



# **STRATEGIES TO PROMOTE MATERNAL AND FIRST FOOD EQUITY**

Live Webinar

Stephanie Amekuedi, CBS  
Chardá Bell, IBCLC, CBE, CD  
1.5 L-CERPS & 2 CONTACT HOURS

**May 2, 2024  
9am - 11am PT**

# LIVE WEBINAR PROGRAM DETAILS

**2 CEU CONTACT HOURS**  
**1.5 L-CERPS**

**LINK TO SHARE**

**[breastfeeding.org/educational-webinars](https://breastfeeding.org/educational-webinars)**

## OBJECTIVES

- 1. Describe strategies that foster support in the Black community for breastfeeding.**
- 2. Eliminate or drastically reduce breastfeeding disparities with a focus on the most disproportionately affected racial/ethnic group.**
- 3. Define the term 'first food desert'**
- 4. Identify 3 reasons for low breastfeeding rates in high Black population areas in San Diego.**
- 5. Recognize 3 ongoing efforts to improve food security and first foods access.**

**UC San Diego**  
SCHOOL OF MEDICINE  
Department of Pediatrics



## AGENDA

**9:00 AM:** Presentation by Stephanie Amekuedi

**10:00 AM:** Presentation by Chardá Bell

**10:30 AM:** Panel Discussion

## REGISTRATION

- **Early Bird Registration (until 04/29/24):**
  - SDCBC Members: \$15
  - Non-Members: \$20
- **General Registration (starts 04/30/24):**
  - SDCBC Members: \$20
  - Non-Members: \$25

**REGISTER**  
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# POLICIES & CONTINUING EDUCATION

## CONTINUING EDUCATION

**IBCLC:** San Diego County Breastfeeding Coalition is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT 112-10. **1.5 L-CERPS** will be awarded.

**RN:** San Diego County Breastfeeding Coalition is an approved provider by the California Board of Registered Nursing. This course offers **2 contact hours of continuing education**. San Diego County Breastfeeding Coalition's provider number is CEP 17550. Licensee must maintain certificate for a period of four years.

**RD & OT:** Maintain a copy of the agenda and certificate for CPEs for Professional Development Portfolio.

**MD/DO:** Category 1 AMA CME is not available currently.

## CAN'T ATTEND THE LIVE EVENT?

Register today & receive a link to the recording within 1 week from the live event

## REFUND POLICY

A link to the recording of the webinar will be sent to all registrants within 1 week of the live event. The recording will be available to view for up to 1 year from its release. It is the responsibility of the registrant to view the webinar recording while it is still available. No refund will be provided or the deadline to view the webinar extended.

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EDUCATION  
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# SPEAKER BIO



## STEPHANIE AMEKUEDI, CBS

Stephanie Amekuedi is a devoted wife and mother to five amazing children. Stephanie is the founder and executive director of Nourish & Thrive, a nonprofit organization dedicated to promoting breastfeeding equity. She works as a Certified Breastfeeding Specialist (CBS) and a Perinatal Yoga teacher at Carolina Perinatal Wellness. As an advocate for breastfeeding equity and Black maternal health, her journey into maternal health advocacy was deeply rooted in her lived experiences, which ignited a commitment to ensuring every mother receives equitable support and care.

Additionally, Stephanie is a leader and council member for La Leche League USA, a peer-to-peer breastfeeding support group, where she extends her guidance and support to mothers and lactating parents navigating their nursing journeys. Stephanie's passion for Black maternal health is expressed through her work with Nourish & Thrive as she continues to advocate for practices that prioritize the well-being of Black mothers and babies and normalizing breastfeeding in the Black community.

Through her work, she seeks to address disparities and dismantle systemic barriers, ensuring every mother has access to the support and resources necessary for a healthy and thriving lactation experience.



# SPEAKER BIO



## CHARDÁ BELL, IBCLC, CBE, CD

Chardá Bell, IBCLC is an International Board Certified Lactation Consultant, Doula, [Spinning Babies](#) Certified Parent Educator in private practice ([Melanin Milk SD](#)) [@melaninmilksd](#) serving families in San Diego, CA.

Marrying her love of birth with lactation, her clinical interest is in the influence of labor and delivery factors, including fetal positioning as well as social determinants of health that may impact initiation and duration of breastfeeding success. When she is not immersed in all things lactation, she volunteers her time to causes related to human milk, Black maternal child health & reproductive justice and aims to increase diversity in the lactation field through mentorship.

Chardá and her partner Tré Watkins PhD candidate, are natives of San Diego and share a beautiful blended family of five children.

