



FOR IMMEDIATE RELEASE
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Health Department and WIC Commemorate World Breastfeeding Week *Winners of Annual Breastfeeding Friendly Places Contest Announced*

PITTSBURGH – The Allegheny County Health Department (ACHD) along with the Women Infants and Children Program (WIC) will commemorate World Breastfeeding Week, August 1-7, by announcing the winners of its 20th annual Breastfeeding Friendly Place Awards, which recognize workplaces, public places and other sites away from home that make an extra effort to accommodate breastfeeding mothers.

“At the Allegheny County Health Department, our goal is to promote breastfeeding as the preferred feeding method for infants and ensure that the women who choose to breastfeed have access to the supports they need to meet the American Academy of Pediatrics recommendation of exclusive breastfeeding for at least six months” said Dr. Karen Hacker, Director. “The public health benefits of breastfeeding are well documented for mother and baby. Infants benefit from increased immunity, a decreased risk of diabetes and obesity and protection against allergies. The mother has less risk of breast/ovarian cancer and a close bond with her baby. In addition, breastfeeding is a critical piece of the county’s Plan for a Healthier Allegheny.”

Honored in the Breastfeeding Friendly Workplace category are The Beauty Shoppe, a co-working space in the East End of Pittsburgh, and the Family Division of the Fifth Judicial District of Pennsylvania, located in downtown Pittsburgh on Ross Street.

- The Beauty Shoppe has private rooms available to members for pumping or nursing as needed. The rooms provide a comfortable environment to enable moms to continue their breastfeeding experience upon return to work.
- The Family Division of the Fifth Judicial District of Pennsylvania offers a large, clean, private room available to Court employees which provides a friendly atmosphere with comfortable seating and private access. The strong commitment to breastfeeding moms was led by Judge Guido A. DeAngelis who first established the lactation room in the courthouse.

Honored in the Breastfeeding Friendly Public Place category are Pittsburgh International Airport and the Carnegie Museum of Natural History.

- Pittsburgh International Airport was nominated by several out of town travelers who were grateful the lactation room was available. It is a security locked room for privacy with occupied/vacant signage. It is nicely decorated and provides a breastfeeding-friendly environment. There is signage in the airport to direct travelers to the proper area. The friendly and helpful staff ensure it is a safe and pleasant experience for all travelers wishing to use it.

- Carnegie Museum of Natural History provides a welcoming atmosphere to any woman wishing to breastfeed her baby, including a designated area for breastfeeding in private. Adequate signage directs mom to where she needs to go. The lactation room provides all a mom needs to be comfortable while nursing.

The longer a baby is breastfed, the greater the health benefits, yet surveys have found that only 49.4% of babies nationwide and 45.7% in Pennsylvania are breastfed for six months or longer. Making places outside the home more breastfeeding-friendly encourages women to breastfeed longer and, as a result, babies and moms derive greater health benefits.

Breastfeeding-friendly workplaces are also good for business, since breastfed babies are less likely to get sick during childhood and that means lower absentee rates for working parents due to a child's illness.

Instituted as the Breastfeeding Friendly Workplace Awards, the awards were later expanded to include all places offering a supportive attitude and environment that make it easier to breastfeed away from home.

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