



Disclosures

1.25 NCPD contact hours *and* up to 1.25 CPH Recertification Credits may be earned upon successful completion.

Participants must attend 100% of the educational activity and complete the online course evaluation. There will be no partial credit awarded.

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The Public Health Nursing Institute for Continuing Excellence is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This independent study will be available for completion until **February 18, 2024**.



Breastfeeding Coordination Team

Division of Public Health

Division of Child and Family Well-Being

North Carolina Department of Health & Human Services

Inclusive Lactation Support for LGBTQ+ Families

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August 18, 2022

Learning Objectives



By the end of this presentation, participants will:

- **Examine their own biases about breastfeeding**
- **Understand the importance of inclusive language in lactation care**
- **Be able to identify ways to use more inclusive language and culturally appropriate patient care and healthcare promotion**

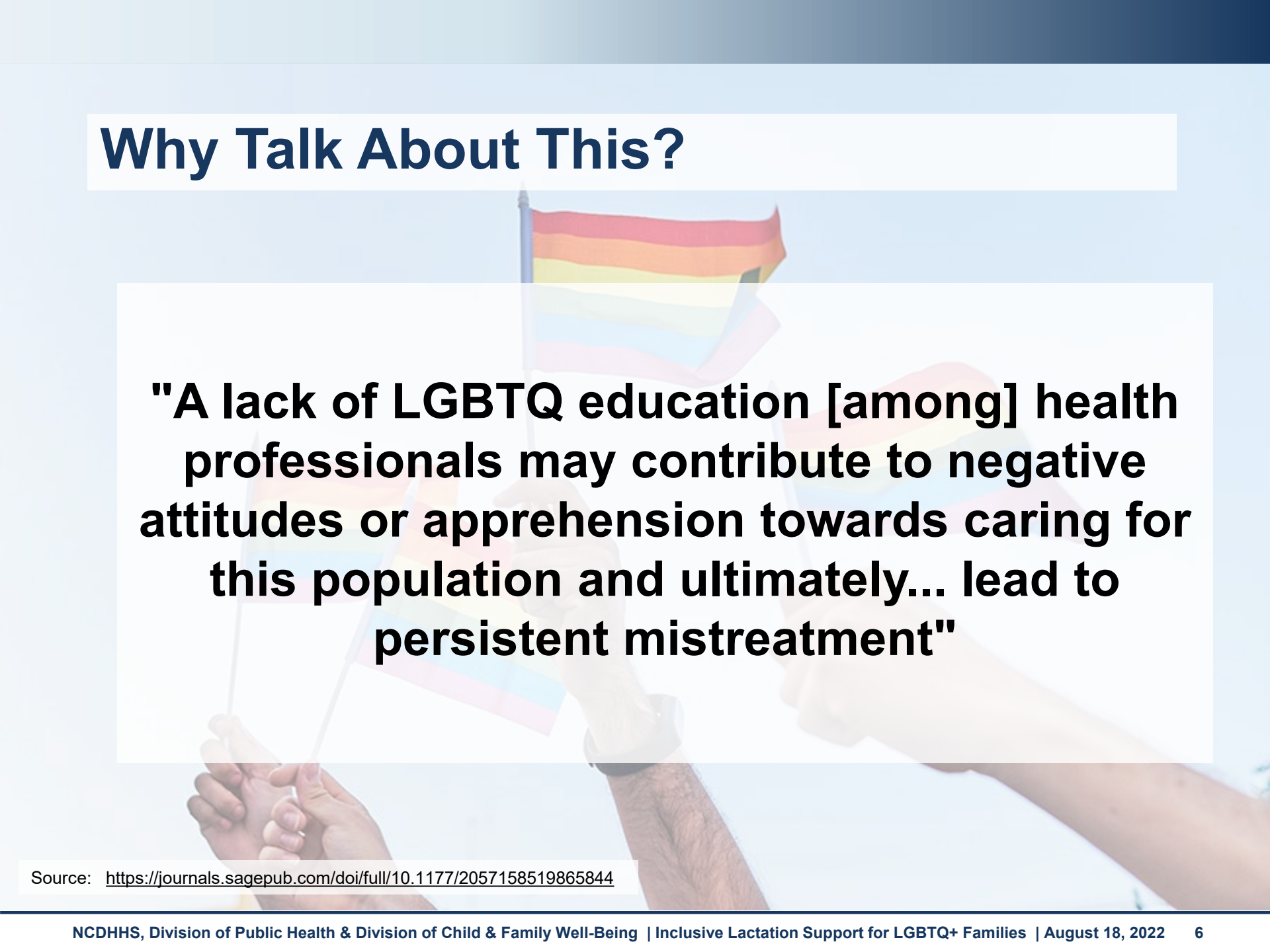
What Does it Mean to “Breastfeed”?

