Women in the Workforce

2005 data from U.S. Department of Labor\(^1\) shows:

- 60 percent of women work outside the home
- Mothers are the fastest growing segment of the U.S. workforce
  - 55 percent with children under age 3 are employed
  - 62 percent with children under age 6 are employed
  - 78 percent are employed full-time
- Growth rate has increased by 80 percent over the last 20 years
Supporting Breastfeeding is WIN-WIN for Companies and Employees
Health Impact of Breastfeeding

Recommended by major medical and professional organizations

- American Academy of Pediatrics (AAP)
- American College of Obstetricians and Gynecologists (ACOG)
- American Academy of Family Physicians (AAFP)
- U.S. Surgeon General
- Association of Women’s Health, Obstetric, and Neonatal Nurses (AWHONN)
- American Dietetic Association (ADA)
**Health Impact on Infants**

**Lower risk of infections and illnesses**

- Ear infections
- Respiratory infections
- Dermatitis
- Gastrointestinal disorders

For every 1,000 babies not breastfed, there is an excess of 2,033 physician visits, 212 days in the hospital, and 609 prescriptions \(^2\)
Impact on Children in Daycare

Health impact is even greater on infants enrolled in daycare centers\(^3\)

- Daycare attendance is associated with double the odds of needing antibiotic therapy
- Infants breastfed at least 4 months significantly decreased those odds
- Protective effect of breastfeeding on children in daycare persists well into child’s second year of life
Impact on Mothers

- Faster recovery from pregnancy and childbirth
- Lower risk of breast cancer
- Lower risk of osteoporosis
- Satisfaction she is giving her baby the best start in life possible
Breastfeeding Makes Good Business Sense
Lower Absenteeism Rates

Case Example
One-day absences to care for sick children occur more than twice as often for mothers of formula feeding infants.⁴
Lower Health Care Costs

Case Example:
CIGNA reported in a 2-year study of 343 employees an annual savings of $240,000 in health care expenses, 62 percent fewer prescriptions, and $60,000 in reduced absenteeism rates\(^5\)
A Lactation Program Gives Your Company Bottom Line Benefits
Lower Turnover Rates

Case Examples
Mutual of Omaha’s lactation support program resulted in a retention rate of 83 percent of female employees compared to the national average of 59 percent\(^6\)

A study of multiple companies with lactation support programs found an average retention rate of 94.2 percent.\(^7\)
Lower Health Care Costs

*Case Example:* Mutual of Omaha had a yearly savings of $115,881 in health care claims among families enrolled in the program. Per person costs were $1,246 MORE for employees who did not participate in the program.⁶
Other Benefits

- Earlier return from maternity leave
- Higher employee productivity and morale
- Higher employer loyalty
- Recognition as a “family friendly” business
Easy Ways to Support Breastfeeding Employees
2005 Breastfeeding Rates Compared to Healthy People 2010 Goals

National Goals
2005 National Rates
Basic Needs of Breastfeeding Employees are Minimal

- Time and space to express milk regularly
- Support from supervisors and colleagues
- Information on how to successfully combine breastfeeding with employment
- Access to health professionals who can assist with breastfeeding questions and concerns
Components of a Lactation Support Program
Gradual Return to the Workplace

**Basic Needs**
- Gradual phase back to work to allow mother and baby time to adjust to the separation

**Flexible Options**
- Part-time for a period of time
- Job sharing
- Telecommuting
- Flexible scheduling (ex: taking off Wednesdays for a period of time)
Private Room for Milk Expression

Basic Needs

- 4’ x 5’ space minimal
- Access to nearby running water
- Electrical outlet
- Lock on door
Private Room for Milk Expression

Flexible Options

- Private locked office, conference room, or other space
- Lactation room set up in small office space
- Construct walls to enclose a small space in a larger room, women’s lounge, or other area
- A restroom is NOT a sanitary place to breastfeed or express milk!
Room Amenity Options

- Lock on door
- Safe, clean environment
- Chair and shelf or table for breast pump
- Access to nearby running water
- Breast pump equipment options
  - Employee could bring her own
  - Company could purchase or rent a durable pump that more than one mother can use
  - Company could provide or subsidize a portable pump designed for working mothers to take to and from work
Milk Storage Options

- Employee could use her own personal cooler
- Company could provide a small college dorm room sized refrigerator located in the lactation room
- A public shared refrigerator could be used if desired by mothers and co-workers
Time to Express Milk

**Basic Needs**

- Two to three 15-20 minute breaks during a typical 8-hour work period (plus time to go to the site)

**Flexible Options**

- Use regular allotted breaks and lunch period
- Excess time that may be needed can be made up before or after work, as part of lunch period, or at other times negotiated with supervisors
Education

Basic Needs

- Prenatal information on breastfeeding
- Postpartum assistance in the hospital, at home, and back at work
Education

Flexible Options

- Prenatal and postpartum breastfeeding class
- Informational materials and videos
- Company contract with a lactation consultant or other lactation expert to provide prenatal education and postpartum assistance
- Individualized back-to-work consult with the contract lactation expert
- Referrals to community classes and lactation experts
Support

Basic Needs
- Support from company managers, supervisors, and co-workers
- Mother-to-mother support

Flexible Options
- Worksite lactation support policy
- Training for supervisors and co-workers
- Mother-to-mother support group
- Electronic list serves or company web-based connection network
Model Companies and Public Agencies

Large Companies and Public Agencies (500+ employees)
- Various departments and agencies of the Federal Government
- Boston University Medical Center
- California Public Health Foundation Enterprises
- CIGNA (Philadelphia, PA)
- Fort Lewis and Madigan Army Medical Center (Tacoma, WA)
- Mutual of Omaha
- Home Depot Corporate Office (Atlanta, GA)
- Los Angeles Department of Water and Power
- Pizza Hut Restaurant Service Center (Dallas, TX)
- Sea World (San Diego, CA)
- Texas Instruments (Dallas, TX)
Model Companies

Mid-sized companies (100-499 employees)

- Patagonia (Ventura, CA)
- Sears Roebuck & Co. #2179 (Medford, OR)
Model Companies

Small companies (1-99 employees)

- Andaluz Birth Center (Portland, OR)
- Childhood Health Associates of Salem
- HCG Software, LLC (Portland, OR)
- Pecan Ridge School (Canton, TX)
- Western Environmental Law Center (Eugene, OR)
Beginning a Lactation Support Program in Your Company

- Establish as part of company health benefit services
- House within the wellness division
- Convene a task force with key company stakeholders to identify needs and solutions
- Gain assistance from community resources
- Promote the program with all employees, supervisors, and co-workers to gain buy-in and support
Who Can Help

- International Board Certified Lactation Consultants (IBCLCs)
- Health professionals from hospitals or doctor’s offices
- Local breastfeeding coalitions
- WIC Program
- La Leche League
- Community groups such as March of Dimes, Healthy Mothers Healthy Babies, and other local groups
How to Get Help in Our Community

[Insert information about local resources who can assist with establishing a worksite lactation program, as well as provide direct services to mothers.]
References


3. Dubois, L & Girard, M. (2004). Breast-feeding, day-care attendance and the frequency of antibiotic treatments from 1.5 to 5 years: a population-based longitudinal study in Canada. Social Science and Medicine, 60(9): 2035-2044.


