

## **IBC: A Culturally Relevant Breastfeeding Intervention for Native American Mothers**

### **Abstract**

**Background and Purpose:** Historically, breastfeeding has been a part of Native American culture as this knowledge was passed down generationally. Currently breastfeeding rates are lower due to the legacies of colonialism, structural racism, and marginalization. Current literature does not mention a culturally specific breastfeeding intervention for Native American mothers. The purpose of this quality improvement project was to use the 45-hour Indigenous Breastfeeding Counselor (IBC) training course to adapt, implement, and evaluate an additional online education module. The module will address participant's perception of confidence in knowledge and to have knowledge satisfaction as a result post intervention.

**Methods:** This quality improvement project utilized a presurvey-postsurvey intervention design. Zoom online platform was used with 7 participants enrolled. Questionnaires for pre-post survey, 1-month retention-survey, plus six qualitative questions were used with the assistance of three content experts.

**Results:** 7 participants were enrolled, all participants completed the demographic questionnaire, presurvey postsurvey and course evaluation survey. 6 completed the 1-month retention survey. Participants perception of confidence in knowledge was improved overall with improvements in retainment from the presurvey. Course satisfaction scores were overall above average.

**Conclusion:** To addresses the lack of culturally relevant breastfeeding training/education for Native Americans, this project adapted a training course specific to Indigenous communities in Minnesota. The curriculum was developed to decolonize how education is presented, assessment and evaluation is conducted. By ramping up a diverse maternal child health

workforce in an underserved field would be critical in improving overall breastfeeding rates for Native American mothers.

*Keywords:* Breastfeeding, Indigenous, Native American, culturally relevant, education