Reducing Racial and Ethnic Inequities in Breastfeeding

Samis Education Center
University of Oklahoma Health Sciences Center
This review highlights the importance of addressing excess stress, lack of support, and discrimination as factors that may underlie disparate breastfeeding outcomes.

Specifically, it emphasizes the continued need for interpersonal and empathetic peer-based health and socially based care in ways that are protective and possibly preventive of chronic stress and depression to effectively support African American mothers exposed to the traumas of discrimination and indifferent treatment.
10 TIPS FOR BEING A BETTER ALLY

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(Dedicated to Chele Marmet)
TIP ONE

For the next 24 hours, capture every thought, word, and deed.

Examine each for signs of underlying beliefs that presuppose your superiority or privilege.
TIP TWO

Realize that when you interact with people of color, it is often in your context and not in theirs.
TIP THREE

Use your privilege to benefit those who lack it, by speaking up when you see injustice.
TIP FOUR

Take antiracism training.
TIP FIVE

Give way to a person of color.
TIP SIX

Advocate for scholarships to benefit under-represented communities and communities of color for events and activities.
TIP SEVEN

See your replacement in the community you serve.

Groom your next professional generation from under-represented communities and communities of color.
TIP EIGHT

When entering a client room, acknowledge everyone in it.
TIP NINE

When you are with a client, particularly a client of color, pull up a chair, sit down, look into their eyes (unless direct eye contact is culturally contraindicated)
Resist the urge to touch other people’s hair.

Never ask a woman if it is her hair - if it's on her head, and she paid for it - it's her hair.