



2024

ANNUAL REPORT



EXECUTIVE SUMMARY

As we reflect on the previous year, I'd like to share a few things that I am celebrating.

In 2024, MilkWorks served 5,965 unduplicated families throughout the state of Nebraska by providing clinical lactation consultations and valuable breastfeeding education. That's roughly 25% of all families giving birth statewide throughout the year.

MilkWorks partnered with state lawmakers during the 2024 legislative session to propose two bills that improved access to lactation support for families utilizing Medicaid insurance. Both bills passed, resulting in better standards of care and sustainable reimbursement rates for providers.

Our team strengthened community partnerships in order to expand outreach efforts to underserved families. As a result, we increased the number of Medicaid families receiving clinical lactation care at MilkWorks by 32% over the prior year.



It truly was a remarkable year, and I'm grateful for the MilkWorks team and our community partners who share in our vision to build a stronger post-partum support network for new families.

Tiffany Uher
Executive Director

A handwritten signature in white ink on a dark blue rectangular background. The signature is cursive and reads "Tiffany Uher".

WHY BREASTFEEDING MATTERS



The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for approximately 6 months after birth. Furthermore, the AAP supports continued breastfeeding, along with appropriate complementary foods introduced at about 6 months, as long as mutually desired by mother and child for 2 years or beyond.

Healthier Babies

01.

Any breastfeeding reduces the risk of Sudden Infant Death Syndrome (SIDS) by 50%. The reduced risk increases as breastfeeding, even partial breastfeeding, is continued.

02.

Breast milk has been shown to reduce the risk of illnesses such as type 1 diabetes, obesity, and leukemia, playing a vital role in long-term health.

03.

Breast milk is packed with powerful ingredients that help support baby's immune system including but not limited to antibodies, white blood cells, probiotics, and lactoferrin.

Healthier Moms

01.

Any breastfeeding can reduce mother's risk of cardiovascular disease by 11%. Cardiovascular disease is the number one killer of women in the United States.

02.

Breastfeeding for 6 months reduces the life-long risk of developing type 2 diabetes by 50%.

03.

Any breastfeeding reduces the risk of reproductive cancers like breast, ovarian, and endometrial cancer, and the benefit grows with increased duration of breastfeeding.

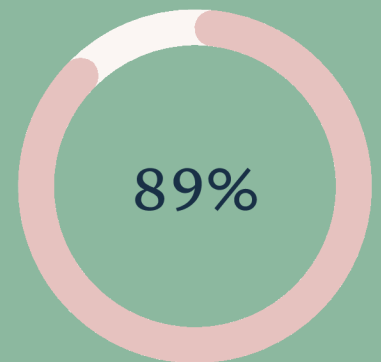


Researchers estimate that 6 out of 10 families do not meet their breastfeeding goals. Accessible, quality lactation support gives families the tools and resources they need to meet their breastfeeding goals.

EMPOWERING FAMILIES

At MilkWorks, our Community Breastfeeding Centers offer a unique blend of non-clinic resources and services, alongside a team of International Board Certified Lactation Consultants (IBCLCs) available to offer clinical lactation support.

This design creates a low-barrier environment where families can find the right level of support they need to meet their breastfeeding goals and was recognized by the Centers for Disease Control and Prevention as a model program for increasing access to professional lactation support.

