



Breastfeeding Friendly Community Health Centers

Who We Are

- The Breastfeeding Friendly Community Health Centers Initiative is a partnership between UC San Diego's Center for Community Health and the County of San Diego Health and Human Services Agency.
- We address 10 key areas that promote exclusive breastfeeding of infants until 6 months of age and continuing breastfeeding with appropriate complementary foods for at least 12 months.
- Early infant feeding practices affect later growth and development in children and significantly impact their risk for infections and chronic diseases such as diabetes, asthma and obesity.
- We aim to enhance lactation support for clients and employees, reduce the barriers faced by mothers initiating and maintaining exclusive breastfeeding, increase breastfeeding rates, and promote healthier moms, babies and future adults.

Why Community Health Centers (CHCs)?

- Breastfeeding rates differ substantially by race, socioeconomic level, and other demographic factors.
- CHCs are main providers of primary health care services for medically underserved communities and vulnerable populations.
- Breastfeeding can be a key tool in reducing health inequalities as an effective and low-cost early intervention.
- CHCs can generate revenue through the use of a sustainable financial model that utilizes Lactation Consultants for breastfeeding support services.

How to Join us?

To learn more about the Live Well San Diego Breastfeeding Friendly Community Health Centers Initiative and to find out how you can participate, email

lw lactation@ucsd.edu

What We Offer

- ✓ Workplace Lactation Accommodation Policy
- ✓ Breastfeeding Friendly Office Environment Policy
- ✓ Infant Feeding Policy
- ✓ Staff Education
- ✓ Community Resources
- ✓ Financial Sustainability Training
- ✓ Clinical Services
- ✓ Electronic Health Records
- ✓ Opportunities for Collaboration
- ✓ Evaluation