



Breastfeeding Is Food Sovereignty

Camie Jae Goldhammer
MSW, LICSW, IBCLC

Founder & Chair
Native American Breastfeeding Coalition of WA



BREASTFEEDING IS FOOD
SOVEREIGNTY

CAMIE JAE
GOLDHAMMER,
MSW, LICSW,
IBCLC

FOUNDER &
CHAIR,

NATIVE
AMERICAN
BREASTFEEDING
COALITION OF
WA

**“For People of Color, food is complex.
It’s heartbreaking and it holds our family
stories like a book holds recipes. For
People of Color....**

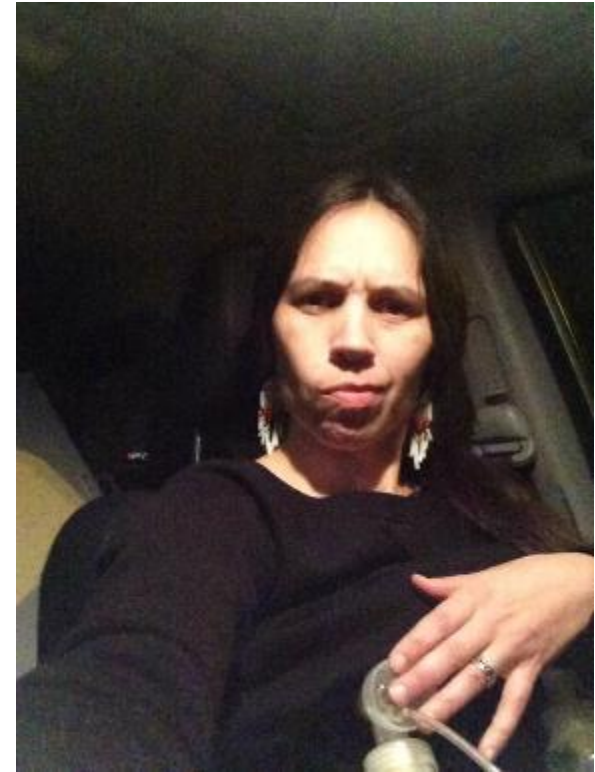
FOOD.

IS.

EVERYTHING”.



A LITTLE STORY ABOUT MY LAST TRADITIONAL FOODS CONFERENCE



POLL: WHY IS BREASTFEEDING IMPORTANT?

Please type your answer in the chat box.



WHY IS BREASTFEEDING ESPECIALLY IMPORTANT TO THE NATIVE COMMUNITY?

BABIES THAT ARE NOT
BREASTFED

73% 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**

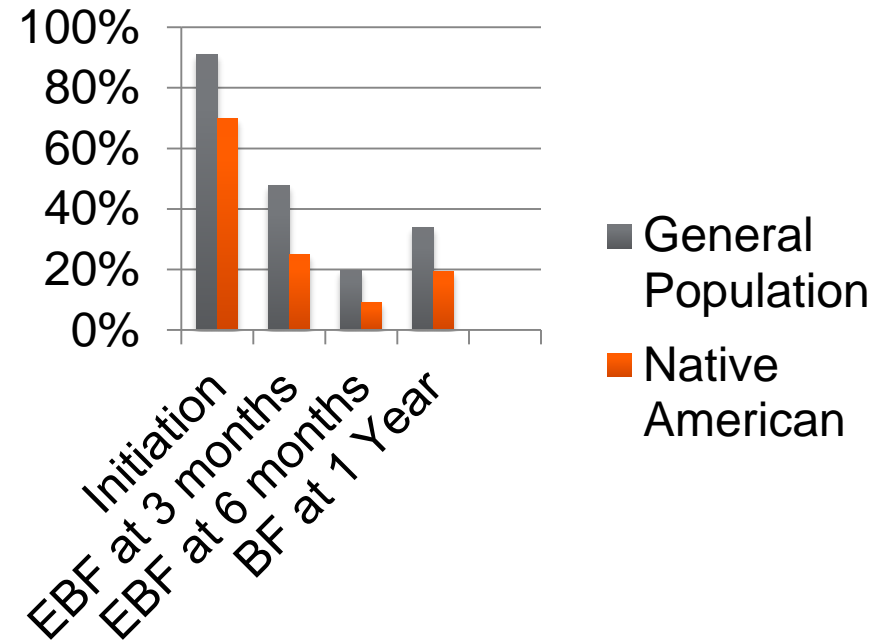
WHERE DO WE STAND?

