

## The Impact of Social Class and Occupational Inequities on Breastfeeding Outcomes

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### Introduction:

- Breastfeeding benefits mothers and children, but inequities exist due to socioeconomic status and occupational conditions
- Aim:** To investigate how social and occupational factors affect breastfeeding outcomes in the U.S

### Literature Review:

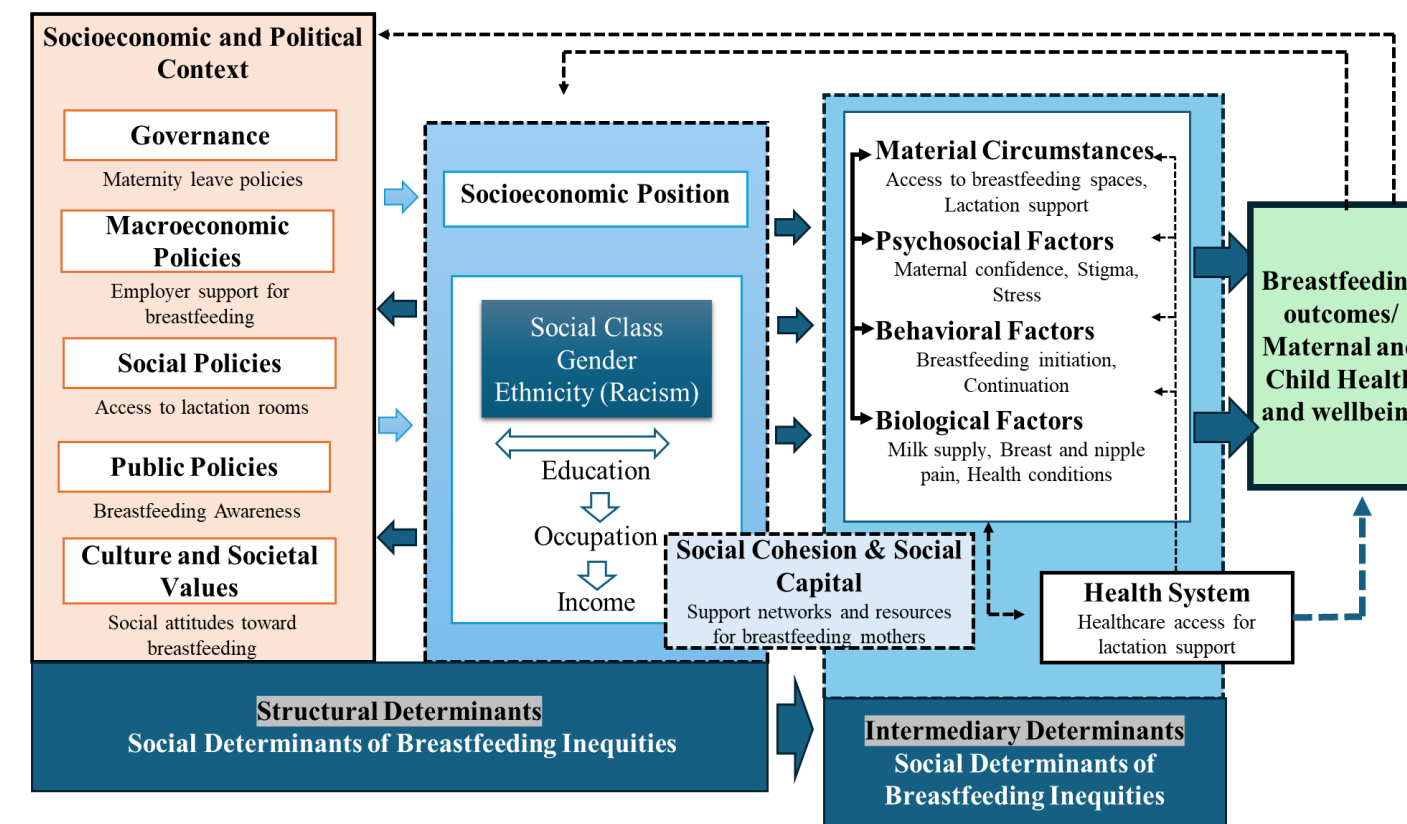
- Breastfeeding provides lifelong health benefits, yet social and economic inequities significantly impact breastfeeding rates in the U.S., particularly among low-income mothers (Centers for Disease Control and Prevention, 2023; Perez-Escamilla, 2022; Standish & Parker, 2022).
- Key determinants, such as income, education, and workplace conditions, are strongly associated with breastfeeding duration, with higher educational attainment and full-time employment correlating to better outcomes (Lio et al., 2021; Pérez-Escamilla, 2020; Whitley & Banks, 2022).
- Addressing these inequities requires a focus on workplace policies, income support, and access to resources that promote equitable breastfeeding practices (Yourkavitch & Smith, 2022).

