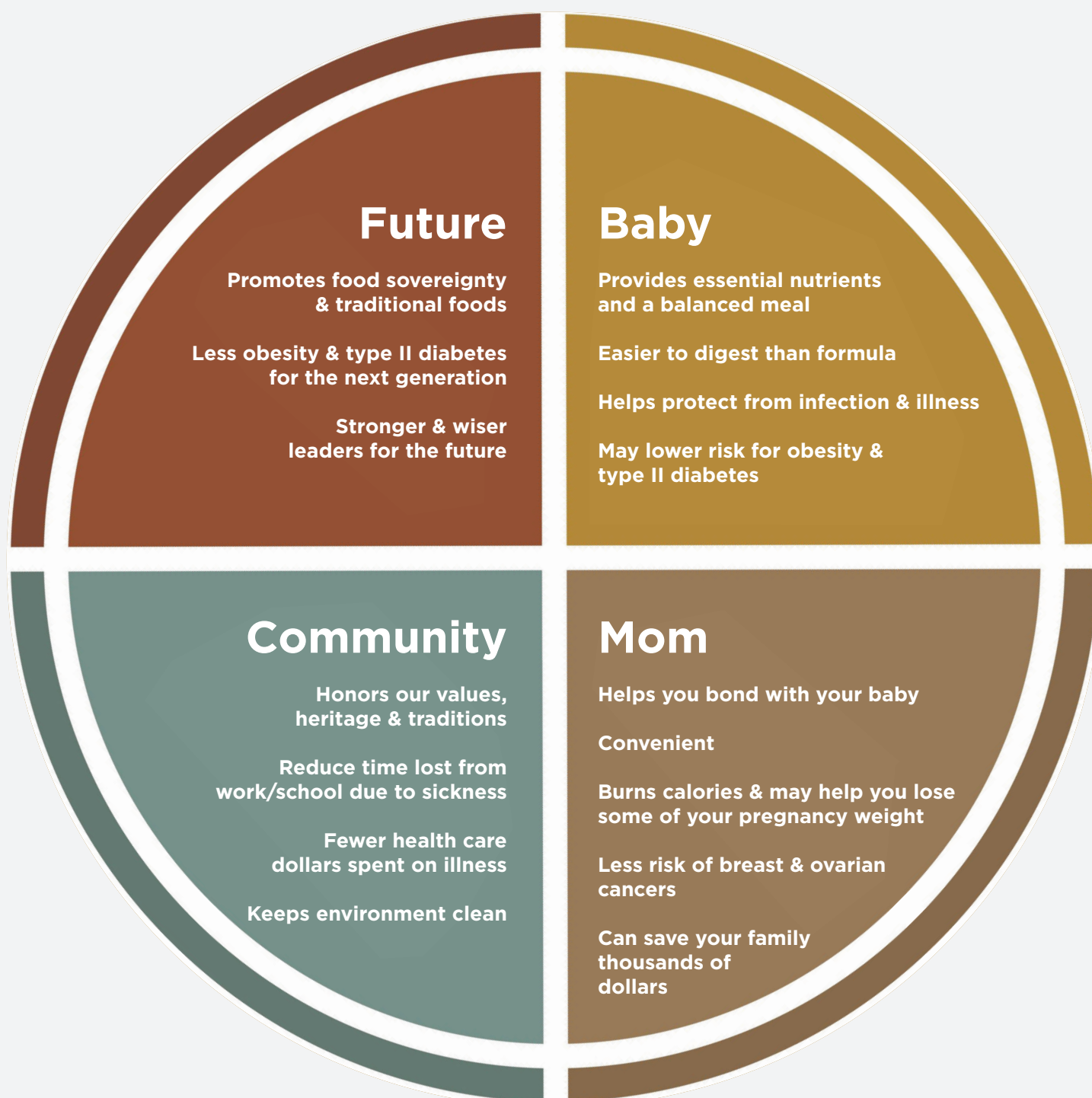




HEALTHY COMMUNITIES HEALTHY WAYS

BREASTFEEDING IS FOOD SOVEREIGNTY!

BENEFITS OF BREASTFEEDING





AMERICAN INDIAN WOMEN DO BREASTFEED

FOR GENERATIONS, AMERICAN INDIAN WOMEN HAVE INCORPORATED BREASTFEEDING AS A NATURAL PRACTICE TO PROTECT THE HEALTH OF BOTH MOTHERS AND THEIR BABIES

WHO BREASTFEEDS?

84% of American Indian mothers in New Mexico have ever breastfed



**EXCLUSIVE & CONTINUED
BREASTFEEDING IS RECOMMENDED!**

AMERICAN ACADEMY OF PEDIATRICS
RECOMMENDS

6 MONTHS of exclusive breastfeeding
(no water or solid foods)

AND

12 MONTHS of continued breastfeeding
after delivery

HOW CAN I LEARN TO BREASTFEED MY BABY?

