

Supporting Breastfeeding and Lactating Student Parents

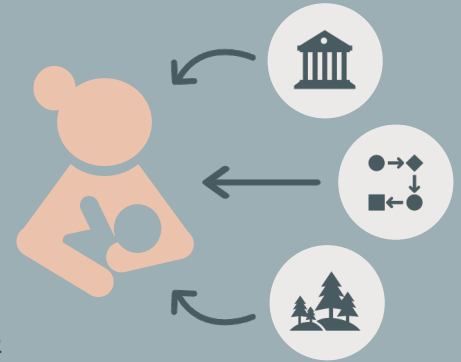
Strategies for Equity on US Campuses

Problem Statement

How can we overcome common barriers and resource constraints to create an institutional climate that is supportive of lactating students on college campuses?

Policy, Systems, and Environmental Approaches

- PSE approaches dismantle barriers & build environments where breastmilk feeding can be the default option ¹
- Key drivers of success: understand unique community barriers and utilize internal & external connections ¹
- Understanding and leveraging political capital in higher education is crucial for successful lactation support campaigns ²



Support Works!

Mothers in a workplace lactation program are

39%

more likely to start breastfeeding ³

Mothers with access to pumping space are

3.6x

more likely to breastfeed after return to work ⁴

Mothers with adequate breaks and space are

2.3x

more likely to breastfeed exclusively at 6 months ⁵

Mothers who can pump privately breastfeed for

41 days

more than those without private space ⁵

The STEPs to Effective Lactation Support ⁶

S

Support from colleagues, instructors, and administrators. This includes facilitated peer support, visible role models, and enforceable anti-discrimination policies.

T

Time to express milk or nurse. Most mothers find 2-3 breaks in 8 hours to be adequate, but students may require accommodation for classes over 2 hours.

E

Education through classes, a lending library of books, or access to a certified lactation professional.

P

Place to breastfeed and pump that is not a bathroom, and that meets the standards set out in the Fair Labor Standards Act (FLSA) and Affordable Care Act (ACA).

Call to Action

- 1 Learn your university structure & student needs
- 2 Build lasting partnerships between departments
- 3 Incorporate lactation services into existing systems
- 4 Robust policy solutions are vital – know your rights!

Consult relevant federal statutes for students and employees

ACA

Title IX

FLSA

PUMP Act

Stay connected to this continuing effort!

 @MacWhipps

 Michele Vancour

1. Reis-Reilly, H., Fuller-Sankofa, N., & Tibbs, C. (2018). *Journal of Human Lactation*, 34(2)

2. Whipps, M. D. M., Dinour, L., & Vancour, M. (under review).

3. Spatz, D. L., Kim, G. S., & Froh, E. B. (2014). *Breastfeeding Medicine*, 9(5)

4. García-Fragoso, L., Medina, M., & Ortiz, N. (2012). *Boletín de la Asociación Médica de Puerto Rico*, 104(1)

5. Kozhimannil, K. B., Jou, J., Gjerdingen, D. K., & McGovern, P. M. (2016). *Women's Health Issues*, 26(1)

6. Carothers & Hare (2010). *Breastfeeding Medicine*, 5(5)