

# **BREASTFEEDING BENEFITS**

## **Target Population**

### **Pregnant Women**

Cardiovascular disease (CVD) is the leading cause of death among women as stated in Graves, 2019. In recent studies, CVD has been found to be the first cause of maternal mortality according to Farhan & Yaseen, 2021. More recent research has indicated that women who have experienced adverse obstetric outcomes such as preeclampsia, gestational hypertension, gestational diabetes mellitus (GDM), idiopathic preterm birth, delivery of a baby with low birth weight (<5.5 lbs.), or a placental abruption leading to delivery, are at an increased risk of developing CVD (Graves, 2019). A study conducted in Ontario revealed that obstetric care providers were not aware of the relationship between pregnancy complications and the possible future risk of CVD (Graves, 2019). Therefore, the obstetric care providers did not engage in follow-up CVD screening (Graves, 2019).

In women who experience such difficulties during pregnancy, such as preeclampsia or gestational hypertension, their chances of developing hypertension are increased by four times, after birth and twice as likely to develop CVD (Graves, 2019). Women who have experienced placental abruption increase their risk of CVD by twice and GDM increase by seven times to develop type 2 diabetes (Graves, 2019). Preeclampsia is the most studied of these health conditions and it accounts for overall issues with CVD, hypertension, ischemic heart disease, diabetes, and premature cardiovascular death when compared to their counterparts with pregnancies that were not complicated (Graves, 2019).

Maternal death is another risk factor for women because of cardiovascular disease (Sliwa, 2018). Most countries record maternal death only up to 42 days after birth; because the assumption is that maternal death occurs either during pregnancy or within only 42 days of giving birth according to findings in Sliwa, 2018.

However, there has been data to suggest some maternal deaths can occur for up to one year postpartum (Sliwa, 2018). For example, peripartum cardiomyopathy (PPCM), weakness of the heart muscle, can cause death in the last month of pregnancy up to five months after birth which is past the 42-day cutoff (Sliwa, 2018).

### **Maternal Race as a Risk Factor**

Maternal race or ethnic background has been shown to be a risk factor in both the biomedical and public health literature found it Premkumar et al., 2016. The consistent group of women facing such challenges has been African American (Israelite) women, leading with the highest rates of 1 in 5 women facing preterm delivery (Premkumar et al., 2016). Statistics show that an estimated 54% of neonatal mortality among African American women is due to preterm delivery (Premkumar et al., 2016). Although these health disparities among African American (Israelite) women are well documented, the medical literature on this topic is given little attention (Premkumar et al., 2016). Hypertension in pregnancy has an impact on the fetal or neonatal outcomes including the demise of the fetus, stillbirth, and preterm births (Premkumar et al., 2016).

Stress levels are common in pregnant women; however, statistics have shown that about 25% of pregnant women experience some level of psychosocial stress during pregnancy (Chasan-Taber et al., 2020). Latin (Israelite) women experience higher percentages of stress 21% higher than white (Caucasian) women in a study published by Chasan-Taber et al., 2020. Two subgroups of the Latina community have experienced the most health disparities among all Latinas which are Dominicans and Puerto Ricans (Chasan-Taber et al., 2020). These two groups make up the largest subgroup of Latinas in the United States to date. (Chasan-Taber et al., 2020). Researchers have speculated that the psychosocial stress that Latinas face is due to the acculturation of taking on the dominant race's behaviors, customs, and attitudes increases the level of stress they experience (Chasan-Taber et al., 2020). Acculturation is understood as a process of a group of immigrants conforming and being exposed to a new culture's beliefs, traits, and lifestyles (Chasan-Taber et al., 2020).

Acculturation may lead to negative experiences with health care and financial stressors (Chasan-Taber et al., 2020). The relationship between acculturation and health has revealed an increase in their body mass index (BMI), higher rates of depression, substance use, cigarette smoking, less exercise, and a greater risk of maternal complications (Chasan-Taber et al., 2020).

### **Common Stressors and Related Health Issues**

Pregnancy causes natural stressors that are typical even in a “healthy” pregnancy (Cleveland Clinic, 2021). Taking on additional stress on the body during pregnancy could result and include an increase in blood volume, an increase in cardiac output, an increase in heart rate, and a decrease in blood pressure (Graves, 2019). Although these stressors can be normal for pregnancy, certain women may have adverse conditions that are due to preexisting heart issues, or the woman newly learns that they have a heart problem because it is revealed by the pregnancy stressors (Cleveland Clinic, 2021). The long-term effects may include future CVD, end-stage renal disease, stroke, metabolic disease, and mortality (Graves, 2019).