- **What images come to mind?**
- **Who is involved?**
- **Who does it leave out?**

Those Often Left Out

- **Fathers**
- **Other partners**
- **Exclusive pumpers, bottle feeders**
- **Donor milk users**
- **Black, Indigenous & People of Color**
- **Other support (family, friends, community)**
- **Breastfeeding support people**
 - **Diversity needed in lactation support**
- **LGBTQ+ people**

Why Talk About This?



"A lack of LGBTQ education [among] health professionals may contribute to negative attitudes or apprehension towards caring for this population and ultimately... lead to persistent mistreatment"

Source: <https://journals.sagepub.com/doi/full/10.1177/2057158519865844>

Why Talk About This?

- Approximately 4.5% of adults in the U.S. identify as LGBTQ+. That means that there are more than 11.3 million LGBTQ+ adults in the U.S.¹
- 2 million to 3.7 million children under age 18 have an LGBTQ+ parent.¹
- The South is home to more than 500,000 trans people.²
- Over 315,000 people identified as LGBTQ+ in NC in a 2020 survey.³

Source(s): (1)<https://www.familyequality.org/resources/facts-about-lgbtq-families/> (2) <https://williamsinstitute.law.ucla.edu/wp-content/uploads/Trans-Adults-US-Aug-2016.pdf> (3) <https://schs.dph.ncdhhs.gov/data/brfss/2020/nc/all/topics.htm>

What Does LGBTQ+ mean?

- Lesbian
- Gay
- Bisexual
- Transgender
- Queer/ Questioning
- +

Misconceptions about LGBTQ+ Families

1. A person can only breastfeed/ chestfeed if they gave birth.

2. LGBTQ+ parents don't want to breast/chestfeed.

3. Only one parent can breast/ chestfeed an infant.

4. Sexual orientation is linked to gender identity.

5. Transgender people can't have biological kids.

6. Breast milk produced through induced lactation is less nutritious.

Birthing and Lactation Vocabulary

**Breastmilk/ Human Milk/ Milk/
Mothers Milk**

**Breastfeeding/ Chestfeeding/
Nursing/ Body Feeding**

**Pregnant Woman/ Pregnant
Person/ Birthing Person**

Additional Language Considerations

- **Know your audience**
 - Translation to other languages
 - Cultural identity through language
 - Reaching persecuted individuals
 - 2 Spirit
- **Language in research**
 - Cite based on how data was collected
 - Inclusion in design study

<https://uslca.org/amplify/reaffirm-inclusivity/>

<https://www.bfmed.org/assets/Gender%20Inclusive%20Statement.pdf>

<https://www.liebertpub.com/doi/full/10.1089/bfm.2021.29189.aie>

Affirming Practices

- **Name**
- **Gender**
- **Pronouns**
- **Sexual orientation**
- **Lactation terms**
- **Parent term**
- **Child term**

What pronouns do you use?
She/her/hers
He/him/his
They/them/theirs

What do you call feeding your baby?
Breastfeeding
Chestfeeding
Nursing
Etc.

What parent word do you use?
What does your child call you/your partner?
Mom, Mother, Parent,
Dad, Daddy, Zaza

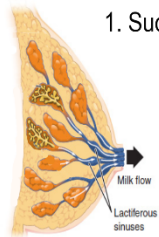
Open-ended Questions

- **How do you plan to feed the baby?**
- **What support people will you have?**
- **How is feeding going?**
- **Who feeds the baby?**
- **What does the baby eat?**

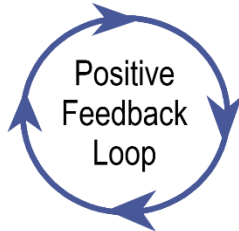
Biology of Lactation



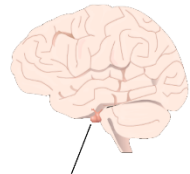
1. Suckling triggers sensory nerve impulses in areola



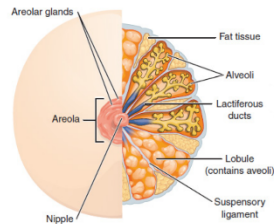
4. Milk released from nipple pores



3. Milk producing cells send milk to lactiferous ducts.



2. Pituitary glands release oxytocin



- What exactly is lactation?
- All humans can lactate! *
 - (they just may take different paths or need different assistance)
- Induced Lactation
- Those designated as male at birth
- Those designated as female at birth

Image credit: https://commons.wikimedia.org/wiki/File:Lactation_Positive_Feedback_Loop.png

There are Many Ways to Feed a Baby ...

