

# IOWA WORKPLACE BREASTFEEDING SUPPORT



“Breast milk is optimal for infants because it protects against childhood infections and diseases and may prevent obesity as well as provide health benefits for the mother.”

Source: Schanler, R.J., et al., 1999

## Iowa Moms...

- 80% ever breastfeed
- 67% breastfeed at 8 Weeks
- 52.9% breastfeed at 6 Months



Source: PRAMS 2016, CDC 2013

Moms with support are 2x more likely to exclusively breastfeed at 3 months



Source: Maternal and Infant Health Assessment (MIHA), 2011

## Breastfeeding as an Investment in Health

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Iowa mothers return to work, the 3rd highest percentage in the nation.

### BENEFITS FOR EMPLOYERS

- More Productive Workforce
- Lower Health Care Costs
- Decreased Absenteeism
- Increased Loyalty
- Decreased Turnover
- Greater Job Satisfaction and Morale
- Recruiting Benefits



## Breastfeeding in the Workplace

### WHAT YOU SHOULD DO

- Talk to your employer about maternity leave and workplace breastfeeding support
- Talk to your healthcare provider about breastfeeding support and getting a breast pump
- Talk to your childcare provider to ensure they are supportive



Workplace breastfeeding support is required by law

Workplace breastfeeding support includes providing time and space other than the bathroom to express breast milk



Moms may need to pump as often as every 2-3 hours

### More Information

#### Fair Labor Standards Act

<https://www.dol.gov/whd/regs/compliance/whdfs73.pdf>  
<https://www.dol.gov/whd/regs/compliance/whdfs73spanish.pdf>

- Iowa Law  
<https://breastfeedinglaws.uslegal.com/state-laws/iowa-breast-feeding-laws/>
- Iowa PRAMS  
<http://idph.iowa.gov/Portals/1/userfiles/62/Iowa%20Breastfeeding%20Topic%20Report%202013-2014%20FINAL.pdf>
- Office of Women’s Health -- Breastfeeding  
<https://www.womenshealth.gov/breastfeeding>

