

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



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

FOR IMMEDIATE RELEASE

August 03, 2015

Contact: Communications Office
(850) 245-4111

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

TALLAHASSEE — This August, the Florida Department of Health in Taylor County is celebrating National Breastfeeding Awareness Month. During the week of August 10-14, an educational display will be featured in the Florida Department of Health in Taylor County's lobby with free information. On August 20 a prenatal Lunch and Learn series focusing on the benefits and steps for successful breastfeeding will take place. Taylor County is working to promote breastfeeding as a vital health activity and encourage breastfeeding-friendly environments and communities.

Kristie Lutz, Certified Lactation Consultant for the Florida Department of Health in Taylor County stated "Our community is dedicated to raising breastfeeding rates for all newborns by helping mothers learn why breastfeeding can make a difference for a lifetime."

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.

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

###

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
Office of Communications
4052 Bald Cypress Way, Bin A-04 • Tallahassee, FL 32399-1705
PHONE: 850/245-4111 • FAX 850/488-6495

www.FloridaHealth.gov
TWITTER: HealthyFLA
FACEBOOK: FLDepartmentofHealth
YOUTUBE: fldoh
FLICKR: HealthyFla
PINTEREST: HealthyFla