

Exclusive Breastfeeding Rates and Duration among Latina Mothers in an Urban Clinic: An Ongoing Quality Improvement Project

DOLLY H VO BS, JULIA JUNN BSN RN, ELIZABETH SLOAND PHD CRNP

ARMSTRONG INSTITUTE, JOHNS HOPKINS MEDICINE; CHILDREN'S MEDICAL PRACTICE AT JOHNS HOPKINS BAYVIEW; JOHNS HOPKINS UNIVERSITY SCHOOL OF NURSING, BALTIMORE, MD 21205

1 Background

The World Health Organization (WHO) recommends mothers worldwide to practice exclusive breastfeeding for the first six months of a newborn's life and continued breastfeeding (BF) for two years in order to achieve optimal growth, development, and health (2012). Although Latina mothers in the U.S. have higher rates of *any* breastfeeding than the national average, *exclusive* breastfeeding rates among Latino mothers are lower than the national average (Waldrop, 2013). Supplementation, also referred to as *las dos* (meaning "both" breast milk and formula supplementation) is noticeably the popular method of feeding by mothers among the Latino population at Bayview Children's Medical Practice (CMP).

This quality improvement (QI) project is important because optimal breastfeeding practices are significant in reducing maternal and child health disparities. There are many health consequences due to the lack of optimal breastfeeding practices, such as increased risk of developing obesity, diabetes, cardiovascular diseases for babies, and higher chances of developing breast cancer for mothers (Faraz, 2010; Kelishadi & Farajian, 2013). The primary goal of this QI project is to improve breastfeeding promotion and support at Bayview CMP that is culturally appropriate, effective, and will increase exclusive breastfeeding rates to meet the goals of *Healthy People 2020*, ultimately enhancing the health of children receiving health services at this clinic.

2 Objectives

- To determine the rates of exclusive and any BF among Latina mothers and infants in the first 6 months of life.
- To identify demographic and social indicators of BF practices among Latina women.

3 Methods

The plan-do-study-act (PDSA) process was used for this QI project.

Plan

- Goal: To improve exclusive breastfeeding rates among Latino infants at Bayview CMP by identifying the current breastfeeding methods, rates, and duration and the social determinants of breastfeeding practices.

Do

- Conduct a retrospective chart review using EPIC electronic medical record to:
 - Obtain comprehensive data on 100 Latino infants
 - Born between 1/1/2014 – 2/28/2015
- Conduct 2 focus groups of about 8-10 mothers whose infants are at least 6 months of age
 - Includes mothers who have and have not breastfed

Study

- Analyze quantitative data from chart review
 - Benchmarking data
 - Descriptive analysis of predominant BF method
- Analyze qualitative data from focus groups by:
 - Identifying themes of breastfeeding support and barriers

Act

- Identify what Bayview CMP providers can do to better maximize exclusive breastfeeding rates.

4 Results

Table 1: 2014 Demographic data of Latina mothers at CMP

Demographic Variable	Las dos mothers	All mothers
N	69	100
Average Age (Years ± SD)	27.51 ± 5.29	27.45 ± 5.46
Age Group (%)		
18-23 years old	30.43%	29.00%
24-29 years old	34.78%	34.00%
30-35 years old	24.64%	29.00%
> 36 years old	7.25%	5.00%
Unknown	2.90%	3.00%
Total	100.00%	100.00%
Country of Origin (%)		
Honduras	13.04%	14.00%
Mexico	11.59%	10.00%
El Salvador	5.80%	6.00%
Guatemala	4.35%	3.00%
Ecuador	2.90%	5.00%
Dominican Republic	1.45%	1.00%
Columbia	1.45%	1.00%
Unknown	59.42%	60.00%
Total	100.00%	100.00%
Total number of children (%)		
2 or more children	69.57%	70.00%
1 child	28.99%	29.00%
Unknown	1.45%	1.00%
Total	100.00%	100.00%
Household Type (%)		
2-parent	69.57%	65.00%
Single-parent	8.70%	11.00%
Unknown	21.74%	24.00%
Total	100.00%	100.00%

