

For Immediate Release

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Yolo County Ranked Number Four in the State for Exclusive Breastfeeding Rates

Woodland, CA— A newly released statewide report on in-hospital breastfeeding rates shows that Yolo County is among the top tier in offering babies the health benefits and protections that breast milk provides. Over the past several years, there has been a major push to encourage increased breastfeeding rates for babies before they leave the hospital. Yolo County has increased to the number four county in the state for exclusive breastfeeding rates. This is up from number 17 in 2006. Sutter Davis Hospital has the distinction of being listed as one of the highest scoring hospitals in the state based on exclusive breastfeeding rate.

“This large of an increase in just one year shows the commitment of our local hospitals and healthcare providers to encourage breastfeeding as the best source of nutrition for babies,” states Dr. Bette Hinton, Yolo County Health Officer. “By encouraging breastfeeding, we can have decreased numbers of obese children later in life, and the diseases associated with obesity.”

Yolo County’s average exclusive breastfeeding rate at discharge from the hospital is 76.5% well over the statewide average of 43%. Exclusive breastfeeding is when the baby receives only breast milk and no other food or fluid.

Children who are breastfed exclusively for the first few months, have the lowest risk for overweight and obesity. Breastfeeding babies is a low-tech, low-cost health intervention that gives children a healthy start in life, and provides reduced risk for diseases such as type 2 diabetes, heart disease, hypertension, and obesity.

Because of these proven health benefits, the American Academy of Pediatrics, American College of Obstetricians and Gynecologists, and the World Health Organization all recommend exclusive breastfeeding for the first six months of life.

“The Yolo County Breastfeeding Coalition and our local hospitals are continuing to work towards ‘Baby Friendly status,’” states Jan Babb, Yolo County Maternal, Child, and Adolescent Health Director. “By continuing to implement these guidelines, more children will be breastfed longer.”

Both Yolo county hospitals provide lactation support for mothers and babies. The Yolo County Breastfeeding Coalition members also support a local breastfeeding warm-line. This phone line provides breastfeeding answers and support for new mothers. The number is 1-800-663-8685.

For additional information about breastfeeding rates, go to www.calwic.org.

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