

NATIONAL BREASTFEEDING MONTH 2020 'SUPPORT CHANGES EVERYTHING!'

August 20, 2020- August is National Breastfeeding Month and District Health Department #10 (DHD#10) joins with the Michigan Women, Infant and Children's (WIC) Program to celebrate this year's theme of 'Support Changes Everything!'

The Michigan WIC breastfeeding program is guided by the vision that all families should breastfeed for as long as they choose. Breastfeeding is the normal way to feed infants and evidence shows breastfeeding provides many short- and long-term maternal and infant health benefits, as well as economic and community benefits. However, due to challenges such as racial disparities and underserved areas, many families do not have equal access to support and education.

DHD#10 WIC staff assist families in reaching their breastfeeding goals by addressing and removing barriers, advancing equity, and promoting breastfeeding as crucial for infant nutrition, social emotional health, and chronic disease prevention.

Colleen Unsal, DHD#10 WIC senior breastfeeding counselor, states: "Support for breastfeeding and breastfeeding mothers is crucial in sustaining exclusive breastfeeding for at least the first 6 months of an infant's life. Through family, friends, health care providers, WIC staff, employers and more, we can work together to support mothers in meeting their breastfeeding goals. We can individualize education and anticipatory guidance to meet the needs of each individual client, as well as the communities we serve."

WIC is there to help in every county in Michigan. Call 211 to find a WIC agency near you. Michigan WIC has a breastfeeding warmline available seven days a week, from 8 a.m. – 8 p.m., at 833-MIWICBF (833-649-4233). Find other local supporters and resources at Michigan Breastfeeding Network at <https://www.mibreastfeeding.org/coalition/>

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.

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Kalkaska
Lake
Manistee
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Wexford



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