

## NEWS RELEASE

For Immediate Release:  
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### **Governor Doug Burgum Recognizes August 1-7 as Breastfeeding Week**

BISMARCK, N.D. – Governor Doug Burgum has declared August 1-7, 2018 as Breastfeeding Week in the State of North Dakota. In honor, the North Dakota Department of Health (NDDoH) is recognizing 25 businesses in North Dakota who have been designated as Infant Friendly in the past year. The Infant Friendly designation recognizes businesses who provide appropriate time and space for breastfeeding women returning to work who are separated from their infants.

World Breastfeeding Week is an annual global celebration to encourage breastfeeding. This year's theme: "Breastfeeding: Foundation of Life," brings awareness to the lifelong health benefits breastfeeding provides for both mothers and infants.

Breastfeeding is recommended for the first six months of an infant's life, followed by breastfeeding in combination with other age appropriate foods until at least 12 months of age. In North Dakota, 82 percent of women start breastfeeding, but by six months, only one out of four women continue exclusively breastfeeding.

One reason for decreasing breastfeeding rates as infants get older is maternal employment. In order to address this issue, the NDDoH began promoting the Infant Friendly Designation in 2011. Since then, 138 businesses have been recognized. The following new businesses have been recognized this year:

- Bismarck – Missouri Valley Family YMCA, Bismarck City Public Works, North Dakota Department of Commerce, NDSU Nursing at Sanford
- Devils Lake – North Dakota Department of Commerce, First Choice Clinic
- Fargo – Prairie Roots Food Co-op, Plains Art Museum, Floor to Ceiling Carpet One, Dawson Insurance, Flint Group, Agassiz- Fargo Public Schools, Fargo South High School, Fargo North High School, Southeast Human Service Center, First Choice Clinic, NDSU Wellness Center Child Care, Active Minds Academy

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- Grafton – Marvin Windows and Doors, Walsh County, Grafton Public Schools
- Grand Forks – Grand Forks County Courthouse, Little Miracles, Inc. Child Care Center
- Park River – First Care Health Center, Walsh County Press

For a complete listing of all Infant Friendly workplaces and to find resources on how your business can become Infant Friendly, visit [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).

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