

## Health promotion in the workplace: what is the place of breastfeeding?

Despite existing maternity protection laws, the majority of women stop or decrease breastfeeding upon resuming work after childbirth. However, breastfeeding is a health concern that public authorities should support and protect. The WHO recommends six months of exclusive breastfeeding and partial breastfeeding beyond the age of two years. This is why we would like to understand the barriers that prevent women from continuing to breastfeed upon the resumption of work and, on the other hand, to explore the understanding and positioning of employers.

Using an ecological analysis framework and through a qualitative research approach, this study aims to identify the factors promoting and discriminating against breastfeeding at work. Its goal is to assess the scope of current health promotion measures and their effect on mothers and their spouses as well as enterprise policies. These data will be analysed with regard to the determinants of health and the pathways to health promotion according to the framework provided by the Swiss Model for Outcome Classification (SMOC).

Despite the health benefits for the child and mother, the importance of breastfeeding in Switzerland is still far from the standards that health authorities advocate. Indeed, barriers to this practice are complex and multi-tiered. It is only by understanding and accounting for this complexity that the promotion of breastfeeding at work can be conducted effectively.

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