



ALLEGHENY COUNTY

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ACHD Announces 2022 Breastfeeding Friendly Places Award Winners

PITTSBURGH – National Breastfeeding Month just concluded and the Allegheny County Health Department’s Breastfeeding Coalition (ACBC), along with its Women, Infants and Children Program (WIC), is announcing the winners of the 26th Annual Breastfeeding Friendly Place Awards. These awards recognize workplaces, public spaces and other sites away from home that make an extra effort to support breastfeeding mothers, and their families.

UPMC Baby Steps Maternity Program and Healthy Start tied for this year’s workplace category award. The winner of the public space category was the Carnegie Science Center, with Pittsburgh’s Botanic Gardens receiving recognition as an honorable mention.

“For far too many years, barriers to breastfeeding in public left a stigma with our new mothers and families,” said ACHD Director Dr. Debra Bogen. “Thankfully, private and public spaces, like our Breastfeeding Friendly Places Award winners, help normalize breastfeeding through proactive support and encouragement so individuals can meet their breastfeeding goals.”

2022 Breastfeeding Friendly Places Honorees

- The **UPMC Baby Steps Maternity Program** at the U.S. Steel Tower demonstrates compassion for both members and non-members by providing several designated private lactation rooms for employees to book sessions to pump upon their return to work. The program’s maternal health coaches provide education and support around the importance of breastfeeding. They also support the lactation center at UPMC Magee-Women’s Hospital and help mothers select the right breast pump for them.
- **Healthy Start** offers a comfortable, culturally relevant space for staff and visitors to pump breastmilk and feed their babies. The organization advocates on behalf of individuals who experience challenges in the workplace related to having adequate time for pumping. Healthy Start also offers educational classes and resources in the community.
- The **Carnegie Science Center** clearly cares about giving nursing mothers a comfortable space to express their breast milk. Mothers and families who have used its breastfeeding rooms remark that they are “well kept,” “clearly marked” and “spacious.” One of the rooms is near the toddler-aged activities area, which makes it easy for families with multiple children to divide and conquer without missing out on any of the fun.
- The **Pittsburgh Botanic Garden** provides breastfeeding mothers with a beautiful, clean indoor space at its Visitors Center that allows for pumping or nursing of babies without having to cut a visit to one of Pittsburgh’s most beautiful attractions short. In terms of breastfeeding, Pittsburgh Botanical Garden’s slogan of “Inspiring People to Grow” could not be more appropriate.

Breastfeeding rates have been rising in the United States for over two decades. However, the duration of breastfeeding rates among older infants 6-12 months remains lower than national goals. With supportive employers and communities, the Health Department hopes to see more infants exclusively

breastfed for the first six months and continued breastfeeding with the addition of solid foods for at least the first year of life.

The ACHD's Office of Family and Child Health offers a variety of services that are aimed at ensuring that Allegheny County's youngest residents grow up happy and healthy, including breastfeeding resources.

The Health Department's Breastfeeding Help Line was established to increase the number of infants receiving human milk in Allegheny County. The Help Line is staffed by Registered Nurse Certified Lactation Counselors and Internationally Board Certified Lactation Consultants. Families can call the Help Line Monday through Friday from 8:30 a.m. to 4:30 p.m. Outside of those hours, residents can leave a message and a representative will call them back the next day.

The Breastfeeding Help Line can be reached by calling 412-687-2243

Learn more about the Health Department's Office of Family and Child Health offerings by [visiting its website](#).

The ACHD's Office of Family and Child Health, as well as Women, Infants and Children (WIC) Program presented the awards to organization representatives during the week of August 28-September 3.

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