

July 22, 2021

## DOH-LAKE CLERMONT WIC OFFICE *OPEN HOUSE*



Contact:

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**Eustis, FL** – The Florida Department of Health in Lake County WIC Program will be hosting an open house for the public at their new location 875 Oakley Seaver Drive in Clermont on Thursday, July 29, 2021, from 11:30 A.M. – 1:30 P.M.

To kick off World Breastfeeding Week, WIC extends a special invitation to our pregnant and breastfeeding clients to come meet our WIC Breastfeeding Team while also touring the new WIC facility.

World Breastfeeding Week is celebrated every year from August 1<sup>st</sup> through August 7<sup>th</sup> in more than 170 countries to encourage breastfeeding and improve the health of babies around the world. This year's theme is "Protect Breastfeeding: A Shared Responsibility." The department is working to promote breastfeeding as a vital health activity, and encourages breastfeeding-friendly hospitals, childcare facilities, workplaces, and communities.

Research shows:

- Breastfed infants have a reduced risk of infections, asthma, obesity, and SIDS compared with formula-fed infants.
- Mothers who breastfeed have a reduced risk of breast cancer, ovarian cancer and postpartum depression compared to mothers who don't breastfeed; and
- It's estimated that \$13 billion would be saved per year if 90 percent of U.S. infants were breastfed exclusively for six months.

WIC can help improve the health of women, infants, and children. It is a program for women who are pregnant, or who have recently been pregnant, or who are breastfeeding, and for infants and children under the age of 5. The Florida WIC Program provides healthy foods, nutrition education and counseling, breastfeeding support and referrals to healthcare, immunizations, and community services at no cost to WIC clients. For more information about the Florida WIC program call 1-800-342-3556 or visit [www.FloridaWIC.org](http://www.FloridaWIC.org). This institution is an equal opportunity provider.

Healthiest Weight Florida within the Bureau of Chronic Disease Prevention, in partnership with the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Healthy Start, and the Florida Child Care Food Program, has a variety of tools available for mothers and families, as well as employers, childcare facilities, and hospitals and health care professionals. Visit <http://www.healthiestweightflorida.com/activities/breastfeeding.html> for more information.

## About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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