### **Effects on the Infant**

Preeclampsia in particular affects between 5 and 10 % of total births in the United States every year (Cunningham & LaMarca, 2018). Preeclampsia is the number one cause of preterm births, morbidity, and mortality for both babies and their mothers (Cunningham & LaMarca, 2018). Mild or severe pre-eclampsia can result in negative effects on many systems in the body including renal function, liver dysfunction, and stroke (Cunningham & LaMarca, 2018). This condition usually ends once the birth occurs, but for some women, the effects could last long after birth having negative effects on the renal, cardiovascular, metabolic, and neurological systems not only for the mother but can also negatively affect the infant later in life (Cunningham & LaMarca, 2018).

If the mother is suffering from CVD during the pregnancy, the infant could be born preterm resulting in mental retardation, being pre-diabetic, pre-hypertension (increased chances of morbidity/mortality) (Cunningham & LaMarca, 2018).

The long-term effects may include future CVD, end-stage renal disease, stroke, metabolic disease, and mortality (Cunningham & LaMarca, 2018). The long-term effects are the same as for the mother (Cunningham & LaMarca, 2018). Other factors to consider for the effect on the infant are that CVD can alter the infant’s developmental programming and the baby may be small for gestational age (SGA).

### Three Stress Management Strategies

#### **Breastfeeding**

Breastfeeding is also another very important factor for mothers to engage in because it promotes good heart health, reduces the risk of diabetes, high blood pressure, and reduction in heart disease (CVD) (Graves et al., 2019). Breastfeeding may also reduce stress because of the bonding experience the mother creates with their infants (Graves et al., 2019). Mothers tend to feel closeness and love during the time of breastfeeding (Graves et al., 2019).

#### **Plant-Based Diet**

In 2019, the American Heart Association conducted a research study that indicated the significant health benefits of plant-based according to Kahleova, Levin, & Barnard. A plant-based diet is considered mostly, or all foods consumed are fruits and vegetables, whereas meats are limited or completely taken out of the person’s diet (Kahleova, Levin, & Barnard, 2017). The study showed that the consumption of meats in excess, can lead to cardiovascular disease, especially in African American (Israelite) women (Kahleova, Levin, & Barnard, 2017). However, studies show that vegetarians can lower their risk of cardiovascular disease by 32%, they can lower their risk of cardiovascular mortality by 53%, and all-cause mortality by 34% significantly (Kahleova, Levin, & Barnard, 2017). According to the study, plant-based diets also lead to lower blood pressure and a lessened impact of stress, especially during pregnancy or breastfeeding mothers significantly (Kahleova, Levin, & Barnard, 2017).

## **Exercise**

Another strategy recommended by doctors is to include daily physical activity (30 minutes per day/150 minutes per week) (Graves et al., 2019). The American College and Obstetrics and Gynecologists have recommended for women experiencing a regular pregnancy to engage in 20 to 30 minutes 5-7 days a week or moderate to intense exercise (Dipietro, 2019). There have been examples shown in studies of reduction in preterm delivery by 20-50% and a reduced risk of cardiovascular disease by 40% as a result (Brockman & Ross, 2020). Although these recommendations are offered, approximately 23 to 29% of pregnant women meet these physical activity goals (Dipietro, 2019).

### **Further Recommendations**

Breastfeeding mothers may also need to modify their diet to low sodium, low fat, low cholesterol, lifestyle, and cutting added sugars could help keep their blood glucose levels within healthy parameters. (Graves et al., 2019). Despite these recommendations, it is always important to first consult with a doctor to ensure the exercise and diet changes are appropriate (Graves et al., 2019). Also, health issues could be reduced or prevented with specific strategies for pregnant women such as eliminating smoking if she smokes. It is also recommended for mothers to speak with their medical providers for postpartum follow-up visits for additional information (Graves et al., 2019). It is important for doctors to offer postpartum counseling for mothers to help educate them on the risk of cardiovascular disease and preventative measures that can take to lessen their chances of developing such a disease in the future (Triebwasser, Janssen, & Sehdev, 2021). Counseling seems to be an important factor in the care of postpartum mothers who may be at risk for cardiovascular disease, unfortunately this method is not often utilized by doctors (Triebwasser, Janssen, & Sehdev, 2021).

### **Stress Management Handouts**

Each stress management handout gives a brief explanation of cardiovascular disease and the risk it poses during pregnancy. Each handout provides a homeopathy technique to combat the risk of cardiovascular disease.

These techniques can be cost-effective for any socioeconomic status and are harmless to both the mother and the baby (if a doctor is consulted) and provide a healthy approach that has lasting effects. Each brochure is meant to be appealing at first sight, easily read, and easy to apply to an individual's lifestyle.

