

HELP TRAVELING FAMILIES STAY HEALTHY

Ensure Airport Accommodations for Nursing Mothers

Co-sponsor the Friendly Airports for Mothers (FAM) Act!



No matter what they're doing or where they are, **breastfeeding mothers need to express milk every few hours in order to keep up their supply.** Yet very few airports have designated lactation spaces, and many moms end up in restrooms or on airport floors. A recent study of 100 airports found that while 62% reported being "breastfeeding friendly," only 8% met the minimum requirements for a breastfeeding mother: an electrical outlet, table, and chair.

Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. *The Surgeon General's Call to Action to Support Breastfeeding*; the Institute of Medicine report, *Accelerating Progress in Obesity Prevention*; and the *National Prevention Strategy* each call for breastfeeding-friendly environments. Yet despite this tremendous recognition—and **laws in 49 states that specifically allow women to breastfeed in any public or private location**—moms continue to face barriers, even harassment, in many public places. Breastfeeding mothers who choose or need to travel should not have to struggle to find clean, private lactation spaces in airports, risking their milk supply and thereby their ultimate breastfeeding success.

Benefits for Families, Employers, & Society

Breastfeeding provides a range of benefits for families, employers, and society. A 2016 study of both maternal & pediatric health outcomes and associated costs based on 2012 breastfeeding rates showed that, if 90% of infants were breastfed according to medical recommendations, 3,340 deaths, **\$3 billion in medical costs, and \$14.2 billion in costs of premature death would be prevented, annually!**

Existing Legislation Overview

Current federal law requires employers to provide nursing mothers who are nonexempt employees a private, non-bathroom location to express breast milk. Airport lactation spaces are therefore an important step to support employers that need to accommodate breast-pumping mothers who travel. **California and Illinois already have state legislation** requiring large airports to provide a location for breastfeeding mothers to express breast milk in private.

The Friendly Airports for Mothers (FAM) Act of 2017, introduced by Senator Tammy Duckworth and Rep. Stephen Knight, would require all large and medium hub airports to provide a private, non-bathroom space in each terminal for mothers to express breast milk. The space must be accessible to persons with disabilities, available in each terminal building after the security checkpoint, and include a place to sit, a table or other flat surface, and an electrical outlet. Airports would have two years to comply and would be able to use Airport Improvement Program funds for the purpose of complying with the new requirement.

All major medical authorities recommend that mothers breastfeed exclusively for six months and continue breastfeeding for at least the first year of a child's life. We know that 80% of mothers intend to breastfeed, and 82.5% actually do breastfeed at birth. Yet only 25% of U.S. infants are still exclusively breastfed at six months of age.

Please co-sponsor the FAM Act to ensure that every breastfeeding family has the support they need to succeed, saving billions for our economy each year.

U.S. Breastfeeding Committee • www.usbreastfeeding.org