



635 North Erie Street  
 Toledo, Ohio 43604-5317  
 419.213.4100  
 419.213.4017 Fax  
 boardofhealth@co.lucas.oh.us



Karim Baroudi, MPH, REHS  
 Health Commissioner

**LUCAS COUNTY  
 REGIONAL HEALTH DISTRICT  
 BOARD MEMBERS**

Johnathon Ross, MD, President  
 Barbara Sarantou, Vice President  
 Cheryl Crowder, RN, BSN  
 Amr Elaskary, CPA, CFE  
 Sonia Flunder-McNair  
 Ted Kaczorowski  
 David Karmol  
 Paul J. Komisarek  
 Richard L. Munk, MD  
 Susan Postal, EMT-P  
 Matthew Sapara  
 Donna A Woodson, MD

**AN EQUAL OPPORTUNITY  
 EMPLOYER**

The Department operates in accordance with Title VII of the Civil Rights Act of 1964

Visit us on the web at:  
[www.lucascountyhealth.com](http://www.lucascountyhealth.com)

**FOR IMMEDIATE RELEASE**

Contact: Heather Burnette, PIO  
 (419) 309-0153

August 1, 2024

**Health Department Celebrates August as  
 Breastfeeding Awareness Month**

The month of August is recognized as Breastfeeding Awareness Month in Ohio, and the Toledo-Lucas County Health Department is pleased to celebrate this important month with multiple community events.

Research indicates that breastfeeding significantly impacts the rate of diseases in both mothers and infants. In 2019, the CDC reported Ohio’s breastfeeding initiation rate was 79.5%, ranking the state 41<sup>st</sup> for breastfeeding across the US. In 2023, 86% of Lucas County infants were breastfed at least once, up from 64.6% in 2018, and outpacing the 2021 Ohio rate of 74% and 2021 US rate of 82%.

Karim Baroudi, Health Commissioner, says “Breastfeeding has been shown to lower the risk of infections, diseases, and overall infant mortality rates. When breastfeeding is encouraged and supported, society benefits from having healthier mothers, babies, and children.”

The Toledo-Lucas County Health Department is excited to promote breastfeeding during the month of August:

**Breastfeeding Shower**

August 8 @ 11:00 am - 2:00 pm  
 Lagrange Branch Library, 3422 Lagrange St, Toledo, OH

**The Big Latch On**

August 20 @ 9:30 am  
 Franklin Park Mall, 5001 Monroe St, Toledo, OH

You can find details about these and other upcoming events on the [calendar section of our website](#).

TLCHD is an OhioHealth Mothers’ Milk Bank drop-off location, accepting donated breastmilk since 2021. Donors must be screened and approved prior to donating.

The health department encourages and supports working moms by providing a comfortable and secluded space for all Lucas County employees to pump breastmilk during their workday. TLCHD also works with local employers to establish similar spaces to support employees who are breastfeeding.

[Visit our website to learn more about TLCHD’s Breastfeeding Support Program.](#)

The American Academy of Pediatrics (AAP) and the World Health Organization (WHO) recommend exclusive breastfeeding for the first six months of life, and continued breastfeeding (while mutually desired by mother and baby) with the addition of appropriate solid food for the first two years.

###