

THURSTON COUNTY

# Proclamation

## Breastfeeding Month

*WHEREAS, the mission of the United States Breastfeeding Committee (USBC) is to improve the Nation's health by working collaboratively to protect, promote, and support breastfeeding; and*

*WHEREAS, USBC envisions breastfeeding as the norm for infant and young child feeding throughout the United States; and*

*WHEREAS, breast milk is the preferred and most appropriate source of nutrition for infants, adapting over time to meet the changing needs of the growing infant; and*

*WHEREAS, breastfeeding is a proven primary prevention strategy, protecting both infants and mothers from a host of chronic and acute diseases and conditions and building a foundation for life-long health and wellness; and*

*WHEREAS, the act of breastfeeding builds a strong emotional connection between the mother and infant, a bond which lasts a lifetime; and*

*WHEREAS, breastfeeding provides a safe, reliable, and renewable food source, especially critical during natural disaster and emergency situations; and*

*WHEREAS, employers that provide workplace lactation support experience an impressive return on investment, including lower health care costs, absenteeism, and turnover rates, and improved morale, job satisfaction, and productivity; and*

*WHEREAS, all major medical authorities recommend that mothers breastfeed exclusively for six months and continue breastfeeding for at least the first year of a child's life, yet breastfeeding rates continue to fall short of the Nation's Healthy People objectives; and*

*WHEREAS, U.S. Surgeon General Regina Benjamin has issued The Surgeon General's Call to Action to Support Breastfeeding, calling on health care providers, employers, insurers, policymakers, researchers and the community at large to support mothers in reaching their personal breastfeeding goals.*

**NOW, THEREFORE, BE IT RESOLVED,** the Thurston County Board of Health hereby proclaims August as National Breastfeeding Month, in furtherance of USBC's role to advance breastfeeding on our Nation's agenda through collaboration, leadership and advocacy, so that all families will have the opportunity to breastfeed.

ADOPTED this fourteenth day of August, 2018



BOARD OF HEALTH

*Bud Blake*  
\_\_\_\_\_  
*Scott Johnson*  
\_\_\_\_\_  
*Ray Edwards*  
\_\_\_\_\_

