

Breastfeeding Friendly Workplace



Mother's Room amenities at Northern Contours in Fergus Falls.

Women in the Workplace

Women are well educated about the health benefits of breastfeeding and the numbers are showing it. Over 80% of women in the U.S. start out breastfeeding their babies, and over 50% are still breastfeeding at six months of age (but not necessarily exclusively).¹ With 47% of the workforce being female and that percent projected to increase, some businesses are being sensitive to that population to make the transition back to work easier.²

Minnesota Department of Health gives recognition to businesses who incorporate breastfeeding support into their work culture naming them a Breastfeeding Friendly Workplace. These businesses have adopted a breastfeeding policy, a Mother's Room, and have dedicated educational support toward nursing moms.

PartnerSHIP 4 Health assists businesses in the application process for the Breastfeeding Friendly Workplace award by sharing their knowledge on the required space needs and policy design. A breastfeeding consultant is also available to make site visits to provide feedback to employers over best use of their space for a mother's room.



Regional Recognition

These regional businesses have applied and are recognized as Breastfeeding Friendly Businesses:

Fergus Falls Public Library, Fergus Falls
Lake Region Healthcare, Fergus Falls
MnDOT District 4, Detroit Lakes
Northern Contours, Fergus Falls
Otter Tail County
Perham Health, Perham
Sanford Health Pelican Rapids
StoneL, Fergus Falls
Stoneridge Software, Barnesville
Vector Windows, Fergus Falls

Briana Scarcy, Chief People Officer for Stoneridge Software in Barnesville, shares her perspective on this program. "The benefits of creating a breastfeeding friendly workplace are indisputable and they affect us all. Not only does breastfeeding improve the health of the mother (employee) and child, many studies show it can save employers money in absenteeism and turnover, save billions in health care costs, and serve the health of our nation as a whole. A small simple step forward for a giant leap into the future."

To apply for Breastfeeding Friendly Workplace, visit <https://www.health.state.mn.us/people/breastfeeding/recognition/workplaces.html> or contact Karen Nitzkowski, PartnerSHIP 4 Health's Workplace Wellness Coordinator.

1 <https://www.cdc.gov/media/releases/2018/p0820-breastfeeding-report-card.html>

2 https://www.dol.gov/wb/stats/stats_data.htm

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