



SHIP Helps Employers Navigate toward Successful Breastfeeding Support

Across Minnesota, employers are working with local public health, through the Statewide Health Improvement Partnership (SHIP) to create sustainable workplace wellness initiatives. SHIP staff collaborate with local employers and connect them to the tools and technical assistance they need to be successful. The workplace wellness strategies include healthy eating, physical activity, tobacco cessation and breastfeeding support.

Through a collaborative process, employers learn about strategies that support breastfeeding moms. SHIP staff help to guide employers in providing policies, setting up systems and building environments like a lactation room that support nursing mothers upon their return to work. SHIP staff are also incremental at helping employers apply for Breastfeeding Friendly Workplace designation.

If you would like to learn more about SHIP, or get in touch with your local SHIP staff, visit the website <http://www.health.state.mn.us/divs/oshii/ship/index.html> or e-mail: health.bfw@state.mn.us. We will put you in contact with your local SHIP staff person.

If you are a local coalition member who has worked with employers in your area to become a Breastfeeding Friendly Workplace, please update our Google Doc:

<https://docs.google.com/spreadsheets/d/14cDrX8XljseFkeELIBzavNHwY3VCEFyhZHAdtRYQ1E8/edit?pref=2&pli=1#gid=0>

*Updating the document allows our MN Breastfeeding Workplace & Childcare Subcommittee to track the progress of workplace breastfeeding support throughout the state.

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