

## Breast for Success: A Community-Academic Collaboration to Increase Breastfeeding Among High-Risk Mothers in Cleveland

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### COMMUNITY POLICY BRIEF

#### What Is the Purpose of this Study?

- To use a community-based participatory research approach for the development of a targeted intervention, Breast for Success, that supports breastfeeding among high-risk inner-city African American mothers in Cleveland, Ohio.
- To identify specific intervention components that increased the chances (odds) of a mother breastfeeding at 1 month postpartum.

#### What Is the Problem?

- Rates of breastfeeding initiation, exclusivity and duration are low among inner-city African American mothers, creating a major health disparity with impact on health and birth outcomes.
- Barriers to acceptance of breastfeeding in the target population are multi-determined.
- Failure of “top-down” approaches suggests that home-delivered, culturally competent, community-based interventions must be explored.

#### What Are the Findings?

- Community involvement was the cornerstone of intervention implementation, with programming anchored on Cleveland Department of Public Health MomsFirst Project community health worker home visits.
- The odds of any breastfeeding at 1 month were increased by community health worker-delivered curricular modules and lactation counselor-delivered postpartum home visiting; the odds of exclusive breastfeeding were increased by lactation counselor-delivered postpartum home visiting.
- The educational program (modules) continues at the partner organization and as a state-funded curriculum for community health workers in the Ohio Infant Mortality Reduction Initiative.

#### Who Should Care Most?

- Local and state partners who seek to increase breastfeeding rates and reduce breastfeeding disparities across diverse populations.
- Community organizations, hospitals, and professionals who serve high-risk African American expectant mothers.

### Recommendations for Action

- Educate other Healthy Start funded and community organizations serving inner-city predominantly African American mothers about successful Breast for Success program components (free at [www.uhhospitals.org/macdonald/health-and-wellness/pregnancy-resources/lactation-services/breast-for-success](http://www.uhhospitals.org/macdonald/health-and-wellness/pregnancy-resources/lactation-services/breast-for-success)).
- Continue community–academic partnership to develop additional culturally competent interventions to promote breastfeeding in the target population.
- Collaborate to identify local and national funding to support these initiatives.