



DISTRICT HEALTH DEPARTMENT #10 RECEIVES MICHIGAN BREASTFEEDING-FRIENDLY WORKPLACE GOLD AWARD

June 11, 2019- District Health Department #10 (DHD #10) recently earned a Michigan Breastfeeding-Friendly Workplace Gold Award presented by the Michigan Breastfeeding Network, which recognizes employers that support breastfeeding employees upon their return to work. With this recognition, DHD #10 joins a growing number of businesses working together with their local organizations to make Michigan breastfeeding-friendly for families in the communities in which they live, work, and play. Breastfeeding organizations work within the local community to educate, promote, and normalize breastfeeding. This is done by providing resources for breastfeeding families and collaborating with local employers, childcare centers, and community organizations to strengthen breastfeeding support and while helping women overcome obstacles to breastfeeding success.

"One of the goals of DHD#10 is to implement and support evidence based best practices when addressing issues. Supporting BF initiatives within our communities and health jurisdiction is an example of such a best practice for addressing reductions in infant mortality." said Kevin Hughes, DHD #10 Chief Health Officer. "We want our employees to know that we support their decision to continue breastfeeding when they return to work. Accordingly, we provide break time for breastfeeding employees to express breast milk and a private space to pump when our employees return to work. We are extremely pleased to be designated as a Michigan Breastfeeding-Friendly Workplace."

Mothers are the fastest growing segment in the U.S. labor force and investing in breastfeeding employee support programs makes good business sense. Employers who support breastfeeding employees enjoy a 3-to-1 return on investment through greater employee retention, increased productivity, lower healthcare costs, and fewer sick days. Businesses with workplace breastfeeding support also attract valued employees who report increased job satisfaction, morale, and company loyalty. "Thanks to the support of my colleagues at DHD#10, I was able to establish a breastfeeding bond with my daughter from the start and have breastfed successfully for going on 20 months now. The WIC staff went above and beyond to help me prepare for breastfeeding and have supported me in my breastfeeding journey. From one-on-one education about everything from latching to pumping, to making a space in the office to pump, I felt fully supported in my breastfeeding needs from day one, thanks to our supportive workplace policies.", said Katie Miller, a Public Health Educator with DHD #10.



MEDIA CONTACT

Jeannine Taylor
Public Information Officer
O: 231-876-3823
C: 231-920-4998
E: jtaylor@dhd10.org



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**District Health
Department #10**
Healthy People, Healthy Communities



As a Michigan Breastfeeding-Friendly Workplace, DHD #10 recognizes breastfeeding as the optimal method for feeding infants and children and is in compliance with the federal breastfeeding accommodation law. The World Health Organization recommends breastfeeding until at least two years of age, the American Academy of Family Physicians for at least 12 months, and the American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months of life with continuation of breastfeeding for up to 1 year or longer as mutually desired by mother and child. Breastfeeding provides valuable disease protection against gastrointestinal illness, pneumonia, and upper respiratory infections especially during the first year of life with continued benefits well into childhood. In addition, breastfeeding reduces a mother's risk of breast, uterine, and ovarian cancers as well as lowering the lifetime risk of osteoporosis and type II diabetes.

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.

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