EXECUTIVE DEPARTMENT

STATE OF CALIFORNIA

PROCLAMATION
by the
Governor of the State of California

WHEREAS, breast milk provides the most complete form of nutrition, promotes optimal infant health and cognitive development, and is associated with a lower risk of childhood obesity; and

WHEREAS, breastfeeding also provides benefits to nursing mothers including reducing the risk of breast and ovarian cancers and osteoporosis; and

WHEREAS, recent studies have shown that the health benefits from breastfeeding are directly related to the amount of breast milk consumed by babies; and

WHEREAS, it is recommended that mothers breastfeed exclusively, providing no other liquids or solids, for about the first six months and continue breastfeeding until the infant is at least a year old; and

WHEREAS, California was one of the first states in the country to reduce a major barrier to exclusive breastfeeding by enacting legislation requiring all employers to make a reasonable effort to provide employees adequate break time and private facilities to express breast milk; and

WHEREAS, this year's World Breastfeeding Week theme, *Breastfeeding: Healthy Mothers, Healthy Babies*, highlights the importance of protecting the health and well-being of both mothers and babies through breastfeeding; and

WHEREAS, during the month of August, government agencies, community organizations and individuals will celebrate Breastfeeding Awareness Month;

NOW, THEREFORE, I, GRAY DAVIS, Governor of the State of California, do hereby proclaim August 2002 as "Breastfeeding Awareness Month."

IN WITNESS WHEREOF I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 17th day of July 2002.

Gray Davis
Governor of California

ATTEST:

Bill Jones
Secretary of State