

National Minority Mental Health Awareness Month

Raising awareness of the challenges that affect the mental health of racial and ethnic minorities is an important public health issue.

Many people from racial and ethnic minority groups face historical trauma, discrimination, and microaggressions that can challenge their ability to thrive.



Working Together for Mental Health Equity

Everyone has a role to play when it comes to promoting health equity. Share information on mental health and healthy coping skills.

- Learn about implicit bias and microaggressions.
- Develop best practices in your workplace to reduce racism.
- Ensure educational materials are culturally appropriate.
- Ensure mental healthcare services are available to everyone.

[Learn more about prioritizing minority mental health](#)



GBS Awareness Month

Group B Strep (GBS) is an infection that lives in the gastrointestinal and genital tracts and can be life-threatening, especially to newborns.

Each year, about 20 million pregnant women carry GBS. It's important for all pregnant women to be screened for GBS to prevent it from passing on to the infant during labor

Newborns are most at risk for GBS. Some of the symptoms of GBS include:

- Fever
- Difficulty feeding
- Irritability
- Trouble breathing
- Blue-ish color to skin



[Click here to learn about Group B strep](#)

World Breastfeeding Week August 1 – 7

Breastfeeding is the best source of nutrition for most infants and can reduce the risk of several health conditions for both the infant and mother. Some breastfeeding benefits for babies include reducing risk for:

- Obesity
- Type 1 diabetes
- Ear infections
- Gastrointestinal infections, such as diarrhea and vomiting
- Sudden Infant Death Syndrome (SIDS)



Breastfeeding and SIDS

Not only does breastfeeding allow for the infant to get their full nutrition, but it also helps to reduce the risk of SIDS. The American Academy of Pediatrics (AAP) recommends feeding infants human milk for at least two years. It is also important to consider a safe environment when you are breastfeeding:

- The infant should sleep in the same room as the parent but on a separate safe sleep surface.
- Remove all soft items and bedding from the area if you bring your baby into your bed to breastfeed.
- If you fall asleep, place your baby back in their separate sleep area as soon as you wake up.

[Read more about breastfeeding and SIDS](#)

National Immunization Awareness Month

Children are exposed to germs daily, and vaccines can help your child's immune system fight against vaccine-preventable diseases.

Vaccines use a small amount of antigens that help your child's immune system learn how to fight disease. Here are the recommended vaccines that your child needs as they grow: **CDC Recommended Immunization Schedule**



Vaccine During and After Pregnancy

It is also important for pregnant mothers to be up to date on their vaccines. Pregnant women should be vaccinated against whooping cough, the flu, COVID-19, and respiratory syncytial virus (RSV) because their baby can get disease protection from mom during pregnancy.

Maternal vaccines should also be maintained after childbirth. Postpartum vaccination will help protect moms from getting sick, and moms will also be able to pass some vaccine antibodies to the baby through breastfeeding.

[Learn more about vaccines and pregnancy](#)

Folic Acid Awareness Week

September 8 - 14

Taking folic acid before and during your pregnancy can help prevent your baby from being born with birth defects. Some key points to know about folic acid are:

- Before pregnancy, you should take at least 400 mcg of folic acid daily.
- You should take prenatal vitamins that have 600 mcg of folic acid daily during pregnancy.
- Folic acid can also be found in fortified foods, such as bread, cereal, rice, beans, lentils, and leafy green vegetables.



Neural Tube Defects (NTDs)

Folic acid helps to protect your baby from birth defects of the brain and spine, called *neural tube defects*. NTDs happen in the first month of pregnancy, when many women may not even know that they are pregnant. It is essential to take the recommended amount of folic acid before you get pregnant. Women who are at high risk for NTDs include those who have had a baby with an NTD in the past or you or a partner who has an NTD.

[Learn more about folic acid](#)



National Childhood Obesity Awareness Month

This is the time to raise awareness about preventing childhood obesity. More than 1 in 4 children in San Bernardino County may be overweight for their age.

Childhood obesity can lead to various health consequences such as diabetes, sleep apnea, and cardiovascular disease. Obesity can also negatively affect your child's social and emotional health and school performance.

