



In the Name and by the Authority of

THE STATE OF OHIO



WHEREAS, the American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of life, followed by the introduction of complementary foods and continued breastfeeding for two years or beyond, which provides the best possible start to life in all areas of development; and

WHEREAS, human milk provides unique nutritional and non-nutritional benefits for an infant's growth and development, reduces the risk of infectious and chronic disease, and protects mothers' and infants' health; and

WHEREAS, infant nutrition is considered a public health issue, and hospitals, community agencies, coalitions, and others can work together to provide consistent and accurate information to encourage successful breastfeeding; and

WHEREAS, the Ohio Department of Health and Ohio Hospital Association have partnered to lead the Ohio First Steps for Healthy Babies program, which recognizes maternity hospitals that are taking steps to promote, protect, and support breastfeeding across Ohio; and

WHEREAS, breastfeeding can be an important element of strategies developed to address infant and maternal mortality, specifically with increasing rates of breastfeeding initiation and supporting continuation of breastfeeding among Black families to help reduce disparities in breastfeeding; and

WHEREAS, breastfeeding provides a safe, reliable, and renewable food source, especially critical during natural disasters and emergency situations; and

WHEREAS, employers that provide workplace lactation support experience an impressive return on investment, including contributing to lower health costs, absenteeism, and turnover rates, as well as improved morale, job satisfaction, and productivity; and

WHEREAS, August is recognized as Breastfeeding Awareness Month to show appreciation for breastfeeding mothers and all the dedicated volunteers, professionals, communities, and organizations supporting their efforts;

NOW, THEREFORE, We, *Mike DeWine* and *Jim Tressel*, Governor and Lieutenant Governor of the State of Ohio, do hereby recognize August 2026 as

BREASTFEEDING AWARENESS MONTH

on this 1st day of August 2026.

Mike DeWine
Governor



Jim Tressel
Lieutenant Governor