



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



PROVIDING INFORMATION AND INSPIRATION

National Breastfeeding Month serves to promote mom-baby benefits

August 1, 2023 – The benefits of breastfeeding last a lifetime. As a result, District Health Department #10 (DHD#10) and the Northern Michigan Public Health Alliance (NMPHA) are promoting their breastfeeding support services throughout the month of August: National Breastfeeding Month.



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the [Northern
Michigan Public
Health Alliance](#): 7
local health
departments
advocating for
public health.

Did you know that:

- 85% of mothers want to breastfeed,
- 80% begin breastfeeding their baby, but only
- 30% reach their breastfeeding goals without support?

In addition to helping the baby build a strong immune system, breastfeeding lowers the baby's risk for short- and long-term illnesses such as asthma, childhood obesity, type 1 diabetes, and sudden infant death syndrome, or SIDS. Breast milk also contains substances that naturally sooth the baby, and breast milk changes to meet the baby's nutritional needs as they grow.

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

- Breastfeeding Peer Counselors
- Lactation Specialists (CLS, LCE, CLE)
- Internationally Board-Certified Lactation Counselors (IBCLC)
- Assistance with breast pumps, supplies and parts, including proper fitting of breast pumps & shields
- Prenatal breastfeeding education
- Postpartum breastfeeding support, including common breastfeeding issues
- Nutrition support for breastfeeding mothers
- Monthly breastfeeding support groups for the community

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

Throughout August and early September, the [U.S. Breastfeeding Committee](#) has designated National weekly observances with themes and information for all moms.

They are:

- Aug. 1-7 World Breastfeeding Week
- Aug. 8-14 Indigenous Milk Medicine Week
- Aug. 15-21 Asian American Native Hawaiian and Pacific Islander Breastfeeding Week
- August 25-31 Black Breastfeeding Week
- Sept. 5-11 Semana de La Lactancia Latina

To learn more about the history of breastfeeding and how it is making a cultural comeback, watch this four-minute video at <https://www.youtube.com/watch?v=Zhx-R6p1xAQ>.

For more information, please visit the DHD#10, Women, Infants, and Children Program page here: <https://www.dhd10.org/men-women/mw-wic-2/> or find DHD#10 Breastfeeding Resources here: <https://www.dhd10.org/parents-families/breastfeeding/>.

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