

## BREASTFEEDING AWARENESS MONTH

August 13, 2020- The month of August is upon us, bringing with it nationally recognized Breastfeeding Awareness Month.

As a Michigan Breastfeeding-Friendly Workplace, District Health Department #10 (DHD#10) wants to empower parents by empowering breastfeeding. Breastfeeding provides many short- and long-term benefits to infant and maternal health as well as provides a strong foundation for Michigan infants.

### Your baby:

- Breastfeeding promotes the growth and development of children
- Breastfeeding provides the best possible nutrition and protects against disease
- Breastfeeding reduces the risk of developing obesity and allergies

### Your health:

- Breastfeeding provides a strong emotional connection with your baby
- Breastfeeding helps mothers recover from childbirth more quickly
- Breastfeeding reduces the risk of ovarian and breast cancer, type 2 diabetes, rheumatoid arthritis and cardiovascular disease

### Your environment:

- Breastmilk produces no waste
- Breastmilk needs no extra packaging
- Most mothers do not menstruate while breastfeeding therefore reducing the need for feminine hygiene products and disposal

### Your wallet:

- Breastmilk is FREE
- Breastfed babies tend to be healthier, saving families time and money of healthcare costs
- Moms that breastfeed lose weight faster, lowering health risks caused by obesity, which helps save on medical costs

To learn more, visit: <https://www.mibreastfeeding.org/breastfeeding-awareness/>

### 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 of 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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