

World Breastfeeding Week

Closing the Gap

Breastfeeding Support for All

Amber Thompson, WIC Breastfeeding Peer Helper



Did you know that August 1st-7th is World Breastfeeding Week? Every year WABA (World Alliance for Breastfeeding Action) carefully selects a theme to raise awareness and galvanize action on themes related to breastfeeding. WABA is an international network of individuals and organizations. They are dedicated to the protection, promotion, and support of breastfeeding worldwide.

This year's theme is *Closing the Gap, Breastfeeding Support for All*. The primary focus will be on survival, health and wellbeing. This will display the need for improvement in breastfeeding support to reduce inequalities that exist, especially focusing on breastfeeding in times of emergencies and crises. Ensuring everyone has access to breastfeeding support and opportunities is important because breastfeeding can act as an equalizer in our society. It's crucial to not leave anyone behind, especially mothers who are susceptible to needing extra support, to reduce breastfeeding inequalities.

The objectives of this year's theme will inform all of the inequalities that exist in breastfeeding support. Lack of breastfeeding support during the critical first week negatively affects the overall breastfeeding intentions and prevalence. To close gaps within society, they will anchor breastfeeding as an equalizer. Efforts must be made to make sure everyone has access to breastfeeding support. Engaging with people and organizations will enhance collaboration and support for breastfeeding mothers. By focusing on vulnerable groups this will galvanize action on reducing inequalities in breastfeeding support.

The Ohio WIC Program is a pro-breastfeeding organization that offers breastfeeding support to pregnant and breastfeeding women. You do not have to be enrolled in WIC to receive breastfeeding support. The Meigs County WIC Office is open Monday-Friday from 8AM-noon and 1-4PM. Appointments are available Monday-Thursday. The Breastfeeding Peer Helper's hours are Monday & Tuesday from 8AM-noon and 1-3PM. If you are pregnant or breastfeeding and could use some support, feel free

to call (740) 992-0392 or stop by the Meigs County Health Department, which is located at 112 E. Memorial Drive in Pomeroy, during business hours.