

[www.adph.org/albfcomm](http://www.adph.org/albfcomm)

**The Alabama Breastfeeding Committee's mission is the promotion, support, and protection of breastfeeding across Alabama. Membership is open to all healthcare professionals, perinatal advocates, and breastfeeding advocates.**

**Alabama Breastfeeding Committee  
Workplace Recognition Program**  
c/o Kelley Swatzell, MPH  
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UAB School of Health Professions  
1701 University Blvd; RMSB 461  
Birmingham, AL 35209



**Alabama Breastfeeding  
Committee**

**Breastfeeding Friendly  
Workplace Recognition  
Program**



**Because breastfeeding gives  
babies the best start in life**

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## Alabama Breastfeeding Committee

### Breastfeeding Friendly Workplace Recognition Program

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#### Mission

To promote breastfeeding in the State of Alabama by establishing a statewide workplace breastfeeding friendly recognition program in order to increase Alabama breastfeeding rates to meet Healthy People 2010 goals.

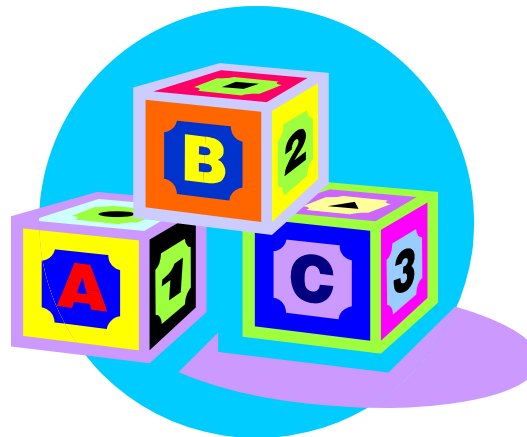
#### About

The Alabama Breastfeeding Committee (ABC) recognizes employers who provide support for employees who wish to provide breast milk for their babies. Workplaces meeting the US Breastfeeding Committee (USBC) ([www.usbreastfeeding.org](http://www.usbreastfeeding.org)) “adequate” support criteria are awarded a Breastfeeding Friendly Bronze Award. Workplaces who meet USBC criteria for “expanded” support are awarded a Silver Award. Workplaces that provide “comprehensive” support are awarded the Breastfeeding Friendly Workplace Gold Award. All awardees are provided a Breastfeeding Friendly Workplace certificate and copies of the Breastfeeding Friendly logo to use in company public relation materials. Furthermore, information about companies’ breastfeeding support program are published on the ABC website and recognized in ABC promotional materials.

#### Benefits for Employers

The many health benefits that breastfeeding provides mothers and babies are well documented. Companies that provide breastfeeding support in the workplace are often surprised to learn of the tremendous rewards for the employer. Companies that provide breastfeeding support in the workplace have observed many benefits including:

- Reduced absenteeism among breastfeeding employees
- Lower health care costs
- Improved employee productivity
- Higher morale and greater loyalty
- Cost savings \$3.00 for every \$1.00 invested in breastfeeding support



#### How to Become Recognized as a Breastfeeding Friendly Workplace

ABC recognition is as easy 1,2,3...

1. Complete the United States Breastfeeding Committee checklist, “Accommodations for Breastfeeding in the Workplace”
2. Develop a written company policy that states the company’s support of breastfeeding and describes the worksite accommodations and/or benefits available.
3. Send a copy of the checklist and a copy of the company’s written policy to:

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c/o Kelley Swartzell, MPH  
Assistant Professor  
UAB School of  
Health Professions  
1701 University Blvd; RMSB 461  
Birmingham, AL 35209  
Or via email: [ksw@uab.edu](mailto:ksw@uab.edu)  
Phone 205-975-2924  
<http://www.adph.org/albfc/mm/>

For more information about breastfeeding or becoming a breastfeeding friendly workplace contact ABC or your Alabama Perinatal Regional Representative.

<http://www.adph.org/perinatal/>

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