

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



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Governor

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Vision: To be the Healthiest State in the Nation

FOR IMMEDIATE RELEASE

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PROMOTING BREASTFEEDING ACCESS FOR WORKING MOMS FOCUS OF MONTH-LONG CAMPAIGN

LAKE CITY — This August, the Florida Department of Health in Columbia County is celebrating National Breastfeeding Awareness Month. A special session of the communities “Food for Thought” series is being dedicated to promote breastfeeding as a vital health activity and encourage breastfeeding-friendly workplaces and communities.

“National Breastfeeding Awareness month is an excellent opportunity to highlight the many health benefits experienced by mothers and their babies. Through education and community outreach we can encourage new mothers to make informed health choices which will result in positive health outcomes” said Mark Lander, Administrator for the Florida Department of Health in Columbia County.

According to the Centers for Disease Control and Prevention, mothers who breastfeed their children are at a healthier weight on average than those who do not. They also have a lower risk of developing Type 2 diabetes, breast and ovarian cancer. Children who are breastfed have a lower risk for developing respiratory and gastrointestinal infections, asthma, obesity, Type 2 diabetes and SIDS (sudden infant death syndrome).

The community is invited to join the Florida Department of Health in Columbia County, the University of Florida, Institute of Food and Agricultural Sciences, and the Lakeshore Hospital Authority on August 14, 2015 for the monthly “Columbia Wellness Initiative” luncheon. This month’s topic will be a presentation on the vital health benefits of breastfeeding for both mother and child. The luncheon will be held at the University of Florida, IFAS Extension Office at 971 W. Duval Street (the old Lake City Hospital). Doors open at 11:30am, with the guest speaker starting at 12:00pm. Lunch will be provided by the Lakeshore Hospital Authority.

To reach the goal of exclusive breastfeeding for at least six months, mothers need supportive maternity leave policies, flexible work hours, infant and child-care at or near the workplace, and private facilities for expressing and storing breastmilk. It takes time and practice to learn how to breastfeed, both for mother and baby, and to establish a good milk supply.

For more information on the Florida Breastfeeding Coalition's Quality Maternity Care Initiative, visit: <http://flbreastfeeding.org/hospital.htm>.

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Healthiest Weight Florida is a public-private collaboration bringing together state agencies, nonprofit organizations, businesses and entire communities to help Florida's children and adults

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make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices visit www.healthiestweightflorida.com.

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](#). For more information about the Florida Department of Health please visit www.floridahealth.gov.