

WORKING ON WELLNESS

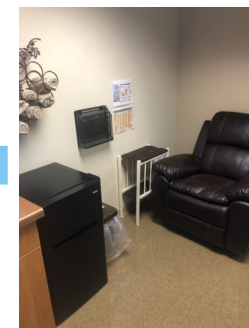
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Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion



Landmann-Jungman Memorial Hospital is located in Scotland, South Dakota, and is affiliated with Avera Health. The hospital is staffed with 49 and is comprised of mostly females. WorkWell was able to support their lactation space as they implemented the [Breastfeeding Policy](#) for their worksite. By implementing a sustainable policy, employers can prevent, reduce and manage chronic disease. Supportive breastfeeding policies and practices in the workplace not only benefit the employee but also provide a number of benefits to the baby and the employer.

“The lactation room has been so nice to use. I feel immediately relaxed walking in there and it doesn't feel like I'm just pumping in a closet. It has a relaxed atmosphere and has everything needed to make the process quick and easy!”



“With my last baby I had to try to find a quiet place to pump after coming back to work and every time was interrupted, which decreased my production, increased my frustration, and I ended up giving up on pumping. I am thrilled that this time I will be able to relax and know that I have a secure, quiet, comfortable room to pump after I come back from maternity leave.”



“The lactation room has made it easier for me to confidently return to work because I know my employer values both my health and my babies' health.”



“The room was very useful and user friendly! It provided a calm and relaxing environment for the working mother. Thank you for the grant and making things a bit easier for me to return to work!”



-hospital staff -

