



Panhandle Health District

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Panhandle Health District

FOR IMMEDIATE RELEASE

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Panhandle Health District Celebrates National Breastfeeding Month

HAYDEN, ID -- This August, Panhandle Health District is celebrating National Breastfeeding Month. Special community events will be dedicated to promoting breastfeeding as a vital health activity and encouraging breastfeeding-friendly workplaces.

“New mothers make many, important health decisions, including how they will feed their baby,” said Mary Monroe, PHD’s Breastfeeding Program Coordinator. “National Breastfeeding Awareness month is an opportunity to highlight the health benefits of breastfeeding infants. Through education and community outreach we can encourage new mothers to make informed health choices, in hopes of positive health outcomes.”

According to the Centers for Disease Control and Prevention, mothers who breastfeed their children are at a healthier weight on average than those who do not. They also have a lower risk of developing Type 2 diabetes, breast and ovarian cancer. Children who are breastfed have a lower risk for developing respiratory and gastrointestinal infections, asthma, obesity, Type 2 diabetes and SIDS (Sudden Infant Death Syndrome).

Panhandle Health District is partnering with Mother’s Haven to host the [Big Latch On](#) – a global, synchronized breastfeeding event. Breastfeeding mothers from across northern Idaho are invited to join thousands of women around the world and ‘latch on’ with their baby and gain support from local mothers.

Event details are as follows:

WHEN: Saturday, August 6 at 10:30 A.M.

WHERE: Mother’s Haven

2112 N Government Way,
Coeur d’Alene, ID 83814

Panhandle Health District recognizes the benefits of breastfeeding and wants to enable women to exclusively breastfeed their infants from birth to 6 months of age; then gradually introduce complimentary food for the first year and beyond. In Idaho, breastfeeding rates significantly decrease 3 months after the baby is born, often when the mother returns to work. Beginning in August, Panhandle Health District will be providing no-cost consultations for local offices or companies to learn how they can improve their policies to meet the needs of new mothers.

“Women who wish to continue breastfeeding after returning to work have relatively few and simple needs,” said Erin Whitehead, Worksite Wellness Coordinator at PHD. “The majority of moms are seeking the availability of dependable efficient breast pumps; a convenient, safe, private and comfortable location at the worksite; and the opportunity to pump two or three times during the work day.”

Interested businesses can contact Panhandle Health District to make a consultation appointment at (208) 415-5218. For more breastfeeding resources, visit www.panhandlehealthdistrict.org.

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