

2025

ANNUAL REPORT

MilkWorks
COMMUNITY BREASTFEEDING CENTER

EXECUTIVE SUMMARY

This year represents a major milestone for MilkWorks. We are celebrating our 25th Birthday!

As I've served as the organization's Executive Director over the last few years, one of my favorite experiences is meeting mothers in the community with "babies" that have graduated from high school or college who still feel deep gratitude to MilkWorks and the staff that helped them navigate their breastfeeding journey years ago. Their stories resonate with my own experience as a new mother and with the experiences of the new families we meet every day.

Over the last 25 years, MilkWorks created a safe landing space for families navigating the first months after the birth of a child. MilkWorks serves roughly 25% of all families giving birth statewide every year. We have become one of Nebraska's most trusted resources for breastfeeding care. Through our clinical lactation care, the low barrier resources available at our community breastfeeding center, or our efforts to improve access to breastfeeding supplies through our pump access program, MilkWorks maintains a commitment to supporting the health of moms and babies throughout the state by empowering families to reach their breastfeeding goals.

Throughout this report, I hope that you join us in honoring our past and celebrating our future.

Cheers!

Tiffany Uher
Executive Director

It's Our Birthday

MilkWorks
COMMUNITY BREASTFEEDING CENTER

MilkWorks is turning 25 and this milestone is about so much more than a number. For 25 years, we've been walking alongside families with evidence-based education, compassionate support, and a deep belief that no one should have to navigate the breastfeeding experience alone. We are celebrating the families, staff, donors, and community members who have shaped our story, and extending an invitation to help carry this work forward so that MilkWorks can continue supporting families for the next 25 years and beyond.



Seven women identified a shared vision of breastfeeding support and created a work plan.



MilkWorks first opened it's doors in Lincoln.



For the first 9 years, MilkWorks was funded by BabyWorks (a retail boutique), Medicaid pump rental income, private pay clinical services, and donations.



In 2010, the Affordable Care Act was passed and mandated that insurance cover breastfeeding support, counseling, and equipment.





MilkWorks expanded and opened a second location in Omaha in March of 2015.



During the COVID-19 pandemic, MilkWorks quickly expanded telehealth lactation services to support families safely from home. We also increased rural outreach and breast pump access across Nebraska while transitioning classes and support groups to virtual formats to keep families connected and supported.



A single lactation center in Lincoln born from 7 women's dream grew to become a statewide resource serving thousands of families each year and with 30 employees. As the needs of Nebraska families evolve, MilkWorks remains committed to providing expert care, trusted education, and compassionate support for every feeding journey.



The CDC recognized MilkWorks as a model program for improving access to clinical lactation care

Want to celebrate with us? SCAN

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 care.

This organizational 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.



88.2%

of parents utilizing MilkWorks professional lactation support in 2025 reported that their knowledge and confidence to provide breastmilk to their baby increased because of their appointment.

CREATING A HEALTHIER COMMUNITY

Breastfeeding Improves Health for Both Mother and Baby

Mothers have a decreased risk of developing reproductive cancers and heart disease.

