**Why Making the Workplace Breastfeeding Friendly Matters**

Creating a breastfeeding-friendly work environment is one of the Greater Flint Health Coalition’s initiatives for a healthier community. According to a 2011 report from the Surgeon General, “One of the most highly effective preventive measures a mother can take to protect the health of her infant and herself is to breastfeed.”

Supporting mothers in this choice is something GHS is proud to do. Thanks to the Affordable Care Act (ACA), it is also the law. The ACA amended the Fair Labor Standards Act to require employers to provide reasonable break time and a place, other than a bathroom, to all employees who need to express breast milk for a nursing child.

Breastfeeding advocate and Medical Director of Pediatrics at Genesys Regional Medical Center, Dr. Sara M. Pendleton, recently presented research to local health care leaders illustrating the significant benefit that breastfeeding brings, including reductions in the risk of Sudden Infant Death Syndrome, diabetes, asthma, obesity, and ear infections in babies. Mothers also benefit from lower risks of breast and ovarian cancer, Type 2 Diabetes, and heart disease. Healthier mothers and babies leads to more productive employees and less costly medical bills.

In response, GHS formed a Breastfeeding-Friendly Policy Development Committee last month to review research, survey staff, and submit a draft policy and recommendations for improvement.

We are excited about this opportunity to become a model in the community for supporting breastfeeding mothers!

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**Events to Know**

Check here each month for training opportunities and events related to the integration of physical and behavioral health.

**Guidelines for Self Disclosure – To Tell or Not to Tell:**

This guide was developed in 2012 in response to the Trauma Informed Care - Trauma Advisory Committee (TIC – TAC) desire to create a safe and secure environment where all staff, whether they choose to self-disclose or not, feel comfortable doing so. The guide in its entirety may be found online here.

Congratulations to the most recent class of Certified Recovery Coaches. Hopefully you are having a wonderful internship experience!

Did you know you can read this online at www.genhs.org/health?

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**Words to Know**

New words and ideas are coming at us every day from all directions. We know that teams work best when they have a shared understanding of what it all means.

Is there a word you would like to see defined here? Let us know at www.genhs.org/health

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**Health Resources and Services Administration (HRSA)**

Pronounced “hersa”

The Health Resources and Services Administration (HRSA), an agency of the U.S. Department of Health and Human Services, is the primary Federal agency for improving access to health care services for people who are uninsured, isolated or medically vulnerable.
Everyone has a story

This month’s story comes to us from a community member who would like to go unnamed. This person has a few words to say about “people being nice.” We thought this simple statement was really important. Thank you for sharing with us.

What’s your story? If you would like to share it let us know online here.

Being Nice

As a single mother of three children, I know there are days when you just don’t feel nice. Bills are late, laundry is piling up, kids are acting up. But then, when you stop to buy a coffee or run out to an appointment, someone will smile at you. A big, genuine, heartfelt smile. And you get a little feeling in your heart that everything will be okay. It might only last a minute, that feeling. But it gives me hope. It reminds me that being nice matters. That smiling matters. I try to smile every day when I wake up, just practice a little, so I can use my smile to make someone else feel that little tug of hope. I wish more people would stop and smile more often.

Congrats to the Cuff Quiz winners from July!

Lydia, Denise, and Kevin each won a $10 gift card to the Flint Farmers Market. Thanks for playing the Cuff Quiz!

Cuff Quiz

It is possible to reduce blood pressure through actions such as:

a. Reducing salt in your diet
b. Taking walks
c. Eating dark chocolate (70% cocoa or more)
d. All of the above

Answer online to win great prizes!

Speaking of Stories

National Health Center Week was August 11-17. Community Health Centers around the country celebrated over 45 years of delivering comprehensive, high-quality preventive and primary health care to patients regardless of their ability to pay.

These amazing centers, made possible by federal grants from HRSA, create meaningful change in people’s lives and strengthen communities through improved health and wellness.

Check out this collection of Community Health Center Stories collected by the National Association of Community Health Centers here.