



# Breastfeeding Friendly Workplace

***For Immediate Release***

***November 30, 2018***

## **Ninth Annual Regional Breastfeeding-Friendly Workplace Awards Recognizes DC and Maryland Businesses (and Fifth Annual Health Care Provider Award)**

The D.C. and Maryland Breastfeeding Coalitions are pleased to announce the 2018 recipients of their Regional Breastfeeding-Friendly Workplace Awards. Awardees received this honor at the Awards Luncheon Friday, November 30, 2018 at the Woodridge Neighborhood Library in Washington, DC. This year shows the largest and most diverse group of awardees yet.

***Businesses receiving the Regional Breastfeeding-Friendly Workplace Award this year include:***

<b><i>Alliance for the Chesapeake Bay (Annapolis, MD)</i></b>	<b><i>National Oceanic &amp; Atmospheric Administration (Silver Spring, MD)</i></b>
<b><i>AstraZeneca (Frederick, MD)</i></b>	<b><i>National Restaurant Association (DC)</i></b>
<b><i>Bryn Mawr School (Baltimore, MD)</i></b>	<b><i>KAI Research, Inc. (Rockville, MD)</i></b>
<b><i>Carroll Hospital Center (Westminster, MD)</i></b>	<b><i>Pikesville High School (Pikesville, MD)</i></b>
<b><i>Chesapeake Pediatrics (Annapolis, MD)</i></b>	<b><i>Segue Technologies (Arlington, VA)</i></b>
<b><i>Deep Creek Seafood (Oakland, MD)</i></b>	<b><i>Sinai Hospital of Baltimore (Baltimore, MD)</i></b>
<b><i>Dream Dental (Oakland, MD)</i></b>	<b><i>Temple Isaiah (Fulton, MD)</i></b>
<b><i>Baltimore Healthy Start (Baltimore, MD)</i></b>	<b><i>Towson University Department of Occupational Therapy (Towson, MD)</i></b>
<b><i>Howard Community College (Columbia, MD)</i></b>	<b><i>The Viva Center (DC)</i></b>
<b><i>Institute for Market Transformation (DC)</i></b>	<b><i>US Naval Research Laboratory (DC)</i></b>
<b><i>Latham &amp; Watkins LLP (DC)</i></b>	<b><i>US Environmental Protection Agency (DC)</i></b>
<b><i>Metropolitan Breastfeeding (Columbia, MD)</i></b>	<b><i>Venable LLP (DC)</i></b>

**The 4 Health Care Provider Awardees are:**

<b>Chesapeake Pediatrics (Annapolis, MD)</b>	<b>Kaiser Permanente, Northwest DC (DC)</b>	<b>Metropolitan Breastfeeding (Columbia, MD)</b>	<b>University of Maryland Pediatrics at Midtown (Baltimore, MD)</b>
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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.

Work-site support of employees enrolled in a company-provided lactation support program is a Win-Win situation. Employers benefit through increased rates of retention, employee satisfaction and morale. The health benefits of breastfeeding for mother and baby equate to decreased health care and insurance costs, and a reduction in sick leave requests to care for an ill child.

The 2010 Affordable Health Care Act stipulates that employers must provide reasonable break time and a space, other than a bathroom, for a mother to express her milk. **“Despite this, some nursing mothers still do not receive sufficient supports in their place of work. The Breastfeeding-Friendly Workplace Awards seek to highlight and applaud businesses who are doing their best to support women in the workplace,”** says Dr. Sahira Long, President of the DC Breastfeeding Coalition.

**“The businesses receiving these awards serve as role models for our region. Many of the awardees were nominated by their employees, who wanted to recognize the supports they receive from their employers. Every business does things a bit differently. Supports ranged from a small room to a large program replete with lactation consultants and support groups, and ability to ship milk home when traveling for work. We are so proud to honor them all.”** says Dr. Dana Silver, Past President of the Maryland Breastfeeding Coalition.

Businesses 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. These offices represent healthcare providers who go the extra mile to support their tiniest patients and their mothers.

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**For more information on the Regional Breastfeeding-Friendly Workplace and Health Care Provider Awards program, contact Dr. Dana Silver ([president@mdbfc.org](mailto:president@mdbfc.org)) 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).**