

Delaware General Health District
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NEWS RELEASE

BREASTFEEDING MONTH THEME: NURSING MOMS ARE NATURALLY PREPARED FOR DISASTERS

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FOR IMMEDIATE RELEASE

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DELAWARE, Oh., July 28, 2009 – If a disaster strikes, breastfeeding mothers will be naturally more prepared than their bottle-feeding counterparts.

They won't need clean bottles, formula, electricity, or even a sink.

That will be emphasized in the celebration of Breastfeeding Awareness Month in August. Dietitians with the Delaware-Morrow-Union Women, Infants, and Children nutrition program, a service of the Delaware General Health District, are joining others around the globe in celebrating Breastfeeding Awareness Month.

In the event of a major disaster, many of the modern services needed to bottle-feed infants might not be available, possibly for an extended time. A lack of electricity, refrigeration, or running water could make it impossible to bottle-feed regularly in a sanitary and safe manner. Breastfeeding moms would not face that problem.

Also, breast milk contains antibodies that can protect infants from bacterial and viral infections, and is easy for newborns to digest. This could help protect infants in the event of a disaster such as a major flood, which can contaminate large areas.

WIC professionals work with expectant and new mothers to encourage breastfeeding, but many face a lack of other support and other obstacles which discourage nursing.

For additional information on WIC or the health benefits of breastfeeding, call the Health District clinic at 740-203-2040.