

STATE PHYSICAL ACTIVITY AND NUTRITION GRANT (SPAN)

YEAR 1 GRANT REPORT

OVERVIEW

Over the course of this grant period, MIBFN has deepened our commitment to fostering a just, equitable, and breastfeeding-supportive culture across Michigan. Through listening sessions, interviews, Workplace Awards, and Local Breastfeeding Supporter Meetings, we have worked alongside community partners to understand and address the needs of families and breastfeeding supporters, particularly those most impacted by systemic barriers. In response to these conversations, we have strengthened our programs, aligned our initiatives with evolving workplace protections, and taken steps toward developing a state-specific Breastfeeding Plan. As we reflect on our progress and look ahead, we remain committed to collaboration, accountability, and advocacy to ensure that every family in Michigan has the support they need to reach their breastfeeding goals.

FAST FACTS



FUNDING PARTNER

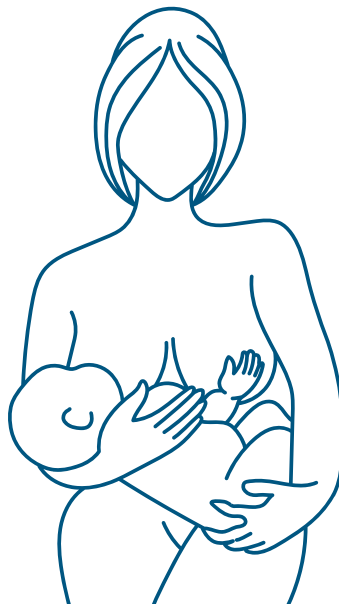
Michigan Department of Health and Human Services
Obesity Prevention Program via the CDC-SPAN grant

PROJECT TIMELINE

January 1, 2024 to September 30, 2024

AMOUNT

\$60,477





SUCCESSSES

ADVISORY LISTENING SESSIONS

MIBFN had the privilege of holding a series of heartfelt and insightful community partner interviews. These conversations were centered around deepening our understanding of how we can serve alongside our community partners in more meaningful ways. Our goal was to listen, learn, and grow together to ensure that our efforts truly reflect the needs, lived experiences, and wisdom of those working tirelessly to create a more just, equitable, and breastfeeding-supportive culture across Michigan. We are deeply grateful for the time, perspectives, and passion shared with us, and we remain committed to fostering stronger, more collaborative relationships as we continue this meaningful work together.



10

community
partner
interviews

HIGHLIGHTS

MIBFN is
trusted and
consistently
available

Local Breastfeeding
Supporter Meetings are
unique and crucial to the
movement

CORE Cohort is a
necessary
mentorship and
aspirational space
and partners want
MIBFN to reconvene
the space

Organizations are woefully
underfunded and want MIBFN's
continued support in fund-
seeking and reporting efforts

WORKPLACE AWARDS

Families are more successful with human milk feeding when they live and work in supportive communities. MIBFN is committed to ensuring that workplaces across the state foster environments where lactating employees feel supported and valued. To strengthen this commitment, we have revamped our Michigan Breastfeeding-Friendly Workplace Awards to align with the PUMP for Nursing Mothers Act and other workplace protections. This updated program recognizes employers that go beyond basic compliance to actively create a culture of support for lactating employees. Our goal is to help shift workplace policies and norms so that breastfeeding-friendly practices are not only encouraged, but also widely visible and normalized throughout Michigan.

UPDATED WINDOW CLING



WORKPLACE AWARD GUIDANCE FROM LOCAL BREASTFEEDING SUPPORTERS

We are so grateful to those who came to the March 2024 Local Breastfeeding Supporter Meeting and graciously shared guidance and recommendations on building a breastfeeding-supportive workplace culture, which was used to rebuild our Workplace Award application.

**NOMINATE
YOUR
EMPLOYER FOR
AN AWARD**



WORKPLACE AWARDS REVAMP COMMUNICATIONS

In addition to an e-alert that went out to our listserv, we also sent individual emails to all previous Workplace Awards recipients and launched a social media campaign to mobilize people to nominate their employers for Workplace Awards.



