

*Town of Chapel Hill*

# Proclamation

**WHEREAS**, families are a priority in the Town of Chapel Hill, and part of helping families to thrive is ensuring that they receive community support to develop and sustain healthy lifestyles; and

**WHEREAS**, according to the American Academy of Pediatrics, American Dietetic Association, American College of Obstetrics and Gynecology, American Academy of Family Physicians, and other leading health organizations, breastfeeding is the optimal food for 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 a faster recovery from childbirth as compared to formula feeding; and

**WHEREAS**, breastfeeding promotes 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 by expression should be supported by family members and the community; and

**WHEREAS**, creating a local Breastfeeding Friendly Child Care designation supports parents and childcare staff to continue breastfeeding and offering expressed milk, when returning to work or school, and childcare staff with on-site breastfeeding facilities or spaces; and

**WHEREAS**, encouraging our local education systems to include breastfeeding and human milk feeding curricula at all levels normalizes breastfeeding; and

**WHEREAS**, our community is proud to have attained broad support and direct community actions through the UNC Women's Hospital, the Women's Birth and Wellness Center and the Orange County Health Department; and

**WHEREAS**, by providing a supportive and welcoming environment, a breastfeeding friendly community encourages families of all races, ethnicities, and family structures to initiate and continue optimal infant feeding/nursing.

**NOW, THEREFORE, BE IT RESOLVED** that we, the Chapel Hill Town Council, do hereby proclaim the Town of Chapel Hill to be a

**"Breastfeeding Family Friendly Community."**

and urge everyone to provide a supportive and welcoming environment for breastfeeding mothers and their families.

GIVEN UNDER MY HAND AND THE SEAL OF THE TOWN OF CHAPEL HILL ON THIS THE TWENTY-FIRST DAY OF APRIL IN THE YEAR TWO THOUSAND TWENTY-ONE.



*Sam Hems*