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## **USLCA Celebrates National Public Health Week April 7-11**

### ***American Public Health Association Recommends Breastfeeding as Key Way to 'Be Healthy From the Start'***

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RALEIGH, N.C. --- The United States Lactation Consultant Association (USLCA) joins the American Public Health Association (APHA) in celebrating National Public Health Week April 7-11, 2014. APHA unites communities throughout the U.S. each April to observe National Public Health Week as a time to recognize the contributions of public health and highlight issues important to improving our nation. This year's theme is "Public Health: Start Here," and each day of the week highlights a different important initiative our nation can take to promote public health and prevention.

National Public Health Week kicks off by celebrating "Be Healthy From the Start" on Monday, April 7. According to APHA, breastfeeding our children is one of the primary ways our nation can be healthy from the start. APHA encourages communities to educate new or soon-to-be mothers about breastfeeding and work with local businesses to set up breastfeeding centers for their employees.

According to APHA, "breastfeeding is recommended for at least the first year of a child's life, and exclusively for the first six months. Longer lifetime durations of breastfeeding are associated with decreased risks of maternal breast cancer, ovarian cancer, Type 2 diabetes and cardiovascular disease. In addition, longer durations of breastfeeding are associated with decreased risk of many common childhood infections and sudden infant death syndrome, as well as chronic conditions in offspring such as obesity, Type 1 diabetes, and leukemia." Please [click here](#) to view APHA's complete list of recommendations for Monday's "Be Healthy From the Start" day of National Public Health Week.

A study published in the *American Journal of Public Health* earlier this year found that patients connected with International Board Certified Lactation Consultants (IBCLC) were three times more likely to be exclusively breastfeeding at three months, more likely to be exclusively breastfeeding at one month, and less likely to wean in the first six months. Likewise, the APHA strongly endorses the Surgeon General's Call to Action to Support Breastfeeding – which includes increasing access to IBCLC services.

International Board Certified Lactation Consultants are the internationally credentialed health care professionals with the education and clinical experience to help new mothers meet their breastfeeding goals. For more information, or to locate an IBCLC in your area, visit [www.USLCA.org](http://www.USLCA.org).

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