Breastfeeding Culture in Hispanic Mothers in the USA

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Declaration of Conflicting Interests

I declare no potential conflicts of interest with respect to the research, authorship, and/or publications presented in this presentation.
Objectives

1. Identify racial and ethnic disparities in breastfeeding duration and exclusivity in Hispanic women living in the USA.
2. Describe the cultural issues associated with Hispanic mothers choosing infant feeding.
3. Identify factors that are associated with initiation, duration, and exclusivity of breastfeeding in Hispanic women.
4. Identify health risk factors associated with suboptimal breastfeeding in Hispanic mothers and infants.
5. Identify potential interventions to promote breastfeeding in Hispanic women.

Hispanics in the USA

- Hispanics make up 18% of the total population in the United States and also are the fastest growing minority.
- Most of the nation’s growth from 2000 to 2010 was due to Hispanics (56% of total nation growth)
- 52% of all Hispanic women who have given birth in the USA were born in other countries
- It is expected that by 2050 Hispanics will make up 30% of the total population.

Hispanics in the USA

- The U.S. Hispanic population is drawn from an increasingly diverse mix of countries.
Detailed Hispanic Origin: PEW 2015

<table>
<thead>
<tr>
<th>Country of Birth</th>
<th>#</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mexico</td>
<td>35,757,893</td>
<td>63.3</td>
</tr>
<tr>
<td>Puerto Rico</td>
<td>5,371,113</td>
<td>9.5</td>
</tr>
<tr>
<td>El Salvador</td>
<td>2,173,905</td>
<td>3.8</td>
</tr>
<tr>
<td>Cuba</td>
<td>2,115,879</td>
<td>3.7</td>
</tr>
<tr>
<td>Dominican Republic</td>
<td>1,884,403</td>
<td>3.3</td>
</tr>
<tr>
<td>Guatemala</td>
<td>1,384,000</td>
<td>2.5</td>
</tr>
<tr>
<td>Colombia</td>
<td>1,091,000</td>
<td>1.9</td>
</tr>
<tr>
<td>Others*</td>
<td>6,698,584</td>
<td>12</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>56,476,777</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

*Included Honduras, Ecuador, Peru, Nicaragua, Venezuela, Argentina, Panama, Chile, Costa Rica, Bolivia, Paraguay, Other Central American, Other South American, and Spain.

PEW Research Center tabulation of 2015 American Community Survey. Statistic portrait of Hispanics in the USA, 2015

Hispanics in the USA

- Among top Latino states in 2015, Georgia has fastest-growing population
Hispanics in the USA_ Census 2015

• Demographics Overview:
• Language Fluency:
  • 73% speak a language other than English at home
  • 31% state that they are not fluent in English
• Educational Attainment
  • 66% have high school diploma
  • 14.8% have bachelor’s degree or higher
• Economics
  • $44,782 is the median household income
  • 22.6% were living at the poverty level
  • 20.5% work in managerial or professional occupation

Census 2015...cont.

• Insurance coverage
  • 47% of Hispanics have private insurance coverage
  • 19.5% of the Hispanic population was not covered by health insurance, as compared to 6.3 percent of the non-Hispanic white population.
  • Uninsured rates: 21.5% of Mexicans, 8.5% of Puerto Ricans, 13.9% of Cubans and 28.2% of Central Americans
Hispanics in the USA: Health Issues

- About 1 in 6 people living in the US in 2015 were Hispanic. By 2035, this could be nearly 1 in 4.

- Hispanic death rate is 24% lower than whites (non-Hispanic whites NHW)

- Hispanics are about 50% more likely to die from diabetes or liver disease than NHW

- Heart disease and cancer in Hispanics are the two leading causes of death, accounting for 2 of 5 deaths.


