

July – September 2025

Chronic Disease Day

July 10

Chronic Disease Day reminds us of the urgent need to address long-term health conditions that affect millions globally. It's a call to action for early prevention, better access to care, and more substantial support for those impacted.

Chronic diseases during pregnancy are of critical importance because they can significantly affect both maternal and fetal /infant health.

Managing Chronic Conditions During Pregnancy

Managing chronic conditions during pregnancy is about maintaining the mother's health and creating the safest and healthiest environment for the baby.

Regular check-ins with your healthcare providers, personalized treatment plans, and lifestyle adjustments, such as tailored nutrition, appropriate exercise, and stress management, can make a significant difference.

Every pregnancy is unique, and navigating it with a chronic condition requires resilience, knowledge, and proactive planning.



[Read more on chronic health conditions and pregnancy.](#)



Bereaved Parents Month

Supporting bereaved parents is not just an act of compassion; it's a vital part of their healing. Acknowledging their grief, offering a listening ear, and being there for them can make all the difference.

Some key takeaways for Bereaved Parents Month:

- Acknowledge deep grief and allow parents to feel supported and heard.
- Raise awareness of the unique challenges faced by bereaved parents.
- Provide resources for parents, helping them connect with others and access professional help.
- Encourage remembrance and celebrates the lives of children lost.

The bereavement resource is for anyone experiencing grief. Mourning after a loved one has died is a natural process, and it is one of life's most stressful events. The grieving process is different for everyone, and it will take time to heal.



[Learn more about Bereavement](#)

Children's Eye Health and Safety Month

August is dedicated to highlighting the significance of safeguarding and nurturing children's vision, which is vital for their overall development, learning, and quality of life.

Here are some important things to know:

- Kids are prone to eye injuries, especially during sports or play.
- Too much screen time can increase the risk of eye strain (headaches, blurred vision, dry eyes).
- Poor vision can lead to reading difficulties, poor school performance, and behavioral issues.
- Early screening can prevent long-term vision loss and improve academic performance.



[Click here to learn more about Children's Eye Health and Safety Month](#)

National Immunization Awareness Month

August is National Immunization Awareness Month. Maternal vaccines are critical for protecting both mothers and babies during pregnancy and after childbirth. They help prevent serious infections that could harm the health of both the mother and the baby.

Maternal vaccines should continue to be maintained even after childbirth, as they protect mothers from illness and allow them to pass some vaccine antibodies to their babies through breastfeeding.

Newborns are particularly vulnerable to illnesses, and receiving vaccinations during pregnancy can help shield your baby until they are ready for their own vaccinations.

Here are some facts to know about maternal vaccines.

- Vaccines safeguard the mother from severe diseases that could lead to complications.
- Vaccines protect the baby by providing early protection through antibodies.
- Preventing illness helps avoid premature birth and reduces the chances of infant mortality.



[Click here to learn about pregnancy and vaccination](#)

Black Breastfeeding Week

August 25 - 31

This week-long campaign was founded to address and raise awareness about the disparities in breastfeeding rates and support within Black communities.

It serves as a platform to empower Black mothers, celebrate their breastfeeding journeys, and advocate for equitable maternal and infant health care.

Black mothers experience several barriers, including the lack of communication about health benefits, the lack of family and social support, and the lack of diversity in the lactation field.

[Learn more about Black Breastfeeding Week](#)



National Sickle Cell Awareness Month

Individuals living with sickle cell disease (SCD) face lifelong challenges, including chronic pain, frequent hospitalizations, an increased risk of anemia and stroke, and limited treatment options. Yet, their resilience and courage inspire us all.

Throughout the month of September, we encourage everyone to learn more about the realities of sickle cell disease, support organizations leading research and patient advocacy, and uplift the voices of those living with the condition.

[Learn about Sickle Cell Disease](#)



Folic Acid Awareness Week

September 8-14

Folic Acid Awareness Week serves as a vital reminder of the importance of folic acid in promoting healthy pregnancies and preventing serious birth defects.

Folic acid is crucial for pregnant women because it helps prevent serious birth defects of the baby's brain and spine, such as spina bifida. It also supports the healthy growth and development of the fetus and aids in the production of red blood cells.

It is recommended that you take at least 400 mcg of folic acid daily. Other sources of folic acid include multivitamin supplements and eating fortified foods such as enriched breads, bananas, cereal, and green leafy vegetables.



[Read more about folic acid](#)

World Heart Day

September 29

World Heart Day is celebrated to raise awareness about cardiovascular diseases (CVDs) and the importance of heart health. The day is observed globally to educate people on the risks, prevention, and early detection of heart-related issues, and to encourage healthier lifestyles that can reduce the incidence of heart disease.

