

Be Empowered. Dream Big.



PROGRAM ELIGIBILITY:

- Black or African American
- 16 years of age or older
- Pregnant or up to 6 months postpartum

Call: (619) 266-7466 or Email: BIH@neighborhoodhouse.org

The California Black Infant Health (BIH) Program
aims to improve health among African-American mothers
by empowering pregnant and mothering African-American
women to make healthy choices for themselves, their
families, and their communities.

www.cdph.ca.gov/bih



**black
infant
health** 

Empowering Pregnant and Mothering
African-American Women