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



✧ **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

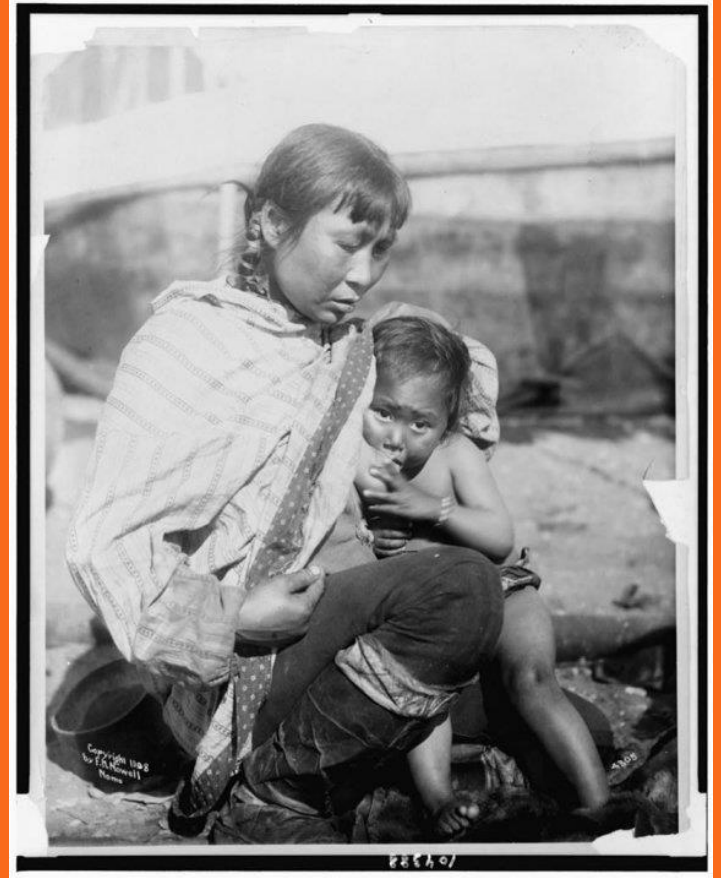
Community

Cultural changes that have “eliminated breastfeeding as a traditional practice”



POLL: WHAT ARE BARRIERS TO BREASTFEEDING?

Please type your answer in the chat box.



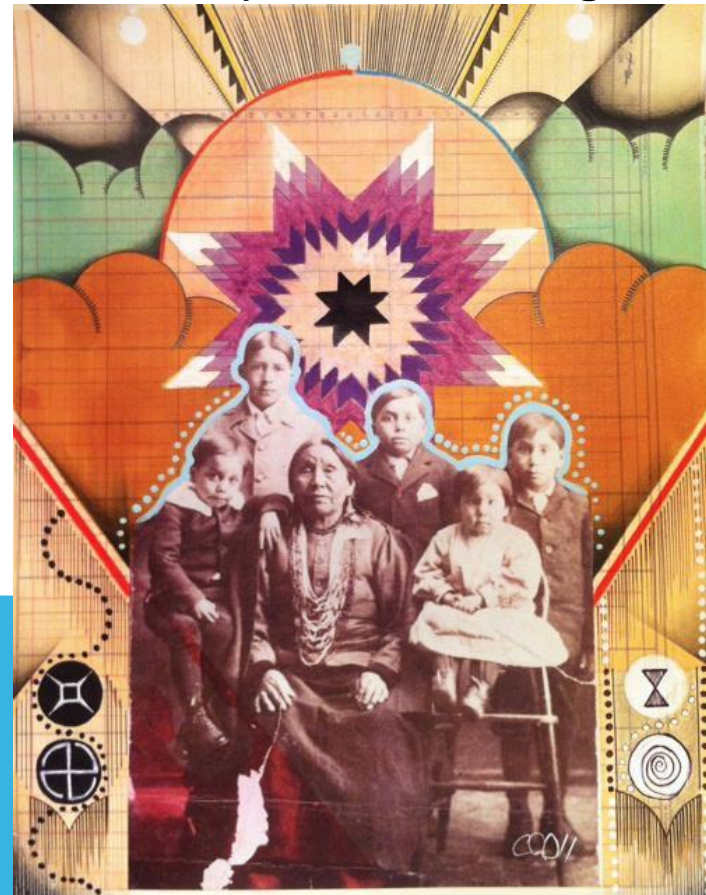
HISTORY

“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



Cheyenne Randall (Oglala Lakota)


