

**US Coast Guard
Briefing to DACOWITS
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Breastfeeding and Lactation
Support**

Presented by:

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a. Describe your Services' breastfeeding policy and state when it was last updated.

The CG Breastfeeding and Lactation Support policy is in "Pregnancy In the Coast Guard" COMDTINST 1000.9, 29 Sep 2011.

Mothers and commands will work together to ensure the following:

1. The lactation facility is a private, clean room;
2. Close as possible to water for washing and cleaning;
3. Has an available electrical outlet;
4. Furnished with a table and comfortable chair;
5. Storage facility for cooling milk; and
6. Lactation breaks are scheduled.



b. Describe the methodology that was used to design this policy (e.g., supporting medical research).

- We have no records that indicate which methodology was used to adopt the policy. We can surmise that the policy was developed based on best practices that were in use by private and public sector employers in 2011.
- The policy is consistent with recommendations of the Centers for Disease Control and Prevention “Support for Breastfeeding in the Workplace” and the U.S Department of Health and Human Services Office on Women’s Health.
(<https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work>)



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

Each command is responsible for the implementation of the Coast Guard breastfeeding policy found in COMDTINST 1000.9. Members may obtain breastfeeding counseling and equipment through Tricare, as is available for all military services. CG demonstrated support for mothers and families in June 2018 when the CG released a 12-month deferment of temporary orders for postpartum members and expanded the entitlements of non-chargeable leave for military members in connection with a birth or adoption. Health, Safety, and Work-Life CG-11, revised a “New Parent Guide” which is a comprehensive informational booklet for new parents/mothers. CG-11 is also working with a nutritionist from the Human Performance Resource Center to develop a nutritional lactation support video series.



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

The CG does not currently provide a breast milk shipping subsidy. The issue of paying an allowance to the member on TDY has been considered and there is no authorization in either the Joint Travel Regulations or the Coast Guard Pay Manual. CG does provide deferment of TDY for 12 months after birth of child.



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

Pursuant to COMDTINST 1000.9, commanding officers and officers in charge are responsible for ensuring units adhere to this policy. If a unit has a lactation facility, compliance with lactation facility requirements should be verified during routine facility inspections conducted by the command. Members are encouraged to report any complaints to their commands. CG-11 is currently working with the Personal Readiness Task Force to improve communications to help identify and promptly resolve any lactation facility concerns.



f. In terms of postpartum physical fitness testing, what methodology was used to design this policy? Does the timeline support breastfeeding mothers (e.g., the American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first six months of a baby's life, followed by breastfeeding in combination with the introduction of complementary foods until at least 12 months of age)?

Only specific billets are required to have a physical fitness qualification. Commanding officers work in coordination with the member and the member's physician to ensure a smooth transition back to "Fit For Full Duty" status to include physical readiness. Postpartum physical fitness training is considered on a case-by-case basis depending on the assessment of a physician. Commanding officers and officers in charge shall ensure that pregnant service member do not receive adverse evaluation reports strictly as a consequence of pregnancy. Weight standards exceeded during pregnancy and/or nursing are not cause for adverse OERs or evaluations. Postpartum convalescent leave will normally be granted for 42 days after discharge from the medical treatment facility following any uncomplicated vaginal delivery or cesarean section. The attending physician may recommend an extension of convalescent leave beyond the standard 42 days based on the service member's clinical circumstances. The service member's command must be notified of this recommendation. Commanding officers may grant this leave without approval from the Commandant. Commanding officers may grant regular leave following convalescent leave if appropriate.



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