

# Wyandanch

## Community Advisory Board

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Visit the BFREE website!

[www.bfreecoalition.org](http://www.bfreecoalition.org)

### Editor(s):

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### CAB Coordinator:

Dr. Scott Carlin

### NYSHECK website



## Meet BFREE!

*The Breastfeeding Resiliency, Engagement, and Empowerment team at Cohen Children's Medical Center. Co-coordinated by Anastasia Schepers and Pamela Reichert-Anderson.*



The BFREE team at Wyandanch Day, June 11th, 2022

Visit <https://www.bfreecoalition.org/> for more information

Anastasia Schepers, the clinical program manager at Cohen's Children's Hospital and the co-coordinator of BFREE, explains the importance of breastfeeding for healthy communities." When a community supports breastfeeding, everyone benefits. Breastfeeding promotes parent and infant bonding; protects babies from certain illnesses and infections; and lowers mothers' risk for type 2 diabetes, breast cancer and ovarian cancer."

*BFREE aims to "improve breastfeeding education and support through pregnancy, the postpartum period, and early childhood in four selected communities on Long Island in order to help families meet their breastfeeding goals and reduce racial, ethnic, and community differences in breastfeeding rates."*

Write to us at: [EditorsNewsletterCAB@gmail.com](mailto:EditorsNewsletterCAB@gmail.com)

# The Environmental Benefits of Breastfeeding

- Alix Rosenberg and Muskaan Sawhney, BFREE Research Assistants



**B**reastfeeding is an amazing renewable resource. In fact, “Breastfeeding is the most economical and environmentally friendly way to feed an infant, producing zero garbage, minimal greenhouse gasses (GHG), and negligible water footprint.”<sup>1</sup> It requires no advertising, packaging, or transport and results in no wastage or depletion of natural resources. On the other hand, infant formula is an unsustainable practice from manufacturing to after-use disposal. With the increase in consumer spending and manufacturing in the past decade, the rate of carbon emissions is at an all-time high.<sup>2</sup> In response, consumers are shifting to sustainably manufactured products with more environmentally-friendly processes, such as renewable energy.

There is one industry where we are our own sustainable manufacturers: the infant formula industry. Most formulas use a powdered cow's milk base, which requires an enormous amount of water to manufacture– 563 gals/lb to be exact.<sup>3</sup> In other words, all products from cows use a lot of resources, including baby formula. As most newborn babies feed anywhere from 8 to 12 times a day (around 16 to 24 ounces daily), parents must purchase large quantities of infant formula every week.<sup>4</sup> Therefore, for every one million formula-fed babies, 150 million servings of formula are consumed.<sup>5</sup> In 2009, 550 million infant formula cans were added to landfills every year, and this number has more than doubled since 2009. This accumulated waste does not stop at cans: Bottles, teats, pumps, and sterilization materials needed for formula feeding are an additional cost to families and an additional burden on our environment. Plus, discarded formula pollutes our rivers and oceans.<sup>1</sup>

## ***Are you a new or expecting mother?***

If it works for you, consider exclusive breastfeeding for a longer duration as it provides numerous health benefits while simultaneously decreasing your carbon and environmental footprint. Exclusively breastfeeding your baby for at least 6 months, which is recommended by the CDC,<sup>6</sup> is healthier for mother and infant and saves an estimated 220+ lbs CO2 equivalent per baby compared with formula feeding.<sup>7</sup>

## ***Not a mother and wondering what you can do?***

In Wyandanch, only 46% of women breastfeed their children.<sup>8</sup> Supporting breastfeeding moms in our community not only helps them and their babies, but also helps make Wyandanch a greener and cleaner hamlet. Breastfeeding is tiring for young moms. Research indicates that moms need family and community support for daily chores including housekeeping and cooking. Make friends with a recent mom and find out how you can help her life.

We recognize that every woman with each baby may have a different set of circumstances and the right to choose what's best for the child as well as herself. At the end of the day, we support what is best for mom and baby to thrive. Connect with your doctor and chosen health professionals to get information and support necessary to choose healthy options.