Here are some ways to help children maintain a healthy weight:

- Eating healthy foods and avoiding sugary beverages.
- Getting the recommended amount of physical activity (at least 60 minutes a day).
- Getting at least 8 hours of sleep per night.
- Reducing screen time.
- Limiting snacks with lots of salt, added sugar, and fats.



[Click here to learn more about childhood obesity](#)

Juneteenth Recap

Juneteenth is a holiday commemorating the end of slavery in the United States. This day is a celebration of freedom but also a reminder of the struggle for equality and justice for African Americans.



On June 15, 2024, the Maternal, Child, and Adolescent Health (MCAH) program hosted a Juneteenth event to celebrate the day of freedom for African Americans. The celebration featured the film *Birthing Justice*, a live panel discussion addressing Black maternal health, community resources from various partners, music, food, and fun. *Birthing Justice* is a documentary film that captures the experiences and challenges of Black women and their babies. Black women are four times more likely to die during childbirth than white women. The live panel discussion included speakers from the Black Infant Health (BIH) program and Sankofa Birthworkers Collective, and they discussed the various challenges and themes presented in the film. Some of the challenges that Black women face include racial bias, obstacles to accessing the healthcare system, and barriers to adequate health resources.

Black Breastfeeding Week August 25 – 31

From August 25 – 31, Black Breastfeeding Week is recognized to learn about the social and cultural factors influencing breastfeeding among African American families. Black mothers experience several barriers to breastfeeding, including the lack of communication about its health benefits, lack of family and social support, and the lack of diversity in the lactation field. This week aims to help bring awareness and change to the community. The Black Infant Health (BIH) program will celebrate Black breastfeeding with an event on August 29. Please see the details in the flyer below.



Important News

SPECIAL IE BIH/PEI CAB MEETING

RIVERSIDE & SAN BERNARDINO COUNTIES

Pregnancy Associated Mortality Review (PAMR) Board Session
Presented by the California Department of Public Health (CDPH)



WEDNESDAY
AUGUST 7, 2024
9:30AM-12:00PM

2085 Rustin Ave.
Riverside, CA 92507

LUNCH SERVED
IMMEDIATELY
FOLLOWING
MEETING



SCAN QR CODE
TO REGISTER

NEED INFO ☎ (951) 840-8024



In honor of Celebrating Breastfeeding Month, San Bernardino County
Women, Infants and Children (WIC) invites you to join us for a

COMMUNITY



BABY SHOWER

for expecting and breastfeeding parents-to-bee.

GIVEAWAYS*

RESOURCES

PANEL DISCUSSION

OPPORTUNITY DRAWINGS

ONSITE LACTATION CONSULTANTS

* While supplies last

AUGUST
SATURDAY 24 1 - 4 P.M.
2024

Desert Mountain Educational Service Center
17800 Hwy. 18, Apple Valley



Public Health
Women, Infants and Children



JOIN US IN
CELEBRATING

**Black Breastfeeding
Week 2024**

**black
infant
health**
Empowering Pregnant and
Mothering Black Women



**Celebrating Black Joy:
Breastfeeding as a Source
of Strength and Connection**

✓ Free Food

✓ Fun

✓ Prizes

San Bernardino Valley College
701 S. Mt. Vernon Ave.
San Bernardino

AUG | 29 | 2024

10 a.m. - 2:30 p.m.

Mothers, fathers, family and
friends welcome!



Wellness on Wheels (WoW) Van

Free Services:

- HIV and syphilis rapid testing
- Gonorrhea and chlamydia testing
- Access to treatment
- Health education on STI symptoms, prevention, and treatment
- Free condoms

San Bernardino Health Center
606 E. Mill St., San Bernardino

Every Tuesday from 2 - 6 pm
(except County-observed holidays)

Walk-in basis only

For more information, call (800) 722-4794



Public Health

Family Health Services Section
Quarterly Newsletter is an internal publication for local
healthcare providers, and others interested in improving
maternal, child, and adolescent health.

For more information about MCAH, please email us at
askMCAH@SBcounty.gov or call 1-800-227-3034.