

## We Choose Health

The focus will be on preventing chronic disease by building healthier communities through policy, system, and environmental changes. The funding for *WCH-SI* is being shared between Southern Illinois Healthcare and local health departments in this region.

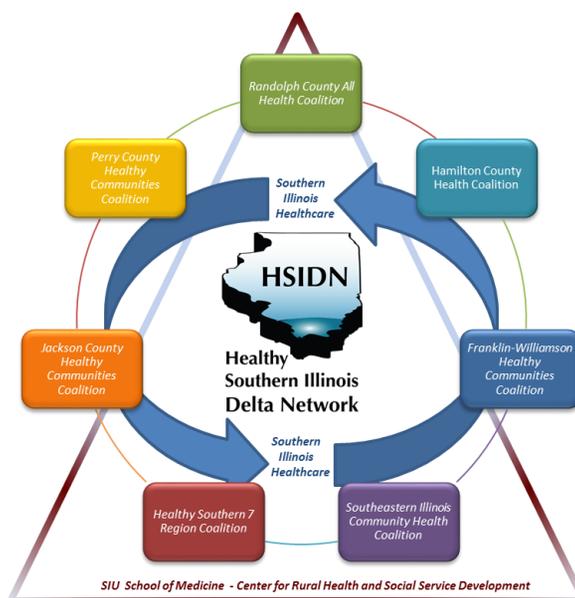
Each local health department has chosen from a menu of strategies and will work with their healthy community coalition to implement their chosen strategies. Strategies being implemented in Southernmost Illinois will:

- Increase the number of parks, ball fields and other outdoor spaces which are smoke-free
- Increase the availability of smoke-free multi-unit housing
- Support worksites which adopt wellness policies
- Expand the number of schools with school health programming
- Create an environment that supports breastfeeding.



## To Get Involved: (all 618 area code)

|                                  |                          |
|----------------------------------|--------------------------|
| Egyptian Health Dept.            | 272-4691                 |
| Franklin-Williamson Health Dept. | 993-8111 ext. 208 or 213 |
| Hamilton Co. Health Dept.        | 643-3522                 |
| Jackson Co. Health Dept.         | 684-3143 ext. 100 or 134 |
| Perry Co Health Dept.            | 357-5371 ext. 119        |
| Randolph Co. Health Dept.        | 443-2995                 |
| Southern Illinois Healthcare     | 457-5200 ext. 67847      |
| Southern Seven Health Dept.      | 634-2297                 |



This project is part of the Illinois Department of Public Health's We Choose Health Initiative, which is made possible by funding from the Centers for Disease Control and Prevention .

## WE CHOOSE HEALTH

Making our communities places where the **healthy** choice is the **easy** choice through policy, systems, and environment changes.



Baby-Friendly  
Hospital  
Initiative

According to the Illinois Physician's Statement on Breastfeeding, "Breastfeeding provides recognized health benefits for both mother and child. Infants that are formula fed are at risk for increased incidence of numerous infectious childhood diseases, Sudden Infant Death Syndrome (SIDS), type 1 and 2 diabetes, and childhood obesity."

Baby Friendly Hospitals is a World Health Organization initiative to make hospitals a supportive place for mothers who want to breastfeed.

### Importance of Breastfeeding

- Breastfed babies are healthier.
- Mothers who breastfeed are healthier.
- Breastfeeding saves time and money.
- Breast milk is perfect for your baby.
- Breast milk:
  - \* Contains more than 200 nutrients,
  - \* Is always ready,
  - \* Is never too hot or too cold,
  - \* Makes vaccines work better.

### 10 Steps to Baby-Friendly Hospital

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give exclusively breastfeeding infants no food or drink other than breast-milk, unless medically indicated.
7. Practice "rooming in" - allow mothers and infants to remain together 24 hours a day.
8. Encourage unrestricted breastfeeding.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.

Source: Baby-Friendly USA.  
[www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)



### For Parents

Hospitals and birthing centers with the Baby-Friendly designation are prepared to help you and your new baby get off to the best start. The hospital has demonstrated that they have policies and care practices that meet the gold standard for mother/baby care practices related to breastfeeding. Staff are trained regarding the care of breastfeeding mothers and babies. Babies stay close to their mothers right after birth so that they can breastfeed as soon as they are ready.

Baby-Friendly birthing sites do not distribute samples from formula manufacturers because this practice is proven to discourage families from providing only mother's milk to their new babies. Baby-Friendly staff will carefully assess your baby's feeding so that any early problems can be taken care of quickly. Staff will assist you in breastfeeding so that you feel more confident. Furthermore, if breastfeeding worries arise after you and your baby go home, the Baby-Friendly hospital has staff who can help you solve feeding problems.

Source: Baby-Friendly USA.  
[www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)



[www.facebook.com/wechoosethehealthsouthernmostillinois](http://www.facebook.com/wechoosethehealthsouthernmostillinois)