

**Before the Board of Supervisors in and for the  
County of Monterey, State of California**

**Resolution No.:**

Proclaim the Month of August 2019 as \_\_\_\_\_ )  
“**Breastfeeding Awareness Month**” in Monterey County.....)

**WHEREAS**, the advantages of breastfeeding for infants and mothers and the use of human milk for infant feeding are supported by overwhelming scientific evidence. Advantages include health, nutritional, immunologic, developmental, psychological, social, economic, and environmental benefits; and

**WHEREAS**, breastfeeding decreases the incidence and/or severity of childhood health conditions including respiratory and ear infections, diabetes, overweight and obesity, sudden infant death syndrome, leukemia, and asthma. Breastfeeding also promotes optimal brain development, providing children with an ideal foundation for learning readiness; and

**WHEREAS**, breastfeeding is an important part of preventive healthcare for mothers, as it can decrease postpartum depression, facilitate weight loss, help delay a new pregnancy, and reduce the risk of diabetes and certain types of cancer; and

**WHEREAS**, United States and international health organizations encourage exclusive breastfeeding of infants for six months before the introduction of complementary foods, and continued breastfeeding until the infant is at least one to two years old; and

**WHEREAS**, ninety-seven (96%) of Monterey County mothers of newborns initiate breastfeeding, but only sixty percent (60%) are exclusively breastfeeding at hospital discharge; and

**WHEREAS**, the theme for this year’s World Breastfeeding Week, *Empower Parents, Enable Breastfeeding*,” was chosen to be inclusive of all types of parents in today’s world. Focusing on supporting parents and partners to be empowered is vital in order to realize their breastfeeding goals; and

**WHEREAS**, we can all support the process of empowerment, as breastfeeding is a team effort. To enable breastfeeding, we all need to protect, promote and support it; and

**WHEREAS**, the County of Monterey is working on strategies to support mothers and increase the number of women who meet recommended breastfeeding goals, and to improve infant, maternal, and family health through the promotion, support and protection of breastfeeding in Monterey County.

**NOW, THEREFORE, BE IT RESOLVED BY THE MONTEREY COUNTY  
BOARD OF SUPERVISORS AS FOLLOWS:**

That the month of August 2019, be designated “**Breastfeeding Awareness Month**” to support breastfeeding as one of the best public health prevention measures related to infant and maternal well-being.

PASSED AND ADOPTED on this \_\_\_\_\_ day of \_\_\_\_\_ 2019 by the following  
vote, to wit:  
AYES:  
NOES:  
ABSENT:

I, Valerie Ralph, Clerk of the Board of Supervisors of the County of Monterey, State of  
California, hereby certify that the foregoing is a true copy of an original order of said Board of  
Supervisors duly made and entered in the minutes thereof of Minute Book\_\_\_ for the meeting on  
\_\_\_\_\_.

Dated:  
Supervisors

Valerie Ralph, Clerk of the Board of  
County of Monterey, State of California

By \_\_\_\_\_  
, Deputy