TALK to your health care provider about breastfeeding

MAKE a plan for after your baby is born

GET close to your baby right away

NURSE whenever your baby is hungry

ASK for help if breastfeeding is difficult



BREASTFEEDING & AMERICAN INDIANS DATA AND STATISTICS

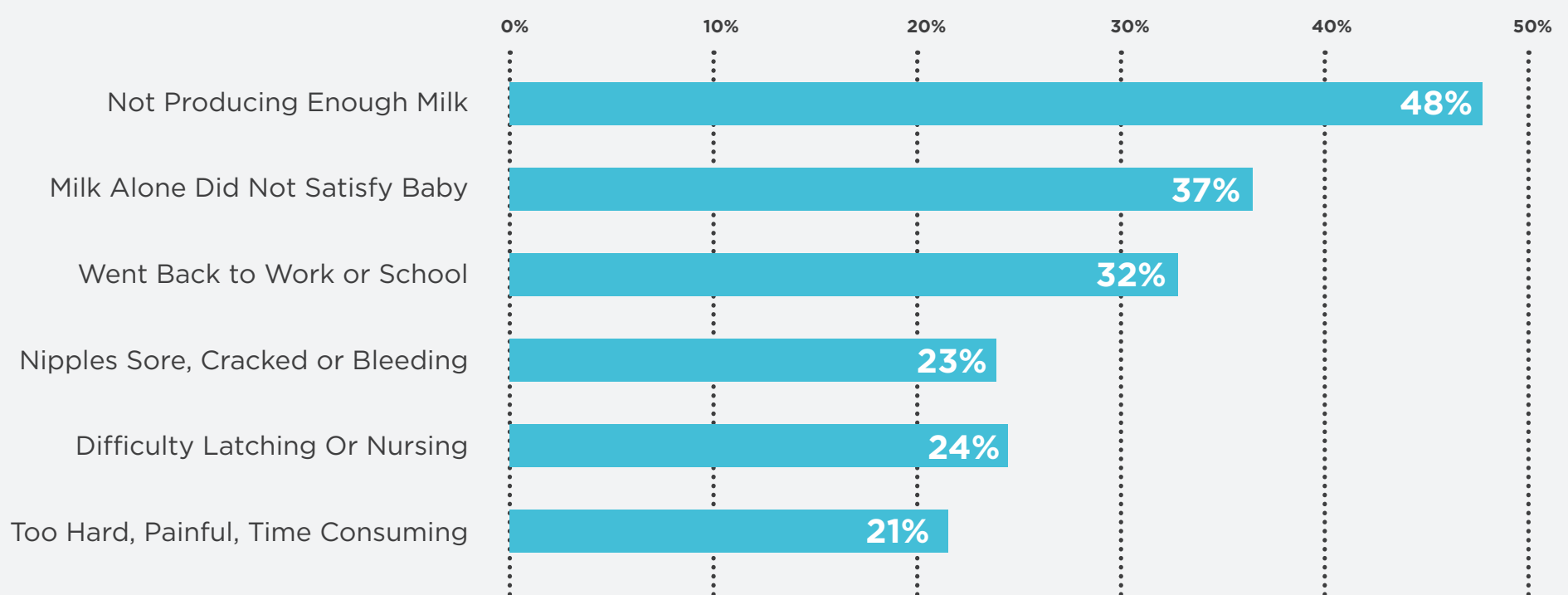
54% of American Indian mothers in New Mexico **continue** breastfeeding 3-9 months after delivery

33% of American Indian mothers in New Mexico **exclusively** breastfed their baby 3-9 months after delivery

1 OUT OF 3 American Indian mothers had a clean, private place, other than a bathroom, to pump or breastfeed

1 OUT OF 4 American Indian mothers could pump milk **only** during break times

MAIN REASONS WHY AMERICAN INDIAN MOTHERS DO NOT CONTINUE BREASTFEEDING





WHAT CAN BE DONE TO INCREASE BREASTFEEDING?

TEACH

mothers to breastfeed and the importance of breastfeeding

INCREASE

the percentage of employers that have worksite breastfeeding/lactation policies

INCORPORATE & PROMOTE

peer counselling & breastfeeding support teams

FAMILIES, FRIENDS, & PARTNERS

should encourage and support new mothers to breastfeed

DEVELOP & IMPLEMENT

policy changes to support baby-friendly health facilities

The Pregnancy Risk Assessment Monitoring System (PRAMS) survey is a national health survey led by the Center for Disease Control and Prevention. The Albuquerque Area Southwest Tribal Epidemiology Center (AAS-TEC) has collaborated with the New Mexico Department of Health PRAMS program to conduct outreach among those American Indian mothers selected to participate in NM. A sample of 1,909 American Indian mothers participated in the NM PRAMS survey from 2000-2011.

RESOURCES

Native American Professional Parent Resources (NAPPR)
505-345-6289
www.nappr.org

First Nations Community Health Source
505-262-2481
www.fnch.org

New Mexico Breastfeeding Taskforce
505-933-9163
www.breastfeedingnewmexico.org

La Leche League of New Mexico
505-821-2511
www.llnm.org

American Academy of Pediatrics (AAP)
847-434-4000
www.aap.org • www.healthychildren.org

Women, Infants, and Children (WIC)
1-866-867-3124
www.fns.usda.gov/wic

**Office of Women's Health,
US Department of Health and Human Services**
800-994-9662
www.womenshealth.gov

Indian Health Service
www.ihs.gov/babyfriendly



ALBUQUERQUE AREA SOUTHWEST
TRIBAL EPIDEMIOLOGY CENTER
www.aastec.net
1-800- 658-6717

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