



NEWS RELEASE

St. Charles County Government

Department of Governmental Communications

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St. Charles County Observes August as Breastfeeding Promotion Month *County Health Department Promotes the Important Benefits of Breastfeeding*

FOR IMMEDIATE RELEASE

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St. Charles County – St. Charles County Department of Community Health and the Environment reminds women that one of the single most important decisions a new mother can make to assure health and contentment for her baby is to breastfeed. This simple fact is being celebrated and reinforced as the state prepares to proclaim August as Missouri Breastfeeding Month.

According to Gil Copley, Director of St. Charles County Department of Community Health and the Environment, the County's Division of Public Health supports and promotes breastfeeding. "One purpose of our Women, Infants and Children program is to dispel myths and unreasoned fears, and provide accurate information to support those who want to breastfeed," Copley said.

Experts agree breastfeeding promotes baby's good health both in the beginning and throughout life. Breast milk can be credited with helping to facilitate the development of a baby's brain as well as aiding in the growth of its immune system to withstand such ailments as diarrhea, ear infections and infections of the respiratory and urinary tracts. It also reduces the baby's risk of environment-borne illnesses, food sensitization and allergies. The baby who is breastfed exclusively for at least six months has a reduced risk of obesity later in life. The American Academy of Pediatrics recommends that new mothers breastfeed their babies for at least the first year.

Mothers enjoy tangible health benefits as well. Breastfeeding reduces postpartum bleeding, helps the mother return to her pre-pregnancy size sooner, boosts her immune system and even reduces a diabetic mother's need for insulin. Long term benefits include a mother's increased protection from breast and ovarian cancers and osteoporosis.

For more information please visit www.scchealth.org or call the St. Charles County Department of Community Health and the Environment at 636-949-7400.

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