

Headquarters U.S. Air Force

Integrity - Service - Excellence

RFI #10 Breastfeeding and Lactation Support



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10a. Describe your Service's breastfeeding policy and state when it was last updated

- **Air Force Instruction (AFI) 44-102, para 4.15.**
 - **Certified current 3 Aug 2016**
- **Recommends that supervisors of AF members work with the member to allow 15-30 minutes every 3-4 hours to pump breastmilk in a room or area that provides adequate privacy and cleanliness (not a restroom)**
- **AF members who are breastfeeding or pumping remain eligible for field training, mobility exercises and deployment; however, AFI 36-2110 supports deferment from deployment for 12 months postpartum**



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10b. Describe the methodology that was used to design this policy.

- **AFI 44-102 aligns with the American Academy of Pediatrics' (AAP) recommendation to exclusively breastfeed for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant. (Eidelman & Schanler, 2012)**
- **AAP Recommendation, Breastfeeding and the Use of Human Milk, 2012**
- **American College of Obstetricians and Gynecologists (ACOG) and AAP, Guidelines for Perinatal Care, 8th ed., 2017**
- **ACOG, Guidelines for Women's Health Care, 4th ed., 2014**
- **Public Law 104-204, Newborns' and Mothers' Health Protection Act of 1996**



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10c. What programs exist to support lactation in the workplace?

- **The AF Medical Service (AFMS) encourages supervisors of AF members coordinate with the member to arrange for pumping (AFI 44-102); additionally, commanders are encouraged to modify activities such as field training and/or work conditions for Airmen who are breastfeeding, when possible**
- **Lactation support personnel at Military Treatment Facilities**
- **New Parent Support Program**
- **Military OneSource**
- **Lactation equipment/supplies via TRICARE**
- **Convalescent leave after birth (AFGM2018-01) allows for establishment of breastfeeding**
- **Long or short sleeved breastfeeding t-shirt authorized with utility uniform (AFGM2018-03)**



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10d. Does your Service provide servicewomen a shipping subsidy to assist with the transportation of breastmilk back to their child while they are TAD/TDY?

- **Deferment from TDY is authorized during the 12-month period after the birth of a child to an Airman (AFI 36-2110, para 5.18.4.).**
- **In the event that the 12-month deferment is waived, this is not a healthcare benefit via TRICARE or the AF.**



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10e. How does your Service ensure units adhere to the policy (e.g., time and a clean lactation space)?

- **All AF leaders are encouraged to support lactation in the workplace (AFI 44-102)**
- **Air Force commands are expected to execute all Air Force policies as directed, including policies regarding breastfeeding**
- **Unit Facility Utilization Boards or equivalent will discuss lactation space and ensure space is made available**
- **Individuals should attempt to resolve violations of Air Force instructions or policy at the lowest possible level, using command channels before elevating them to the next higher level or to the Inspector General**



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10f. In terms of postpartum physical fitness testing, what methodology was used to design this policy? Does the timeline support breastfeeding mothers?

- **Air Force Instruction 36-2905, Incorporating Change 1, 27 August 2015**
 - **Airmen are exempt from Fitness Assessment for 12 months after discharge from the hospital upon completion of pregnancy (delivery, miscarriage, etc.); the member is not exempt from participating in an approved fitness program during this time, only the Fitness Assessment**
- **Methodology influenced by original research by Col Nicole Armitage, USAF, PhD (citations in notes section)**
- **Yes, the timeline supports breastfeeding mothers**