



Dickinson-Iron District Health Department

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News Release

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Immediate Release

Breastfeeding: Anytime, Anywhere

Kingsford, Michigan – August 10, 2015. The facts are clear: breastfeeding is the healthiest way to feed a baby because it strengthens their immune system, guards them against obesity and diabetes, and forges a strong bond with their mom, among many other benefits. It also helps protect moms from breast and ovarian cancers and post-partum depression. But, until this last year, Michigan moms were often made to feel uncomfortable about feeding their baby in public, sometimes even being directed to breastfeed in bathrooms.

August is Breastfeeding Awareness Month in Michigan and the Michigan Department of Health and Human Services, Dickinson-Iron District Health Department (DIDHD), and Supplemental Nutrition Program for Women, Infants, and Children (WIC) invite you to join in celebrating the new law protecting a mother's right to breastfeed anywhere she has a right to be. According to Marie Blank RN, WIC Breastfeeding Coordinator at DIDHD, "inviting and encouraging moms to breastfeed anytime and anywhere will help change the culture around breastfeeding in public. This will promote breastfeeding initiation and duration rates which will lead to healthier children for generations to come."

Communities can support mothers and babies by making them feel welcome to breastfeed in all public places and local establishments. According to WIC Director Stan Bien, "Breastfeeding is a natural act with many proven benefits," and, "by supporting new mothers, we help ensure good infant health, reduce infant mortality rates, and prevent obesity."

Activities throughout the state are planned to draw attention to the importance of breastfeeding for the health and well-being of mothers and children. Dickinson-Iron District Health Department will be holding breastfeeding awareness walks in each of its counties. A walk will be held in Iron County at Nelson Field on Saturday, August 15 from 9 a.m. to 11 a.m. Dickinson County will hold a walk at City Park in Iron Mountain on Saturday, August 22 from 9 a.m. to 11 a.m. All past, present and future breastfeeding families are invited to participate. Refreshments will be available to those who attend. If you have any questions regarding the upcoming events, feel free to contact DIDHD's breastfeeding peer counselor Amber Grassinger at 906-779-7221.

*Dickinson-Iron District Health Department Serving the Community Since 1936 in
Health Protection, Health Promotion and Disease Prevention.*

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