

The Board of Supervisors of Contra Costa County, California

**In the matter of: Recognizing August as
National Breastfeeding Month and designating
World Breastfeeding Week, August 1 - August
7, 2025, and Black Breastfeeding Week, August
25 - August 31, 2025.**

Resolution No. 2025-263

WHEREAS, National Breastfeeding Month and World Breastfeeding Week are recognized each August to promote, protect, and support breastfeeding as a key strategy for improving the health and well-being of mothers, infants, and families; and

WHEREAS, Black Breastfeeding Week is observed nationally to raise awareness within the Black community and highlight the need for culturally relevant breastfeeding support and resources; and

WHEREAS, breastfeeding is the best source of nutrition for most infants and has been shown to reduce the risk of chronic diseases, infections, and postpartum depression, while also strengthening parent-infant bond; and

WHEREAS, The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of life; however, in the US, only 25% of infants meet this goal, and 60% of mothers stop breastfeeding earlier than they intended. According to the Centers for Disease Control and Prevention (CDC), significant disparities persist by race, ethnicity, and socioeconomic status, with Black infants and those from lower-income households being less likely to be breastfed; and

WHEREAS, several factors influence a parents' ability to initiate and continue breastfeeding, including having limited access to community-based breastfeeding support that is culturally relevant; and

WHEREAS, Contra Costa Health (CCH) is committed to promoting, protecting, and supporting breastfeeding through case management, public health education, and its Baby-Friendly Hospital designation at Contra Costa Regional Medical Center reflecting a systemwide commitment to best-practice, evidence-based care, and staff training, which includes training of thousands of inpatient and outpatient healthcare staff and providers to competently support mothers in initiating and sustaining breastfeeding; and

WHEREAS, CCH Black Infant Health Program provides culturally relevant and responsive breastfeeding support that is resourced tailored to the needs of the Black families; and

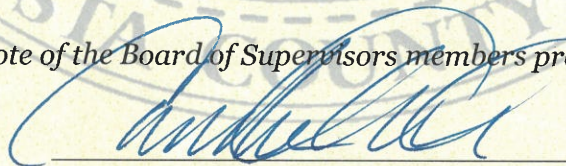
WHEREAS, CCH Women, Infants & Children (WIC) Program plays a leading role in advancing equitable access to breastfeeding support, particularly for low-income and historically underserved families, by providing culturally sensitive education, skilled lactation support, and community engagement; and

WHEREAS, WIC's Breastfeeding Peer Counselors and Lactation Consultants provided individualized care to 2,718 mothers in 2024, addressing barriers and empowering families with evidence based guidance; and

WHEREAS, WIC observes National Breastfeeding Month annually through events at local offices that highlight the health benefits of breastfeeding, foster peer support, and in 2024 welcomed over 1,500 WIC families across Contra Costa County during National Breastfeeding Month; and

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of Contra Costa County does hereby recognizes and celebrates National Breastfeeding Month, World Breastfeeding Week, and Black Breastfeeding Week and honors Contra Costa Health's ongoing work to eliminate barriers, reduce disparities, and support breastfeeding as a vital foundation for lifelong health and well-being.

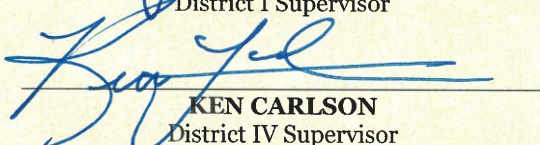
PASSED by a unanimous vote of the Board of Supervisors members present this 5th day of August 2025.



CANDACE ANDERSEN
Chair,
District II Supervisor



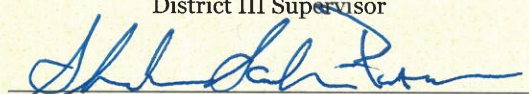
JOHN GIOIA
District I Supervisor



KEN CARLSON
District IV Supervisor



DIANE BURGIS
District III Supervisor



SHANELLE SCALES-PRESTON
District V Supervisor



I hereby certify that this is a true and correct copy of an action taken and entered on the minutes of the Board of Supervisors on the date shown:

ATTESTED: August 5, 2025

MONICA NINO, Clerk of the Board of Supervisors and County Administrator

By , Deputy