



Office of Public Information:
801-538-6339 or 801-541-3783

News Release

For immediate release:

Thursday, July 26, 2000

Contact:

Jana C. Kettering
Public Information Officer

Office: 538-6339

Cell: 541-3783

Stephanie Vincent

Mrs. Utah Int'l

254-4616

Mrs. Utah and Mothers Unite to Promote the Benefits of Breastfeeding

(Salt Lake City, UT) – Mothers throughout Utah and the world are celebrating their choice and freedom to breastfeed their babies in public while working to share the message about the benefits of breastfeeding.

Mrs. Utah International Stephanie Vincent has joined the breastfeeding public awareness campaign and says she is a “true believer” in the benefits of breastfeeding. Vincent has breastfed three of her four children. Her daughter, who was not breastfed, has endured numerous ear infections and health problems while her breastfed children have not experienced these same difficulties. Vincent always knew that breastfed babies had stronger immune systems. After her last baby turned one year old, she chose to donate her breast milk to another child and become a “milk mom.” “My milk went to a very sick four-year-old boy with a weak immune system. His parents felt that if breast milk could strengthen a newborn’s immune systems then why not a four-year-old boy’s immune system?” said Vincent. “He drank 32 oz. each day from me and other milk moms. It made an incredible difference for this young boy who significantly improved.”

Vincent is helping the Utah Coalition to Promote Breastfeeding, the Utah Department of Health and the La Leche League to observe World Breastfeeding Week, August 1-7, 2000. The observance kicks off with the 2000 World Breastfeeding Walk on Saturday, July 29, 2000, from 11 a.m. to 1:30 p.m. The event will be held at Sugarhouse Park (1300 E. 2100 S.) near the central terrace in Salt Lake City. Families are encouraged to bring their own lunch and after the walk join the group for games and prizes.

Vincent and other mothers are happy to share their insights, tips and stories about the value of breastfeeding at Saturday’s event. “The number one reason why I breastfed is the great bonding experience I had with my babies; the intimacy we shared was so rewarding,” said Vincent.

Breastfed babies:

- have stronger immune systems and less infections.
- have enhanced intellectual and neurological development/increased IQs.

- MORE -

- have a very close bond with mother when breastfeeding.
- help moms lose weight through breastfeeding.
- help moms protect against osteoporosis, breast cancer and other types of cancer.
- experience fewer problems with tummy aches, diarrhea, spitting up; formulas can be hard on many babies.
- help parents save money! Formula is expensive.
- experience less sickness and that means fewer doctor visits.
- have lower risk of Sudden Infant Death Syndrome (SIDS).

It is a mother's right to:

- ask questions and get assistance from her health care providers.
- know the "benefits" and the "how to" of breastfeeding before giving birth.
- know she has options to continue breastfeeding if returning to work.
- know the problems associated with formula feeding.
- discretely breastfeed in public.

For more information concerning breastfeeding and the World Breastfeeding Week events, call the Utah Department of Health WIC Program at 801-538-6960 or 1-800-397-1152.

- END -