



# DAVIS COUNTY HEALTH DEPARTMENT

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## News Release

### August Is Breastfeeding Awareness Month

(Farmington, Utah) – Davis County Health Department’s WIC (Women, Infants, and Children) offices and the Davis County Breastfeeding Coalition are conducting several activities during August for Worldwide Breastfeeding Awareness Month. These activities are aimed to provide additional support and help continue the upward trend for breastfeeding.

According to local health officials, Utah’s breastfeeding rates top the charts once again. The breastfeeding rate for a child ever breastfed is close to 93%. That is 20% higher than the national average. But the statistics that health officials are looking to increase are the exclusive breastfeeding at 6 months (currently 24%) and breastfeeding at 12 months (34%).

“We are pleased to see that our breastfeeding rates continue to increase,” said Lewis Garrett, director of the Davis County Health Department. “Still, work needs to be done to maintain the current rates and to increase the duration rates.”

There are several reasons that people discontinue breastfeeding such as going back to work or school, lack of support, feeling of inadequate milk supply, or a medical condition.

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“Through proper education and support, we can help women overcome many of the reasons they choose to stop breastfeeding,” said Jeri Boren, health educator with the county’s WIC program. “That’s why the Davis County Breastfeeding Coalition was created. It is a group of individuals from various organizations coming together to increase the knowledge of parents about the resources and benefits of breastfeeding.”

The county’s WIC offices will provide several activities such as prize drawings, parents tip corner, and handing out bags to clients during the month. Also, coalition participants will distribute breastfeeding survival bags, display posters in their organizations, and provide other fun activities.

If you would like more information or would like to become a member of the Davis County Breastfeeding Coalition, contact Boren at (801) 546-6924.

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