\$15

donation
requested
per
application



This year, we introduced a \$15 donation request for nominees as part of our commitment to sustainability

5257

number of listserv
subscribers who
received e-alert
about Workplace
Award revamp

580

reach of first
Workplace
Award social
media
campaign
post

LOCAL BREASTFEEDING SUPPORTER MEETINGS

MIBFN is dedicated to fostering collaboration and shared learning among those working to advance breastfeeding support across Michigan. One of our most cherished parts of this grant was the relaunch of Local Breastfeeding Supporter Meetings (LBSM). Each month, we host LBSM as a space for Local Breastfeeding Supporters, statewide partners, and our team to come together in meaningful conversation. Held on the third Thursday of every month from 1-2 PM EST, these meetings serve as an opportunity to share insights, listen to diverse perspectives, and collectively shape strategies that strengthen both local and statewide breastfeeding support efforts. Together, we hold ourselves accountable for ensuring that these gatherings—and every breastfeeding space—remain inclusive, safe, and responsive to the needs of the families and supporters most impacted by systemic barriers.

FAST FACTS

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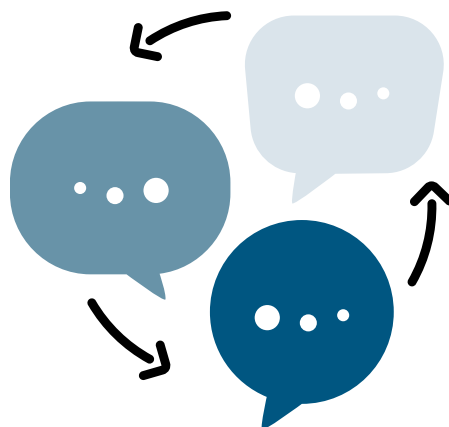
unique registrants

31

average monthly participation

8

meetings held



Attendees who weren't compensated by their employer were eligible for \$100 per meeting they attended to ensure that they were equitably compensated for sharing space with us

“I am excited to be part of the meetings. It seems like there’s some great content, and **action is being taken to make a difference.**”

-Nicole Bannister, CHW, Peer Counselor, Local Breastfeeding Supporter

MEETING RECAPS

[illegible]

FEB 2024

BUILDING A BREASTFEEDING-SUPPORTIVE WORKPLACE CULTURE

TWO FEDERAL REGULATIONS COOPERATIVE LIAISON AND OPERATIVE

Cooperative Liaison
 All employers with federal contracts or subcontracts must have a written policy that supports breastfeeding.

Operative
 Each employer must provide a private space for breastfeeding employees.

Checklist for Employers:
 • Do you have a written policy that supports breastfeeding?
 • Do you have a private space for breastfeeding employees?

CONCRETE AND ADVOCACY KNOWLEDGE FOR EMPLOYERS

Concrete
 The Center for Workplace Life has been awarded a grant from the U.S. Department of Labor (DOL) and the U.S. Environmental Protection Agency (EPA) to develop a toolkit for employers.

Advocacy
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Checklist for Employers:
 • Do you have a written policy that supports breastfeeding?
 • Do you have a private space for breastfeeding employees?

GUIDANCE FROM CONCRETE SUPPORTERS

THREE ARE NECESSARY SPOTS FOR CONCRETE SUPPORT:

- **Written Policy:** All employers with federal contracts or subcontracts must have a written policy that supports breastfeeding.
- **Private Space:** Each employer must provide a private space for breastfeeding employees.
- **Checklist for Employers:** Do you have a written policy that supports breastfeeding? Do you have a private space for breastfeeding employees?

WORKPLACES NEED KNOWLEDGE-FOUNDED SPACE FOR CONCRETE AND BREASTFEEDING

- **Quality Workplace:** Quality workplace is a workplace that is safe, healthy, and productive. It is a workplace that is a place where employees can work safely and healthily, and where they can be productive.
- **Checklist for Employers:** Do you have a written policy that supports breastfeeding? Do you have a private space for breastfeeding employees?

THREE ARE NECESSARY SPOTS FOR WORKPLACE ADVOCACY:

- **Written Policy:** All employers with federal contracts or subcontracts must have a written policy that supports breastfeeding.
- **Private Space:** Each employer must provide a private space for breastfeeding employees.
- **Checklist for Employers:** Do you have a written policy that supports breastfeeding? Do you have a private space for breastfeeding employees?