### **Justification**

The justification can be found in the research that has proven how effective and safe these techniques are for both the mother and the baby. For example, breastfeeding is healthier for an infant than feeding Similac or any other powdered form of milk (Graves et al., 2019). Breastmilk is produced by the mother and the bonding that occurs between the mother and baby has multiple health benefits that may include a reduction in heart disease, reduction in stress, and reduction in high blood pressure (Graves et al., 2019). Exercise is another strategy that has lasting benefits including a lower risk of cardiovascular disease (Dipietro, 2019). Lastly, plant-based diets have been shown to have significant health benefits for both the mother and baby. Including more fruits and vegetables in one's diet can lower their risk of cardiovascular disease by 32%, cardiovascular mortality by 53%, and all-cause mortality by 34% (Kahleova, Levin, & Barnard, 2017).

### **Stress Management Presentation**

The stress management presentation could be applicable within health psychology because of both the health and psychological benefits of each strategy. If there is a health psychologist who is interested in a more natural approach to dealing with stress besides using medications this would be an ideal approach to solving the issue.

### **What is a Program Evaluation?**

A program evaluation differs from research because the evaluation is conducted to acquire information for future decisions. The research's goal is to increase knowledge in a specific area or topic

(Spaulding, 2008). Program evaluation will provide the necessary knowledge so that the individual heading the program can make appropriate decisions to enhance the program (Spaulding, 2008).

### Evaluation Method

A goal-free evaluation (GFE) approach will be used to evaluate the workshop for stress management among pregnant women. Scriven (1972) first developed goal-free evaluations in the early 1970s. An effective GFE will include the identification of relevant effects without referencing goals or objectives, identifying what happened without the prompting of goals and objectives, did what occurred be attributed to the program or intervention, and the determination of whether the effects were positive, negative, or neutral.

The goal-free evaluation approach does not use an objective because the viewpoint is that there may be many outcomes to the evaluation and the objective may limit these outcomes (Spaulding, 2008). This approach allows for the evaluator to evaluate a program or workshop in the case without knowing the objectives allowing for the actual outcomes to present themselves (Youker, Ford & Bayer, 2017). Because this is the initial workshop it may be best to conduct a goal-free evaluation so the full breadth of outcomes may be exposed, and adjustments may be made to improve the workshop without any hinderances or objectives.

Scriver (1972) proposes that the lack of knowledge of what the goals of the evaluation are helps the evaluator to avoid the development of tunnel vision toward the intended goals. This could ultimately cause the evaluator to overlook outcomes of the evaluation that are relevant (Youker et al., 2016). Methods of collecting data may include interviews, semi-structured interviews, observations, document analysis, surveys, and focus groups (Youker, 2019).

### Social Change

These strategies can contribute to social change because the strategies are cost-effective so anyone no matter what socioeconomic status, can benefit from these techniques.

Another social change aspect is to hopefully change the perspective of people thinking they always need medication to solve all issues. This is not to say that I am anti-medication. Medication is needed at times, but it is not needed for every single ailment we face. There are healthier ways to handle issues that are not life-threatening and even some that are. The goal would be at least for people to consider these remedies that our ancestors used. The program evaluation would hopefully contribute to social change by allowing mothers to make proper decisions that would be most beneficial to the community and most importantly the target population (Israelite Nation).





# CARDIOVASCULAR DISEASE (CVD)

Pregnancy



## BREASTFEEDING BENEFITS

- ✦ Increased heart health
- ✦ Reduced risk of diabetes
- ✦ Reduction in high blood pressure
- ✦ Reduction in heart disease (CVD)
- ✦ Breastfeeding lowers stress by releasing certain hormones that promote relaxation, bonding with your baby, and feelings of love

♥ This information is not for diagnosis purposes. Please consult with a doctor if you are experiencing any of these symptoms.

What is CVD?	Risk Factors	Symptoms
<ul style="list-style-type: none"> <li>✦ A group of disorders of the heart and blood.</li> <li>✦ Cardiovascular Disease (CVD) is the leading cause of death in women.</li> <li>✦ Usually associated with a buildup of fatty deposits in the arteries.</li> <li>✦ May cause damage to organ arteries such as the brain, heart, kidneys, and eyes.</li> </ul>	<ul style="list-style-type: none"> <li>✦ Maternal Death</li> <li>✦ Preterm Birth</li> <li>✦ Morbidity and mortality for both infant and mother</li> <li>✦ The baby having retardation, being prediabetic, and prehypertension</li> <li>✦ Stress</li> </ul>	<ul style="list-style-type: none"> <li>✦ Discomfort in the chest</li> <li>✦ Discomfort in the arms, left shoulder, jaw, elbows, or back</li> <li>✦ Difficulty breathing</li> <li>✦ Vomiting</li> <li>✦ Vision impairment</li> <li>✦ Dizziness</li> <li>✦ Headache</li> <li>✦ Fainting or unconsciousness</li> </ul>

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WHAT IS CARDIOVASCULAR DISEASE?

