Racial Inequities & Breastfeeding in a NICU

EMILIA C. GARCIA, DNP, RNC-NIC
Background

- World Health Organization (WHO)
- American Academy of Pediatrics (AAP)
- Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN)
- March of Dimes (MOD)
- Centers for Disease Control and Prevention (CDC)
Breastfeeding

Breast | Pump - Bottle | Tube
Background

The United States is improving in overall breastfeeding initiation and duration rates.

(CDC, Breastfeeding Rates, n.d.-b)
Background

The United States healthcare system is failing to reduce maternal mortality rates in women of color.

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*Statistically significant increase in rate from previous year ($p < 0.05$).

NOTE: Race groups are single race.

PRETERM BY RACE/ETHNICITY

Percent of live births

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Texas</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>10.9</td>
<td>9.8</td>
</tr>
<tr>
<td>White</td>
<td>9.7</td>
<td>9.2</td>
</tr>
<tr>
<td>Black</td>
<td>14.6</td>
<td>14.2</td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>10.4</td>
<td>11.6</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>9.1</td>
<td>8.8</td>
</tr>
<tr>
<td>Total</td>
<td>10.9</td>
<td>10.1</td>
</tr>
</tbody>
</table>

2017 - 2020 Overall Enteral Feeding by Race

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Enteral Feed</th>
<th>Rate (Overall Enteral Feeding)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black/African American, non-Hispanic</td>
<td>Yes</td>
<td>65.77</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>Yes</td>
<td>65.52</td>
</tr>
<tr>
<td>Other, Non-Hispanic</td>
<td>Yes</td>
<td>64.82</td>
</tr>
<tr>
<td>White, Non-Hispanic</td>
<td>Yes</td>
<td>72.02</td>
</tr>
</tbody>
</table>

*p value = < 2.2e-16 (0.0000000000000002)

- Non-Hispanic Black infants: 42%
- Hispanic infants: 56%
- Other infants: 64%
- Non-Hispanic White infants: 71%
Barriers

- Lack of provider concordance
- Care at lower level NICUs
- Provider mistrust
- Lack of family & healthcare support
- Matriarchal influences
- Historical influences
- Implicit bias

(Adam et al., 2021; Beauregard et al., 2019; Boghossian et al., 2019; FitzGerald & Hurst, 2017; Greenwood et al., 2020; Hall et al., 2015; Herbst et al., 2019; Johnson et al., 2021; Knos-Keimierzuk et al., 2021; Lee & Baker, 2021; Louis-Jacques et al., 2017; Maina et al., 2018; Morrow et al., 2019; Obaid et al., 2021; Otorola et al., 2022; Patel et al., 2020; Profit et al., 2017; Ravi et al., Robinson et al., 2019; 2019; Scott et al., 2019; Sigurdson et al., 2019)
Implicit Bias

- Who?
- Preconceived notions, thoughts, attitudes
- Exists outside of conscious awareness
- Socialization
- Disrupts care, resulting in
  - Neglectful care
  - Judgmental care
  - Privileged care

(Sigurdson et al., 2018)
Implicit Association Test (IAT)

https://www.projectimplicit.net/
Social Determinants of Health
To increase BF rates at discharge from the NICU for infants of color by 20% through the implementation of health equity and implicit bias courses.
Intervention

ONCE UPON A PREEMIE ACADEMY

eLearning Courses

Health and Racial Equity Continuing Education Courses
+ An Intro to Health and Racial Equity and Implicit Bias
+ Solutions for Addressing Inequities and Implicit Bias In the NICU
+ Black NICU Mother’s Mental and Emotional Health
+ Black Preemie Parents as Partners in Preemie Care

Register at
OnceUponAPreemieAcademy.com

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Results

- 100% registration rate
- 94% completion rate
- 66% IAT
<table>
<thead>
<tr>
<th></th>
<th>2017 - 2020</th>
<th>2021</th>
<th>2022 Phase 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>42%</td>
<td>40%</td>
<td>75%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>56%</td>
<td>51%</td>
<td>43%</td>
</tr>
<tr>
<td>White</td>
<td>71%</td>
<td>60%</td>
<td>62%</td>
</tr>
</tbody>
</table>
• Leadership must be "all in"
• Outcomes, not optics
• Stratify, stratify, stratify
• QI is an effective tool to address health equity
Contact Information

Emilia C. Garcia, DNP, RNC-NIC
Covenant Children's Hospital
ecgarcia@covhs.org
806-725-7069
806-543-7545
Available upon request