

## SUSTAINING BREASTFEEDING TOGETHER

### August is Breastfeeding Awareness Month

July 27, 2017 - Michiganders are devoted to growing healthy babies. Breastfeeding promotes strong immune systems and protects against illness and infections such as ear and respiratory. It guards against childhood obesity, diabetes and other chronic diseases. Educating families before babies are born and providing consistent, support develops strong feeding relationships and helps families reach their breastfeeding goals.

August is Breastfeeding Awareness Month in Michigan. To promote early breastfeeding success and breastfeeding outcomes, the Michigan Breastfeeding Network has announced a statewide initiative including hospitals, Women, Infants and Children (WIC) agencies, the Michigan Department of Health and Human Services (MDHHS), community stakeholders, coalitions, and District Health Department #10 (DHD#10) to provide continuity of care for mothers and babies.

Janelle McGinnis, DHD#10 WIC Nutritionist and International Board-Certified Lactation Consultant, states, "We're excited about this collaboration because it could lead to higher breastfeeding initiation and duration rates, healthier babies, and closer families."

According to Governor Snyder in his Breastfeeding Awareness Month Proclamation, Michigan is committed to reducing infant mortality and increasing the health of mothers and babies. Through education and support of breastfeeding and collaboration between community stakeholders, families will be provided consistent and accurate information.

Watch for local activities celebrating breastfeeding such Rock-and-Rest tents and displays throughout your community. For more information about the WIC Program and WIC Breastfeeding Peer Counselor services, contact your local health department or call 1-800-262-4784. This institution is an equal opportunity provider.

#### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).



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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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