

# The Role of Grandparents and the Community in Perinatal Health



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# Who is USET?



- United South and Eastern Tribes, Inc. (USET) began in 1968, and is a non-profit inter-Tribal organization that collectively represents its member Tribes at the regional and national level through various workgroups and committees
- Consists of 26 federally recognized Tribes in 12 states



# USET Map



# USET Tribal Epidemiology Center



- Is a United States Public Health Authority
- Work with Health Directors to identify Tribal priorities
- Develop and distribute meaningful health reports
- Support local responses to outbreaks
- Work with Tribes to develop ways to identify and evaluate health risks
- Support data sharing to enhance the understanding of Tribal health
- Support initiatives to improve Tribal health





MCH Project

# PHASE 1



# Funding



- USET Tribal Epidemiology Center (TEC) is awarded grant to begin a Maternal Child Health (MCH) project in 2004
- 7 Tribes agreed to participate in the MCH project



# Focus Groups and Key Informant Interviews



- Focus groups and key informant interviews were conducted with 7 Tribes
- Consisted of groups of mothers, fathers, and grandparents
- Revealed the important impact that grandparents make in the lives of their grandchildren



# Breast Pumps



- Breast pumps were purchased for the 7 Tribes to give to new mothers
- Penobscot Indian Nation went to their Tribal Council and were able to sustain the funding for breast pumps after the funding for the TEC MCH project ended.





MCH Project

# PHASE 2



# Women's Health Project from National Library of Medicine



- USET TEC received some funding from NLM to target Women's Health
- Worked with Penobscot Indian Nation to expand their MCH Project



# Expansion



- Grandparents' Curriculum
- Artwork
- Peer Counselor Training
- Informative Video



# Grandparents Curriculum



- PowerPoint presentation created with notes that can be presented to grandparents in the clinic, community events, support groups, etc...
- Two parts to the curricula:
  - How to support a breastfeeding family
  - Infant health and safety



# Normalize Breastfeeding



- Artwork was created by a local high school art teacher
- Artwork is displayed at various community events



# Peer Counselor



The Center for Breastfeeding offered peer counselor training Penobscot Indian Nation to train women on how to assist new mothers with common breastfeeding question and concerns.



# Informative Video



- Using the Grandparents Curriculum PowerPoint
- Video includes Tribal grandparents' and mothers' interviews
- Video is 45 minutes long



# Results from Phase 2



- A peer support system was created in the community
- After two years, the 6 month exclusive breastfeeding rate rose from 20% to 80%
- This rate has been sustained
- Started conversations within the community





MCH Project

# PHASE 3



# Expand the Program



Currently, USET is:

- Creating videos that can be accessed by various websites to educate on breastfeeding and infant health and safety
- Purchasing breast pumps for Tribes



# Videos



- Breastfeeding video is broken into 3 segments
- Infant Health and Safety is broken into 3 segments



# Availability



- The videos will be available on the following websites:
  - USET
  - Penobscot Indian Nation
  - National Library of Medicine



# Share



- Your Best Practices
- Barriers in your community
- Ideas





# QUESTIONS?



# Contact



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