

Project Title

Student name, major; Mentor name, department

Literature Review/Background: The American Academy of Pediatrics (AAP) (2012) recommends that mothers breastfeed for at least the first 6 months with their infants. Studies have shown that there are many benefits to the baby from breastfeeding. For example, breastfeeding helps to reduce an infant's risk of allergies, diabetes (Type 2), childhood obesity, and Sudden Infant Death Syndrome (SIDS) (WHO, 2014). If a mother breastfeeds for at least 3 to 4 months, asthma, dermatitis, and eczema can be decreased by 27% in infants (AAP, 2012). Research has also indicated that infants who are breastfed have a reduced risk of 52% in developing celiac disease, a gluten intolerance that is becoming increasingly common (AAP, 2012). Breastfeeding can also benefit the mother too. Mothers who breastfeed are at a decreased risk of developing ovarian cancer, type 2 diabetes, as well as certain types of breast cancer (Office on Women's Health, 2014).

While breastfeeding provides many benefits to the mother and baby, there are differences in the rates of participation by race and ethnicity. Of all the new mothers in the United States, 77% participate in breastfeeding right after the baby is born, 49% of those mothers continue to breastfeed up to 6 months, and that number further decreases to 27% at 12 months (CDC, 2013). However, for African American women, only 47% engage in breastfeeding right after birth, 17% breastfeed up to 6 months, and then only 6% breastfeed up to 12 months (CDC, 2013). Overall rates of breastfeeding at any time show that only 59% of African American women participate in breastfeeding, whereas 75% of Caucasian women and 80% of Hispanic women breastfeed (Currie, 2013)

There are many elements that may influence why the rates of breastfeeding are lower for African American women including lack of education on breastfeeding, socioeconomic factors, and the mother's support system during and after pregnancy. More importantly, there is a need for research on how educating both the pregnant mother and their support system (e.g., family member, expectant father) can increase breastfeeding among African American women (The Surgeon General, 2011).

Research Statement: The proposed research project focuses on examining why the rates of breastfeeding are lower for African American women, as well as, identifying strategies to promote breastfeeding among African American women in a clinical setting.

Project Goals: The goal of this mixed methods study is to identify the perceptions and attitudes of African American women and their family members/partners towards breastfeeding. To achieve this goal, the study objectives are to:

- 1) recruit approximately 50 pregnant African American women 18 years of age or older who are 20 weeks or greater gestation to complete a questionnaire;
- 2) collect qualitative data from 10 African American-family member/partner dyads through in-depth interviews with participants who agree to be contacted based on their individual responses from the questionnaire. The family member or partner will be invited to participate in the interview; and,
- 3) analyze data gathered and use findings to design a pilot intervention aimed to increase breastfeeding among African Americans to be tested in future research.

Project Significance: This project has the potential to contribute meaningful information to understand why African American women do not breastfeed as much and as long as Caucasian and Hispanic women. First, this research project is unique because it targets plans regarding breastfeeding early in pregnancy rather than after birth. Because it poses these questions early on, eagerness to breastfeed can be evaluated earlier in prospective African American women. Asking these questions earlier will also help determine the specific patient needs to help initiate and sustain a lasting mother-baby bond. Second, an important factor in promoting breastfeeding is to increase their social support during the early stages of pregnancy. Evidence has shown that expectant fathers can be a major source of social support and can positively influence a woman's decision to breastfeed (Mitchel-Box & Braun, 2013). By educating African American women and their support system about the importance and benefits of breastfeeding, the rates of participation in breastfeeding may rise.

Project Design: This project is supported by a research fellowship awarded to Drs. J3_ and J4_ from the Institute for African American Research at the University of South Carolina (USC). The project is a mix of both quantitative and qualitative research methods. Institutional Review Board approvals from USC and Palmetto Health will be obtained prior to study initiation. Potential participants will be recruited from Palmetto Health associated Maternal/Child Health facilities in South Carolina. Participants who are eligible must: 1) self-identify as African American or Black; 2) must be 18 years or older; 3) be a resident of South Carolina; 4) be at least 20 weeks pregnant; and 5) speak English.

There will be two methods that participants will be asked to complete: a survey and an interview. First, patients will be asked to participate in an anonymous survey asking about their views and perceptions on breastfeeding. Approximately 50 surveys will be distributed. The survey will take between 10 and 15 minutes. The survey questions will include socio-demographics (e.g., insurance status, marital status, education), maternal history (e.g., number of children, previous experience with breastfeeding/pumping), breastfeeding knowledge (e.g., sources of information, benefits of breastfeeding), their perceptions and beliefs on breastfeeding and potential interventions (e.g., peer counselors, Women’s Health Clinic visit). Following the survey, the participants will be asked to give their contact information to see if they would be willing to participate in a follow up interview with a family member or significant other. After the participants have completed the survey, they will be awarded a \$10 stipend for their time.

Second, in-depth interviews will be conducted if the participant agrees to be contacted for a follow up after they complete the survey. Dr. J3_ and Dr. J4_ will identify and select a sample of potential interview participants based on the responses gathered from the surveys. The participants will be contacted by phone and given a quick overview of the questions that will be asked in the interview. If the participant agrees, then the interviews will be scheduled and performed at the convenience of the participant. The interviews will take between 30 and 45 minutes and participants will be given a \$20 stipend for completing the interview. Participants will complete an informed consent prior to the conduct of the interviews. I will assist with conducting the surveys, following up with participants to schedule interviews, and conducting and coding interviews, with guidance from my mentors, Dr. J3_ and Dr. J4_. I will be at the Palmetto Health Richland’s Women’s Health Clinic 2-4 times a week conducting surveys and recruiting for interviews.

