



The Oregon Affiliate of  
The American College  
of Nurse-Midwives

Testimony in favor of HB 2593  
January 28, 2019  
8 am Hearing Room E

Chair Barker, Vice Chairs Bynam and Barreto, members off the committee.

My name is Nancy MacMorris-Adix and I am a certified nurse midwife in practice in Salem, Silverton and Woodburn. I am the legislative chair of the Oregon affiliate of the American College of Nurse-Midwives. I am testifying in favor of HB 2593.

As Rep. Prusak testified, human breastmilk is the recommended food for human infants. It has many advantages as Rep. Prusak related. I will try to expand on her testimony, rather than to repeat her points, with which I agree.

First this is a public health issue. Breastfeeding has been shown to decrease rates of childhood asthma, obesity and diabetes in children who are breastfed. Mothers who breastfeed have lower rates of breast and ovarian cancer, type 2 diabetes, postpartum depression and obesity. It has been demonstrated to increase bonding between mother and baby and to decrease health care costs.

Breastmilk production is a supply and demand system. As the baby nurses, or the mother pumps if she is away from her infant, the breasts are stimulated to produce more milk. If feedings are missed while a mother is at work because she does not have adequate time to pump, her supply drops and her ability to sustain breastfeeding declines. This puts her infant at risk.

Women in all fields have difficulty being granted the opportunity to pump in a private setting that fosters healthy letdown of breast milk and effective stimulation of milk production. Women in the lowest paying jobs are the most disadvantaged in having the needed time to pump, adding more risk to their infants. Strengthening the Oregon law providing women employees with adequate breaks for pumping as they return to work after the birth of their child is essential to maintaining the healthy production of milk.

As a health care provider of pregnant and parenting women, I strongly encourage you to pass HB 2593.