## External Links

1. [www.elacta.eu/news/breastfeeding-and-the-environment/](http://www.elacta.eu/news/breastfeeding-and-the-environment/)
2. [www.iea.org/news/global-co2-emissions-rebounded-to-their-highest-level-in-history-in-2021](http://www.iea.org/news/global-co2-emissions-rebounded-to-their-highest-level-in-history-in-2021)
3. [www.bmj.com/content/367/bmj.l5646&sa=D&source=docs&ust=1667932950451813&usg=AOvVaw1P6T2tUU0XrnHYFcaeejN6](http://www.bmj.com/content/367/bmj.l5646&sa=D&source=docs&ust=1667932950451813&usg=AOvVaw1P6T2tUU0XrnHYFcaeejN6)
4. [www.cdc.gov/nutrition/infantandtoddlernutrition/formula-feeding/how-much-how-often.html](http://www.cdc.gov/nutrition/infantandtoddlernutrition/formula-feeding/how-much-how-often.html)
5. [www.ncbi.nlm.nih.gov/books/NBK52687/](http://www.ncbi.nlm.nih.gov/books/NBK52687/)
6. [www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/recommendations-benefits.html](http://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/recommendations-benefits.html)
7. [www.laleche.org.uk/breastmilk-and-the-environment/](http://www.laleche.org.uk/breastmilk-and-the-environment/)
8. <http://www.city-data.com/health-nutrition/Wyandanch-New-York.html>





# Snapshots from Ujamaa Fest 2022: *It Takes A Village*

- Aliyyah Hamid, Syosset High School, Huntington Breast Cancer Action Coalition Senior EH Ambassador, Wyandanch Community Advisory Board member and editor



***Ujamaa* is a Swahili word that means “extended family,” and asserts that “a person becomes a person through the people or community.”**

This definition is inspiring: there is a reason why they say “it takes a village to raise a child.” Here, at the CAB, we say “it takes a village to take action.” As live music swelled through the Plaza center, laughter filled the bouncy house, and dancing flooded the square: the inherent kinship was clear. This was a celebration of Black-owned businesses and creating solidarity. The question remains: how can we continue to fuel this sense of total togetherness into total wellness?

Ednesha Saulsbury and Kimberly Moore are two awesome changemakers. Co-creators of Black Woman Be Whole LLC, they spread the message of empowerment with their book *Hey Sis, Are You Okay?* This is a mental health playbook for Black women - and all women - that teaches us that **our personal truth is “enough.”**



BWBW Co-creators, Sept. 24th, 2022.  
Visit <https://www.blackwomanbewhole.com/> for more information



Ednesha and Kimberly are incredible because they understand the interconnectedness of mental and environmental health. For example, to address climate change, we need to address mental health. **To address climate change, we need to also recognize the value of all women.** Their motto is “To be whole is to be healed!” **Part of healing is establishing our community.**

Before the Ujamaa Fest began, Dr. Carlin (Wyandanch CAB coordinator) participated in the Wyandanch Walk with a Doc event. The Walk with a Doc event is not only about promoting local health but improving walkability in Wyandanch. The Plaza at Wyandanch, with its NYC feel, has safe, wide, and new sidewalks. Across the street, broken sidewalks can be a tripping hazard. This reminds us that it can be hard for disabled persons and the elderly to safely walk around town.

Walk with a Doc was led by Dr. Keasha Gurrier, a Wyandanch native and family medicine practitioner. Dr. Gurrier emphasized the importance of walking for good health. Our team was later joined by Town of Babylon Supervisor Rich Schaffer, who welcomed the CAB's mission of total wellness. I also met the highly successful Creating Health Schools and Communities leader Dr. Karyn Kirschbaum, with her interns Alicia Gibbons and Kayla Maguire from Western Suffolk BOCES. As Dr. Carlin and I discussed topics such as the environmental health of soup kitchens with Dr. Kirschbaum, Alicia jumped up and down with a young boy in order to learn his name, a fun activity that inspires connection and fitness.

The group dispersed and the bustling beginnings of Ujamaa Fest commenced. The weather was perfect for networking with local organizations such as the immediate past president of the Wyandanch Board of Education, Latesha Walker, with the young Wyandanch Wildcats, the new Academy Charter School, NAACP, Vision Long Island, and the Wyandanch Public Library. The festival offered a spotlight for over 100 vendors and artwork.

A quick step off the main plaza and onto a side street took attendees to numerous booths showcasing the arts. Lakota Fae, an artist based on Long Island, displayed jaw-dropping work there. These included the reclamation of traditional art through Black ideals of beauty. Look at the poster below to learn more about her work!

When asked for words of inspiration for young people, Lakota poignantly advised "Do what you like," adding **"Never give up. Nothing can stop you."**

Lakota Fae: a reclamation of art! Check out her Instagram for more information. Sept. 24th, 2022.

