

# SWRMC wins San Diego County Breastfeeding Coalition's 2014 Breastfeeding-Friendly Workplace Award

By Cassandra Eichner  
Southwest Regional Maintenance Center Public Affairs



SAN DIEGO -- The San Diego County Breastfeeding Coalition awards Southwest Regional Maintenance Center (SWRMC) the 2014 Breastfeeding-Friendly Workplace Award during a ceremony at the San Diego County Administration Building Aug. 5.

The purpose of the award is to recognize breastfeeding friendly workplaces, and to encourage

organizations to implement lactation accommodations.

As a nation one thing we know that can really help create health and wellness is in fact breastfeeding, said Nick Macchione, director of health and human services agency. We want San Diego to be the breastfeeding mecca of the world, where all employers are actively supporting breastfeeding. These awards matter because this is walking the talk.

Supervisor Dave Roberts presented the award to SWRMC, which received the award as a result of recent lactation accommodation improvements. Military and civilian personnel from SWRMC worked together to stand up five private rooms throughout SWRMC for mothers to express milk.

Each newly renovated room is equipped with at least one pump, donated by the San Diego County Breastfeeding Coalition. Rooms also feature signs that illuminate at the entryway when occupied.

“In addition to the rooms, we also started a monthly support group,” said CDR Cinda L. Brown, former SWRMC engineering duty officer who spearheaded the initiative. “A lactation consultant attends each meeting to help with breastfeeding. The meetings also help us form a community to help and support each other.”

“Workplace policies have an enormous impact on breastfeeding success,” said Yvonne E. Vaucher, M.D., M.P.H, president, San Diego County Breastfeeding Coalition. “Workplaces that provide lactation accommodation can save on reduced health claims, lowered employee turnover, decreased absenteeism, and less money spent on recruitment and training of new

employees. In addition, employees whose companies provide breastfeeding support report improved morale, better job satisfaction, and higher productivity.”

For more information about SWRMC please visit <http://www.swrmc.navy.mil/>