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Contact: Tom Schlueter (630) 444-3098

(630) 417-9729 cell

Breastfeeding benefits mothers and babies

August is National Breastfeeding Month and the Kane County Health Department reminds residents that breastfeeding is the normal and expected way to feed all babies, with numerous benefits to both babies and mothers.

According to the Centers for Disease Control and Prevention, breastfeeding protects babies from infections and illnesses that include diarrhea, ear infections, and pneumonia. Breastfed babies are also less likely to develop asthma, and those who are breastfed for six months are less likely to become obese, one of the threats to community health and well being identified in the Kane County Community Health Improvement Plan. Mothers who breastfeed have a decreased risk of breast and ovarian cancers.

The Kane County Breastfeeding Coalition, with its mission to support and promote breastfeeding in Kane County, has designed the ***Kane Can Do Five Breastfeeding Toolkit for Primary Care Providers***. This Tool Kit will assist primary care providers in implementing policies and protocols recommended by the American Academy of Pediatrics (AAP), The American Congress of Obstetricians & Gynecologists (ACOG) and many other health provider professional organizations to assure that breastfeeding is promoted and supported as the best nutrition for babies. To view the Toolkit and for FAQs, please visit www.kanehealth.com/breastfeeding.htm

The Kane County Breast Feeding Coalition is made up of participants from diverse aspects of the community, including the local hospitals, community health centers, WIC Programs, the Kane County Health Department, private lactation consultants, community groups that promote breastfeeding, and others. Members include: AOK All Our Kids Early Childhood Network, Aunt Martha's Health Network, Delnor/Cadence Hospital, Family Focus, Kane County Health Department, Making Kane County Fit for Kids Campaign, Presence Mercy Medical Center, Rush Copley Medical Center, Sherman Hospital, VNA Health Care, and Well Child Center. The Coalition welcomes new members from the community to its monthly meetings on the first Thursday of every month from 8-9:30 am at the Delnor/Cadence New Life Maternity Center Conference Room, North Entrance, at 300 N. Randall Road, Geneva IL. For more information, call 630-264-7653. More information about National Breastfeeding Month is available at <http://www.usbreastfeeding.org/Communities/BreastfeedingPromotion/NationalBreastfeedingMonth/tabid/209/Default.aspx> .

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