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Karim Baroudi, MPH, REHS
Health Commissioner

LUCAS COUNTY
REGIONAL HEALTH DISTRICT
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FOR IMMEDIATE RELEASE
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July 29, 2025

Health Department Celebrates August as Breastfeeding Awareness Month

The Toledo-Lucas County Health Department is proud to recognize August as Breastfeeding Awareness Month, by promoting the importance of breastfeeding and supporting mothers in their infant feeding journey.

According to the 2023 Lucas County Community Health Assessment, 86% of Lucas County infants were breastfed at least once in 2023, up from 84% in 2020, and outpacing the 2021 Ohio rate of 74% and 2021 US rate of 82%.

Breastfeeding has been shown to reduce the risk of several childhood illnesses and conditions, including asthma, obesity, type 2 diabetes, ear and respiratory infections, and Sudden Infant Death Syndrome (SIDS). For mothers, it can lower the risk of type 2 diabetes, breast cancer, and ovarian cancer. Beyond the health benefits, breastfeeding provides comfort and promotes emotional connection between mother and baby.

"Breastfeeding is one of the most effective ways to ensure a child's health and survival," said Karim Baroudi, Health Commissioner, says "Our role as a public health agency is to empower families to make informed decisions. When breastfeeding is encouraged and supported, society benefits from having healthier mothers, babies, and children."

The Toledo-Lucas County Health Department is pleased to celebrate this important month with multiple community events:

Community Health Fair
August 6th @ 10:00 a.m. – 2:00 p.m.
Seaway Marketplace, 1707 Cherry St, Toledo, OH 43608

Breastfeeding Storybook Trail
August 1-31
TLCHD, 635 N. Erie St. Toledo, OH 43604

As an OhioHealth Mothers' Milk Bank drop-off location since 2021, TLCHD supports breastfeeding moms year-round. Donors must be screened and approved prior to donating. Anyone interested in donating should call (614) 566-0630.

[more]

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The Health Department also encourages and supports working moms by providing a comfortable and private space for all Lucas County employees to pump breastmilk during their workday. TLCHD partners with local employers to support breastfeeding employees by helping them establish dedicated lactation spaces in the workplace.

Visit our website to learn more about TLCHD's Breastfeeding Support Program, which is available to breastfeeding moms in Lucas County who enrolled in WIC.

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.

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