

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

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Vision: To be the Healthiest State in the Nation

FOR IMMEDIATE RELEASE

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PROMOTING BREASTFEEDING ACCESS FOR WORKING MOMS FOCUS OF MONTH-LONG CAMPAIGN

TALLAHASSEE — This August, the Florida Department of Health in Wakulla is celebrating National Breastfeeding Awareness Month. They are doing this by providing education and support groups. Wakulla County is working to promote breastfeeding as a vital health activity and encourage breastfeeding-friendly, child care facilities, work places and communities.

Sherry Bramblett, ARNP Director of Nursing, said, "The benefits of breastfeeding far outweigh any other form of feeding. From obesity to social-emotional development research clearly shows the benefits of breastfeeding."

According to the Centers for Disease Control and Prevention, mothers who breastfeed their children are at a healthier weight on average than those who do not. They also have a lower risk of developing Type 2 diabetes, breast and ovarian cancer. Children who are breastfed have a lower risk for developing respiratory and gastrointestinal infections, asthma, obesity, Type 2 diabetes and SIDS (sudden infant death syndrome).

To reach the goal of exclusive breastfeeding for at least six months, mothers need supportive maternity leave policies, flexible work hours, infant and child-care at or near the workplace, and private facilities for expressing and storing breastmilk. It takes time and practice to learn how to breastfeed, both for mother and baby, and to establish a good milk supply.

On August 11th there will be a Breastfeeding support group at the DOH offices in Crawfordville, and on the 4th, 11th, and 18th there are childbirth classes where the importance of breast feeding is taught.

For more information on the Florida Breastfeeding Coalition's Quality Maternity Care Initiative, visit: <http://flbreastfeeding.org/hospital.htm>.

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Healthiest Weight Florida is a public-private collaboration bringing together state agencies, nonprofit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices visit www.healthiestweightflorida.com.

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit www.floridahealth.gov.

Florida Department of Health

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