



Greene County Public Health

Melissa Howell, MS, MBA, MPH, RN, REHS, Health Commissioner

Kevin L. Sharrett, MD, Medical Director

Press Release

For Immediate Release

July 28, 2025

Contact: Laurie Fox, Public Information Officer

937-374-5669 office | 937-283-5178 cell

lfox@greenecophoh.gov

August is Breastfeeding Awareness Month

Working Together to Prioritize Breastfeeding & Create Sustainable Support Systems

XENIA, OH – Greene County Public Health (GCPH) and the WIC (Women, Infants, and Children) program are sharing that **August is Breastfeeding Awareness Month**, and **World Breastfeeding Week** will be celebrated from **August 1–7**.

This year's World Breastfeeding Week theme is "**Prioritize Breastfeeding: Create Sustainable Support Systems.**" This means that breastfeeding doesn't just help people—it helps the planet, too. It cuts down on pollution caused by making, packaging, and throwing away formula. To keep breastfeeding going strong, we need to make sure moms get support in places like hospitals, homes, schools, and in the community.

Greene County Public Health recommends only breastfeeding for the first 6 months and then continuing to breastfeed while adding other foods for up to 2 years or longer. Communities, health programs, and families all play an important role in giving moms the help and information they need—especially before and after their baby is born.

Breastfeeding helps both the mother and the child in many important ways:

For the Child:

1. **Stronger Immune System**

Breast milk contains antibodies that help babies fight off viruses, colds, ear infections, and other illnesses.

2. **Perfect Nutrition**

It has the right mix of vitamins, protein, and fat—everything a baby needs to grow and develop.

3. **Lower Risk of Disease**

Breastfed babies have a lower risk of asthma, allergies, diabetes, obesity, and sudden infant death syndrome (SIDS).

4. **Better Brain Development**

Some studies show that breastfeeding may help with brain growth and learning.

-cont'd-



Greene County Public Health

Melissa Howell, MS, MBA, MPH, RN, REHS, Health Commissioner

Kevin L. Sharrett, MD, Medical Director

For the Mother:

1. **Helps the Body Heal**

Breastfeeding helps the uterus return to its normal size faster and reduces bleeding after birth.

2. **Lowers Risk of Certain Cancers**

Moms who breastfeed have a lower chance of getting breast and ovarian cancer.

3. **Burns Calories**

It helps use extra calories, which may help moms lose pregnancy weight.

4. **Creates a Special Bond**

Breastfeeding helps moms and babies feel close, calm, and connected.

Providing Support That Lasts

Moms need support at home, in hospitals, at work, and in the community. This means:

- **Hospitals** should have nurses and doctors trained to help moms breastfeed.
- **Workplaces** should give moms time and space to pump or breastfeed.
- **Communities** can offer support groups and classes.
- **Laws** should protect moms' rights to breastfeed in public.

Working Together

Everyone—schools, workplaces, doctors, families, and leaders—can help support breastfeeding. When mothers receive the support they need, they are more likely to succeed with breastfeeding—and that helps their babies grow up healthy.

Learn more about all these initiatives and resources at <https://odh.ohio.gov/know-our-programs/Breastfeeding>. For more information about breastfeeding, call the GCPH WIC clinic at 937-374-5641, or the Ohio Statewide Breastfeeding Hotline at 1-888-588-3423.

Greene County Public Health...
Your Accredited and Trusted Local Public Health Authority Since 1920

###