

A RESOLUTION proclaiming August 1st through the 7th of this year Kentucky Breastfeeding Week.

WHEREAS, human milk provides the ideal balance of nutrients for an infant's growth and development; is a proven primary prevention strategy, protecting both infants and mothers from a host of infectious, chronic, and acute diseases and conditions; builds a foundation for life-long health and wellness; and promotes mother, infant, and family bonding; and

WHEREAS, breastfeeding has been found to lower the risk of Sudden Infant Death Syndrome, childhood obesity, childhood acute leukemia and lymphoma, both type 1 and type 2 diabetes, pneumonia, necrotizing enterocolitis, and infant mortality; and breastfeeding has been found to lower the risk for mothers for developing breast and ovarian cancers, post-partum depression, and osteoporosis; and

WHEREAS, in addition to these physical health benefits, there are also considerable psychological benefits for both infants and mothers while breastfeeding, due in most part to the release of hormones that can change the way brains behave; and

WHEREAS, major medical authorities recommend that mothers breastfeed exclusively for six months and report benefits of continuing breastfeeding for at least the first year of a child's life, yet Kentucky breastfeeding rates continue to fall short of the Centers for Disease Control and Prevention's Healthy People 2020 objectives, giving the Commonwealth the ranking of 42 out of 50 for breastfeeding rates among the states; and

WHEREAS, the primary barriers to breastfeeding are the lack of knowledge, lack of support from family and friends, harassment and interference in public places, lack of workplace accommodations, and poorly equipped hospitals; and

WHEREAS, employers that provide workplace lactation support experience an impressive return on investment, including lower health care costs, absenteeism, and turnover rates, and improved morale, job satisfaction, and productivity; and

WHEREAS, the Lactation Improvement Network of Kentucky (LINK) joins

professional health organizations and breastfeeding advocates worldwide in celebrating World Breastfeeding Week on August 1st through the 7th of each year to collaboratively promote awareness of the numerous benefits of breastfeeding; to build individual, family, and community support for breastfeeding; to further strategies that protect optimal breastfeeding practices; and to encourage increased breastfeeding rates;

NOW, THEREFORE,

Be it resolved by the House of Representatives of the General Assembly of the Commonwealth of Kentucky:

➔Section 1. In appreciation of breastfeeding mothers and of all the dedicated volunteers, professionals, communities, and organizations that support their efforts, this honorable body hereby recognizes multitudinous health benefits of breastfeeding and joins in the cause to promote breastfeeding in the Commonwealth.

➔Section 2. The House of Representatives hereby proclaims August 1st through the 7th of this year Kentucky Breastfeeding Week and encourages all citizens to recognize the efforts of breastfeeding families, health professionals, the Kentucky WIC program, and the state and local health departments by providing support, encouragement, and help to make breastfeeding easier for all Kentuckians.