Pregnancy can have significant effects on a woman's heart. The body undergoes many changes during pregnancy that can affect the heart, blood vessels, and circulation.

Prevention is key to reducing the risk of heart disease. Consider incorporating the following habits into your lifestyle:

- A healthy diet.
- Regular exercise.
- Avoiding tobacco and vaping.
- Eliminating alcohol intake.
- Managing stress.
- Regular check-ups and screenings.
- Knowing your body mass index (BMI), blood pressure, cholesterol, and blood sugar levels.
- Watch for warning signs of a problem during and after pregnancy.

[Learn more about heart disease](#)

IMPORTANT

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

COMMUNITY



BABY SHOWER AND HEALTH FAIR

for expecting and breastfeeding parents-to-be.

Giveaways

Resources

Panel Discussion

Opportunity Drawings

Lactation Consultants



Saturday, Aug. 9
10 a.m. - 1 p.m.



Dorothy Inghram Learning Center
670 E. Carnegie Dr., San Bernardino

This institution is an equal opportunity provider.



Public Health
Women, Infants and Children



BLACK BREASTFEEDING WEEK CELEBRATION



SAVE THE DATE:
AUGUST 24, 2025



black infant health
Empowering Pregnant and Mothering Black Women



Public Health



Public Health
Women, Infants and Children Program

INLAND EMPIRE BREASTFEEDING RESOURCES

This document is intended to help you locate breastfeeding resources in the Inland Empire. Please call to schedule an appointment. For more information on breastfeeding resources, visit wic.sbcounty.gov.

BREASTFEEDING SERVICES			
SUPPORT LINE	IN-PERSON CLINIC	IN-HOME SUPPORT	VIRTUAL CLINIC

SERVICES(S)	FEE-BASED	RESOURCE NAME	CITY	HOURS OF OPERATION	PHONE NUMBER
		St. Mary's Medical Center- Mommy and Me Center 16051 Kasota Rd., Ste. #800, Apple Valley	Apple Valley	Times vary, please call.	(760) 217-5971
		Barstow Community Hospital 8230 E. Mountain View St., Barstow * Clinic is ONLY available for patients that have given birth at the hospital.	Barstow	Times vary, please call.	(760) 957-3323
		The Mom and Dad Project 41820 Garstin Dr., Big Bear Lake	Big Bear Lake	Mon. - Thurs. 9 a.m. - 5 p.m.	(909) 878-2326
		Birth Your Way Birth Center 10420 Beaumont Ave., Suite 1, Cherry Valley	Cherry Valley	Tues. - Thurs. 9 a.m. - 5 p.m. (closed from 12 - 1 p.m.)	(909) 343-8766
		Public Health Foundation Enterprises WIC	Chino & Pomona	Mon. - Fri. 9 a.m. - 5:30 p.m.	(888) 278-6455
		Arrowhead Regional Medical Center 400 N. Pepper Ave., Colton * Offers prenatal breastfeeding classes.	Colton	Times vary, please call.	(909) 580-3348
		Corona Regional Medical Center- Baby Connection Center * Clinic is ONLY available for patients that have given birth at the hospital.	Corona	Times vary, please call.	(951) 808-4721
		Just Natural Breastfeeding Solutions	Inland Empire, Riverside & Orange County	Times vary, please call.	(951) 394-2087
		Best Fed Babies and Virtual Breastfeeding Help	Inland Empire	Times vary, please call.	(951) 288-1920
		Community Action Partnership of Kern WIC Program * Must be a WIC participant.	Kern County (Adelanto, Big Bear, Crestline, & Needles)	Mon. - Fri. 7:30 a.m. - 5 p.m.	(866) 327-3074



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COMMUNITY ACTION TEAM

Infant mortality serves as a measure of a community's general health. The Fetal and Infant Mortality Review (FIMR) program seeks to prevent future losses with a focus on the major disparities that persist for Black/African American infants and infants born in the desert regions of San Bernardino County.

Following the case reviews of losses in biweekly Case Review Team meetings, the monthly Community Action Team meeting seeks to mobilize the community to implement interventions that lead to policy and system changes to reduce infant mortality.

Join us in improving infant health in San Bernardino County.

MONTHLY ON ZOOM AT 2 P.M.



Meeting ID: 848 4687 2149



Meeting ID: 870 4287 0747



Meeting ID: 893 4853 0991



Meeting ID: 836 1005 3508



In Person



In Person



Public Health

FOR MORE INFORMATION
ABOUT MCAH,
PLEASE EMAIL US AT
askMCAH@SBcounty.gov
OR CALL 1 (800) 227-3034



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.