WHAT ARE THE RISKS?

DIET AS A PREVENTION/TREATMENT STRATEGY.

AWARENESS | RISK FACTORS | RECOMMENDATION

September 28, 2021

# Cardiovascular Disease Pregnancy

♥ The following information is not for diagnosis purposes. Please consult with a doctor if you are experiencing any of these symptoms or want to alter your diet.



Cardiovascular disease can be both prevented and treated with a healthy diet. This handout will explain what cardiovascular disease is, the risk factors, as well as a diet recommendation that has been proven to prevent and reverse cardiovascular disease.

## What is cardiovascular disease (CVD) and the risks?

### CVD

- ⌘ A group of disorders of the heart and blood.
- ⌘ Cardiovascular Disease (CVD) is the leading cause of death in women.
- ⌘ Usually associated with a buildup of fatty deposits in the arteries.
- ⌘ May cause damage to organ arteries such as the brain, heart, kidneys, and eyes.

### Risk Factors

- ⌘ Maternal Death
- ⌘ Preterm Birth
- ⌘ Morbidity and mortality for both infant and mother
- ⌘ The baby having retardation, being prediabetic, and prehypertension
- ⌘ Stress

### Types of CVD

- ⌘ Coronary Heart Disease
- ⌘ Cerebrovascular Disease
- ⌘ Peripheral Arterial Disease
- ⌘ Rheumatic Heart Disease
- ⌘ Congenital Heart Disease
- ⌘ Deep Vein Thrombosis And Pulmonary Embolism



### Symptoms

- ⌘ Discomfort in the chest
- ⌘ Discomfort in the arms, left shoulder, jaw, elbows, or back
- ⌘ Difficulty breathing
- ⌘ Vomiting
- ⌘ Vision impairment
- ⌘ Dizziness
- ⌘ Headache
- ⌘ Fainting or unconsciousness

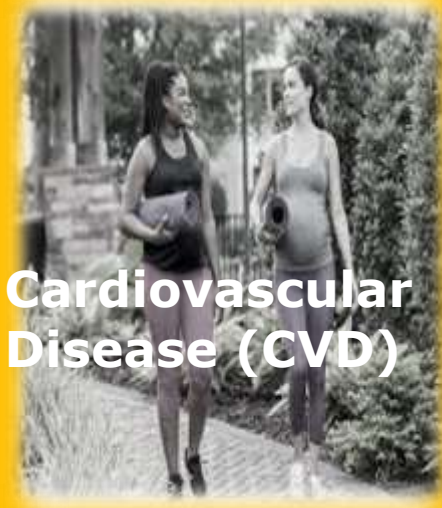


## PLANT-BASED DIET

- ⌘ The American Heart Association conducted a study in 2019 that showed the health benefits of a plant-based diet.
- ⌘ A plant-based diet is the consumption of mostly or all fruits and vegetables and lower or the elimination of animal consumption.
- ⌘ Consumption of meat leads to a higher risk of cardiovascular disease.
- ⌘ Vegetarians were found to have a lower risk of cardiovascular disease by 32%, cardiovascular disease mortality by 53%, and all-cause mortality by 34%.
- ⌘ A healthy diet will lower blood pressure and help lessen the impact of stress.
- ⌘ Are you concerned about protein?
  - Animals get their protein from plants. Eating plants is like going straight to the source for your protein instead of a third-party (meat).

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Pregnancy

# Cardiovascular Disease (CVD)

## Cardiovascular Disease in Pregnant Women

September | 28 | 2021

### What is cardiovascular disease?

- ≈ A group of disorders of the heart and blood.
- ≈ Cardiovascular Disease (CVD) is the leading cause of death in women.
- ≈ Usually associated with a buildup of fatty deposits in the arteries.
- ≈ May cause damage to organ arteries such as the brain, heart, kidneys, and eyes.

▼ The following information is not for diagnosis purposes. Please consult with a doctor if you are experiencing any of these symptoms or want to incorporate exercise during your pregnancy.

