



# 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](http://UND.edu/finance-operations/policy-office.cfm)

### Students:

[UND.edu/student-affairs/code-of-student-life](http://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 <sup>(1)</sup>
- Reduces leukemia, asthma, ear infections and diabetes risk <sup>(1)</sup>

## For Mom:

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

## For Employers:

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



## 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.

Information collected by the UND College of Nursing & Professional Disciplines Public Health Clinical Students, October 2014