



The Texas Mother-Friendly Worksite Program Quick Facts Guide for Outreach Partners

Facts you might need when talking to your community.



Breastfeeding Is Good for Employees, Babies, and Families.

There is no question that breastfed babies are healthier. Babies who are not breastfed are more likely to get common illnesses like diarrhea, ear infections and chronic conditions like type 2 diabetes, asthma, and childhood obesity. They are also less likely to get serious conditions like severe lower respiratory infections, leukemia, necrotizing enterocolitis, and sudden infant death syndrome (SIDS).¹ Breastfeeding is also good for moms because it lowers their risk for breast cancer, ovarian cancer, type 2 diabetes, hypertension, and heart disease.¹

Parents who work at **TMFW** worksites are encouraged to keep breastfeeding after going back to work. This means mom and baby can continue to receive all the health benefits breastfeeding has to offer.



Employees miss work less often.

That's because breastfed infants are healthier! Breast milk boosts babies' immune systems and protects them from common childhood illnesses and chronic conditions. This is especially important when babies are in childcare settings, where they are exposed to lots of germs. Parents of breastfed infants miss work less often.^{2,3}



Breastfeeding lowers health care costs.

Businesses save money on health care costs when they have breastfeeding employees. Babies who are not breastfed go to the doctor more, stay in the hospital longer, and need more prescriptions than breastfed babies.⁴



Breastfeeding boosts productivity and loyalty.

Employees feel happier and have higher job satisfaction when their employers support breastfeeding. This leads to better productivity.⁴



Breastfeeding Lowers Turnover Rates.

When a workplace supports breastfeeding, employees are more likely to come back to work sooner after having a baby and stay in their jobs longer.⁴ Retaining employees saves you from hiring temporary staff or finding and training new employees, which can be costly.⁴



Breastfeeding Benefits Texas.

TMFW worksites contribute to the health and well-being of our population. Breastfeeding makes economic sense not only for families, but for entire communities. According to a 2017 study, suboptimal breastfeeding in the US leads to 3,340 excess deaths each year and \$3 billion in medical costs (79% of which are maternal).⁵

A tool called the **Mothers' Milk Tool** estimated that not breastfeeding costs the world \$341.3 billion each year. This includes higher healthcare costs, lower cognitive abilities in children, and reduced productivity.⁶

References

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6. Bartick MC, Schwarz EB, Green BD, Jegier BJ, Reinhold AG, Colaizzi TT, Bogen DL, Schaefer AJ, Stuebe AM. Suboptimal breastfeeding in the United States: Maternal and pediatric health outcomes and costs. Matern Child Nutr. 2017 Jan;13(1):e12366.



Texas Department of State Health Services