

**Mission:**

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



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

**FOR IMMEDIATE RELEASE**

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**Contact:** Renay Rouse  
(772) 631-6008

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

**Martin County, FL** — This August, the Florida Department of Health in Martin County is celebrating National Breastfeeding Awareness Month. WIC (Women, Infants and Children) and Nutrition Services and FL-DOH in Martin County are working to promote breastfeeding as a vital health activity and encourage breastfeeding-friendly facilities throughout the community.

“As a new mom, who is back to work and exclusively breastfeeding, I understand just how important it is to have an employer who supports me and my baby.” said Aubrey Campbell, Community Liaison, Martin County Healthy Start Coalition.

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.

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 public is invited to learn more about the benefits of breastfeeding during a free community program, sponsored by WIC and Nutrition Services and Florida Department of Health in Martin County on Friday, August 28 from 10:00 am - 12:00 pm at the Children’s Services Council, 101 SE Central Parkway, Stuart. The event will include guest speakers and community resources. Martin Health System will provide door prizes and refreshments.

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 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](http://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](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit [www.floridahealth.gov](http://www.floridahealth.gov).

**Florida Department of Health**

Office of Communications  
4052 Bald Cypress Way, Bin A-04 • Tallahassee, FL 32399-1705  
PHONE: 850/245-4111 • FAX 850/488-6495

**www.FloridaHealth.gov**

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