### Methods:

- A multi-methods approach combining literature review with qualitative interviews conducted with a lactation support stakeholder and consultant
- The project is grounded in the Social Determinants of Health (SDOH) framework, which helps contextualize the role of socioeconomic and occupational factors

### Breastfeeding SDOH Framework

By Confidence C. Francis-Edoziuno, Adapted from the World Health Organization SDOH conceptual framework

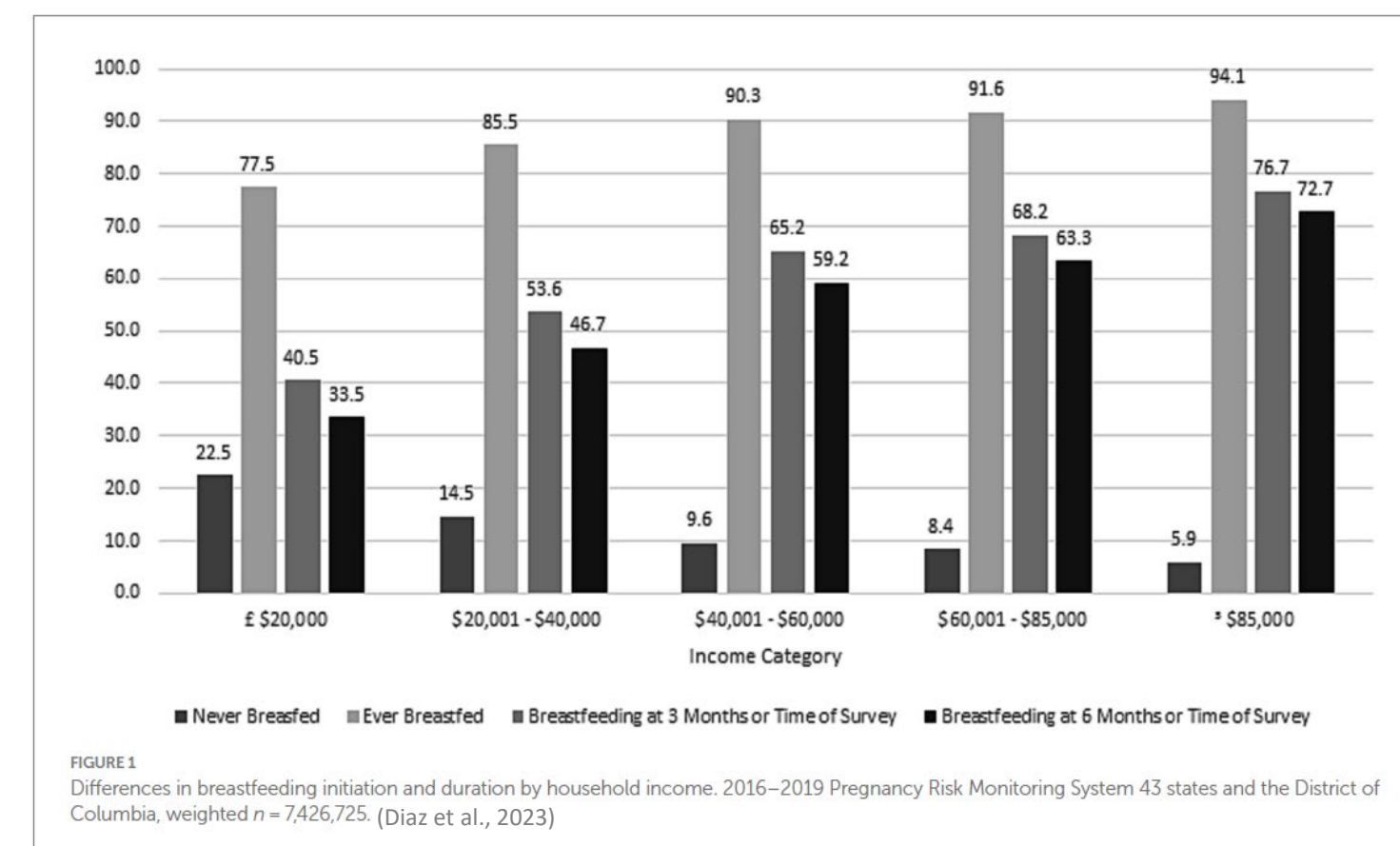
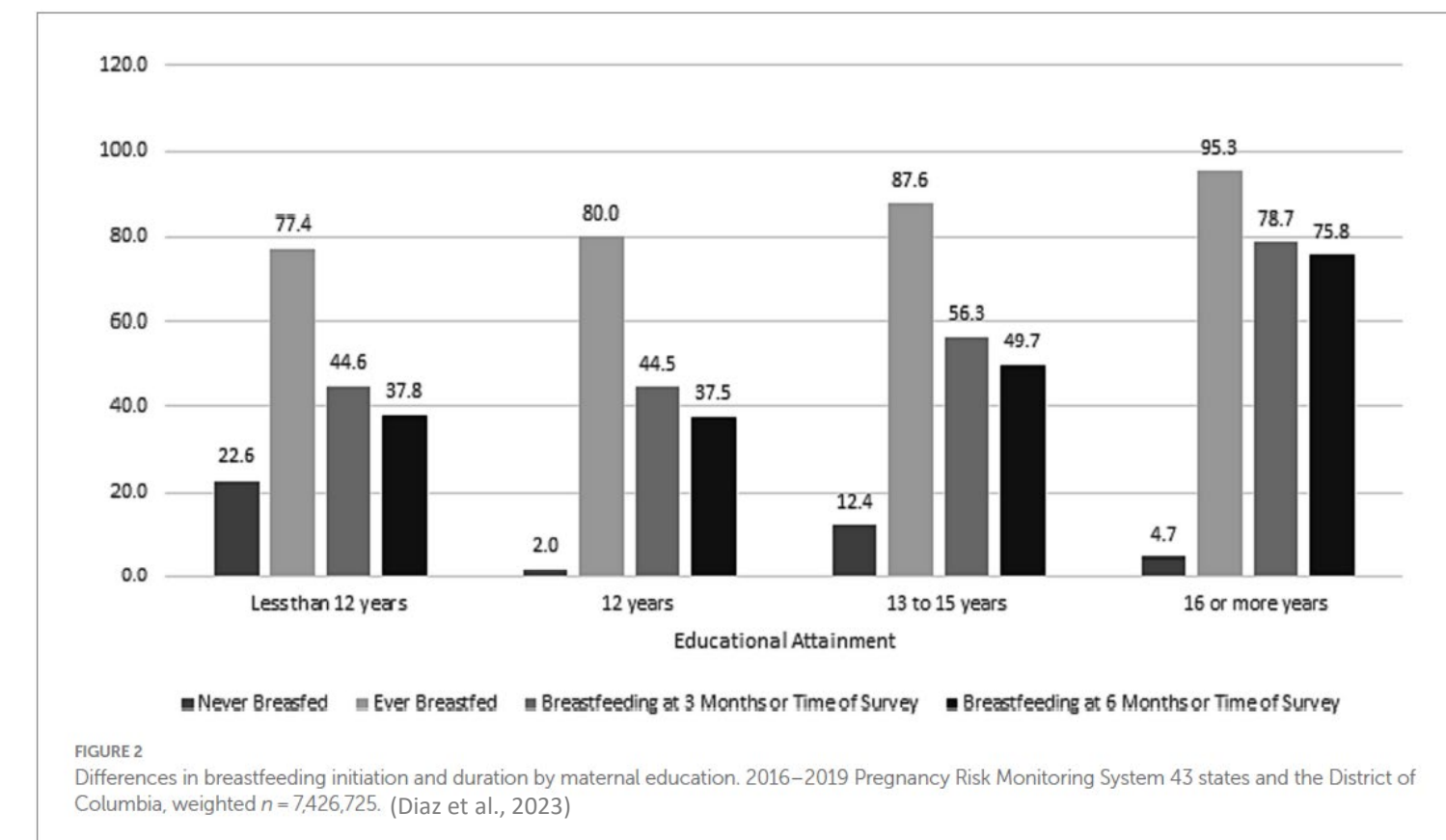


### Results:

- Data show higher breastfeeding rates among mothers with higher income and educational attainment, flexible jobs, lactation support, and supportive family structures
- Low-income mothers report barriers such as lack of transportation, workplace support, and fear of job loss
- Breastfeeding peer counselors provide critical, culturally sensitive support and education

### Discussion:

- The research indicates that socioeconomic disparities in breastfeeding contribute to health inequities
- Policy recommendations include strengthening workplace lactation support, promoting Community-based lactation programs for under-resourced areas, and the Integration of breastfeeding peer counselors into hospitals and clinics



### Conclusion:

- Addressing breastfeeding inequities can improve maternal and infant health
- Policy changes and community-based interventions are essential to support low-income mothers

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