

Countywide Breastfeeding Support Survey

This survey is intended for parents who have **previous or current experience expressing breastmilk while employed with Ramsey County**. The objectives of this survey are to gain insights into the quality of breastfeeding support expressed by County leadership and coworkers, as well as to learn more about your experience using lactation spaces in employee worksites. By taking this survey, your responses will help Ramsey County prioritize actions needed to become a [Breastfeeding Friendly Workplace](#).

The Ramsey County Breastfeeding Friendly Workplace Taskforce, made up by staff from Public Health, Human Resources and Property Management, has sent you this survey because you went on maternity leave within the past three years and have since returned to work at Ramsey County.

If you have expressed breastmilk one or more times while employed at Ramsey County or stopped expressing breastmilk shortly before returning to work, please share your experience with us.

The survey is anonymous. You may stop the survey at any time and may skip any questions you do not want to answer. If there is something you would like us to know that this survey doesn't ask about or if you would like to be contacted by the Ramsey County Breastfeeding Friendly Workplace Taskforce, please enter your comments and contact information in the space provided at end of the survey.

We truly appreciate your time and feedback!

Sincerely,
Ramsey County Breastfeeding Friendly Workplace Taskforce

Please select the service team in which you currently work in:
[dropdown list]

Health and Wellness:

- Community Corrections
- Financial Assistance Services
- Health and Wellness Administration
- Healthcare Services (LOR & RCCC)
- Public Health
- Social Services
- Veterans Services

Information and Public Records:

- Communications & Public Relations
- County Assessor
- Information and Public Records Administration
- Information Services
- Project Management Office
- Property Tax, Records & Election Services

Safety and Justice:

- County Attorney's Office
- County Sheriff's Office
- Emergency Communications
- Emergency Management & Homeland Security
- Medical Examiner

Economic Growth and Community Investment:

- Community & Economic Development
- Library
- Parks & Recreation
- Property Management
- Public Works

Workforce Solutions

Other

- Other: _____

1. Please select the statement that best describes you:

- I am currently expressing breastmilk after returning to work at Ramsey County.
- I am not expressing breastmilk at work at Ramsey County, but I have in the past.
- I stopped expressing breastmilk before returning to work at Ramsey county.

Comments:

2. Did you/your family **meet** your breastfeeding/ breastmilk expression goals?

- Yes
- No
- I/we did not have breastfeeding/ breastmilk expression goals

If no, why:

3. Did you/your family **surpass** your breastfeeding/breastmilk expression goals?

- Yes
- No
- I/we did not have breastfeeding/ breastmilk expression goals

If no, please comment:

4. Please help us understand how working at Ramsey County is helping or has helped you/your family meet or surpass your breastfeeding goals? (check all that apply)

- Having parental leave available
- Finding time at work to express breastmilk
- Having a private space at work to express breastmilk
- Having access to a hospital-grade breast pump at work
- Information about resources available in Ramsey County
- Other (please comment below)

Comment: _____

5. Please help us understand how working at Ramsey County may be contributing or contributed to not reaching your/your family's breastfeeding goals (check all that apply)

- Difficulties finding time at work to express breastmilk
- Difficulties securing a private space at work to express breastmilk
- Not having access to a hospital-grade breast pump at work
- Little information about resources in Ramsey County
- Other (please comment below)

Comment: _____

6. Are you aware Ramsey County has a [Breastfeeding Support](#) page on RamseyNet?

- Yes
- No

If yes, where did you find out about this? Was it useful to you?

7. When you were pregnant, did anyone share information with you about expressing breastmilk at work? (Please check all that apply)

- Yes, my supervisor
- Yes, coworker(s)
- Yes, Human Resources (HR)
- No, no one at work helped me prepare to come back to work and express breastmilk
- Unsure
- Other

8. Before you returned to work, did you feel prepared to express breastmilk once you returned to work?

- Yes

If yes, what helped you most to feel prepared?

No

If no, what would have made you feel prepared?

Not sure

9. What information or support would you have liked to receive during pregnancy to help you decide or prepare for expressing breastmilk at work?

