

**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 &amp; Secretary

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

July 29, 2015

For Immediate Release

Contact: Renay Rouse: 772-631-6008

## LEARN MORE ABOUT THE BENEFITS OF BREASTFEEDING

Free Community Education program: August 28<sup>th</sup>

(Martin County, FL) The public is invited to learn more about the benefits of breastfeeding during a free community program, sponsored by WIC (Women, Infants and Children) and Nutrition Services in collaboration with the Florida Department of Health in Martin County on Friday, August 28<sup>th</sup> from 10:00 am to 12:00 noon at the Children's Services Council, 101 SE Central Parkway, Stuart.

Martin County is currently ranked #1 in the state of Florida for babies breastfeeding at age 6 and 12 months.

Research shows that babies that receive only breast milk for the first six months of life are less likely to develop a wide range of chronic and acute diseases including ear infections, diarrheal diseases, asthma, obesity and respiratory illnesses. They are also less likely to die from Sudden Infant Death Syndrome (SIDS). In addition, breastfeeding for nine months reduces a baby's odds of being overweight by 30 percent. For more information, visit [www.HealthiestWeightFL.com/bf](http://www.HealthiestWeightFL.com/bf).

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses, and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.

The event on August 28 will include guest speakers and community resource information. Martin Health System is providing sponsorship for door prizes and refreshments.

For more information, contact Claudia Worley at 772-221-4000 ext. 2136 or log on to [www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)

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