

**WHY
BREASTFEEDING?**

**BREASTFEEDING IS BOTH A RACIAL EQUITY
AND PUBLIC HEALTH IMPERATIVE.**

Human milk-feeding benefits parents, children, families, society, and the environment. including:

- Reducing the risk of reproductive cancers, maternal mortality, postpartum depression, diabetes, and hypertension over the life course for the bodyfeeding parent
- Decreasing the risk of ear infections, infant mortality, diarrhea, leukemia, obesity, and ADHD for the child
- Providing workplace lactation support programs bring a 3-to-1 return on investment for employers through reduced absenteeism, higher morale, and lower insurance costs

"WE RECOMMEND EXCLUSIVE HUMAN MILK-FEEDING FOR THE FIRST 6 MONTHS OF LIFE, AND CONTINUATION UNTIL 2 YEARS OF AGE OR THE TIME MUTUALLY DESIRED BY MOTHER AND CHILD."

- WHO

****NOTE - THE NATURAL AGE OF WEANING FOR HUMANS IS GENERALLY CONSIDERED SOMEWHERE BETWEEN AGES 3 AND 5***

Human milk-feeding is the most cost-effective maternal child health strategy (1).

Human-milk feeding is central to reclaiming traditional birth practices from the detrimental and ongoing impacts of colonialism and chattel slavery on Indigenous and Black communities.

Breastfeeding in public is protected under the 2014 "Breastfeeding Anti-Discrimination Act" in Michigan.

85-87% of Michigan families initiate breastfeeding (2).

Only 58% of birthing people reported breast/chest-feeding at three months (duration), and there are disparities in initiation and duration that must be addressed (3).

**BREASTFEEDING
SAVES LIVES,
ESPECIALLY IN
EMERGENCIES.**

Who We Serve:

We collaborate with organizations and individuals to bring about actionable, system-level changes that are centered on the diverse experiences of Michigan families with young children

Mission:

To advocate, educate, and community-build alongside families and organizations for the advancement of an equitable, just, and breastfeeding-supportive culture.

Vision:

- We envision human milk feeding-supporters of every identity serving in solidarity with Black, Indigenous, and other marginalized folx, dismantling unjust and inequitable systems of oppression – white supremacy, patriarchy, and capitalism.
- We envision building new systems that support human lactation centered in equity and justice.
- We envision the decolonization and reclamation of traditional birth, lactation and young child feeding cultural norms.
- We envision Black joy and Indigenous communities thriving.

ADVOCACY

Ensuring breastfeeding families are protected in ALL Policies - administrative and legislative - via 12 campaigns:

- Anytime, Anywhere
- Birth Justice
- Child Care
- Child Custody
- Courts
- Education
- Emergencies
- Foster
- Health Care
- Incarceration
- Mental Health Care
- Workplace

EDUCATION

- Shifting the paradigm of lactation expertise via **12 FREE Great Lakes Breastfeeding Webinars**, grounded in racial equity, and available for continuing education to 8 health professions
- Sharing **dozens of Equity and Justice Learning Resources** for breast/chest-feeding supporters

COMMUNITY BUILDING

- Listening in community with family experts in **6 BIPOC communities** each year
- Convening **12 meetings** each year to network, incubate, take action, and achieve outcomes with breast/chestfeeding supporters across the state who directly serve families in their communities
- Serving in solidarity with **14 Black and Indigenous lactation supporters and organizations** in BIPOC communities across Michigan
- Disrupting and building new power structures alongside breastfeeding coalitions in **37 counties** across Michigan