African-American (AA) women have the lowest breastfeeding (BF) rates in comparison to other racial/ethnic groups in the United States. The majority of the research published on this topic is cross-sectional survey designs (national or state level) or secondary data analysis studies. Few studies have examined breastfeeding in AA women using qualitative methods, which are useful for in-depth examination of phenomena, such as breastfeeding, and describing people's personal experiences.

### Methods

Studies relating to the research purpose of examining breastfeeding experiences, phenomena, such as breastfeeding, and describing people's personal experiences. Few studies have examined breastfeeding in AA women using qualitative methods, which are useful for in-depth examination of phenomena, such as breastfeeding, and describing people's personal experiences.

### Results

Despite low breastfeeding rates nationally, African-American women are breastfeeding because of the health advantages. However barriers to continuing breastfeeding include lack of information and support from family and health providers. Most of these studies have focused on breastfeeding intentions or infant feeding decision-making. Of the 3 studies exploring breastfeeding experiences of African-American women, only 1 used individual interviews. More qualitative research studies which use collaborative or participatory methods such as positive deviance, are needed to better understand the process of breastfeeding for African-American women.

### References