

KITSAP SUPPORTS BREASTFEEDING

Why Breastfeeding is Important

Breastmilk Provides the Perfect Nutrition for our Babies

Breastmilk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development. As your baby grows, your breast milk changes to adapt to the baby's changing nutritional needs. (1).

Breastmilk Protects Our Babies From a Variety of Diseases and Conditions

The American Academy of Pediatrics continues to support evidence that breastfeeding protects against:

Allergies, Bacteremia (bacteria in the bloodstream), Diarrhea, Respiratory tract infections, Ear Infections, Urinary Tract Infections, Type 1 and Type 2 Diabetes, Lymphoma, Leukemia, and Hodgkins Disease, Childhood Obesity, Late-Onset Sepsis in Preterm Infants, Necrotizing Enterocolitis (NEC is a devastating disease that affects mostly the intestine of premature infants). (2).

Breastfeeding is Environment-Friendly

Breast milk is a naturally renewable resource that requires no packaging, shipping, or disposal. (3).

Breastfeeding Provides Health Benefits for Moms as Well

Breastfeeding triggers the release of a hormone called oxytocin that causes the uterus to contract. This helps the uterus to return to its normal size more quickly and may decrease the amount of bleeding you have after giving birth.

Breastfeeding burns as many as 500 extra calories each day, which may make it easier to lose the weight you gained during pregnancy.

Women who breastfeed have lower rates of breast cancer and ovarian cancer.

Women who breastfeed longer have lower rates of type 2 diabetes, high blood pressure, and heart disease. (1)

Breastfeeding Saves Money

Formula feeding can cost a family \$1,200-\$1,500 or more for the baby's first year. (4) Breast-fed babies are less likely to need excessive medical attention as they grow resulting in less medical expenses. (3)



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How Kitsap County Supports Breastfeeding

Harrison is an Award-Winning Hospital for Providing Excellent Breastfeeding Support

The International Board of Lactation Consultant Examiners® (IBLCE®) and International Lactation Consultant Association® (ILCA®) have recognized Harrison Medical Center for excellence in lactation care. Additionally, Harrison has received the Gold Breastfeeding Friendly Washington Award and has received a Baby-Friendly Hospital designation by Baby-Friendly USA.

Kitsap Public Health District in Partnership with Harrison set to Launch a Kitsap Supports Breastfeeding Campaign

Kitsapsupportsbreastfeeding.com is a website that is designed to support breastfeeding women. Up to date breastfeeding resources and information will be available on the website as well as community events. Pictures of breastfeeding women will be displayed on billboards and posters throughout Kitsap County.

The Kitsap County Breastfeeding Coalition's

mission is to protect, promote, and support breastfeeding by providing mothers, and their families, with the education and resources that will assist them in achieving their breastfeeding goals. The Kitsap County Breastfeeding Coalition continues to support women annually at the Kitsap County Fair by hosting a Baby-Friendly Lounge.

<https://www.facebook.com/kitsap-county-breastfeeding-coalition-583012128411949>

References

1. <https://www.acog.org/Patients/FAQs/Breastfeeding-Your-Baby?IsMobileSet=false>
2. <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Benefits-of-Breastfeeding.aspx>
3. <http://www.tensteps.org/benefits-of-breastfeeding-for-the-environment-society.shtml>
4. <http://breastfeedingmadesimple.com/wp-content/uploads/2016/03/EconomicsofBF.pdf>