Figure 1: 2014 Breastfeeding Rates Comparison

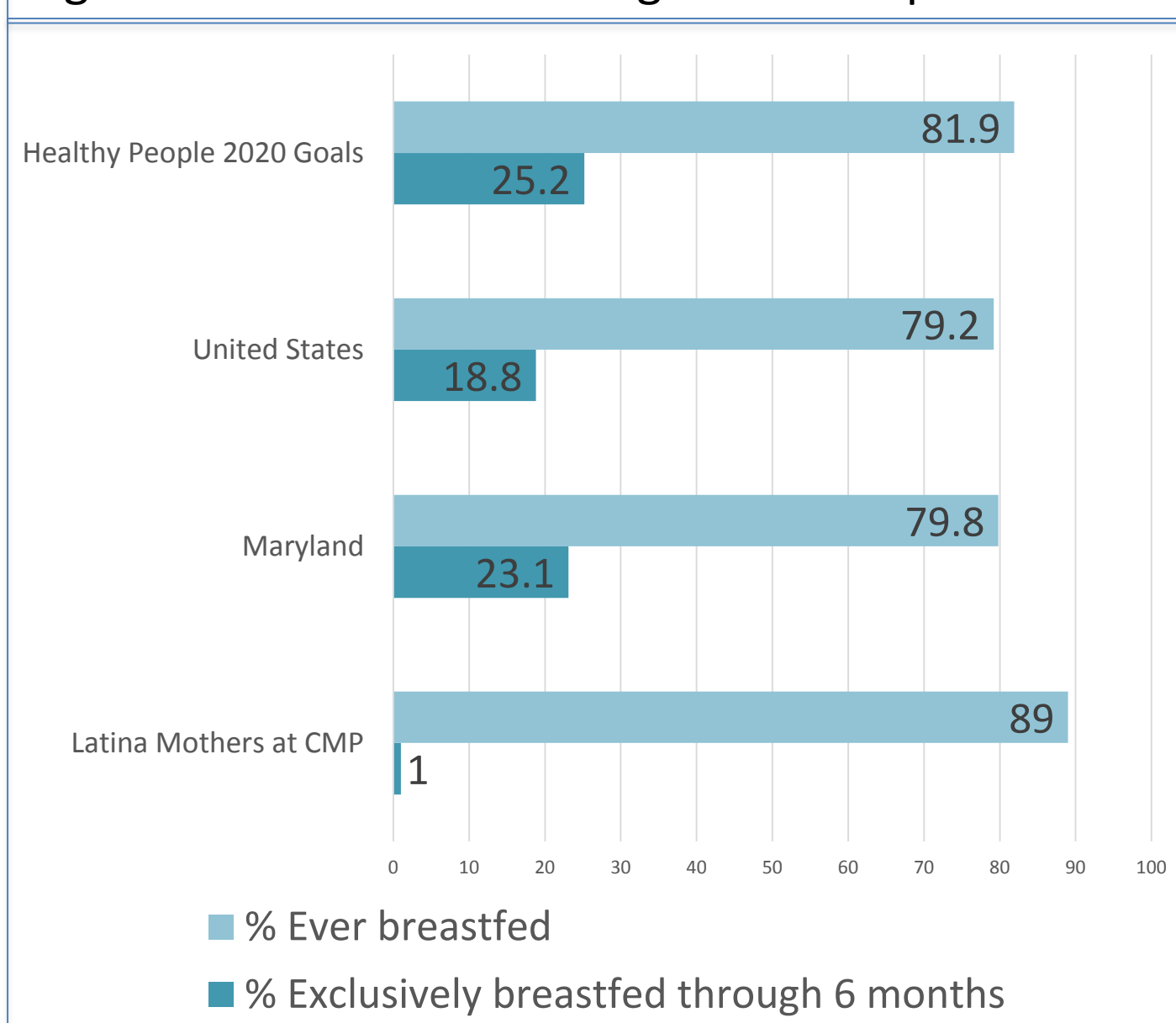
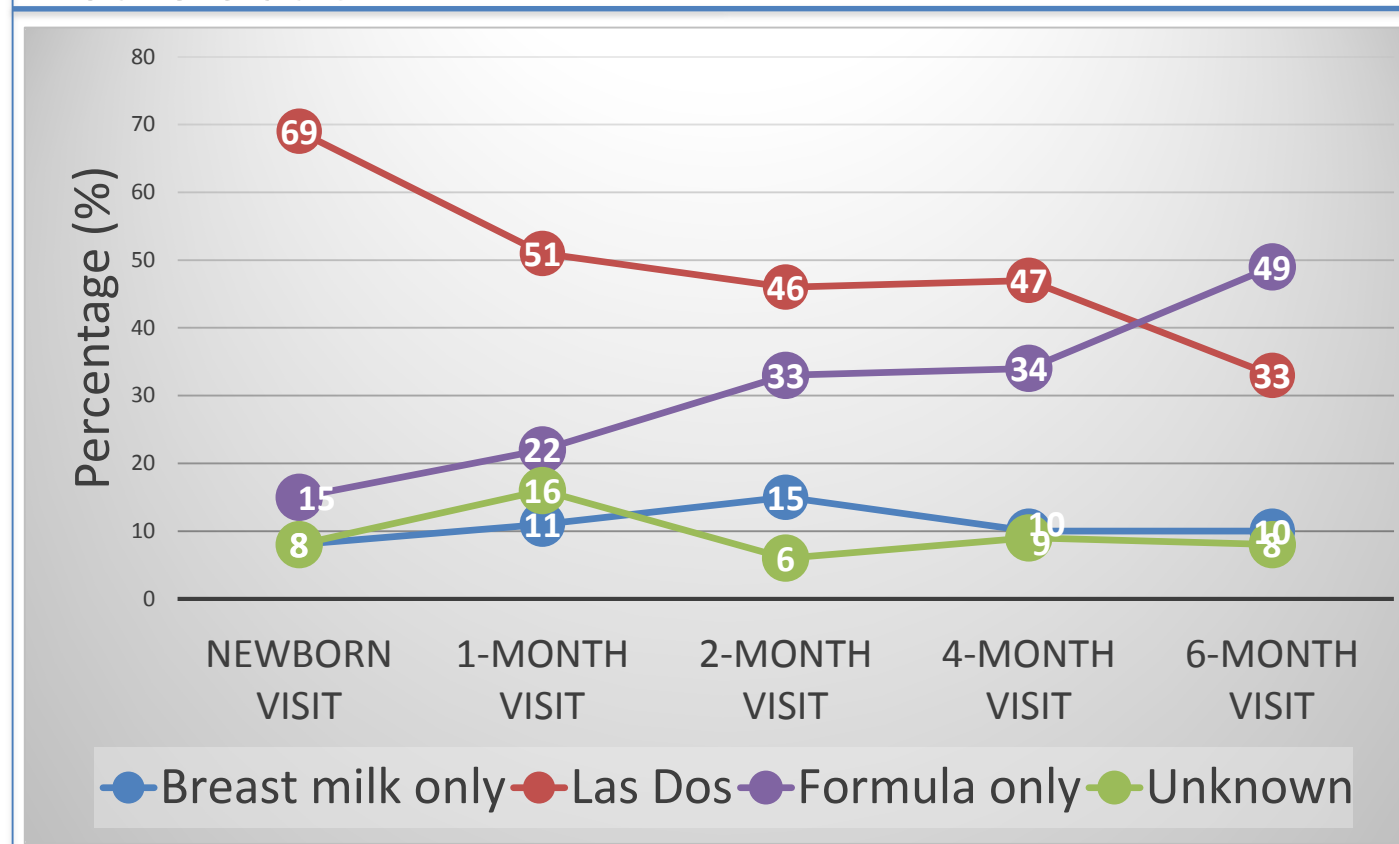