Obesity and Hispanics

<table>
<thead>
<tr>
<th></th>
<th>Hispanic</th>
<th>Non-Hispanic White</th>
<th>Hispanic/Non-Hispanic White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>39.7</td>
<td>34.9</td>
<td>1.2</td>
</tr>
<tr>
<td>Women</td>
<td>45.0</td>
<td>35.3</td>
<td>1.3</td>
</tr>
<tr>
<td>Total</td>
<td>42.3</td>
<td>34.6</td>
<td>1.2</td>
</tr>
</tbody>
</table>

Breastfeeding in Hispanics

- Infant feeding intention
- Hispanic mothers are more likely to initiate breastfeeding during hospital stay
### National prevalence of breastfeeding National Immunization Survey United States, 2011–2015†

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>No. Respondents</th>
<th>Initiated Breastfeeding % (95%CI)</th>
<th>Exclusive breastfeeding through 6 months % (95%CI)</th>
<th>Breastfed at 12 months % (95%CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>88,436-90,692</td>
<td>79.2(78.7-79.7)</td>
<td>20.0(19.5-20.5)</td>
<td>27.8(27.2-28.4)</td>
</tr>
<tr>
<td>Child’s race/ethnicity</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>49,868-51,356</td>
<td>81.5(80.9-82.1)</td>
<td>22.5(21.9-23.1)</td>
<td>30.8(30.1-31.5)</td>
</tr>
<tr>
<td>Black, non-Hispanic</td>
<td>9,091-9,255</td>
<td>64.3(62.7-65.9)</td>
<td>14.0(12.7-15.3)</td>
<td>17.1(15.8-18.4)</td>
</tr>
<tr>
<td>Hispanic</td>
<td>17,775-18,075</td>
<td>81.9(80.0-83.0)</td>
<td>18.2(17.0-19.4)</td>
<td>26.3(24.9-27.7)</td>
</tr>
</tbody>
</table>


Source: CDC [https://www.cdc.gov/mmwr/volumes/66/wr/mm6627a3.htm#T1_down](https://www.cdc.gov/mmwr/volumes/66/wr/mm6627a3.htm#T1_down)

### Final Formula Supplementation of Breast Milk Rates by Socio-demographic Factors, Among Children Born in 2006

Source: National Immunization Survey, Centers for Disease Control and Prevention, Department of Health and Human Services

<table>
<thead>
<tr>
<th>Socio-demographic Factors</th>
<th>n</th>
<th>Formula Supplementation within first 2 days of life</th>
<th>n</th>
<th>Formula Supplementation before 3 months of age</th>
<th>n</th>
<th>Formula Supplementation before 6 months of age</th>
</tr>
</thead>
<tbody>
<tr>
<td>US National</td>
<td>18987</td>
<td>24.2±1.1</td>
<td>15052</td>
<td>36.7±1.4</td>
<td>11655</td>
<td>43.6±1.6</td>
</tr>
<tr>
<td>Race/ethnicity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-American Indian or Alaska Native</td>
<td>575</td>
<td>31.2±6.9</td>
<td>441</td>
<td>39.9±8.1</td>
<td>325</td>
<td>46.8±10.4</td>
</tr>
<tr>
<td>-Asian</td>
<td>1082</td>
<td>25.6±4.5</td>
<td>927</td>
<td>38.5±5.5</td>
<td>755</td>
<td>48.2±6.7</td>
</tr>
<tr>
<td>-Black or African American</td>
<td>2264</td>
<td>28.2±3.1</td>
<td>1734</td>
<td>44.3±3.9</td>
<td>1202</td>
<td>55.4±4.2</td>
</tr>
<tr>
<td>-White</td>
<td>15908</td>
<td>23.0±1.2</td>
<td>12634</td>
<td>35.2±1.5</td>
<td>9910</td>
<td>41.6±1.7</td>
</tr>
<tr>
<td>-Hispanic or Latino</td>
<td>3614</td>
<td>32.8±2.7</td>
<td>2862</td>
<td>42.4±3.2</td>
<td>2101</td>
<td>47.7±3.6</td>
</tr>
<tr>
<td>-Not Hispanic or Latino (NH)</td>
<td>15373</td>
<td>20.6±1.1</td>
<td>12190</td>
<td>34.1±1.5</td>
<td>9554</td>
<td>41.9±1.7</td>
</tr>
<tr>
<td>-NH Black or African American</td>
<td>1936</td>
<td>26.9±3.4</td>
<td>1496</td>
<td>44.7±4.2</td>
<td>1034</td>
<td>55.1±4.9</td>
</tr>
<tr>
<td>-NH White</td>
<td>12774</td>
<td>18.7±1.2</td>
<td>10127</td>
<td>31.7±1.6</td>
<td>8060</td>
<td>39.2±1.9</td>
</tr>
</tbody>
</table>
Breastfeeding in Hispanics

