

The Board of Supervisors of Contra Costa County, California

**In the matter of: Recognizing August 2026 as
National Breastfeeding Month, World
Breastfeeding Week, August 1- August 7, 2026,
and Black Breastfeeding Week, August 25-
August 31, 2026.**

Resolution No. 2026-291

WHEREAS, National Breastfeeding Month and World Breastfeeding Week are recognized each August to promote and support breastfeeding, with the 2026 themes, respectively, of RISE (Resilience, Interdependence, Self Determination, Empowerment) and Breastfeeding for a Sustainable Start in Life; and

WHEREAS, Black Breastfeeding Week raises awareness in the Black community and highlights the need for culturally relevant breastfeeding support and resources; and breastfeeding provides optimal infant nutrition, reduces chronic disease and infection risk, supports maternal mental health, and strengthens parent infant bonding; and

WHEREAS, the American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of life, but only 25% of U.S. infants meet this recommendation and 60% of mothers stop breastfeeding earlier than intended; and

WHEREAS, disparities persist by race, ethnicity, and income, with Black infants and those from lower-income households less likely to be breastfed; and several factors influence a parent's ability to breastfeed, including having access to culturally relevant community-based breastfeeding support; and

WHEREAS, Contra Costa Health (CCH) promotes and supports breastfeeding through case management, public health education, and its Baby Friendly Hospital designation at Contra Costa Regional Medical Center; and

WHEREAS, CCH Family, Maternal, and Child Health programs, including Black Infant Health, Adolescent Family Life, Prenatal Care Guidance, and Perinatal Equity provide culturally responsive breastfeeding support to community members and contributes annually to the African American Baby Shower during Black Breastfeeding week; and

WHEREAS, CCH Women, Infants & Children (WIC) Program expands equitable access to breastfeeding support for low income and underserved families through culturally sensitive education, skilled lactation care, and community engagement; and

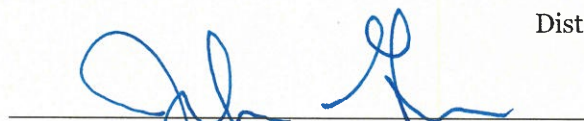
WHEREAS, WIC Breastfeeding Peer Counselors and Lactation Consultants provided individualized support to 1,980 families, addressing barriers and empowering parents with evidence-based guidance; and

WHEREAS, WIC celebrates National Breastfeeding Month through events at local offices that promote breastfeeding benefits and peer support, welcoming over 1,250 families in 2025; and

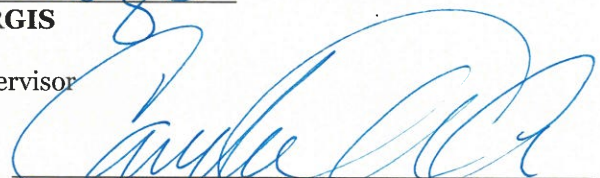
NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of Contra Costa County does hereby recognizes *National Breastfeeding Month, World Breastfeeding Week, and Black Breastfeeding Week*, and honors Contra Costa Health's dedication to reduce barriers, address disparities, and support breastfeeding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

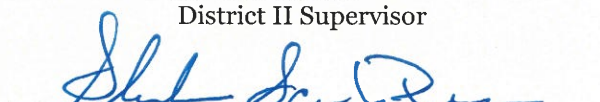
PASSED by a unanimous vote of the Board of Supervisors members present this 11th day of August 2026.

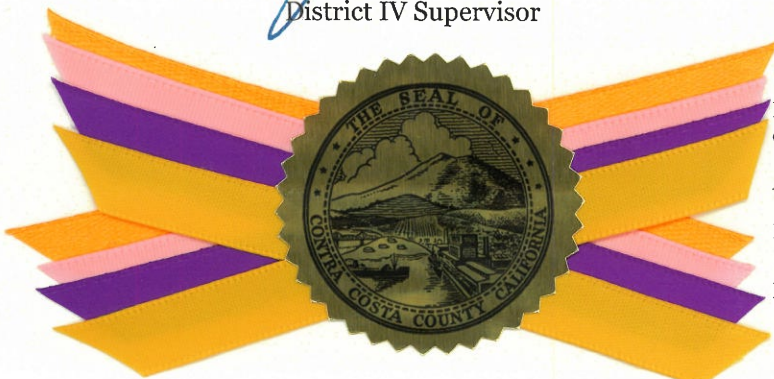

DIANE BURGIS
Chair,
District III Supervisor


JOHN GIOIA
District I Supervisor


KEN CARLSON
District IV Supervisor


CANDACE ANDERSEN
District II Supervisor

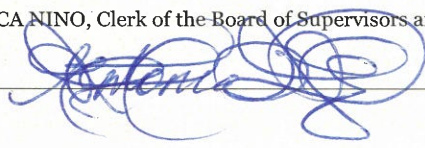

SHANELLE SCALES-PRESTON
District V Supervisor



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 11, 2026

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

By , Deputy