Figure 2: Breastfeeding method among Latina mothers at CMP



5 Conclusions

Since *las dos* mothers represent the majority of the population of mothers at CMP, the data for all mothers and *las dos* mothers are highly similar. Consistent with the findings of a previous study (Waldrop, 2013), Latino mothers at Bayview CMP have higher rates of *any* breastfeeding than the national and state average, even surpassing *Healthy People 2020* goals. Also consistent with the study, *exclusive* breastfeeding rates are drastically lower than *Healthy People 2020* goals, the national average, and the state average.

The quantitative data also demonstrates that *las dos* is the predominate method of breastfeeding from the newborn visit to the 4-month visit. At the 6-month visit, *las dos* becomes secondary to formula-only feeding. At all visits, exclusive breastfeeding rates among Latino infants are lower than the *Healthy People 2020* goals, national average, and state average.

6 Future Directions

The significantly lower rates of exclusive breastfeeding at the initial newborn visit highlights the need to address upstream breastfeeding practices and policies, even before the pediatric visit to CMP. The immediate postpartum period is a critical time for the perinatal healthcare team to help mothers establish optimal breastfeeding practices.

Specific to CMP, these quantitative QI study findings will be combined with the ongoing qualitative focus group information. The combined results will be used to guide health care providers in identifying potential barriers to successful breastfeeding and in providing specific education and anticipatory guidance that promotes optimal breastfeeding practices.

7 References

- Centers for Disease Control. (2014). *Breastfeeding report card*.
- Faraz, A. (2010). Clinical recommendations for promoting breastfeeding among Hispanic women. *J. Am. Assoc. Nurse Pract.* 22.
- Healthy People 2020. (2014). *Maternal, Infant, and Child Health*.
- Kelishadi, R., & Farajian, S. (2014). The protective effects of breastfeeding on chronic non-communicable diseases in adulthood: A review of evidence. *ABR*, 3, 3.
- Waldrop, J. (2013). Exploration of reasons for feeding choices in hispanic mothers. *MCN* 38 (5).
- World Health Organization (2012). *The ten steps to successful breastfeeding*.

Funding Source:

The Helene Fuld Leadership Program for the Advancement of Patient Care Quality and Safety



JOHNS HOPKINS
SCHOOL of NURSING