



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; and

**WHEREAS:** The health benefits of breastfeeding nursing infants 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 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:** Infant nutrition is considered a public health issue, and, therefore, is important for hospitals, businesses, community agencies, and coalitions to work together to provide consistent and accurate information to help ensure successful breastfeeding; and

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

**NOW THEREFORE:** I, Sharetta Smith, Mayor of the City of Lima, Ohio do hereby proclaim August 2022 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 3th day of August, 2022.

**SHARETTA SMITH, MAYOR**  
**CITY OF LIMA, OHIO**