



SUPPORT FOR *Breastfeeding* MOMS AT UND

UND recognizes the health benefits of breastfeeding.

UND POLICY

Lactation Support For Nursing Mothers Policy:

UND.edu/finance-operations/policy-office.cfm

Students:

UND.edu/student-affairs/code-of-student-life,
Section 1, #22

ARRANGEMENTS

If a room is not convenient, supervisors can work with Human Resources to accommodate the mother by providing flexible time or determining a private space (not a restroom) with a locked door, a chair, small table, a wastebasket, electrical outlets and water nearby, per state and federal law.

The University provides reasonable time away from work for lactating mothers to express breast milk, and will make reasonable efforts to provide a private room or other location in proximity to work/school for such activity.

UND APPROVED MOTHERING ROOM LOCATIONS

School of Medicine & Health Sciences

Room 5513, 501 N Columbia Rd

**Key is at School of Medicine & Health Sciences
(Second Floor)*

Northern Plains Behavioral Research Building

Room 390, 430 Oxford St

Information Technologies Building

Room 215A, 4349 James Ray Dr

**Visit the front desk for security access*

Twamley Hall

Room 400B, 264 Centennial Dr

Education Building

Room 245, 231 Centennial Dr

University Children's Learning Center

Room 195A, 525 Stanford Rd

**Contact Center 24 hours prior to use*

Rooms are subject to change.

BENEFITS OF BREASTFEEDING

For Baby:

- Reduces SIDS, respiratory issues and gastrointestinal infection ⁽¹⁾
- Reduces leukemia, asthma, ear infections and diabetes risk ⁽¹⁾

For Mom:

- Reduction in type 2 diabetes, breast and ovarian cancer ⁽²⁾
- Reduces depression with hormone released in lactation ⁽³⁾

For Employers:

- Savings between \$331-\$471 in health care dollars for infants who are breastfed for at least three months ⁽⁴⁾
- Less absenteeism because infants typically have fewer illnesses ⁽⁴⁾



RESOURCES

Grand Forks Public Health:
701.780.8100 for support and information

Work Well:
701.777.0210

REFERENCES

(1) Ma, P., Brewer-Asling, M., & Magnus, J. (2013). *A Case Study on the Economic Impact of Optimal Breastfeeding*. Maternal & Child Health Journal, 17(1), 9-13. doi: 10.1007/s10995-011-0942-2

(2) Belay, B., Allen, J. Williams, N., Dooyema, C., & Foltz, J. (2013). *Promoting women's wealth in hospitals: A focus on breastfeeding and lactation support for employees and patients*. Journal of Women's Health, 22(1), 1-4. Doi:10.1089/jwh.2012.4040

(3) Godfrey, J., & Lawrence, R. (2010). *Toward optimal health: the maternal benefits of breastfeeding*. Journal of Women's Health, 19(9), 1597-1602. doi:10.1089/jwh.2010.2290

(4) Mills, S. P. (2009). *Workplace lactation programs: A critical element for breastfeeding mothers' success*. AAOHN Journal, 57(6), 227-231.

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