

TABLE 1. COST SUMMARY FOR CHILDHOOD DISEASES

Condition	Range of Cost for Treatment (\$)	# of Days Off for Employee	Effect of Breastfeeding
Ear Infections	60-80	1-2	60% decrease in risk
Allergies (Food)	400 (diagnosis) 80-100 (acute reaction treatment)	1-2 (per reaction)	4-5 fold decrease in allergic symptoms (Harris)
Cytomegalovirus	60-80	1-2	Decrease in severity
Baby Bottle Tooth Decay	250 (cleaning/repair) 3000 (replacement)	1-4	Very low risk
Diarrhea	50-70 (mild) 1500-3000 (severe)	1-5	3-4 fold decrease in risk
Ear Tubes (Surgery)	400-1650	2-3	
Bronchitis/Pneumonia	60-80 (mild) 4600-5000 (severe)	2-7	80% decrease in risk
Respiratory Syncytial Virus (Upper and Lower)	60-80 (mild) 4600-5000 (hospitalized)	2-7	Less severe, Fewer hospitalizations
Meningitis	4500-32000	3 days to 3 weeks	4 fold decrease in risk Decrease in severity
Insulin Dependent Diabetes Mellitus	3000-5000 (w/o complications)	5-15	Reduced risk

*Adapted from Doraine Bailey, MA Lexington-Fayette County Health Department 1993.
(Information provided by International Lactation Consultants Association)*

range of options that demonstrate support for breastfeeding mothers are available:

- Prenatal lactation education specifically tailored for working women
- Corporate policies providing information for all employees on the benefits of breastfeeding and services available to support breastfeeding women
- Education for personnel about why their breastfeeding co-workers need support
- Adequate breaks, flexible work hours, job sharing and part-time work
- Private “Mother’s Rooms” for expressing milk in a secure and relaxing environment
- Access to hospital-grade, autocycling breast pumps at the workplace
- Small refrigerators for safe storage of breast milk
- Subsidization or purchase of individually owned portable breast pumps for employees
- Access to lactation professional on-site or by phone to give breastfeeding education, counseling and support during pregnancy, after delivery and when the mother returns to work
- Coordination with on-site or near-site child care programs so infant can be breastfed during the day
- Support groups for working mothers with children