10. Did work-related factors (e.g. breaks, accommodations, etc.) influence your decision to breastfeed/express breastmilk while working?

- Yes- positively
- Yes- negatively
- No
- Not sure

Comments

11. On a scale of 1-5, please rate the level of support you feel/felt from your **department** to express breastmilk at work? (1 = unsupported, 5 = very supported)

1 2 3 4 5

Please explain

12. On a scale of 1-5, please rate the level of support you feel/felt from your **supervisor** to express breastmilk at work? (1 = unsupported, 5 = very supported)

1 2 3 4 5

Please explain

13. On a scale of 1-5, please rate the level of support you feel/felt from your **coworkers** to express breastmilk at work? (1 = unsupported, 5 = very supported)

1 2 3 4 5

Please explain

14. Did Ramsey County's worksite culture or attitudes on expressing breastmilk at work impact your level of job satisfaction when you returned to work?

- Yes- positively
- Yes- negatively
- No
- Not sure

Please explain

LACTATION SPACE

The next questions will help the Ramsey County Breastfeeding Friendly Taskforce get more information on the locations where employees express breastmilk.

Please check all the statements that apply to you during your lactation experience:

- I work/worked onsite at Ramsey County employee worksites.
- I work/worked offsite in the community. If you work/worked offsite in the community, where do/did you express breastmilk?

15. In which Ramsey County employee worksite do/did you express breastmilk **most frequently?** (Check only one)

[dropdown list]

- 1919 University – 1919 University Avenue W.
- 402 University Avenue E.
- 800 Minnehaha Office – 800 E. Minnehaha Avenue
- Adult Detention Center (Jail) – 425 Grove Street
- Battle Creek Waterworks Water Park
- Beam – 1670 Beam Avenue
- Bigelow Building – 450 Syndicate Street
- CareerForce in North Saint Paul – 2266 2nd Street N.
- CareerFroce in Saint Paul – 540 Fairview Avenue N.
- City Hall Annex/Lowry Building – 25 W. 4th Street
- Don Juenemann Building – 555 Cedar Street
- Emergency Communications Center – 388 E. 13th Street
- Extension services Center – 2020 White Bear Avenue N.
- Family Service Center – 2001 Van Dyke Street
- Golf Courses – 2015 Van Dyke Street
- Goodrich Golf Course – 1820 Van Dyke Street
- Keller Golf Course – 2166 Maplewood Drive
- Manitou Ridge Golf Course – 3200 N. McKnight Road
- The Ponds at Battle Creek – 601 S. Century Avenue
- Goodrich Golf Dome – 1815 Van Dyke Street
- Island Lake Golf & Training Center – 1000 Red Fox Road
- Government Center East – 160 Kellogg Boulevard
- Hazelwood Professional Center – 2785 White Bear Avenue

