



**Testimony in support of House Bill 3031**  
Mandy Wilson McKimmy DNP, FNP-C, APRN  
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Chair Barker and members of the committee,

Thank you for the opportunity to submit written testimony in support of House Bill 3031, the FAMLI Equity Act. My name is Mandy McKimmy and I am a family nurse practitioner at Prism Health in Portland and an Associate Professor at Oregon Health & Science University.

I would like to express my support for HB 3031, the FAMLI Equity Act. I am a parent to six children, ranging from age 5 to age 17. I have worked as a nurse in neonatal intensive care (NICU) and labor and delivery and can personally attest to the importance of time with a newborn, both as a mom and as a health care professional.

My first experience as a new parent was at age 23, while working as a new nurse in NICU. I had complications with the pregnancy, requiring bedrest for 2 months prior to delivery and after delivery, but with no paid leave from my job, I returned to work. This was less than 4 weeks after the birth of a child, who spent the first ten days of his life in the NICU due to complications from the delivery and being pre-term. For the 3 weeks I was home with my child, I had to take out a personal loan to be able to pay for my housing and utilities. This was also at a time that my student loans from nursing school were requiring repayment, and placed a huge financial burden on my family.

My second child was born 3 years later, and I had completed my graduate education by that time, and was working as a family nurse practitioner. Again, without any protected or paid leave, I returned back to work 4 weeks after the delivery of this child, well before I had healed from complications from the birth.

We know in the medical field, that people need time to heal after childbirth; we often see mothers back for a 6 week post-partum visit. Not having time to adequately adjust to the birth of a child, to adequately heal from the birth of a child, or having financial security have significant health impacts on both the mother and child.

The time to pass Paid Family and Medical Leave for all Oregonians is now, which is why I hope you will support House Bill 3031.