



PRESS RELEASE

September 22, 2023

FOR IMMEDIATE RELEASE:

Clarendon Health Department Receives Support From the Police to Promote Breastfeeding Importance

The Clarendon Health Department (CHD) has received the support of the Jamaica Constabulary Force (JCF), Clarendon Division to promote breastfeeding and workplace wellness.

As part of the commemoration of National Breastfeeding Week, September 17 to 22, the Clarendon Parish Infant and Young Child Feeding Committee partnered with the police to host a National Breastfeeding Week Jeopardy competition, providing an opportunity for learning in a fun way. The competition was held at the May Pen Police Station in Clarendon on Wednesday, September 20, 2023.

"We are partnering with the workplaces in Clarendon to promote breastfeeding and also wellness on a whole. We selected the JCF as we wanted the males, fathers to get involved and support mothers in breastfeeding. Today was all about education in a fun way" Parish Nutritionist at the CHD, Debbie Ottey-Golding explained.

In preparation for the competition, the Clarendon Health Department trained two teams from the May Pen Police Station for about three weeks on breastfeeding topics. The topics included: positioning and attachment, breastfeeding myths, benefits of breastmilk, breastmilk components, complementary feeding, feeding cues, storage and expression, nutrition and pregnancy, complementary feeding and breastfeeding support systems.

"We had preparation sessions via the zoom platform and we had participants coming and asking questions trying to learn and it was obvious today. The aim was to ensure that they understood the benefits of breastfeeding so they can help promote breastfeeding. In their families and with others. We are also planning to work closely with the JCF and other workplaces as they form support groups so that they can help in the promotion of breastfeeding" Mrs. Ottey-Golding said.

(more)

Chairman: Wayne Chen; Vice Chairman: Michael Stern, **Board Members:** Lorraine Green Mason, Marcus Greenwood, Stafford Houghton, Winston Maragh, Dr. Lloyd Reynolds, Albert Williams, Omar Miller, Dave Powell, **Permanent Secretary's Nominee:** Dr. Naydene Williams, **Regional Director and Secretary:** Michael Bent; **Regional Technical Director:** Dr. Vitillius Holder; **CEO, Mandeville Regional Hospital:** Alwyn Miller; **SMO, Mandeville Regional Hospital:** Dr. Everton McIntosh

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This year's theme is, "Enabling Breastfeeding, Making a Difference for Working Parents", which underscores the need for workplaces to provide the necessary support and environment for mothers; as research shows that breastfeeding rates drop significantly for women when they return to work.

For his part, Deputy Superintendent (DSP), Owen Brown of the JCF, Clarendon Division noted that the police will continue to partner with all important stakeholders as they strive to make the space a safe one for everyone.

"We are told also that children who are properly breastfed that their brains are well developed and when their brains are well developed then there is a high possibility that they will do well in school and when they do well in school then it is less likely that they will become involved in criminal activities so we are starting here from the breast to ensure that we have a safe space" DSP Brown said.

The Clarendon team has been using the jeopardy competition to engage persons since the onset of the COVID-19 Pandemic. The team from the health department also hosted an online breastfeeding forum which targeted males and fathers in order to provide support to mothers.

(more)



Picture 1



Parish Nutritionist at the CHD, Debbie Ottey-Golding (centre) is pictured here with winners of the competition, Batch 134. The team members include: Constable A. Minott (left), Constable M. Barton (2nd left), Woman Constable V. Walker (2nd right) and Constable R. Eaton.

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Picture 2



The team, May Pen Elite (left to right), Constable R. Duffus, Woman Constable T. Fillington, Constable T. Davy and Woman Constable D. Smikle smile after giving winners, Batch 134, strong competition.

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Picture 3



The teams with their certificates and trophies.

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