- **Co-lactation**
- **Exclusive pumping**
- **Chest/breastfeeding/bodyfeeding**



BREAST PUMP

Their Stories

- RAE D.
- CASEY (they/them)
- JAYK KEARNS
- SAM DAYZE (he/him)
- CARTER NICKELL (they/them)
- JOHNNY BLAZES (they/them)

<https://www.4thtrimesterbodiesproject.com/>

Search for these specific names

Find Your Role(s)

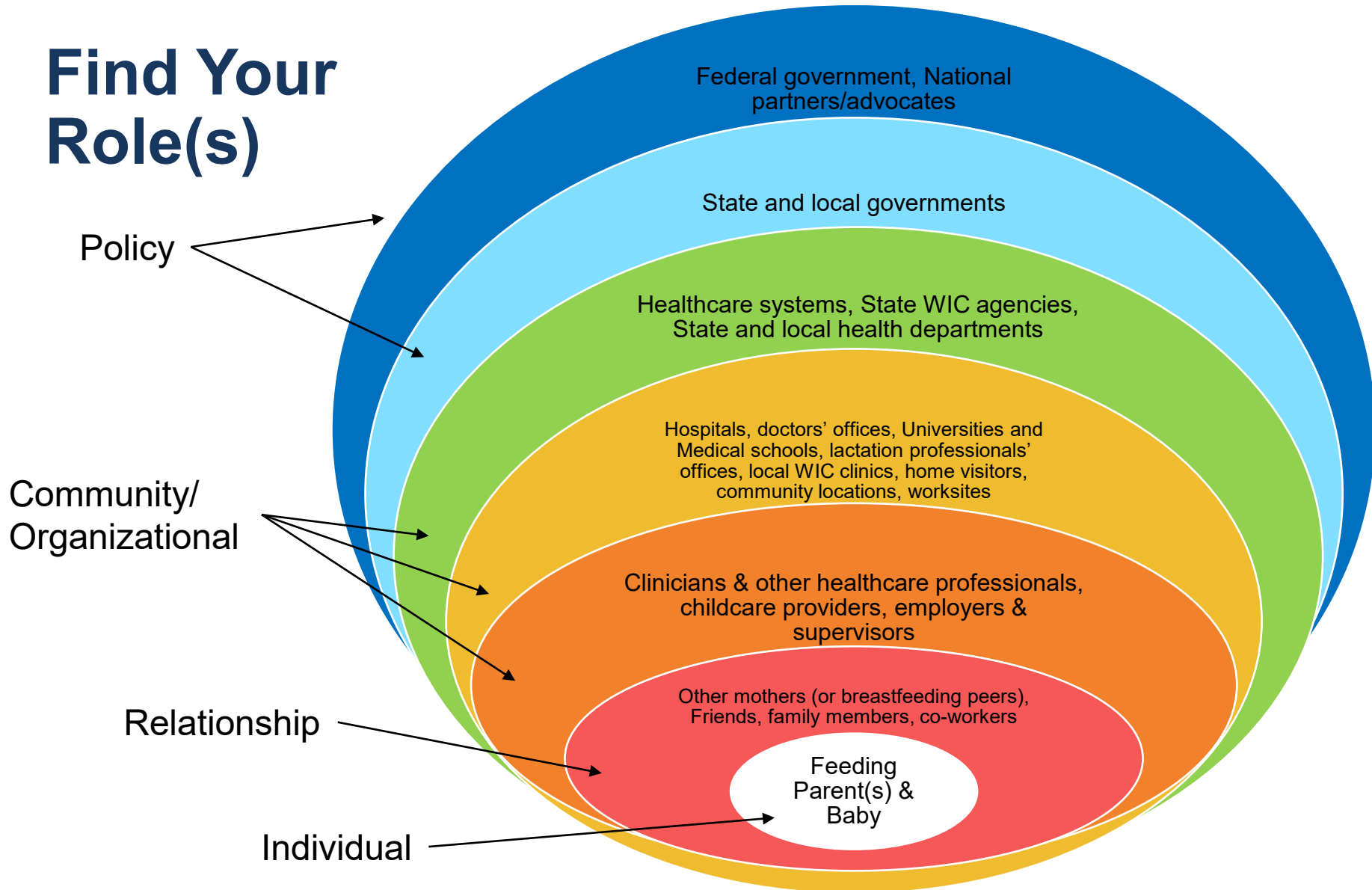


Image: modified from the Breastfeeding Socio Ecological Model, Grummer-Strawn, 2011.

