

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

**Resolution No.**

Resolution proclaiming the Month of August 2012 as  
“**Breastfeeding Awareness Month**” in the County of Monterey

**WHEREAS**, research shows numerous advantages for infants and mothers from breastfeeding and the use of human milk for infant feeding. These advantages include, health, nutritional, immunologic, developmental, psychological, social, economic, and environmental benefits; and

**WHEREAS**, breastfeeding decreases the incidence and/or severity of a wide range of infectious diseases and health conditions including sudden infant death syndrome, diabetes, celiac disease, leukemia, overweight and obesity, and asthma; and

**WHEREAS**, it is established that breastfeeding promotes optimal brain development, providing children with one of the best foundations for learning readiness; and

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

**WHEREAS**, the American Academy of Pediatrics urges infants be exclusively breastfed for six months before being introduced to complementary foods, and to continue breastfeeding for at least 12 months or as long as mutually desired; and

**WHEREAS**, 96% of Monterey County mothers of newborns initiate breastfeeding, but only 70% are exclusively breastfeeding at hospital discharge

**WHEREAS**, the theme for this year’s World Breastfeeding Week is **Understanding the Past-Planning the Future**, which celebrates 20 years of World Breastfeeding Week campaigns and focuses on the progress that has been made on global strategies to increase breastfeeding, and draws public attention to the state of breastfeeding policy and programs; and

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

**NOW, THEREFORE BE IT PROCLAIMED** by the Board of Supervisors, County of Monterey, that the month of August 2012, 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 \_\_\_\_\_, 2012 by the following

vote, to wit:

AYES:

NOES:

ABSENT:

I, Gail T. Borkowski, 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 Supervisors duly made and entered in the minutes thereof of Minute Book \_\_\_\_\_, for the meeting on \_\_\_\_\_.

Dated:

Gail T. Borkowski, Clerk of the Board  
of Supervisors, County of Monterey,  
State of California.

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