PUBLIC HEALTH CONNECTION

World Breastfeeding Week
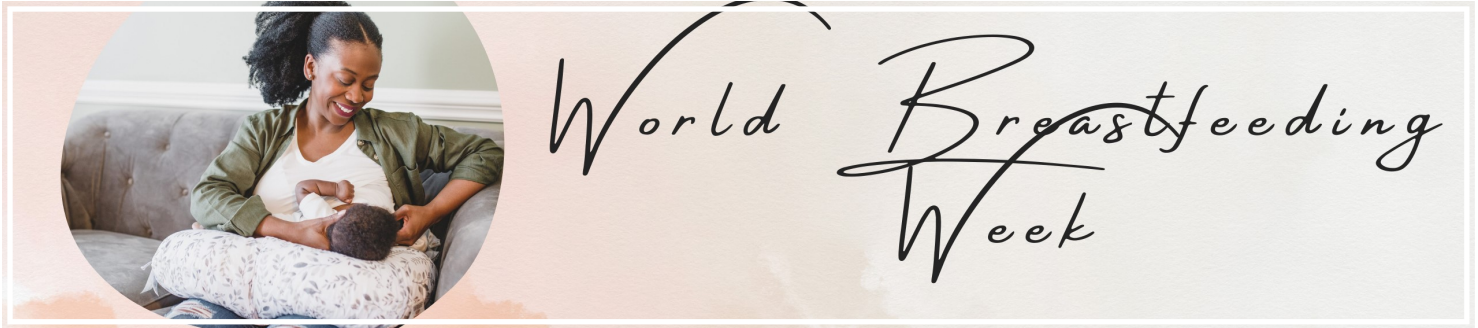
World Breastfeeding Week

World Breastfeeding Week is August 1-7.

In honor of this week, the World Alliance for Breastfeeding Action (WABA) has created a theme that will focus on *"Enabling Breastfeeding: Making a Difference for Working Parents"*. The theme will focus on breastfeeding and employment and how it can impact workplace supports, paid time off and parenting norms as it relates to breastfeeding. Workplaces, government agencies, policy makers, health systems, and even communities can work together to empower and uplift families by creating a safe space to receive adequate support, flexibility, and resources to breastfeed.

There are many working mothers and individuals that are breastfeeding or would like to breastfeed, but may not have the support they need to do that. Know that there are many people working to advocate and fight for all people who work and breastfeed.

According to the World Health Organization (WHO):

- Policymakers can legislate for longer paid maternity leave and ensure that employers are providing a space for breastfeeding or expressing milk.

- Employers and managers can provide flexibility in scheduling, maternity leave, and a time and space for breastfeeding and expressing milk.

- Colleagues can be supportive of flexible work arrangements and can work to encourage and champion those who are breastfeeding.

Know that breastfeeding is important for mom and baby and that there are many benefits for both. Breastfeeding can help protect babies against some short- and long-term illnesses and diseases. It is a source for nutrients for the baby and can even reduce the mother's risk of developing obesity, diabetes, and ovarian cancer.

Let's celebrate World Breastfeeding Week by making a difference for working parents!

OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County— A safe and healthy community.

Water Safety

Safety and Tips

Going outside and having fun in the sun, is a great way to spend healthy time outside of your daily routine. We all know that wearing sunscreen, bug spray, and proper clothing, are a must in the sun. But, when you have a chance to get in the water, whether you are kayaking, canoeing, boating, or swimming, it is very important to be prepared to stay safe.

In the Quad Cities, you may decide to go out on the Mississippi River. Note that the temperatures of the Mississippi River often fluctuates. To see the river temperatures for locks and dams 22 & 24, visit the USACE gages. Always check weather forecasts and river conditions. Paddle in groups when possible or let friends or family know where and when you plan on boating or paddling. Always wear your life jacket. Be prepared to swim when boating in case of capsizing. Only paddle on the main channel during events like Floatzilla, when commercial traffic is not in the area. Visit Mississippi River Water Trail for more information on water safety: https://mississippiriverwatertrail.org/safety/#.