

**BEFORE THE BOARD OF COUNTY COMMISSIONERS  
FOR MULTNOMAH COUNTY, OREGON**

**PROCLAMATION NO. \_\_\_\_\_**

**Proclaiming August 2014 as National Breastfeeding Awareness Month in  
Multnomah County, Oregon.**

**The Multnomah County Board of Commissioners Finds:**

- a. World Breastfeeding Week is part of a campaign to empower communities, businesses, child care providers, and families to commit to breastfeeding and supporting breastfeeding by highlighting new research that demonstrates the positive impacts of this practice for infants, mothers and communities.
- b. Breastfeeding is one of the most beneficial steps a family can take to protect the lifelong health of their baby. The nutrients, hormones and antibodies in breast milk protect babies from lower respiratory infections, allergies, asthma, type 2 diabetes and childhood obesity. Mothers who breastfeed have a lower risk of type 2 diabetes, breast cancer and ovarian cancer and osteoporosis. Breastfeeding is also linked with lower risk of postpartum depression in new mothers.
- c. Breastfeeding promotes healthy attachment between mothers and their babies. Because physical contact is important to newborns, breastfeeding aids in their sense of security, warmth and comfort. Mothers also benefit from this closeness; the skin-to-skin contact can boost the mother's oxytocin, a hormone that helps milk flow and calms the mother.
- d. Breastfeeding saves money. Formula and feeding supplies can cost well over \$1,500 each year, and formula-fed babies are more commonly subject to ear infections and diarrhea. Breastfed babies are sick less often; and need fewer sick care visits, prescriptions, and hospitalizations. Additionally, breastfeeding mothers miss fewer days from work because their infants are sick less often.
- e. Breastfeeding is a cost-effective way to improve individual and community health. Recent research shows that if 90 percent of families breastfed exclusively for six months, nearly 1,000 deaths among infants could be prevented. The United States would also save \$13 billion per year because medical care costs are lower for fully breastfed infants than never-breastfed infants.

- f. Multnomah County supports changes throughout the community – where we live, work, learn, play and worship – that support breastfeeding and the effort to give babies the healthiest start possible.

**The Multnomah County Board of Commissioners Proclaims:**

August 2014 as National Breastfeeding Awareness Month in Multnomah County, Oregon.

**ADOPTED this 7<sup>th</sup> day of August, 2014.**

**BOARD OF COUNTY COMMISSIONERS  
MULTNOMAH COUNTY, OREGON**

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Chair Deborah Kafoury

**SUBMITTED BY:** Commissioner Loretta Smith, District 2