

Assemblyman Dan Logue  
State Capitol Room #2002  
Sacramento, Ca 94249

Dear Assemblyman Logue

October 16, 2009

I am writing to ask for your support for AB 513 (De Leon), a bill that emphasizes the importance of breastfeeding and adds to the Knox-Keene Act (1975).

It has been researched and proven that breast-feeding considerably reduces children's risk for chronic diseases such as diabetes, asthma, allergies and possible protection against diseases such as Crohn's disease, ulcerative colitis, and lymphoma. There is also strong evidence that breast-feeding can decrease the severity or occurrence of diarrhea, lower respiratory infections, and bacterial meningitis. The research goes on to show that breast-feeding lowers the chance of childhood and adult obesity.

Not only does breast-feeding improve the health of the child, but it also improves the health of the mother. Mother's who breast-feed are shown to have a decreased risk for type 2 diabetes, as well as breast and ovarian cancers.

A wonderful result of being breast-fed is that these children will spend less time at the doctor's office, and take less medication. Breast-feeding will not only save money on formula, but it also will save money for healthcare. Babies who are only fed breast milk for the first three months, will reduce the cost of health care for the first year and beyond.

AB 513 will provide extra maternity coverage allowing mothers to genuinely help their child to get a nutritious start to their lives. Under this bill, women will have access to board certified lactation consultants and breast pumps. These will help mothers to be able to understand how to breast-feed, why it is important, and how to be able to provide food for their child when they have to return to work.

As a nutrition student, and someone who was not breastfed and has a chronic illness, I urge you to consider and support AB 513.

Sincerely,

Christina Germann  
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