

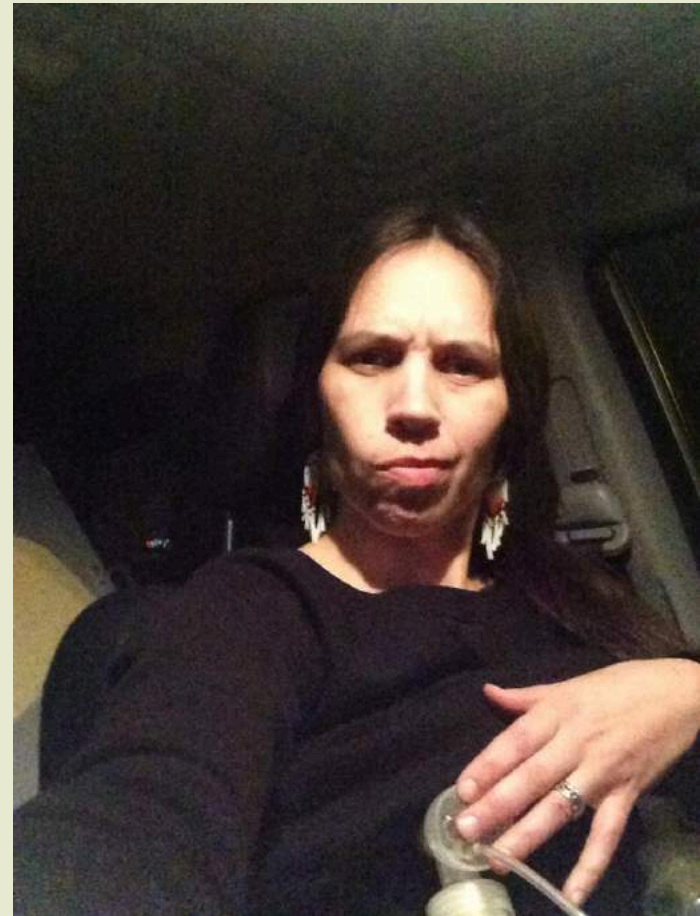
RECLAIMING THE TRADITION OF BREASTFEEDING: THE FOUNDATION OF A NATION

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3rd Annual
Native
American
Nutrition
Conference
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MY LAST FIRST FOODS CONFERENCE



“exclusive breastfeeding goes a long way toward canceling out the health difference between being born into poverty and being born into affluence. It is almost as if breastfeeding takes the infant out of poverty for those first few months in order to give the child a fairer start in life and compensate for the injustice of the world into which it was born.”

-James P. Grant, former ED, UNICEF



What Does
Breastmilk
Do?

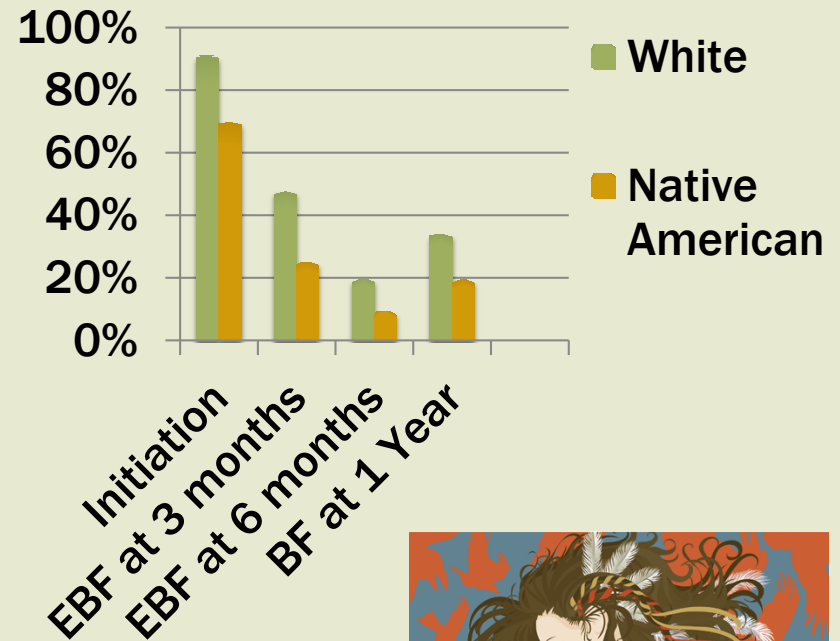
WHERE DO WE STAND?

WHO Breastfeeding Recommendations

- ⦿ Exclusive breastfeeding for the first 6 months
- ⦿ Breastfeed for a minimum of 2 years

■(The AAP recommends a minimum of 1 year BF)

Comparing Breastfeeding rates



WHY IS BREASTFEEDING ESPECIALLY IMPORTANT TO THE NATIVE COMMUNITY?

