

Yowill McAbee

From stay-at-home mom to breastfeeding peer counselor, McAbee joined Catawba County Public Health as a breastfeeding peer counselor in the Women, Infants and Children (WIC) program in early 2016.

“I was a stay-at-home mom for three years and when I decided to come back into the workforce, I wanted to pursue something where I would be working with the public. My passion is helping others,” she said.

When McAbee saw a listing for the breastfeeding peer counselor position, she knew immediately it was what she wanted to do.

“I felt it was exactly the fit for me. I always wanted to pursue a job serving others and this was perfect,” she said.

McAbee breastfed all three of her children and said that experience was critical to her getting the job and is a key part of how she identifies with WIC participants who want to breastfeed for the first time.

“My experience is a great help for breastfeeding mothers. They don’t know what to expect, and it’s good for them to hear from someone who has experienced breastfeeding. I always share with them that not only did I breastfeed my kids, but I go every three months for training,” she said.

McAbee is fluent in both English and Spanish and grew up in South America.

“It’s really good for breastfeeding mothers to have support, especially from someone they can identify with, someone who speaks the same language,” she said.

Through her work with breastfeeding mothers, McAbee has found a way to give back to the community.

Breastfeeding protects babies from illness, lowers their lifetime risk of obesity, helps with brain development, encourages

mother and child bonding, and has economic benefits for families and communities.

“We want people to see that breastfeeding makes healthier babies. Having healthy babies is not only good for children, parents and families, it is also good for the whole community and business, with fewer absences at work.”

Catawba County Public Health believes in improving the overall health of the community by providing health and education services to a diverse array of individuals, families and organizations in our community, and McAbee helps make that possible.



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Yowill McAbee is **#makinglivingbetter** every day in Catawba County.