Project Timeline:

<i>Task Description:</i>	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
Complete CITI Training for USC and Palmetto Health	X							
Assist with remaining data collection via surveys and interviews (funding begins)	X	X						
Complete survey data analysis and interpretation; prepare poster presentation for Discover USC		X	X					
Complete interview data analysis and interpretation				X	X			
Prepare manuscripts and presentations for submission to peer reviewed journals; Assist with developing pilot intervention to enhance breastfeeding in African American community						X	X	X

Final Products and Dissemination: When this research project is complete, I plan to share results of this study to a variety of audiences. I will work with my mentors to develop and submit an abstract to present at the American Public Health Association Conference held annually in November. I will also present my findings at Discover USC to USC students, staff and faculty. I would like to do “lunch n’ learn” seminars to present study findings to Palmetto Health staff and to students and faculty in the College of Nursing. Finally, I also plan to pursue publication of this research in subject-related academic journals with the help and guidance of my mentors. Potential journals include the Journal of Human Lactation, Frontiers in Public Health, and Preventing Chronic Disease.

Personal Statement: I chose nursing as a career because I love having the ability to help people not only in the hospital setting, but also in the community setting. I am a junior in the nursing program here at USC and I am just starting my clinical rotations at Palmetto Health Richland. Finally being in a clinical setting has solidified my decision of becoming a nurse and I love the feeling that I have truly helped my patient in every way nurse can. As a nursing student, I believe that nurses are supposed to help more than just the patients inside a hospital. I grew up in a small town here in South Carolina and I feel deeply connected to the state. When I graduate with my Bachelors of Science in Nursing (BSN), I want to work with infants and mothers in both labor and delivery or postpartum. I would like to someday attend graduate school at Vanderbilt University and acquire my Masters in Nursing concentrating on neonatal care. This project is unique in that it allows me to pursue my passion and gain experience working alongside mothers and infants. This project has the potential to affect a broad spectrum of people and help them receive the health education many people do not have access to. My passion in nursing is to help my community and give back all I can. Changing people’s lives is what nursing is all about, and I cannot wait to get started.

References

The American Academy of Pediatrics. (2012). Breastfeeding and the Use of Human Milk. *Pediatrics* 2012, 129(3), 827-841

Centers for Disease Control & Prevention. Breastfeeding report card—United States, 2013. Retrieved from <http://www.cdc.gov/breastfeeding/pdf/2013breastfeedingreportcard.pdf>

Currie, Donya. (2013, April). Breastfeeding rates for Black US women increase, but lag overall: Continuing disparity raises concerns. *The Nation's Health*, 43, 1,20

Mitchell-Box KM, Braun KL. (2013). Impact of Male-Partner-Focused Interventions on Breastfeeding Initiation, Exclusivity, and Continuation. *Journal of Human Lactation*, 29(4), 473-479.

The Surgeon General's Call to Action to Support Breastfeeding. (2011). Retrieved October 16, 2014 from: <http://www.surgeongeneral.gov/library/calls/breastfeeding/calltoactiontosupportbreastfeeding.pdf>

Office on Women's Health, U.S. Department of Health and Human Services. (2014). *Why breastfeeding is important*. Retrieved October 16, 2014 from: <http://www.womenshealth.gov/breastfeeding/breastfeeding-benefits.php>

World Health Organization (WHO). 10 Facts on Breastfeeding. Retrieved October 16, 2014 from: <http://www.who.int/features/factfiles/breastfeeding/facts/en/>.

Do not use this form unless you can alter and save PDF documents. Do NOT use this form for GROUPS.
 For instructions on completing this form: <http://www.sc.edu/our/doc/BUDGETInstructionsforPDF.pdf>

Magellan Scholar BUDGET FORM

Student's Name: _____

Student salary	Hours Estimated number of hours student will work	Rate Enter the hourly wage	Subtotal
Research hours during semesters when enrolled in classes			
Research hours during semesters when NOT enrolled in classes			
Fringe: Student salary * student fringe rate (What is fringe? See budget instructions or guidebook)			
Enrolled in classes			
NOT enrolled in classes			
Materials/Supplies	Enter sub-total from below:		
Travel	Enter sub-total from below:		
TOTAL:			
Amount requested for MGS award:			

Budget Justification/Description

Student Salary: Student will work 10 hours per week for 17 weeks during the spring semester for a total of 170 hours. (170 hours x \$8.82/hour = \$1,499.40). Fringe benefits are calculated at .55% during the spring semester while enrolled in courses and 8.29% when not enrolled. Total fringe benefits during the spring semester are \$8.25. During the summer, student will work a total of 156 hours (12 hours/week x 13 weeks). Total salary is \$1,375.92. Fringe calculated at 8.29% is \$114.06. Total summer salary equals \$1,375.92. Total salary and fringe is \$2,997.63.

Materials/Supplies: Indicate items, quantity, and estimated price. *Be sure to include taxes on all purchases.*

Travel: Indicate location, purpose of travel, estimate itemized costs (transportation, lodging, registration, etc).