



LIVINGSTON COUNTY Health Department

FOR IMMEDIATE RELEASE

KILL DATE: (August 31, 2019)

Breastfeeding Awareness Month Promotes Positive Outcomes

HOWELL, Michigan. – (August 2, 2019) To help promote early breastfeeding success and positive outcomes, August has been declared Breastfeeding Awareness Month in Michigan.

Breastfeeding is the foundation of lifelong good health for babies and mothers. Breastfeeding is a low-cost way of feeding babies and contributing to poverty reduction. Breastfeeding prevents hunger and malnutrition and ensures food security for babies.

Lack of promotional and educational efforts about the benefits of breastfeeding result in lower breastfeeding rates in many communities, including communities of color. In an effort to spread awareness, Gov. Gretchen Whitmer has named the week of August 25-31 Black Breastfeeding Week.

According to the American Academy of Family Physicians, all babies, with rare exceptions, should be breastfed or receive expressed human milk exclusively for the first six months of life. All babies who are breastfed receive immunities, but the greatest immunity occurs when a baby is exclusively breastfed.

“Each and every drop of breast milk provided to babies makes a difference; one feeding at a time,” said Dr. Joneigh Khaldun, MDHHS chief medical executive and chief deputy director for health. “But, balancing work, school, family, life and breastfeeding takes commitment and a supportive community.

Activities are planned throughout the state to draw attention to the importance of breastfeeding for the health and well-being of mothers and children. A Community Breastfeeding Walk is scheduled for Thursday, Aug. 15, starting at 10 a.m. Families are invited to gather at Frank J. Kelley Capitol Walkway, located between the Michigan State Capitol and the Hall of Justice in Lansing.

The purpose of the event is to bring awareness and change to the systems that impact breastfeeding families across the state. This year's walk is hosted by Michigan Department of Health and Human Services (MDHHS) Maternal Infant Health program, MDHHS Women, Infants and Children, Michigan
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Breastfeeding Network, Willow Tree, DJ Fudgie, Expectant Parent Organization and Next Generation Lactation Service.

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