

# BUN NYORZ GU'NGUAZ HOPV YAAUC NDONGC HAAIX

Gu'nguaaz maac nyei nyorc se benx daauh hoc lai-hnaangx longx jhex liouh bun gu'nguaaz hopv.

Meiv guoqv gunv goux gu'nguaaz heng-wangc gorn (AAP)  
aengx caux naaiv norm gong-gorn goux zuangx guoqv heng-wangc (WHO)  
njiaaux heuc bun gu'nguaaz maac nyorz hopv lauh taux juqv hlaax nyieqc bouc dauh.

Bangc ei waac-fienx yiem guqov  
zangc zaah mangc nziepv  
ndie-nqaeqv yiem naaiv 2017,

**KUNGX MAAIH 25.6%  
BENX GU'NGUAZ-LUNX**

Buac bun gu'nguaaz maac nyorz hopv  
yiem njiec juqv hlaax nyieqc bouc dauh.

Bangc ei naaiv Minnesota gunv goux heng-wangc  
domh gorn waac-fienx yiem naaiv 2015,

**1 YIEM 8**

Janx-ba'miuh WIC  
maac duqv bun nyorz  
gu'nguaaz hopv yiem  
njiec 6 hlaax nyieqc.



**1 YIEM 27**

Janx-ba'miuh WIC  
maac duqv bun nyorz  
gu'nguaaz hopv yiem  
njiec 12 hlaax nyieqc.

## GU'NGUAZ HENG-WANGC NGAENGCAENGZ

**BUN GU'NGUAZ HOPV MAAC NYEI  
NYORZ SE MV HAIH  
ZOUX BUN MAAIH  
HAAIX DIUC  
JAUV-LOUC:**



Butv haa-cunv tauv qiez  
kuonx Hnaangx-mbuoz mun  
(Ga'sie fiez/Lov) Junc Butv benx yietc  
nyungc nziaamv-gaam baengc Zanv  
cuotv tauv qiez baengc Gu'nguaaz-lunx  
jiepv sih guangc maengc  
nyei baengc (SIDS)

## GOUX NQAEQV BAENGCAENGZ/JAA BUN MBUNGH SIN MAAIH NGAENGCAENGZ



Gu'nguaaz maac nyei nyorz se haih  
tengx sin zangc henv faaux aengx caux  
bouc sengh maaih mbungh sin ndonx.  
Gu'nguaaz nyorz dungh bun gu'nguaaz  
hopv liuz haih zoux bun sin zangc  
maaih ngaengcaengz.

Maac nyei nyorz corc haih tengx tengx  
haaix deix gu'nguaaz yungz ndaangc  
bouc dauh nyei buonc maaih mbungh  
sin ngaengcaengz.

## GU'NGUAZ MAAC HENG-WANGC NGAENGCAENGZ LONGX

**BUN GU'NGUAZ HOPV  
MAAC NYEI NYORZ SE MV  
HAIH ZOUX BUN MAAIH  
HAAIX DIUC JAUV-LOUC:**



Nziaamv hlang Butv benx 2 nyungc  
nziaamv-gaam baengc Benx kaen  
ser yiem gu'nguaaz mbuoqc Benx  
kaen ser yiem nyorz

Yiem njiec Los Angeles nquenc—se  
buac maaih domh biauv benx Asian  
baeqc fingx yiem njiec zi'maengz Asia

**kungx buac maaih 6% benx  
gu'nguaaz maac dungh guai haih  
gorngv Asian waac.**  
(breastfeedla.org).

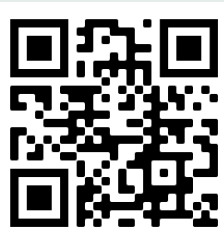
Bangc ei yiem naaiv  
Hawaii saengv zangc gunv goux  
heng-wangc domh forn,  
buac gorngv gu'nguaaz maac  
duqv bun cuotv seiz  
yiem 2009-2011,

**45.2%**

Se duqv bun nyorz  
gu'nguaaz hopv taux  
8 norm leix baaix bouc  
dauh yiem yungz  
gu'nguaaz funx daaih.



## M'SIEQV DORN, GU'NGUAZ-LUNX AENGX CAUX FU'JUEIV (WIC)



M'sieqv dorn, gu'nguaaz-lunx, aengx caux fu'jueiv (WIC)  
se benx guoqv zangc a'fai saengv zangc kou-gong gorn liouh  
goux longc heng-wangc jauv-louc aengx caux nyanc hopv  
jauv-louc bun mienh jomc maac, gu'nguaaz-lunx aengx  
caux fu'jueiv duqv nyanc.

Tov naaic lorx waac-fienx caux meih nyei zorc baengc ndie-sai oc.

### WIC WAAC-FIENX GORN SE LEMH JIENV:

Naaiv diuc cereal se benx yietc diuc lai  
hnaangx yungz gu'nguaaz sin zangc longx  
aengx caux bun gu'nguaaz nyanc

Gorqv-zeic jaa waac-fienx, waac-gorn  
aengx caux tengx bouc nzoih zunh hopv  
gu'nguaaz maac nyorz.

### GORQV-ZEIC JAA WAAC-FIENX GORN:

- USBC: Gunv goux domh zuangx heng-wangc jungh jaa gorn zangc nyei sou-guv njiaaux waac mbuox bun gu'nguaaz hopv gu'nguaaz maac nyei nyorz (usbreastfeeding.org)
- Hopv maa nyei nyorzLA: Naaiv deix zoux gong jien jaa goux gong-bou liouh njiaaux heuc hopv maac nyei nyorz bun baeqc fingx Asian Pacific Islander (breastfeedla.org)
- Lox-hnoi buonc-deic baeqc fingx yiem Hawaiiidorn domh nzoih dongh hnyouv bun gu'nguaaz maac nyorz bun gu'nguaaz hopv (breastfeedinghawaii.org)