

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

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**FOR IMMEDIATE RELEASE**

Date: July 31, 2015

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**PROMOTING BREASTFEEDING FOCUS OF MONTH-LONG CAMPAIGN**

**BREVARD** — This August, the Florida Department of Health in Brevard County (DOH-Brevard) is celebrating National Breastfeeding Awareness Month. Brevard County is working to promote breastfeeding as a vital health activity and encourage breastfeeding-hospitals, work places and communities.

“The American College of Obstetrics & Gynecology recommends babies breastfeed exclusively for at least the first six months of life,” said Parrish Medical Center Obstetrics & Gynecology Physician Dr. Vidya Hate’ (pronounced Ha-Tay). “Breast milk has antibodies that help a baby’s immune system fight off viruses and bacteria. In addition, breastfeeding may help mothers with postpartum weight loss.”

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).

Expectant mothers and those who are currently breastfeeding are welcome to join DOH-Brevard and Parrish Medical Center at the Parrish Obstetrics & Gynecology office located at 494 N Washington Avenue in Titusville for a Breastfeeding Awareness and Education Gathering on August 18 from 9:30 a.m. to 11:30 a.m. or August 24 from 1:30 p.m. to 3:30 p.m. A lactation nurse, a lactation consultant and a health educator will be present to provide information and answer questions. Mothers and babies from the breastfeeding support group will also be available to provide practical information and advice to interested mothers and pregnant women.

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.

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

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in Brevard County  
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PINTEREST: HealthyFla

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).