

# LIVE WELL @ WORK

## LACTATION SUPPORTIVE ENVIRONMENTS

### Who We Are

- The Lactation Supportive Environments Initiative is a partnership between **UC San Diego's Center for Community Health** and the **County of San Diego Health and Human Services Agency**
- We help employers support and promote lactation accommodation in the workplace as a first line of defense against childhood obesity and chronic disease
- Our initiative focuses on increasing the number of businesses and schools in San Diego County to adopt policies supportive of breastfeeding and lactation accommodation

### Why Is Workplace Lactation Accommodation Important?

- Returning to work after the birth of a baby is a critical transition point – many mothers choose to stop breastfeeding at this time due to concerns about pumping in the workplace; other mothers may prolong their leave or not return to work at all if they perceive an unsupportive environment
- Increasing the number of breastfeeding friendly employers in San Diego County means healthier babies, healthier moms, and healthier bottom lines
- Worksites who offer lactation accommodations realize:
  - Health care cost savings
  - Decreased absenteeism and turnover
  - More productive, satisfied and loyal employees

### What We Offer

- Assessment of the worksite to gauge strengths and areas for improvement
- Information on federal and state laws
- Sample lactation policies and best practices
- Assistance in creating and/or adopting policies and procedures for lactation accommodation
- Customized resources and technical assistance for:
  - Employers & Employees
  - Lactation room design
  - Insurance coverage

To learn more about the Live Well @ Work Lactation Supportive Environments Initiative and to find out how you can participate, email: [lw lactation@ucsd.edu](mailto:lw lactation@ucsd.edu)

*"Having a lactation policy made a huge difference. Before the policy, I had to search for rooms to borrow - some of which did not have locks. After the policy, I felt I had a lot more support and knew of appropriate, secure rooms that I could use. I was even able to exceed my goals!"*

**Nina C. Iwanaga** Employee, County of San Diego, Health and Human Services Agency