THIS REPORT WAS COMPILED FROM INFORMATION OF THE NCA'S "A DAY IN THE LIFE OF A WORKPLACE SUPPORTIVE CULTURE."
 FOR MORE INFORMATION, VISIT WWW.WORKPLACEWELLNESS.COM

MAR 2024

[illegible]

APR 2024

[illegible]

MAY 2024

[illegible]

JUN 2024

THIS AUGUST, USE YOUR VOICE!

LEVERAGE YOUR POWER AND PRIVILEGE TO ADVOCATE THROUGHOUT THE MONTH, AND CELEBRATE THE RECLAMATION OF HUMAN MILK FEEDING EACH WEEK

AUGUST THEMES

United States Breastfeeding Committee:
Nurturing Human Milk

Women, Families, and Children:
WIC Support, Supplement

Michigan:
Reclaiming the Network:
Feeding the Future in Every Drop

WEEKLY THEMES

World Breastfeeding Week (August 1-7):
Using the World Breastfeeding Trends Initiative

Infant and Young Child Nutrition:
The Role of Breastfeeding in the First 1,000 Days

World Breastfeeding Week (August 8-14):
Breastfeeding and the Sustainable Development Goals

Black Breastfeeding Week (August 15-21):
Black Women's Breastfeeding Experiences and Challenges

World Breastfeeding Week (August 22-28):
Breastfeeding Culture through Art and Story

LOCAL EVENTS

Many communities are offering breastfeeding support groups, lactation support, and breastfeeding education. Find out more about local events by visiting www.breastfeedingusa.org.

Michigan's "Breastfeeding and Support for Women" campaign is a statewide effort to increase breastfeeding rates and support breastfeeding families. Visit www.breastfeedingusa.org for more information.

THANK YOU  Priority Health

Thank you to 30 local breastfeeding supporters in partnership with Priority Health for their commitment to breastfeeding. We hope you will continue to support breastfeeding in your community this year and spread the word! Breastfeeding Support Group.

MPP/PA

THIS POSTER AND INFORMATION FROM PRIORITY HEALTH AT 201 S. 1ST ST., SUITE 100, BREASTFEEDING COMMUNITY CENTER, LANSING, MI 48206. ABOUT YOUR LOCAL OFFICE, VISIT www.breastfeedingusa.org.

JUL 2024

CELEBRATING AUGUST BREASTFEEDING MONTH AND LACTATION SUPPORTERS' WORK ACROSS MICHIGAN

"WHEN WE PROTECT HUMAN MILK FEEDING PEOPLE, WE PROTECT BABIES TO BE ABLE TO GROW AND THRIVE."

—Michelle Rios, Michigan Milk Bank Association

"BREASTFEEDING AND BIRTH WORK IS HEARTWORK. IT TAKES SPECIAL PEOPLE TO DO THIS WORK. LET'S BE SO PROUD OF OURSELVES!"

—Michelle Rios, Michigan Milk Bank Association

WHAT'S HAPPENING LOCALLY:

- ANN ARBOR** The Michigan Milk Bank Association is celebrating Breastfeeding Month with a series of events, including a virtual breastfeeding summit on August 10th and a virtual lactation support summit on August 11th.
- DETROIT** The Michigan Milk Bank Association is celebrating Breastfeeding Month with a series of events, including a virtual breastfeeding summit on August 10th and a virtual lactation support summit on August 11th.
- FLINT** The Michigan Milk Bank Association is celebrating Breastfeeding Month with a series of events, including a virtual breastfeeding summit on August 10th and a virtual lactation support summit on August 11th.
- LANSING** The Michigan Milk Bank Association is celebrating Breastfeeding Month with a series of events, including a virtual breastfeeding summit on August 10th and a virtual lactation support summit on August 11th.
- WARREN** The Michigan Milk Bank Association is celebrating Breastfeeding Month with a series of events, including a virtual breastfeeding summit on August 10th and a virtual lactation support summit on August 11th.