RECLAIMING THE TRADITION OF BREASTFEEDING

BREASTFEEDING AS AN ACT OF POWER



Cheyenne Randall (Oglala Lakota)

WHAT CAN WE DO:

- **Micro**
 - Support access to breastfeeding support via lactation consultants, peer counselors
 - Public Health Nurses/Home Visitors
 - Thank a mother for breastfeeding
 - **Mezzo**
 - Host World Breastfeeding Week festivities (nurse-in, party, WBW walk, etc.)
 - Offer a breastfeeding support group
 - Support the training of community lactation supporters
 - Add breastfeeding to sexual health education
 - **Macro**
 - Pass tribal resolutions that support worksite lactation and breastfeeding in public
 - Adopt a MOU with the local birthing hospital that make expectations known
- 

“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

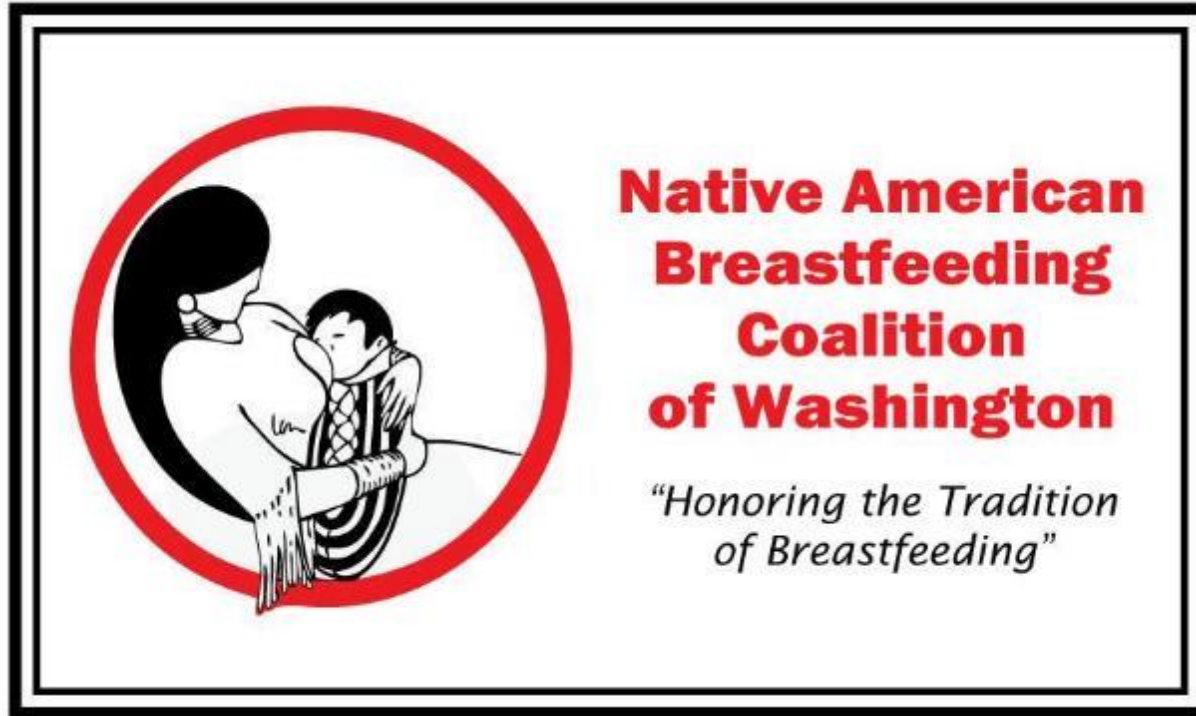
THANK YOU FOR BREASTFEEDING!

“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!



Providing culturally relevant breastfeeding education, outreach and support to Washington's Native women and their families.

Camie Jae Goldhammer

206.854.7592 ❖ nabcwa@gmail.com ❖ [facebook.com/NABCWA](https://www.facebook.com/NABCWA)