Healthy People 2010 identifies breastfeeding as a priority for improving the health of the American public, and establishes a goal that 50% of infants in the United States be breastfed for a minimum of 6 months.

The Xavier University Women's Center and Proponents for Parents are launching an awareness and action campaign to establish safe and supportive “M Rooms” throughout campus. Coined “M Rooms,” for Mommies, Milk, and More, “M Rooms” serve as a space for pumping breastmilk, nursing and/or feeding infants and children, and associated tasks.

The Xavier University Women's Center and Proponents for Parents is pleased to announce that the Women's Center is designated as an M Room for students, faculty, and employees. The Women's Center is equipped with private rooms, restrooms, sinks, and a hospital-grade, multi-user manual breastpump.

Xavier University is the 3rd Jesuit universities in the United States to designate lactation spaces for employees and students.

Facts about women, work, and breastfeeding:

32% of women give up breastfeeding less than 7 weeks after returning to work because of workplace barriers to pumping.

The American Association of Pediatrics recommends infants be exclusively breastfed for 6 months.

The World Health Organization recommends that children be breastfed to at least 12 months.

Working mothers cite the three biggest physical barriers to breastfeeding in the workplace as the lack of a private pumping friendly environment, inflexible work schedule, and the lack of separate refrigerator to store breast milk.

For more information, please contact:
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