

DHD#10 CELEBRATES BREASTFEEDING AWARENESS

National Breastfeeding Month and World Breastfeeding Week

July 29, 2022 – District Health Department #10 (DHD#10) is celebrating National Breastfeeding Month during the month of August, and World Breastfeeding Week August 1-7, 2022. During this time, DHD#10 will be showing support to breastfeeding families all over social media and encouraging residents to reach out to inquire about the Women, Infants, and Children (WIC) program.

“Breastfeeding promotion and support is a cornerstone of the WIC program. Breastfeeding is the best source of nutrition for most infants. It can also reduce the risk for certain health conditions for both infants and mothers,” said Anne Bianchi, DHD#10 WIC Director.

Here is a shortlist of benefits for your baby, you, your wallet, and the environment:

- Provides all nutrients for physical and mental development for baby
- Confers a healthy immunity by anti-infective constituents in colostrum and breastmilk which helps build the infant’s immune system
- Reduces the risk of baby developing obesity and allergies
- Helps mothers recover from childbirth more quickly
- Reduces the risk of ovarian and breast cancer, type 2 diabetes, rheumatoid arthritis, and cardiovascular disease
- Breastmilk produces no waste: it is produced in the right amounts for the baby’s needs
 - Mothers need only the smallest amount of extra energy, which is often taken from body fat (even malnourished mothers can produce enough quality breastmilk to feed a baby)
- Breastmilk needs no extra packaging
- Breastmilk is free
 - It is estimated that the cost of formula during the first year of baby’s life is up to \$3,000 retail, that does not include bottles, nipples, and fuel to go to and from the store
- Breastfeeding equipment, such as breast pumps and milk storage bags, can be purchased with pre-tax dollars from flexible spending accounts (FSA), or are tax deductible for women without an FSA so long as their out-of-pocket medical costs for the year exceed 10 percent of their income (often the case in the first year a baby is born)

DHD#10, through our [WIC program](#), offers a host of breastfeeding education and support, including:

- Breastfeeding Peer Counselors
- Certified Lactation Specialists (CLS)
- Internationally Board-Certified Lactation Counselors (IBCLC)
- Assistance with breast pumps and parts, including proper fitting of breast pump shields
- Prenatal breastfeeding education, both one-on-one and classes
- Postpartum breastfeeding support, including latching issues, breast/nipple discomfort, and supply issues



MEDIA CONTACT

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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
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Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10

- Nutrition support for breastfeeding mothers
- Breastfeeding supplies
- Monthly breastfeeding support groups, open to the community, not only WIC participants

To enroll in WIC, interested applicants should visit <http://www.signupwic.com> or get in contact with their local WIC office by calling 888-217-3904.

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