Coronary Heart Disease	Breast Cancer	Ovarian Cancer
14%	26%	37%

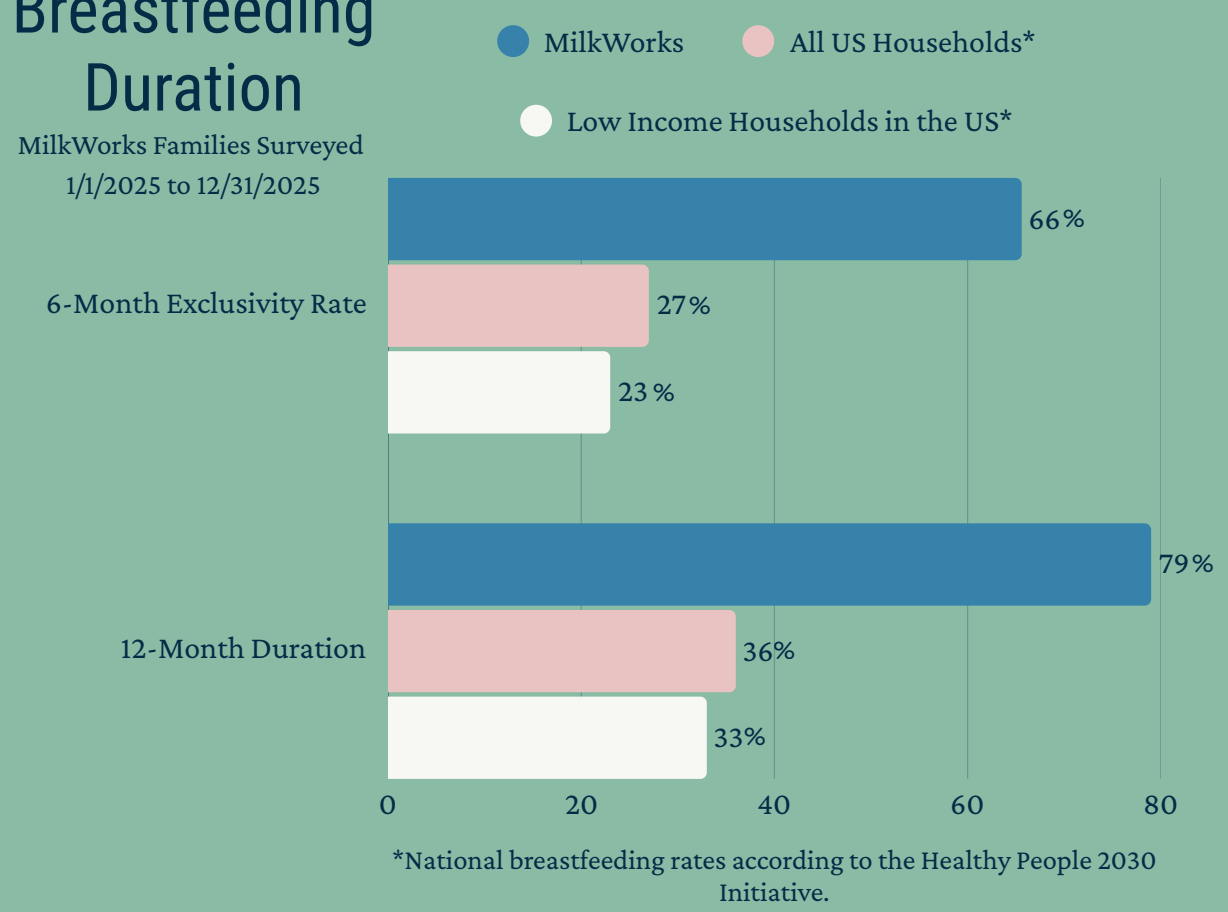
Babies have decreased risk of developing chronic diseases.

Childhood Leukemia	Type 2 Diabetes	Inflammatory Bowel Disease
19%	30%	30%



Breastfeeding Duration

MilkWorks Families Surveyed
1/1/2025 to 12/31/2025



*National breastfeeding rates according to the Healthy People 2030 Initiative.

COMMUNITY-BASED SERVICES

2,219
Visits to Our Drop-In Weigh Station

525
Participants in One of Our Breastfeeding Classes

177
New Mothers Attending Weekly Support Groups

1,141
Personal Use Breast Pumps Distributed through Our Pump Access Program*

23,358
Downloads from our Online Breastfeeding Information Center

3,452
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

Numbers Served January 1, 2025 to December 31, 2025









2,675

Families Utilizing Professional Lactation Support

5,871

Consultation Visits

207

Unique Zip Codes

ROOTED IN CARE, GROWING TOGETHER

In 2023, MilkWorks adopted 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.









Supporting Perinatal Mental Health

In the spring of 2025, MilkWorks partnered with Dr. Kailey Snyder from the University of Nebraska Omaha to conduct an electronic survey and four additional focus groups to learn more about the key challenges and barriers that families face regarding their mental health. Clients reported that 76% of them had experienced significant stress during their most recent postpartum experience, 64% reported experiencing anxiety, 41% reported feelings of loneliness, and 35% reported experiencing depression.

Unfortunately, our state's capacity to respond to these critical needs is acutely inadequate. The 2025 Maternal Mental Health State Report Cards published by the Policy Center for Maternal Mental Health, gave Nebraska a "D+" rating. This rating reflects not only insufficient screening statewide but also a stark deficit in mental health providers and community-based organizations providing direct maternal mental health services.

As we move into year three of our strategic plan, we hope to implement programming that addresses feedback from participants.

Read the full report here

When asked to describe the specific challenges they faced during the postpartum period

79%

Felt overwhelmed or emotionally drained

66%

Experienced sleep deprivation or fatigue that affected mood

59%

Struggled with managing time and responsibilities

52%

Experienced stress related to returning to work or school

44%

Reported feelings of isolation or loneliness



Improving Access to Professional Breastfeeding Support

The health benefits of breastfeeding for both mom and baby are overwhelmingly supported by research. Infant mortality rates have slowly increased in our state over the last 10 years. According to the 2023 infant mortality data, Nebraska experiences 6.3 infant deaths per 1,000 live births. Unfortunately, this outcome is far worse depending on the race of the infant. Black infants in Nebraska are almost three times more likely than white infants to die before their first birthday.

Breastfeeding is one promising solution to reverse this staggering increase in infant mortality rates. While we've made strides in improving breastfeeding rates in the US, not all families have equal access to these benefits. Disparities in breastfeeding outcomes persist based on the race, ethnicity, and socioeconomic status of the family. The latest CDC National Immunization Survey shows that only 25.4% of the general population meets the American Academy of Pediatrics' recommendation to exclusively breastfeed for six months and far fewer families from low-income households, at 19.7%.

In 2022, our team set a target to increase the percentage of clinic patients between both locations who have Medicaid insurance by 75%. At the end of 2025, we had increased by 56% and are well on our way to meeting this goal by the end of 2026.