- Ice Arenas – 2015 Van Dyke Street
- Aldrich Arena – 1850 White Bear Avenue
- Charles M. Schulz/Highland Arena – 800 south Snelling Avenue
- Gustafson-Phalen Arena – 1320 Walsh Street
- Harding Arena – 1496 6th Street E.
- Ken Yackel-West Side Arena – 44 E. Isabel Street
- Oscar Johnson Arena – 1039 De Courcy Circle
- Pleasant Arena – 848 Pleasant Avenue
- Shoreview Arena – 877 W. Highway 96
- Vadnais Sports Center – 1490 County Road E E.
- White Bear Arena – 2160 Orchard Lane
- Juvenile and Family Justice Center – 25 W. 7th Street
- Juvenile Detention Center (JDC) – 25 W. 7th Street
- Lake Owasso Residence – 210 North Owasso Boulevard
- Landmark Center – 75 W. 5th Street
- Law Enforcement Center – 425 Grove Street
- Ramsey County Library: Shoreview/Administration – 4560 N. Victoria Street
- Ramsey County Library: Maplewood – 3025 Southlawn Drive
- Ramsey County Library: Mounds View – 2576 Mounds View Boulevard
- Ramsey County Library: New Brighton – 400 10th Street NW.
- Ramsey County Library: North Saint Paul – 2300 North St. Paul Drive
- Ramsey County Library: Roseville – 2180 N. Hamline Avenue
- Ramsey County Library: White Bear Lake – 2150 2nd Street
- Lowry Building – 345 Wabasha Street N.
- Metro Square – 121 7th Place E.
- Parks & Recreation Office – 2015 Van Dyke Street
- Plato Building – 90 Plato Boulevard W.
- Public Health Center – 555 Cedar Street
- Public Works Facility – 1425 Paul Kirkwold Drive
- Ramsey County Care Center – 2000 White Bear Avenue
- Ramsey County Conservation District Facility – 1425 Paul Kirkwold Drive
- Ramsey County Correctional Facility – 297 S. Century Avenue
- Ramsey County Medical Examiner’s Office – 300 E. University Avenue
- Saint Paul City Hall and Ramsey County Courthouse – 15 W. Kellogg Boulevard
- Sheriff’s Patrol Station – 1411 Paul Kirkwold Drive
- Sheriff Water Patrol – 5 Owasso Boulevard
- Spruce Tree Building – 1600 University Avenue W.
- Suburban Courts – 2050 White Bear Avenue
- Tamarack Nature Center – 5287 Otter Lake Road
- Union Depot – 214 E. 4th Street
- Urgent Care for Adult Mental Health – 402 University Avenue
- Workforce Development Center – 2266 2nd Street N.

Other _____

16. How did you find out about the space or lactation room to express breastmilk? (Check all that apply)

- Human Resources Contact
- Maternity Leave/Return to Work paperwork
- Supervisor
- New employee orientation
- Co-workers
- RamseyNews announcement
- The Link newsletter
- RamseyNet Breastfeeding Support page
- Previous lactation space user
- I haven't heard about a lactation space
- Other _____

17. Is/was the space a dedicated space for lactation? (for example, it's used exclusively for lactation)

- Yes
- No
- I don't know
- Sort of (e.g. your own private office)
- Other (e.g. conference room, multipurpose room, wellness room, quiet room, prayer room, etc.)

18. On a scale of 1 to 5, how often were you able to access the space when needed (i.e. when it was not in use by another staff)?

1 = nearly never, 5 = nearly always

1 2 3 4 5

Comment: _____

19. Is/was the space **private** (e.g. shielded from view)?

- Yes
- No

Comments: _____

20. Is/was the space **secure** (e.g. free from intrusion, lockable)?

Yes

No

Comments: _____

21. Is/was the space **clean**?

Yes

No

Comments: _____

22. Do/did you have access to a refrigerator to store breastmilk?

Yes

No

If yes, is/was there enough space to store breastmilk?

23. On a scale of 1 to 5, how comfortable do you feel storing breastmilk in a communal/staff breakroom refrigerator?

1 = not at all comfortable, 5 = very comfortable

1 2 3 4 5

24. If the room ran out of something (wipes, paper towels, etc.), do/did you know who to contact to get more supplies?

Yes

No

Comment: _____

25. Please share any specific comments you have regarding the lactation room you use/used most frequently, including if there is anything you wish the lactation room had or changes you would make.

26. Some spaces contain a small workstation or additional table surfaces for work items inside the room, is this something you would be interested in?

- Yes
- No

Comment: _____

Please answer the following about general use of lactation rooms or spaces that you have used.

27. If have gone to a Ramsey County employee worksite different from your primary location and needed to express breastmilk, **was it easy to access (locate, get into)** the room?

- Yes
- No
- N/A

If no, what would have made it easier to access the room?

28. If you have gone to a Ramsey County employee worksite different from your primary worksite and needed to express breastmilk, were you aware of **what is available at that site ahead of time** (for example, a hospital-grade pump, a refrigerator, etc.)?

- Yes
- No
- N/A

If no, what would have made it easier to know what is available at another site?

29. If you primarily work/worked offsite/in the community, what can we do to improve your current and/or future lactation experience as a Ramsey County employee?

30. Please share any additional comments to help us support your breastfeeding, chestfeeding, milk expression experience during your employment at Ramsey County.