

STATE OF OHIO
Executive Department

OFFICE OF THE GOVERNOR

Columbus

RESOLUTION

WHEREAS, exclusive breastfeeding for the first six months of life as recommended by the American Academy of Pediatrics provides the best possible start to life in all areas of development; and

WHEREAS, the health benefits of breastfeeding for the infant may include a reduced risk of obesity later in life, reduced risk of sudden infant death syndrome, fewer ear and respiratory infections, a reduced risk of developing both juvenile and type-2 diabetes and an average increase of six points in IQ at age 6.5; and

WHEREAS, mothers receive benefits from exclusive breastfeeding that last a life time. Specifically, the longer that mothers breastfeed, the lower their BMI, blood pressure, triglycerides, waist circumference, and LDL cholesterol. Longer duration of breastfeeding also lowers mothers' risk of type-2 diabetes and metabolic syndrome. Evidence shows that mothers who exclusively breastfeed have a lower risk of depression; and

WHEREAS, a 2010 study published in *Pediatrics* found that if 90 percent of new mothers breastfed, the U.S. would save \$13 billion dollars per year in healthcare costs and may prevent more than 900 deaths. Breastfeeding also protects the environment by decreasing energy used to process formula and dispose of container waste; and

WHEREAS, despite these benefits, the CDC 2014 Breastfeeding Report Card found that only 70 percent of Ohio babies are fed any breast milk and only 15 percent of these babies are breastfed exclusively for six months as recommended; and

WHEREAS, the Surgeon General has issued a *Call to Action to Support Breastfeeding* which in part focuses on the need for communities to increase societal support for breastfeeding. Support of the community and society in general for the choice to breastfeed is essential for mothers to breastfeed exclusively for the recommended amount of time; and

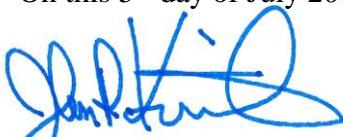
WHEREAS, the State of Ohio joins the Surgeon General and the United States Breastfeeding Committee in the belief that Ohio breastfeeding rates will improve if social policy and community norms support breastfeeding mothers and babies.

NOW, THEREFORE, We, John R. Kasich and Mary Taylor, Governor and Lieutenant Governor of the State of Ohio, do hereby recognize August 2016 as

BREASTFEEDING AWARENESS MONTH

throughout Ohio and encourage all Ohioans to join us in encouraging communities to enact policies that support breastfeeding mothers and babies.

On this 5th day of July 2016;



John R. Kasich
Governor



Mary Taylor
Lieutenant Governor