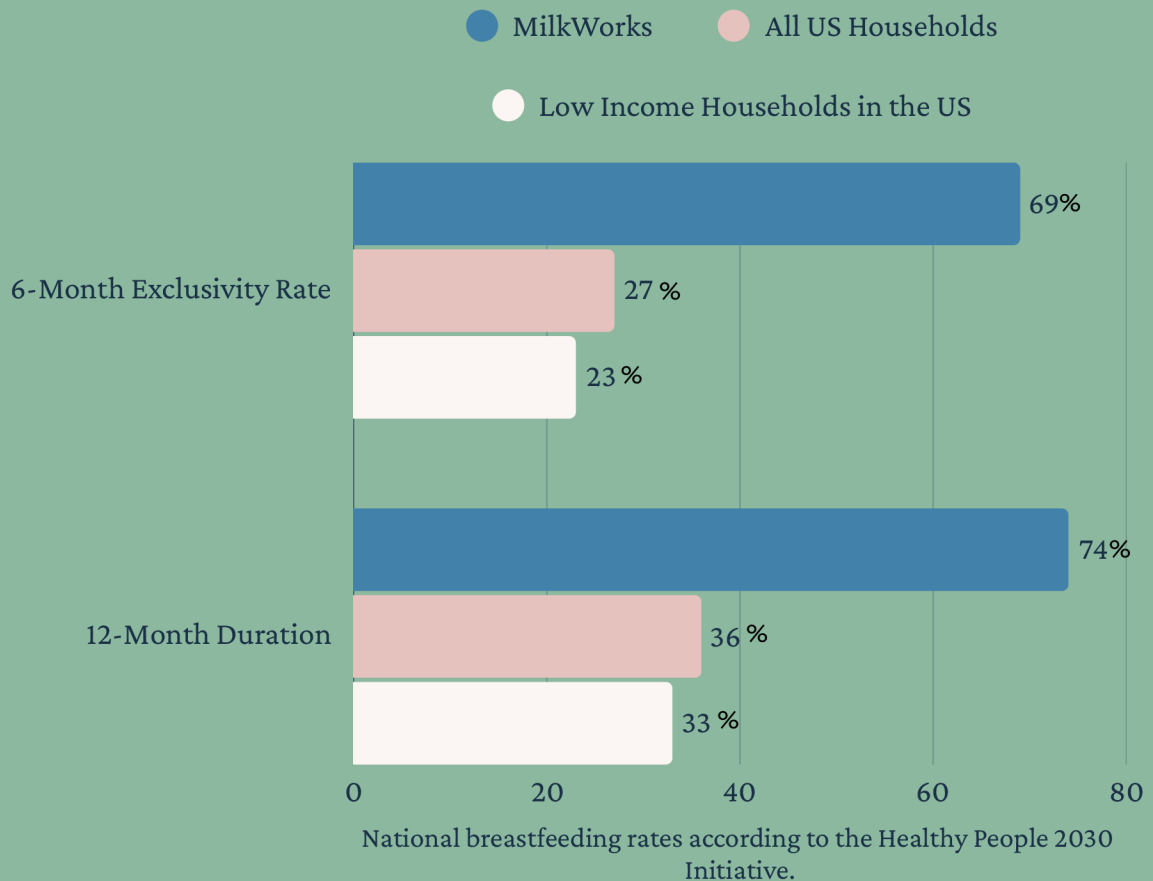


of parents utilizing MilkWorks professional lactation support report that their knowledge and confidence to provide breastmilk to their baby increased because of their appointment.

CREATING A HEALTHIER COMMUNITY



Breastfeeding Duration



COMMUNITY-BASED SERVICES

2,648

Visits to
Our Drop-In
Weigh Station

562

Participants
in One of Our
Breastfeeding
Classes

104

Support Groups
for New Mothers

Average Group
Size: 8

630

Personal Use
Breast Pumps
Distributed
through Our
Pump Access
Program*

21,901

Downloads from
our Online
Breastfeeding
Information
Center

3,627

Personal Use
Breast Pumps
with
Individualized
Education

*MilkWorks Pump Access Program improves access to high quality personal use breast pumps for families in rural, tribal, and low-income communities.



