



# ALLEGHENY COUNTY

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## **Health Department's WIC Program Observes World Breastfeeding Week** *Winners of Annual Breastfeeding Friendly Place Awards Announced*

**PITTSBURGH** – The Allegheny County Health Department (ACHD) along with the Women, Infants and Children Program (WIC) is commemorating World Breastfeeding Week, August 1-7, by announcing the winners of its 21<sup>st</sup> 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.

“Breastfeeding has numerous health benefits that range from nutrition to long-term protection from disease. We want to reduce any obstacles that women may encounter and breastfeeding friendly places are a wonderful way to do that.” said Dr. Karen Hacker, ACHD Director. “We applaud the efforts of our awardees.”

Honored in the Breastfeeding Friendly Workplace category this year are Chartwell Pennsylvania, LP, Uber Advanced Technologies and Whetstone Workgroup. All three honorees understand the importance of accommodating breastfeeding mothers upon return to work.

- **Chartwell Pennsylvania, LP** is a home infusion and specialty pharmacy with a written breastfeeding policy and a large lactation area that accommodates several employees at the same time. Chartwell PA has had a positive impact on breastfeeding mothers returning to their work site.
- **Uber Advanced Technologies** researches and develops solutions for mapping, vehicle safety, and autonomous transportation. A beautiful lactation room is available for nursing mothers to use as needed. A written breastfeeding policy exists that allows breastfeeding employees a reasonable amount of break time to pump.
- **Whetstone Workgroup** is a co-working space that is supportive of its breastfeeding members. They provide a welcoming atmosphere for nursing/pumping mothers and also have onsite childcare if needed.

Honored in the Breastfeeding Friendly Public Place category is **Pittsburgh Councilman Dan Gilman**. Councilman Gilman was selected as this year's winner because he was instrumental in establishing lactation rooms in the City County Building and the John P. Robin Civic Building in downtown Pittsburgh, and also authored legislation responsible for stronger protections and required accommodations for pregnant and nursing City of Pittsburgh employees. The lactation rooms are available for the public to use while conducting business in these buildings or for city employees to use as needed.

Breastfeeding initiation rates have been rising in the United States for several years however, the duration of breastfeeding rates among older infants 6-12 months is low. With supportive employers and communities, we hope to see more infants exclusively breastfed for the first six months and continued breastfeeding with solids for at least the first year of life. The longer a baby is breastfed, the greater the health benefits.

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