

POMAIKAI O HANAU

‘O ka hānai ‘ana ke kumu maika‘i loa o nā mea‘ai no ka hapa nui o nā pēpē.
‘O ka American Academy of Pediatrics (American Academy of Pediatrics) (AAP)
a me ka Hui Ola Ola (World Health Organization) (WHO)
paipai i ka hānai wale ‘ana a hiki i nā mahina ‘eono mua.

Wahi a ka National
Immunization Survey ma 2017,

**WALE 25.6% NO
NA KEIKI**

ua hānai wale ‘ia lākou
i nā mahina ‘eono mua.

Wahi a Minnesota Oihana Ola,
i ka makahiki 2015,

1 I LOKO 8 : 1 I LOKO 27

‘O nā makuahine
Mona WIC e hānai
ana i nā mahina 6.

‘O nā makuahine
Mona WIC e hānai
ana i nā mahina 12.

PEPE OLA E EMI ANA KA HANAU U I



KA PILIKIA O:

Hānō
Nā ma‘i ‘ōpū
(Ka ma‘i ma‘i / Ka lua‘i)
‘Obesity
‘Ano ma‘i diabetes I
Ka ma‘i hanu haahaa ko‘iko‘i
‘O ka ma‘i ma‘i o ka make pēpē
hikiwawe (Sudden Infant Death
Syndrome) (SIDS)

KAOHI I NA MA'I MA' / HO'OIKAIKA KINO KINO



Ho‘oulu ka waiū umauma a kāko‘o
i ka ‘ōnaehana pale.
Aia nā antibodies i loko o ka
waiū umauma hiki ke hele mai
ka makuahine a i ka pēpē.

Hiki i ka hānai ‘ana ke kōkua
i nā pēpē ‘ōpiopio e ho‘oikaika
i ko lākou ‘ōnaehana pale.

MAMA OLA E EMI ANA KA HANAU U I KA PILIKIA O:



Ke Koko Kiekie
‘Ano ma‘i Diabetes 2
Ka ma‘i 'ovarian
Ka ma‘i ma‘i umauma

Ma Los Angeles County—ka home nui
loa no nā po‘e ‘Asia ma waho o ‘Asia

—
**‘O 6% wale nō o ka po‘e loea
lactation e ‘ōlelo i ka ‘Asia ‘ōlelo.**
(breastfeedla.org).

Wahi a ka Oihana Ola o Hawaii,
o na wahine i haawi
hānau ‘ia i ka makahiki
2009-2011,

45.2%

hānai ‘ia he 8 pule
wale nō ma hope o ka
hānau ‘ana.



NA WAHINE, KEIKI, A ME NA KEIKI (WIC)



Na wahine, na kamalii, a me na kamalii (Women, Infants,
and Children) (WIC) he polokalamu federala a moku‘āina
paha e hō‘oia i ka pono kūpono i ka wahine ha‘aha‘a, nā
kamali‘i, a me nā keiki.

E noi i kāu kauka no ‘ike hou aku.

NĀ WIC RESOURCES E KOMO PU ME:

‘O ka mea‘ai olakino e like me ka
cereal pēpē a me ka mea‘ai pēpē.

Nā ‘ike hou aku, nā kumuwaiwai, a me ke
kāko‘o no ka ho‘okō pono ‘ana i ka umauma.

HAAWINA HELU:

- USBC : Mea Hana Hoa Ola Ola Puhi Ui (usbreastfeeding.org)
- Hanau LA: ‘O ka Pūnaehana Hana Ui Puhi o ‘Asia Pākīpika (breastfeedla.org)
- ‘Ōiwi Hawai‘i Hui Hana Uu (breastfeedinghawaii.org)