PROFESSIONAL LACTATION SUPPORT



2,794

Families Utilizing Professional
Lactation Support

6,135

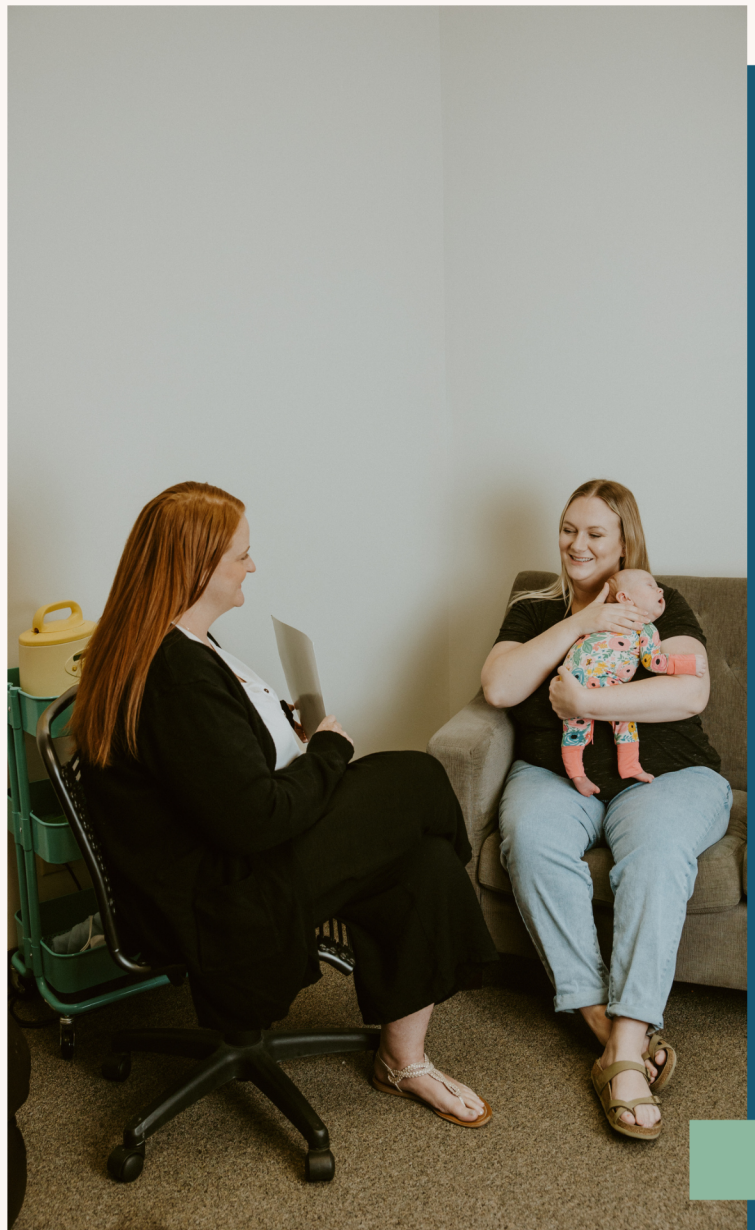
Consultation Visits

227

Unique Zip Codes

ROOTED IN CARE, GROWING TOGETHER

In the fall of 2023, MilkWorks developed a three-year strategic plan using input from clients, community partners, employees, and members of our Board of Directors. At the forefront of this plan was a desire to expand our impact through compassionate, collaborative partnerships and services.



◆ Perinatal Mental Health

Shortly after MilkWorks' first community breastfeeding center opened in 2001, the complex interconnection between breastfeeding and maternal mental health became apparent. Several national reports and research studies have shown that postpartum depression may reduce rates of breastfeeding. Conversely, not engaging in breastfeeding (or perceiving failure with breastfeeding) may increase the risk of postpartum depression. Because of the interweaving of breastfeeding and postpartum depression, MilkWorks has found that while our clients initially reach out for lactation support, many (if not most) are also dealing with the more complex mental health challenges associated with childbirth.

Over time, our team has become acutely aware of a large gap in our community in meeting the mental health needs of postpartum families. Statewide efforts to identify mental health concerns fall flat if our system cannot respond to the needs of those who screen positive for perinatal mood disorders. As a result, MilkWorks has identified the improvement of access to maternal mental health support as a priority.

D

due to limited screening requirements, a provider shortage, and insufficient community-based services to support parents.