A recent CDC study highlighted that babies who were breastfed in the hospital were

33%

less likely to die between 7 and 364 days of age.



Strengthening Workplace Supports

Breastfeeding while returning to work, can be a true challenge for many women and the additional demand of balancing the needs of an employer with those of your newborn can have a lasting emotional impact. Many participants in our 2025 focus groups described feeling increasingly isolated and unseen after returning to work.

While recent legislation like the United States Pump Act requires adequate accommodations for breastfeeding mothers, many women are unsure of how to advocate for the professional and personal support they need. MilkWorks offers classes specific to women who are returning to work or school and provides practical information to new parents through this program. In 2025, we extended our peer support groups to an additional Saturday once a month to meet the needs of working parents. We are also developing tool kits for those returning to work to lighten the emotional load of organizing all of the logistics of returning to work.



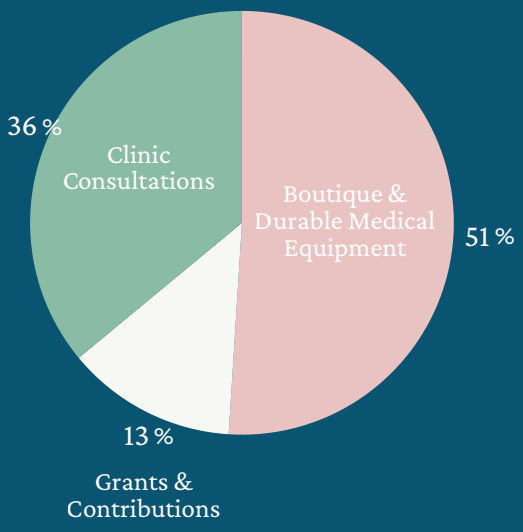
80%

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

FINANCIAL SUMMARY

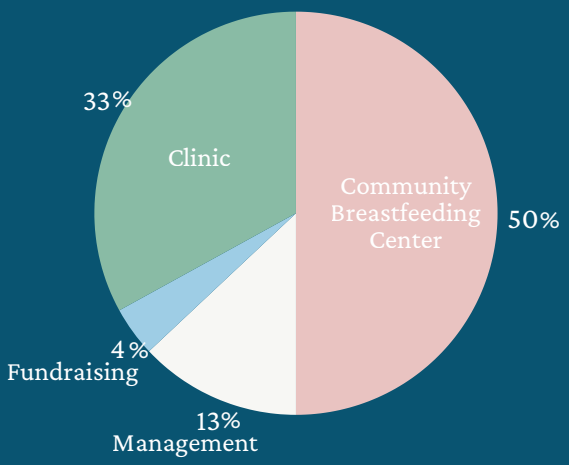
2025 Operating Revenue

$2.43M



2025 Operating Expenses

$2.44M



AN ORGANIZATION YOU CAN TRUST

Platinum Transparency 2026

Candid.

Guidelines & Principles Best Practices Nonprofit Association of the Midlands

Best Practices Partnership

Recognition for your organization's commitment to best practices

CAUSE COLLECTIVE

GIVE NEBRASKA



BOARD OF DIRECTORS

We appreciate the wisdom and expertise of the following community members who served on our 2025 Board of Directors:

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Abby Mohs - Chair
Baird Holm

Kathy Quigley, Vice Chair
Investors Realty Omaha

April Lewis, Secretary
Union Bank and Trust

Emily Hunt, Treasurer
Eide Bailly

Board Members at Large

Abby Lehr
Lutz

Abbey Collins
Money Talks Financial Coaching

Alex Wallace
The Knot Worldwide & We Social

Board Members at Large

Betsy Tonniges
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DeAnna Pillen
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Heather Ramsey
Nebraska Medicine

Hilary Coufal
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Joselyn Luedtke
Zulkoski Weber

Karla Lester
Teach a Kid to Fish & Pediatrician

Michelle Coleman
I Be Black Girl

Sarah Reeves
Yahoo! Inc.

Tessie Schroeder
Belmont Community Center

Major Grants

- Abel Foundation
- Dillon Foundation
- Lozier Foundation
- Lancaster County Medical Society
- Lincoln Community Health Endowment
- Miriam Moeller Charitable Trust
- Nebraska Blue Foundation
- Rogers Foundation
- Sherwood Foundation

Fourth Trimester Sponsors

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- Penny Layne Photography

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- Bryan Health
- Union Bank & Trust
- United Healthcare Community Plan

Second Trimester Sponsors

- Bland Cares Foundation
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- Starstruck Dance Academy
- Firespring Foundation

First Trimester Sponsors

- Baird Holm LLP
- Lutz
- Nebraska Bank of Commerce
- Zulkoski Weber

A SPECIAL THANK YOU

to our major grant funders and corporate sponsors in 2025

COMMUNITY BREASTFEEDING CENTER

MilkWorks

Creating a healthier community by empowering families to reach their breastfeeding goals.

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