



**National Association for the Advancement of Colored People NAACP
Montgomery County Branch
Testimony on Bill 11-22 - Lactation Rooms in County Buildings
Tuesday, July 12, 2022**

The National Association for the Advancement of Colored People (NAACP) Montgomery County Branch supports Council Bill 11-22, Lactation Rooms in County Buildings, sponsored by Councilman Andrew Friedson.

Bill 11-22 will assist nursing mothers by providing designated areas within county offices to privately and securely express breastmilk. The Center for Disease Control(CDC) has reported that breastmilk benefits a baby's development particularly in the first six months of life. Studies have shown that breastfed infants have a reduced risk of developing type 2 diabetes, obesity, asthma, infections, and sudden infant death syndrome, and lowers a mother's risk of heart disease, type 2 diabetes, ovarian cancer, and breast cancer. Additionally, the CDC has found that 60% of mothers do not breastfeed for as long as they intend. While there are several factors that contribute to the decision to discontinue breastfeeding, the CDC notes that one major reason is "unsupportive work policies and lack of parental leave."¹ If enacted, this bill will eliminate one of the barriers for Montgomery County government employees who choose to breastfeed.

We support the requirements of this legislation to provide a separate area for women to express breastmilk and refrigeration facilities to store milk during the workday. We believe these measures will greatly assist nursing mothers.

However, we note that the amount of time required to express breast milk has not been considered and urge the Council to make provisions to assure that a nursing mother is not penalized for utilizing the time necessary. Expressing breastmilk may require from 15-30 minutes per session. During a typical 8 hour work day, breast milk may need to be expressed at least twice. Needless to say, over the course of a day, a woman could easily use up the time she is allotted for her lunch in order to provide milk for her baby. Such a situation would not promote breastfeeding but would require a woman to either carry an additional burden or neglect her own dietary needs. **Therefore, we urge the Council to amend this bill to provide time accommodations which enable a woman to truly benefit from the important objectives this bill seeks to advance.**

We wish to commend the Council for this initiative. We look forward to working with you on this important bill.

¹ Key Breastfeeding Indicators, Centers for Disease Control, [cdc.gov/breastfeeding/data](https://www.cdc.gov/breastfeeding/data)