◆ Access to Professional Breastfeeding Support

Over the last decade, breastfeeding rates have increased in the United States. However, this achievement is not equitable for all families. Breastfeeding disparities exist based on race/ethnicity and socioeconomic status. MilkWorks has an explicit goal to increase clinical services for underserved communities.

MilkWorks is starting by deepening community partnerships. Nebraska has a growing network of strong, grassroots organizations addressing inequities in maternal-infant health. Stronger partnerships will ensure that more families receive culturally responsive, evidence-based lactation care in the communities where they live. By collaborating with trusted organizations, we can reduce barriers to care, expand access to professional breastfeeding support, and work toward more equitable breastfeeding outcomes for all families.



Lack of access to support
is listed in the

TOP 5

reasons mothers stopped
breastfeeding.



◆ Workplace Supports

Employment is now the national norm for women of childbearing age. An estimated 62% of women in the US return to work before their child's first birthday, with 23% returning within 2 weeks of giving birth. The amount of support a woman receives from her support network has incredible influence on the decisions she makes as she attempts to balance her career and motherhood.

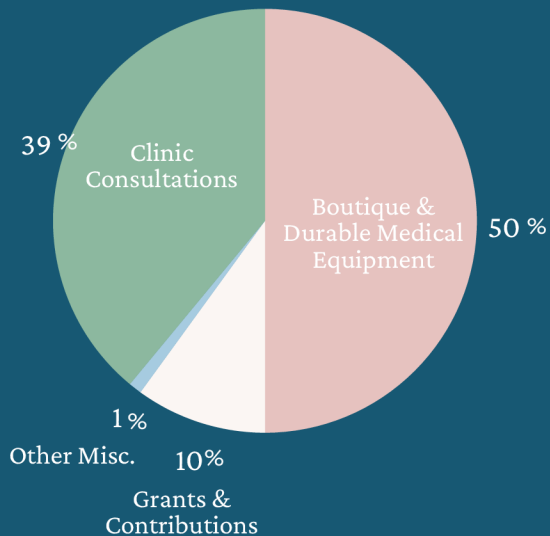
According to a survey of MilkWorks clients, only 85% of mothers returning to work felt that their workplace was supportive of their choice to breastfeed. Breastfeeding while returning to work can be a true challenge for many women. While recent legislation like the United States PUMP for Nursing Mothers Act requires adequate accommodations for breastfeeding mothers, many women are unsure of how to advocate for the support they need to meet their family goals. MilkWorks is exploring additional partnerships to strengthen employer supports that will empower women to meet both their family and professional goals.



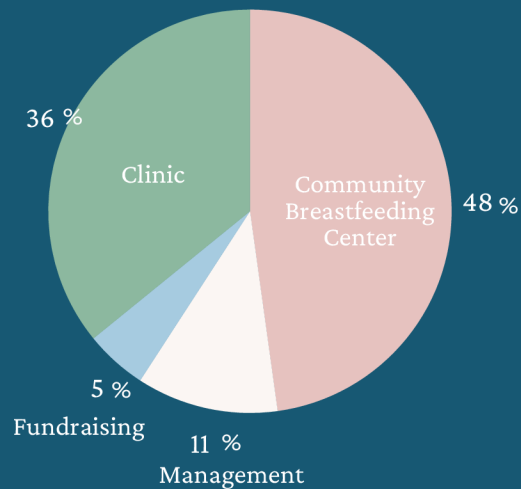
80%
of new mothers return
to work within the first
year postpartum.

FINANCIAL SUMMARY

2024 Operating Revenue
\$2.29M



2024 Operating Expenses
\$2.37M



AN ORGANIZATION YOU CAN TRUST



**Best Practices
Partnership**
Recognition for your organization's
commitment to best practices



**GIVE
NEBRASKA**



CAUSE COLLECTIVE



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Investors Realty Omaha

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Union Bank and Trust

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A SPECIAL THANK YOU

to our major grant funders
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Creating a healthier community
by empowering families to reach
their breastfeeding goals.

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