



Breastfeeding and Lactation Support

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DACOWITS RFI

The Committee requests a briefing from the Military Services on the following:

- 1. Describe your Service's breastfeeding policy and state when it was last updated.*
- 2. Describe the methodology that was used to design this policy.*
- 3. What programs exist to support lactation in the workplace?*
- 4. Does your Service provide servicewomen a shipping subsidy to assist with the transportation of breastmilk back to their child while they are TAD/TDY?*
- 5. How does your Service ensure units adhere to the policy?*
- 6. In terms of postpartum physical fitness testing, what methodology was used to design this policy? Does the timeline support breastfeeding mothers?*



Service Policy

- Marine Corps Order 5000.12E (Pregnancy and Parenthood)
 - Marines notify their commands of intent to breastfeed
 - Commands provide clean, secluded spaces with access to water
 - Lactation consultants available to assist
 - Last updated June 2007; currently under revision
- Policy staffing processes solicits inputs from across HQMC, including subject matter experts within Health Services and Marine and Family Programs
- Compliance is assured via:
 - Chain of command
 - Request Mast
 - Commanding General's Inspection Program



Lactation in the Workplace

- The New Parent Support Program (NPSP) provides lactation support services to Marine families
 - NPSP is comprised of a team of licensed social workers, counselors, and registered nurses
 - All active duty personnel and dependents expecting a child, or those with a child age five or younger, may participate
 - Available at all USMC bases/stations
- Breastfeeding Support Program (BSP) provides workplace support to servicewomen in their decisions to breastfeed
 - BSP is comprised of Navy Medical personnel at military treatment facilities
 - All active service personnel may participate
 - Established by BUMEDINST 6000.14A (Support of Servicewomen in Lactation and Breastfeeding)



Breastmilk Transportation While TAD

- Per the Joint Travel Regulation, shipping breastmilk is a personal expense
- USMC does not currently provide a shipping subsidy
- Navy and Marine Corps Relief Society offers assistance if cost of transporting is a barrier to breastfeeding



Postpartum Physical Fitness Testing

- Postpartum Marines are exempt from physical fitness testing until at least nine months after delivery
- HQMC Health Services endorsed MCO 6100.13A (Physical Fitness and Combat Fitness Tests)
- USMC policy complies with DoD and DoN guidance
 - DoDI 1308.3 (DoD Physical Fitness and Body Fat Program Procedures)
 - SECNAVINST 1000.10A (DoN Policy on Parenthood and Pregnancy)



Questions