



BREASTFEEDING & WHY IT MATTERS

Although celebrated as a national health emphasis month in August of any given year, we are providing information on breastfeeding this month.

1-4 Only 1-in-4 infants are exclusively breastfed as recommended by the time they are 6 months old.

Low rates of breastfeeding add more than \$3 billion a year to medical costs for the mother and child in the United States.

Three quarters (74%) of Black infants are never breastfed, which is below the national average of 83%.

Source: CDC

MESSAGE FROM SAPHIRE DE'BELLOTT

Supplemental Nutrition Program



Sapphire De'Bellott

I am excited to begin my journey as a WIC Breastfeeding Support Level 2 Peer Counselor.

This journey will begin on March 8 and will go through March 23, 2023. As you may know, WIC is a special supplemental food and nutrition service for Women, Infants, and Children (WIC).

Eligibility

Pregnant, postpartum, and breastfeeding women, infants, and children up to age five are eligible. They must meet income guidelines, a state residency requirement, and be individually determined to be at "nutritional risk" by a health professional.

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ECHO (Enhancing Collaborative Health Options & Opportunities)

Nutrition & Healthy Eating You're Worth It!

Small food swaps can make your meals and snacks healthier. Look for opportunities throughout the day to add more fruits and vegetables to your plate.

Eating too much sodium increases your risk for high blood pressure, a leading risk factor for heart disease and stroke. Skip the salt; keep the flavor. Replace salt with flavorful spices and herbs like thyme, rosemary, and pepper.

The saltshaker isn't always to blame! Most of the sodium in our diets actually comes from packaged and restaurant foods.

Five Barriers to Diet Change and How to Overcome Them

Lack of time. Just like anything else you want to achieve, you have to plan for healthy eating.



Feeling overwhelmed. Don't try to make too many changes at once.

An "all or nothing" attitude.

Remember, you are aiming for progress, not perfection. Don't let setbacks stop you, keep going!

Diet confusion. Locate well researched nutrition guidance that can be customized for you and your lifestyle.

Feeling deprived. You can eat a variety of foods by including some of the foods you love with foods that are good for your health.

Source: CDC

Food Security

Food access is about much more than simply the availability of foods to purchase. Individuals, families, and the community need ongoing and equitable access to food—Food Security—every day and everywhere.

Food and nutrition security means having reliable access to enough high-quality food to avoid hunger and stay healthy. Improving access to nutritious food supports overall health, reduces chronic diseases, and helps people avoid unnecessary health care. That's why food and nutrition security is one of the key social determinants of health.

Hunger in NC

Every night, people in almost 630,000 North Carolina households don't have enough to eat.

North Carolina has the 8th highest rate of food insecurity in the nation.

A food-secure household means that all members of the home have access to enough healthy and nutritious food to support an active and healthy lifestyle.

Homes that have low food security often must make tough choices about the amount and quality of food they are able to provide their families.

Food insecurity does not affect everyone equally. Households with children are more likely to have trouble putting enough nutritious food on the table.

Nationally, 16.6 percent of homes with children are food insecure, while only 10.9 percent of homes without children were.

Additionally, single-parent households face different rates of food insecurity based on the gender of the parent. 9.4 percent of households led by single mothers experience very low food security compared



to 8.2 percent of households with single fathers.

Data from the National Health Interview Survey

In 2019–2020, 10.8% of children aged 0–17 years lived in households that experienced food insecurity during the past 30 days.

The percentage of children who lived in food-insecure households was higher for non-Hispanic Black (18.8%) than Hispanic (15.7%) children, and higher for both non-Hispanic Black and Hispanic children than for non-Hispanic White children (6.5%).

A greater percentage of children with disability (19.3%) lived in food-insecure households compared with children without disability (9.8%).

The percentage of children living in households that experienced food insecurity varied by urbanicity.

Family characteristics, such as family structure and the number of children in the household, were associated with household food insecurity.

Sources: CDC; feednc.org.

Let's Stop HIV Together

Source: CDC



MOUNT ZION COMMUNITY DEVELOPMENT, INC.



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Project EMPOWER (Education Means Power)

In collaboration with community partnerships, including The Partnership for Substance Free Youth in Buncombe County.

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