

POLICY TITLE:	Breastfeeding Friendly Health Department
EFFECTIVE DATE (ORIG):	12/12/16
DATE REVIEWED/REVISED:	11/29/2022
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Breastfeeding Friendly Health Department

PURPOSE STATEMENT

BPH supports breastfeeding as the ideal method of feeding and nurturing infants. The U.S. Dietary Guidelines for Americans recommend that infants be [exclusively breastfed](#) for about the first 6 months, and then continuing breast/chestfeeding while introducing appropriate [complementary foods](#) until a child is twelve months old or older. Breast/chestfeeding provides many health, nutritional, economical, and emotional benefits to the mother and baby. There are also significant benefits to the community, workplace, and the environment.

GUIDELINE

This policy will ensure that BPH will meet the ten steps for a successful Breastfeeding Friendly (BFF) Health Department to support, actively promote and protect breastfeeding at the individual, community, and systems levels.

At the same time, BPH acknowledges that the decision to chestfeed is a personal one. Staff will use the principles of [trauma-informed care](#) when providing education or counseling about breastfeeding. New parents deserve support no matter how they decide to feed their baby.

PROCEDURE

As a Breastfeeding Friendly Health Department, the Division will do the following:

1. Establish a designated Breastfeeding Friendly Health Department workgroup who will manage the tasks related to implementing and maintaining the recommended steps for a BFF Health department including developing a policy and conducting a periodic policy review and updates, developing staff orientation and continuing education, periodic community assessment, and initiate a breast/chestfeeding coalition.
2. Develop and routinely review the BFF policy and update as necessary with division staff.
3. Coordinate with other programs in the health department, private and public health care systems, and community organizations to establish breast/chestfeeding as the “norm” in the community. This will be done by promoting the availability of resources within the community that provide individual and group support to all mothers; and identify the first point of referral for mothers experiencing common breast/chestfeeding challenges. A list of resources within the community will be made available to health department staff and for the public on the website.
4. Collaborate with community partners to assure access to breast/chestfeeding classes for prenatal women.
5. Provide information to the community on breast/chestfeeding support and accommodation.

6. Encourage racially, ethnically and culturally diverse resources related to breast/chestfeeding.
7. Support mothers in initiating and maintaining breast/chestfeeding up to 12 months and beyond.
8. Encourage local public places to provide a breast/chestfeeding friendly environment for families through community partners
9. Select businesses each year and provide worksite lactation support training.
10. Facilitate access to information and training for local childcare centers/providers/schools on how to support a breast/chestfeeding parent.

To facilitate the maintenance of the BFF Health Department steps, all Division staff will do the following:

1. Receive & review information about the written policy on an annual basis and review state and federal laws & statutes supporting breastfeeding.
2. Provide information on community resources that support breast/chestfeeding families during service encounters or at client request,
3. Receive orientation that includes review of the breast/chestfeeding policy and program-specific practice information for supporting breast/chestfeeding (including volunteers, contract staff, and students).

Implementation

Implementation of the policy will be in accordance with the BFF Health Department yearly work plan which is located in the Shared drive. This is an annual online training requirement for all staff.

Accountability

The *BPH Chestfeeding Friendly Committee* is responsible for monitoring implementation of the policy and taking action as appropriate.

Evaluation and Policy Review

An assessment of policy implementation will be performed by the BFF Committee on a periodic basis. Assessment results and recommendations will be provided to the BFF Health Department Committee and the Health Department Administrator.

REFERENCES

- <F:\SHARED\GENERAL\Breastfeeding Friendly Health Department>
- MN Statutes 617.23, 145.905, 181.939 Patient Protection and Affordable Care Act, H.R. 3590, 111th Congress (2010). Public Health Law Center at William Mitchell College of Law. *Legal Protections for Nursing Mothers in Minnesota: Nursing Mothers have Legal Protections in the Workplace and In Public*; May 2011. www.publichealthlawcenter.org accessed November 3, 2011. U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Support Breastfeeding*. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2011 <http://www.surgeongeneral.gov/topics/breastfeeding/index.html> accessed Aug 3, 2011; Bartick, M., and Reinhold, A. The burden of suboptimal breastfeeding in the United States: a pediatric cost analysis,

Pediatrics 2010; 125:e1048-e1056, April 5, 2010. American Academy of Pediatrics, Section on Breastfeeding, Breastfeeding and the use of human milk, *Pediatrics* 115(2):496- 506, Feb 1, 2005. <http://pediatrics.aappublications.org/content/115/2/496.long> accessed Aug 3 2011
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- [MDH Breastfeeding Friendly Health Departments](https://www.health.state.mn.us/people/breastfeeding/recognition/healthdpts.html)
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