

## **Breastfeeding and Pumping in the Navy – Findings from the 2018 Personal and Professional Choices Survey**

Despite the requirement for a clean, private lactation space with running water, results from the 2018 Personal and Professional Choices Survey indicate that command execution of this requirement is lacking. 48% of survey participants who breastfed stopped breastfeeding earlier than planned. Of these women, 30% stopped early due to lack of time, 30% stopped early due to pressures and lack of understanding from coworkers and 25% stopped early due to difficulties in finding a place to pump and store breastmilk at work.

Only 45% of respondents had access to a lactation room in compliance with requirements outlined in OPNAVINST 6000.1D, meaning a nursing room separate from a bathroom with running water. In comparison, 27% pumped in a nursing room with no running water, 26% pumped in a separate work space, 25% pumped in a restroom and 3% pumped at home, in their car or at a daycare.

Officers are more likely to keep breastfeeding and pumping when they return to work than enlisted Sailors. This may be due to officers' greater control of their schedules and better access to private spaces (i.e. personal offices). Therefore, lactation rooms are an especially important resource for enlisted Sailors who are breastfeeding and wish to pump at work.

To learn more about the 2018 Personal and Professional Choices Survey, visit <https://www.public.navy.mil/bupers-npc/support/inclusion/Pages/Resources.aspx>