- The culture of exclusive breastfeeding (EBF)
- Acculturation and breastfeeding
- Mixed feeding is considered acceptable and desirable and not viewed as harmful
- Use of formula and breastmilk simultaneously “las dos cosas”
- Justification of formula supplementation:
  - Easier to feed the infant
  - Perceive chubby infant as “healthier
  - Easy access to formula

Figure 1. Percent of mothers in each feeding decision category over time (n = 72)
Other reasons to stop breastfeeding

- Perception of low milk production
- Having to work
- Experiencing pain with breastfeeding
- Embarrassment about breastfeeding in public
- Mother taking medication
- Pediatrician prescribed formula

Linares et al, 2015
Racial and ethnic disparities in breastfeeding

• Early introduction of solid foods, including ethnic foods
• Overfeeding leads to childhood overweight and obesity
• Prevalence of high weight for recumbent length (≥95th percentile) among infant and toddlers from birth to 2 years:
  • 6.6% in Whites
  • 8.4% in Blacks
  • 9.4% in Hispanics

Cont....Racial and ethnic...

• Impact maternal and child health outcomes
• Impact health cost
• Hispanic children have an increased risk of excess diseases attributable to suboptimal breastfeeding
  • 1.4 times of excess otitis media
  • 1.4 times of excess cases of gastrointestinal infections
  • 1.4 times of excess Sudden Infant Death Syndrome (SIDS)
  • 1.4 times of excess low respiratory tract infection
  • 1.5 times of excess of child deaths compared with NHW
Cont....Racial and ethnic...

• Maternal excess diseases attributable to less breastfeeding
  • 1.2 times of excess of Breast Cancer
  • 1.1 times of excess type 2 Diabetes Mellitus
  • 1.2 times of excess Hypertension
  • 1.1 times of excess Myocardial Infarction

Bartick et al, 2017

Intervention to increase duration and exclusivity

• Most interventions targeting Hispanic women have been effective in increasing rates of breastfeeding but have had only modest impact on Exclusive Breastfeeding.

• Barriers that prevent successful interventions:
  • Language barriers
  • Cultural background different from the healthcare provider
  • Mistrust
  • Illiteracy

Faraz, 2010
Juckett, 2013
Interventions

  - Prenatal encounters
  - Hospital support
  - Postpartum visit
  - Telephone support
- Professional support
  - Lactation Consultant vs Nurses
  - In person support vs. telephone
- Enhanced breastfeeding programs

Chapman & Perez-Escamilla, 2012
Jones et al, 2015

Benefit of a cultural Intervention
Breastfeeding Culture in Hispanic Mothers in the USA

Group Comparisons of Intention to Breastfeed during Pregnancy*

*The main effect of group was significant (with I > C in Intention; p=.03), but the main effect of time and group by time interactions were not

Group Comparisons of Breastfeeding Self-efficacy at 1 and 3 Months*

*Neither the main effects or the interaction effect were significant for this outcome
Conclusion and Implication for Practices

- Major efforts are still needed to improve breastfeeding initiation and duration rates among Hispanic women in the United States.
- Hispanic pregnant women in the US have high level of intention to breastfeed their infants.
- Most of the Hispanic women are going to initiate breastfeeding during hospital stay.
- Cultural appropriate intervention are needed to increase level of adherence to exclusive breastfeeding and delaying introduction of formula and solid food.
Questions?

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