

Reducing Racial and Ethnic Inequities in Breastfeeding



Samis Education Center
University of Oklahoma
Health Sciences Center



Enhancing Breastfeeding Rates Among African American Women: A Systematic Review of Current Psychosocial Interventions

Johnson, et al 2015

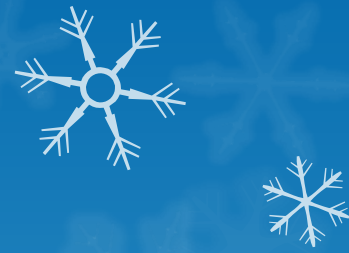
This review highlights the importance of addressing **excess stress, lack of support, and discrimination** as factors that may underlie disparate breastfeeding outcomes.

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.

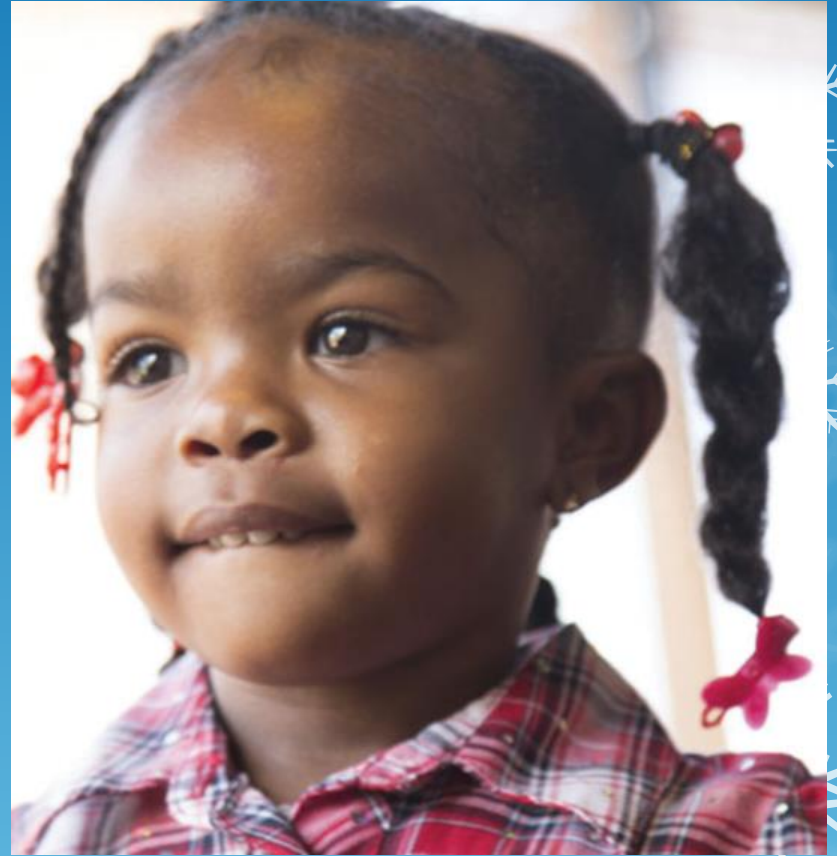
TIP FIVE



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)



TIP TEN

Resist the urge to touch other people's hair.

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