Public Health Lactation Equity Language

- **Inclusive language is essential**
- **Contributes to safe & supportive environments**
- **Ensures programs & services are delivered with respect and meet the needs of those we serve**

Patient-centered Care

Using inclusive language is consistent with patient-centered care

Mirror the language/terms used and preferred by your patients

**National Association of County and City Health Officials
Recommendation:**

Family-Centered Care, Implicit Bias Awareness & Cultural Humility Approach

Provide family-centered lactation care that is responsive to the intersectionality of families' multiple identities, their social determinants of health, and other factors impacting their infant feeding journey.

<https://www.breastfeedingcontinuityofcare.org/blueprint>

ASSESS Method

- **A**sk questions in safe, humble manner
- **S**eek self-awareness
- **S**uspend judgement
- **E**xpress kindness and compassion
- **S**upport a safe and welcoming environment
- **S**tart where the patient is

Just Try It

***“Don’t let perfect be the enemy of good.”* Voltaire**

- Strive to use language that reflects, affirms, and fosters belonging across the wide range of gender expressions of the families you serve AND if you get it wrong, ask how to do it better next time
- Use affirming and inclusive messaging, graphics and images on materials and posters
- Keep learning and listening
- Try again!

Appropriate
Graphic
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Our Role

- **Empower patients to make informed decisions about their own health and the health of their babies**
- **Support and educate patients to increase breast/chestfeeding initiation rates and continuation**
- **Normalize gender-inclusive language**
- **Keep learning!**

Questions?



Resources

- <https://www.healthline.com/health/chestfeeding#who-uses-it>
- https://www.lllc.ca/sites/default/files/REVISED-Trans-Nursing_Tip-Sheet.pdf
- <https://www.theatlantic.com/health/archive/2016/08/chestfeeding/497015/>
- <https://www.llli.org/breastfeeding-info/transgender-non-binary-parents/>
- <https://www.4thtrimesterbodiesproject.com/gallery-1/tag/chestfeeding>
- <https://kellymom.com/bf/got-milk/transgender-parents-chestbreastfeeding/>
- <https://www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/Protocol%20%2333%20-%20English%20Translation.pdf>
- <https://www.lactationtraining.com/filter/?q=allies%20advocates%20and%20activists>
- <https://bmcpregnancychildbirth.biomedcentral.com/track/pdf/10.1186/s12884-016-0907-y.pdf>
- <https://www.urmc.rochester.edu/MediaLibraries/URMCMedia/breastfeeding/documents/co-lactation-infant-feeding-plan.pdf>
- <https://www.urmc.rochester.edu/breastfeeding/services/lgbtqi-and-breastfeeding.aspx>
- <https://www.youtube.com/watch?v=BbdyRYuNkxc&t=52s>
- <https://www.liebertpub.com/doi/full/10.1089/bfm.2021.29189.aie>
- <https://uslca.org/amplify/reaffirm-inclusivity/>
- <https://www.bfmed.org/assets/Gender%20Inclusive%20Statement.pdf>
- <https://abm.memberclicks.net/assets/33%20Lactation%20Care%20for%20LGBTQ%20Plus%20Patients.pdf>
- <https://www.albany.edu/cphce/lactation.shtml>

Earn Professional Development Hours

You may earn continuing education hours for your professional discipline by completing the evaluation for this activity. Your thoughtful responses provide important information that allows the PHNICE to continue its mission of providing quality professional development opportunities at free or reduced cost.

You must complete the activity evaluation to receive a certificate of completion. Everyone should save/print a completion certificate for their records.

The educational activity evaluation will be open until March 10, 2024.

A professional development certificate will be provided to all individuals that complete the evaluation by the deadline.

Please Note: This will be your only option to receive evidence of the professional development contact hours and/or CPH Recertification Credits. You will need to save this certificate.

To complete the evaluation, go to
<https://www.surveymonkey.com/r/0202C>