



OFFICE OF THE GOVERNOR

August 2024

National Breastfeeding Month

Each August we recognize National Breastfeeding Month, an opportunity to raise awareness on the benefits of breastfeeding as well as the challenges many families face in their early childhood feeding journeys. Breastfeeding offers optimal nutrition for infants as well as long-term benefits for parents and children.

Breastfeeding strengthens the bond between parent and child, and research has demonstrated that it reduces incidences of infectious diseases, the risk of obesity in adult life, Type 2 diabetes and Sudden Infant Death Syndrome, among other benefits. Still, many new parents face barriers in finding expertise and support to meet their family's early feeding goals, such as lack of workplace accommodations and limited access to health care and lactation services.

This year's World Breastfeeding Week theme, "Closing the Gap: Breastfeeding Support for All," calls attention to societal inequities impacting breastfeeding opportunities and the need to improve supports. Our health systems, employers, policymakers and community partners all have a role to play in breastfeeding education and support that is culturally responsive and gender inclusive to meet the needs of diverse families.

Equitable access to breastfeeding accommodations and expertise is especially important for families who experience the greatest inequities in health outcomes and the greatest barriers to their family's early feeding goals. Support and resources are available through the California Department of Public Health's Women, Infants and Children program (WIC).

During National Breastfeeding Month, let us reaffirm our commitment to supporting all California parents and caregivers in their family's early childhood feeding journeys. Everyone benefits when we empower families to support the health and well-being of the youngest Californians.

Sincerely,

A handwritten signature in black ink, appearing to read "Gavin Newsom".

Gavin Newsom