100% MORE INFO AND RESOURCES ON BREASTFEEDING AND LACTATION SUPPORT

JOIN US 

LEAN WITH US 

MICHIGAN

THIS EVENT WAS MADE POSSIBLE BY THE GENEROUSITY OF THE MICHIGAN MILK BANK ASSOCIATION, A 501(C)(3) NON-PROFIT ORGANIZATION. THE MICHIGAN MILK BANK ASSOCIATION IS A 501(C)(3) NON-PROFIT ORGANIZATION. THE MICHIGAN MILK BANK ASSOCIATION IS A 501(C)(3) NON-PROFIT ORGANIZATION.

AUG 2024

CLosing out FY2024 of the Local Breastfeeding Supporter Meetings

BURSTING WITH GRATITUDE FOR EVERYONE WHO HAS SHARED, LISTENED, AND LEARNED ALONGSIDE EACH OTHER THIS YEAR!

LOCAL BREASTFEEDING SUPPORTERS RECEIVED STIPENDS FOR ATTENDING THE MEETINGS.

Local Breastfeeding Supporter Meetings are a vital part of our community, providing a space for breastfeeding supporters to connect, share experiences, and learn from each other. This year, we have been incredibly grateful for the participation and support of our local breastfeeding supporters. As a token of appreciation, we are pleased to announce that local breastfeeding supporters will receive stipends for attending the meetings.

LOCAL BREASTFEEDING SUPPORTERS, ADVOCATED FOR MICHIGAN LB SST TO BE SIGNED INTO LAW.

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AS A REMINDER, HEREIN OFFERS:

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PLEASE CONTACT @MICHIGANLBST OR @LBST MIAMI FOR MORE INFORMATION.

MICHIGAN LOCAL BREASTFEEDING SUPPORTERS, WE HOPE TO SEE YOU AT AN UPCOMING MEETING IN 2025!

MILKIN

THIS POSTER WAS DEVELOPED BY THE MICHIGAN LBST IN PARTNERSHIP WITH THE LACTATION, LBST, AND BREASTFEEDING SUPPORTER MEETING. THE POSTER IS A REPRESENTATION OF THE MICHIGAN LBST AND IS NOT A REPRESENTATION OF THE MICHIGAN LBST.

SEP 2024

"Attending the Local Breastfeeding Supporter Meetings **has been a game-changer for my work in the community**. These gatherings not only connect me with others who share the same passion but also provide valuable insights and strategies that help me better support families facing systemic barriers. **Every month, I leave feeling more encouraged, informed, and ready to make a difference.**"

-Taniah Ingram, CBD, CBS, Local Breastfeeding Supporter



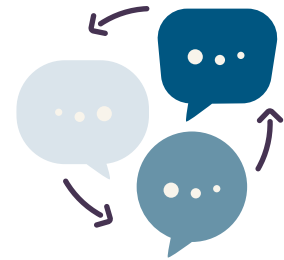
NEXT STEPS

NEXT STEPS

As we look ahead, we remain committed to walking this path together—arm in arm with our partners and supporters—to ensure this work continues to create lasting impact for families across Michigan.

LOCAL BREASTFEEDING SUPPORTER MEETINGS

We plan on continuing to increase participation and representation across communities at the Local Breastfeeding Supporter Meetings.



RE-ESTABLISHING THE CORE COHORT

The MIBFN Core Cohort is comprised of Black and Indigenous breastfeeding supporters and organizations who have chosen collaboration over competition. They were initially awarded mini-grants in 2021 through MDHHS and Michigan Breastfeeding Network to advance their work, centering Black and Indigenous families in the reclamation and restoration of traditional birth and breast/body feeding practices that have sustained families for centuries. Their work began focused in the areas of COVID-19, young mothers and fathers, and child care. They work collaboratively in sisterhood (not cis-terhood) to network, incubate, take action, and achieve outcomes in solidarity with the families in their communities.

BOLSTERING SUPPORT GROUPS ACROSS MICHIGAN

In alignment with guidance provided at the February 2025 LBSM, we hope to serve in the formation and strengthening of breastfeeding support groups in communities across Michigan.

Planning in-person August Breastfeeding Month event

Launching a merch store

Continuing fund development efforts alongside local partners

Securing funds for CORE Cohort and support groups across MI