

STATE OF OHIO
Executive Department

OFFICE OF THE GOVERNOR

Columbus

RESOLUTION

WHEREAS, the residents of Ohio are deserving of good health throughout their lives and 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 include: a 20–30 percent 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 ½; 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 get more sleep and 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 911 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 2011 Breastfeeding Report Card found that only 66 percent of Ohio babies are fed any breast-milk and only 8 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, I, JOHN R. KASICH, Governor of the State of Ohio, do hereby designate August 2012 as

BREASTFEEDING AWARENESS MONTH

throughout Ohio, and urge all residents to join me in encouraging and supporting breastfeeding.

On this 1st day of August 2012;



John R. Kasich
Governor

