

DURHAM BOARD OF COUNTY COMMISSIONERS

*Proclamation*

**BREASTFEEDING FAMILY FRIENDLY COMMUNITY | 2021**

- WHEREAS,** families are a priority in {town, city}, and part of helping families to thrive is ensuring that they receive community support to develop and sustain healthy lifestyles; and
- WHEREAS,** The American Academy of Pediatrics “...affirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with [the] continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant”; and
- WHEREAS,** The American College of Obstetrics and Gynecology states that “Obstetrician–gynecologists and other obstetric care providers should support women and encourage policies that enable women to integrate breastfeeding into their daily lives and in the workplace”; and
- WHEREAS,** according to the American Dietetic Association, American Academy of Family Physicians, and other leading health organizations, breastfeeding and human milk is the optimal way to feed infants; and
- WHEREAS,** breastfeeding is associated with lower rates of childhood illness, such as obesity, diabetes, and infectious diseases, as well as reduced risk of maternal breast and ovarian cancers and faster recovery from childbirth as compared to formula feeding; and
- WHEREAS,** breastfeeding has been shown to promote social-emotional development, benefits the entire family, and is associated with lifelong health and development; and
- WHEREAS,** a parent’s decision to feed human milk to infants directly or through expression should be supported by family members and the community; and
- WHEREAS,** promoting best practices in human milk feeding for healthcare providers and clinics to encourage families to start and continue to feed human milk; and
- WHEREAS,** creating a local Breastfeeding Friendly Child Care designation supports the parent’s continued breastfeeding with expressing milk after returning to work or school; and
- WHEREAS,** encouraging our local education systems to include breastfeeding and human milk feeding curricula at all levels normalizes breastfeeding; and
- WHEREAS,** collaborating on community resources and building community awareness can positively impact breastfeeding success; and
- WHEREAS,** our community is proud to have attained broad support, and direct community actions including The Durham County Health Department, Chamber of Commerce, Community Health Workers, Lactation support providers, Community advocates; and
- WHEREAS,** by providing a supportive and welcoming environment, a breastfeeding friendly community encourages families of all races, ethnicities, family structures to initiate and continue optimal infant feeding/nursing.

**NOW, THEREFORE, BE IT RESOLVED** I, Brenda Howerton, Chair of the Durham Board of County Commissioners and on behalf of the Durham Board of County Commissioners, do hereby proclaim Durham County as a

**“BREASTFEEDING FRIENDLY FAMILY COMMUNITY”**

in Durham County, North Carolina.

This 12<sup>th</sup> day of April 2021.

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Brenda Howerton, Chair  
Durham Board of County Commissioners

