

Texas Mother-Friendly Worksite Program (MFWP): Building a worksite lactation support program



Imagine a workplace that supports mothers choosing to breastfeed after returning to work!



The Texas Mother-Friendly Worksite Program (MFWP) is:

- A practice-tested intervention
- Designed to bestow official recognition upon worksites that comply with the Program's criteria for being "Mother-Friendly" - including a policy that provides space for breast milk expression in the worksite, flexible work schedules for breastfeeding mothers, and access to hygienic breast milk storage options.
- **More comprehensive than ever before**, with supporting materials to help worksites implement mother-friendly policies and comprehensive worksite lactation programs!

The MFWP is implemented at **both the state level and the individual worksite level**. The MFWP targets the **policy, environmental and organizational levels** of the social-ecological model by influencing **state policy to create a designation program and individual worksites to change environments and organizational practices**. The MFWP has existed since 1995, and its transformation into a more comprehensive program has been underway since 2010.

Key Steps of the MFWP:

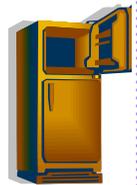
- Develop worksite recognition (designation) program.
- Create and disseminate implementation materials to worksites.
- Carry out media campaign to promote designation program.
- Worksites apply for designation and plan and implement a comprehensive worksite lactation program with a diverse committee.

Program successes:

- 1,100 worksites are designated—up from 233!
- 100% of pilot sites had:
 - adopted formal mother-friendly policies
 - designated functional lactation rooms and/or had plans for flexible provision of lactation space
 - had developed work plans and activities for enhanced education and support.

The MFWP intervention model, available for download at www.centertrt.org, includes:

- Core elements
- How to implement
- Resources required
- Evidence summary & potential public health impact



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The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at www.center-trt.org

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