



Office of the Mayor

Proclamation

Whereas:

the residents of Ohio are deserving of good health throughout their lives and exclusive breastfeeding for the first six months of newborn 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 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 and 1/2; and

WHEREAS:

mothers also receive benefits from exclusive breastfeeding that last a lifetime. 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. Finally, new 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 per year in healthcare costs and prevent more than 900 deaths annually. 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 6 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.

NOW THEREFORE:

I, David J. Berger, Mayor of the City of Lima, Ohio do hereby proclaim August 2016 as

BREASTFEEDING AWARENESS MONTH

in the City of Lima, and urge all residents to join me in encouraging and supporting breastfeeding.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Seal of the City of Lima, Ohio, this 31st day of July 2016.



DAVID J. BERGER, MAYOR
CITY OF LIMA, OHIO