### CVD Facts

#### Types of CVD

- § Coronary Heart Disease
- § Cerebrovascular Disease
- § Peripheral Arterial Disease
- § Rheumatic Heart Disease
- § Congenital Heart Disease
- § Deep Vein Thrombosis And Pulmonary Embolism

#### Risk Factors

- ≈ Maternal Death
- ≈ Preterm Birth
- ≈ Morbidity and mortality for both infant and mother
- ≈ The baby having retardation, being prediabetic, and prehypertension
- ≈ Stress

#### Symptoms

- ≈ Discomfort in the chest
- ≈ Discomfort in the arms, left shoulder, jaw, elbows, or back
- ≈ Difficulty breathing
- ≈ Vomiting
- ≈ Vision impairment
- ≈ Dizziness
- ≈ Headache
- ≈ Fainting or unconsciousness



### Benefits of Physical Activity



The American College and Obstetrics and Gynecologists have recommended for women experiencing a regular pregnancy to engage in 20 to 30 minutes 5-7 days a week or moderate to intense exercise.

Reduction of preterm delivery by 20-50%.

Decreased risk of developing cardiovascular disease by 40%.

Physical activity also reduces stress. Stress during pregnancy may lead to cardiovascular disease.

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## Evaluation of the Stress Management Workshop

Please provide your feedback to the question below. The results will be used to make improvements to this workshop. Thank you in advance for your support and time.

- 1) What was helpful or informative about this workshop?

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- 2) What are some elements that you feel could have been added that were missing?

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- 3) What did you learn, if anything, that were not knowledgeable about prior to this workshop?

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- 4) Since participating in this workshop, what changes, if any, have you made to the way you manage stress?

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- 5) What prompted you to make these changes?

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## Scriptural Support:

### Talk to your lord before making any health decisions:

#### Genesis 3:16

“Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire *shall be* to thy husband, and he shall rule over thee.”

### Jochebed is the mother of Aaron, Moses, and Miriam:

#### Exodus 6:20

“And Amram took him Jochebed his father's sister to wife; and she bare him Aaron and Moses: and the years of the life of Amram *were* an hundred and thirty and seven years.”

#### Exodus 2:1-10

<sup>1</sup>And there went a man of the house of Levi, and took *to wife* a daughter of Levi.

<sup>2</sup> And the woman conceived, and bare a son: and when she saw him that he *was* a goodly *child*, she hid him three months.

<sup>3</sup> And when she could not longer hide him, she took for him an ark of bulrushes, and daubed it with slime and with pitch, and put the child therein; and she laid *it* in the flags by the river's brink.

<sup>4</sup> And his sister stood afar off, to wit what would be done to him.

<sup>5</sup> And the daughter of Pharaoh came down to wash *herself* at the river; and her maidens walked along by the river's side; and when she saw the ark among the flags, she sent her maid to fetch it.

<sup>6</sup> And when she had opened *it*, she saw the child: and, behold, the babe wept. And she had compassion on him, and said, This *is one* of the Hebrews' children.

<sup>7</sup> Then said his sister to Pharaoh's daughter, Shall I go and call to thee a nurse of the Hebrew women, that she may nurse the child for thee?

<sup>8</sup> And Pharaoh's daughter said to her, Go. And the maid went and called the child's mother.

<sup>9</sup> And Pharaoh's daughter said unto her, Take this child away, and nurse it for me, and I will give *thee* thy wages. And the woman took the child, and nursed it.

<sup>10</sup> And the child grew, and she brought him unto Pharaoh's daughter, and he became her son. And she called his name Moses: and she said, Because I drew him out of the water.

### It was our culture to breastfeed (give suck) to our children until they turned 3 years old:

#### 2 Maccabees 7: 27

But she bowing herself toward him, laughing the cruel tyrant to scorn, spake in her country language on this manner; O my son, have pity upon me that bare thee nine months in my womb, and gave thee such three years, and nourished thee, and brought thee up unto this age, and endured the troubles of education.



**Make healthy choices for yourself and your baby:****Sirach (Ecclesiasticus in the Apocrypha) 30:14- 18, 25**

<sup>14</sup> Better is the poore being sound and strong of constitution, then a rich man that is afflicted in his body.

<sup>15</sup> Health and good state of body are aboue all gold, and a strong body aboue infinite wealth.

<sup>16</sup> There is no riches aboue a sound body, and no ioy aboue the ioy of the heart.

<sup>17</sup> Death is better then a bitter life, or continuall sicknesse.

<sup>18</sup> Delicates powred vpon a mouth shut vp, are as messes of meat set vpon a graue.

<sup>25</sup> A cherefull and good heart will haue a care of his meat and diet.

**Deuteronomy 30:19**

“I call heaven and earth to record this day against you, *that* I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:”

## References

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