



***For Immediate Release***

**Fifth Annual Regional Breastfeeding-Friendly Workplace Awards  
Recognizes DC and Maryland Businesses**

The D.C. and Maryland Breastfeeding Coalitions are pleased to announce the 2014 recipients of their Regional Breastfeeding-Friendly Workplace Awards. Awardees received this honor as part of the D.C. Breastfeeding Coalition's 10<sup>th</sup> Anniversary luncheon on October 17, 2014 at the Anacostia Community Museum. This year a new award category was also created to recognize Healthcare Providers whose offices go the extra mile to provide support for breastfeeding families.

***The twelve businesses receiving the Regional Breastfeeding-Friendly Workplace Award this year are:***

<b><i>American College of Obstetricians &amp; Gynecologists</i></b>	<b><i>Johns Hopkins Bayview Medical Center</i></b>
<b><i>Baltimore City Health Department</i></b>	<b><i>Mosaic Power</i></b>
<b><i>Calvert Cliffs Nuclear Power Plant</i></b>	<b><i>Progressions Salon Spa Store</i></b>
<b><i>Cornrows &amp; Company</i></b>	<b><i>United Therapeutics</i></b>
<b><i>Department of State – Educational &amp; Cultural Affairs and International Informational Programs</i></b>	<b><i>Union Hospital of Cecil County</i></b>
<b><i>Housing Opportunities Commission of Montgomery County</i></b>	<b><i>U.S. Food and Drug Administration</i></b>

***The four Health Care Provider Awards went to:***

<b><i>Children's Health Center at Children's National</i></b>	<b><i>Community of Hope Family Health and Birth Center</i></b>	<b><i>Greenspring Pediatric Associates, Baltimore, MD</i></b>	<b><i>Midwives of MedStar</i></b>
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***The Baltimore City Health Department received an additional Special Commendation this year for its work in establishing breastfeeding policies and programs throughout Baltimore City government departments, and its outreach to local businesses.***

DCBFC and MBC are nonprofit organizations, which unite breastfeeding advocates, health care providers, and families. They provide a forum for the development and exchange of resources and foster the establishment of breastfeeding as the normal way to nurture infants. The World Health Organization and the American Academy of Pediatrics, along with numerous other health organizations, strongly recommend as optimal for nutrition and health benefits that an infant receive only human milk for the first 6 months, and continue receiving breast milk once complimentary foods are started for a minimum of 12 months of life.

Support for breastfeeding mothers is part of the 2010 Affordable Health Care Act, which stipulates that employers must provide reasonable break time and a space, other than a bathroom, for a mother to express her milk. “While it may be the law, the Regional Breastfeeding-Friendly Workplace Awards aim to highlight the varying and creative ways in which businesses can support women in the workplace”, says Dr. Sahira Long, President of the DC Breastfeeding Coalition.

Employed mothers who want to continue breastfeeding have just a few needs. Studies have shown that work site support of employees enrolled in a company-provided lactation support program benefits companies through increased rates of retention, employee satisfaction and morale, decreased health care and insurance costs, and a reduction in sick leave requests to care for an ill child.

“Each one of the businesses receiving a Breastfeeding-Friendly Workplace Award or a Health Care Provider Award is a role model for the region in how to support breastfeeding families. We are so proud to honor them,” says Dr. Dana Silver, Vice President of the Maryland Breastfeeding Coalition.

Businesses that met the criteria for workplace lactation support as outlined in HRSA’s The Business Case for Breastfeeding, 2010 Affordable Health Care Act, and Healthy People 2020 goals could be nominated. Companies were judged based on their size and the accommodations they provided to breastfeeding employees (breastfeeding support and education, and the time and space for mothers to breastfeed and/or pump breast milk in the workplace). Based on the number of amenities and processes to support breastfeeding, businesses received the awards at Gold, Silver or Bronze level. Criteria for Health Care Provider Awards were based on the Academy of Breastfeeding Medicine’s Breastfeeding-Friendly Physician’s Office Protocol.

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***For more information on the Regional Breastfeeding-Friendly Workplace Awards program, contact Dr. Dana Silver ([president@mdbfc.org](mailto:president@mdbfc.org) or 410-601-5324) or Dr. Sahira Long ([slong@dcbfc.org](mailto:slong@dcbfc.org)). Please also see web stories and photos of the Workplace Award recipients on our websites, [www.dcbfc.org](http://www.dcbfc.org) and [www.mdbfc.org](http://www.mdbfc.org).***