

# CELEBRATING NATIONAL BREASTFEEDING MONTH

Breastfeeding plays a vital role in infant and child nutrition and provides several health benefits to the breastfeeding parent and child, including a reduced risk of childhood obesity. Through the Partnership for a Healthy Community, HEAL workgroup, the tri-county region (Peoria, Tazewell and Woodford counties) has teamed up to promote and support Breastfeeding. August is National Breastfeeding month, with the first week being recognized globally as World Breastfeeding Week and the last week being recognized as Black Breastfeeding week.

With financial assistance from ISPAN (Illinois State Physical Activity and Nutrition Program) funds, the Central Illinois Breastfeeding Taskforce partnered with some community volunteers to host a Black Breastfeeding Week event on August 28th, 2021. The event was held at Glen Oak Park in Peoria and consisted of local vendors and community resources to support nursing parents and their families. A local radio station was present to promote and broadcast the event. There was food, games, prizes, breastfeeding support group sessions and much more. Thanks to the great work of the planning committee, the event was a huge success with around 100 people in attendance.

Additional work with ISPAN consisted of the creation of breastfeeding spaces in the community. One space was created at Manual High School in Peoria and another is a mobile space for the Central Illinois Breastfeeding Taskforce to set up at any community events, fairs, etc. We are working on an additional space in Tazewell county. We look forward to continuing efforts to improve breastfeeding support in the community.

-Michelle Compton, PCCHD



More information about the Central Illinois Breastfeeding Task Force can be found at:

[www.centralillinoisbreastfeeding.org/](http://www.centralillinoisbreastfeeding.org/)