Babies that are NOT breastfed

- ⦿ 70% increased risk of SIDS
- ⦿ Increased risk of diabetes (Type 1 and 2)
- ⦿ Increased risk of obesity
- ⦿ Increased risk of heart disease
- ⦿ Increased risk of several cancers

- ⦿ Optimal bonding/ attachment with mom

Moms that do NOT breastfeed

- ⦿ Increased risk of Type 2 diabetes
- ⦿ Increased risk of obesity
- ⦿ Increased risk of heart disease
- ⦿ Increased risk of reproductive cancers

- ⦿ Optimal bonding/ attachment with baby

THE COST OF NOT BREASTFEEDING

⦿ **Monetary Cost**

- ⦿ Minimum \$200/month direct costs
- ⦿ \$13 billion saved if 90% of women exclusively breastfed for 6 months

⦿ **Environmental Cost**

- ⦿ Waste- Formula cans are not recyclable nor biodegradable. They will be here forever. 1 baby who is formula fed for 1 year will use a minimum of 120 cans of formula in their life.
- ⦿ Water Usage- A formula fed baby will use nearly 11,000 oz. of water just to make the formula for 1 baby for 12 month; this does not include the indirect water usage equaling thousands of liters
- ⦿ Dairy production- 110 million tons of cows milk is used to make infant formula producing 2.5 billion kg of CO₂ (Green House Gasses)

⦿ **Cultural Cost**

- ⦿ Religion + Land + Food

SO WHY DO SO FEW NATIVE WOMEN BREASTFEED?

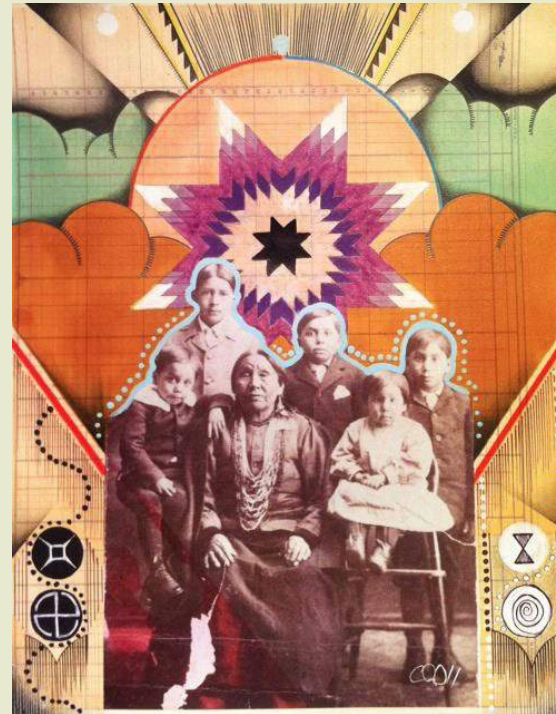
- ⊙ Poverty
 - ⊙ Lack of education
 - ⊙ Lack of prenatal care
 - ⊙ **Lack of Support**
 - ⊙ Significant other
- ⊙ Mother or grandmother
 - ⊙ Health care provider
 - ⊙ Community
- ⊙ Cultural changes that have “eliminated breastfeeding as a traditional practice”

HISTORY

“A great general has said that the only good Indian is a dead one... I agree with the sentiment, but only in this: that all the Indian there is in the race should be dead. Kill the Indian in him, and save the man.”

■ -Capt. Richard Pratt (Carlisle Boarding School)

- ⊙ How was this done?
- ⊙ Removal of our language
- ⊙ Removal of our religion
- ⊙ Removal of our culture
- ⊙ Removal of our food
- ⊙ Removal of our land
- ⊙ Removal from our mothers



A STORY ABOUT A TWO MOTHERS IN SEATTLE



Grandmother Jumoke



Baby Yola

Mama Nadiri



HOW DOES THIS RELATE TO HUMANS?

- ⦿ Seeing mothering, seeing affection, seeing breastfeeding matters
 - ⦿ Arizona Zoo

- ⦿ We can reclaim, relearn and re-integrate these practices

BREASTFEEDING HEALS

- ⊙ Oxytocin
- ⊙ Connection
- ⊙ Power
- ⊙ Independence

- ⊙ Breastfeeding is a “weapon of mass construction”.

RECLAIMING THE TRADITION OF BREASTFEEDING



- **“To be a sovereign tribe, we need food sovereignty.** When our ancestors signed treaties they made sure we’d be able to flourish physically, culturally and spiritually for centuries to come.”

- -Valerie Segrest, Muckleshoot



- Communities that exhibit tribal food sustainability and food sovereignty are those that:
 - ⦿ Have Access to healthy food
 - ⦿ Have foods that are culturally appropriate
 - ⦿ Grow, gather, hunt and fish in ways that is maintained over the long term
 - ⦿ Distribute foods in ways so people get what they need to stay healthy
 - ⦿ Adequately compensate the people who provide the food
 - ⦿ Utilize tribal treaty right and uphold policies that ensure continued access to traditional foods

(Northwest Indian College, Traditional Plants and Foods Program)

THANK YOU FOR BREASTFEEDING!

- “When a mother nurses her baby, she is giving that child her name, her story and her life’s song. A nursed baby will grow to be strong in body, mind and spirit.”

- Annie Kahn, Round Rock



THANK YOU!

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