



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

BREASTFEEDING AWARENESS MONTH

WHEREAS, the health and well-being of all Virginians are of utmost importance to the prosperity and livelihood of our Commonwealth's families and communities; and,

WHEREAS, optimal nutrition is of vital significance in the early months and years of life and has a lifelong impact on sustained health; and,

WHEREAS, breast milk is physiologically tailored to meet infants' maturing digestive systems, ensuring proper growth and development and helping to prevent a variety of acute and chronic diseases; and,

WHEREAS, breastfeeding strengthens the bond between mother and child and provides women with health benefits such as reduced risk of ovarian, uterine, and breast cancer, as well as osteoporosis and high blood pressure; and,

WHEREAS, *Code of Virginia § 32.1-370* supports a mother's right to breastfeed her children on any state property; and,

WHEREAS, the Virginia Pregnant Workers Fairness Act, *Code of Virginia § 2.2-3905* supports breastfeeding mothers by requiring that employers make reasonable accommodations for lactating workers; and,

WHEREAS, local health departments and state agencies are encouraged to promote breastfeeding in communities through the implementation of the Breastfeeding Friendly Health Department Ten Step Process; and, to keep breastfeeding high on the public health agenda in order to improve the health and well-being of mothers and babies;

NOW, THEREFORE, I, Glenn Youngkin, do hereby recognize August 2022 as **BREASTFEEDING AWARENESS MONTH** in the COMMONWEALTH OF VIRGINIA and call this observance to the attention of our citizens.




Governor


Secretary of the Commonwealth