



TEXAS 10 STEP
PROGRAM



TEXAS MOTHER-FRIENDLY WORKSITE
GOOD FOR FAMILIES, GOOD FOR BUSINESS.

We are a proud member of the Texas Ten Step Program!

The Texas Ten Step (TTS) program was developed by the Texas Health and Human Services Commission (formerly Department of State Health Services) in collaboration with the Texas Hospital Association in 1999. TTS is a designation awarded to facilities that have addressed 85 percent of the WHO/UNICEF's Ten Steps to Successful Breastfeeding, evidence based care practices that improve breastfeeding outcomes and reduce racial and ethnic disparities. Designated facilities must be jointly designated through the Texas Mother-Friendly Worksite program. The goal of the TTS program is to increase breastfeeding initiation rates to 82 percent. The Texas Medical Association supports the TTS program as a method to improve maternity care practices surrounding breastfeeding and the program is a springboard for Baby-Friendly hospital designation, which offers the *recommended standard of care* for breastfeeding women and their infants. TTS designation assists facilities to improve on national and state performance measures such as the Joint Commission's exclusive breastfeeding at discharge measure, the Centers for Disease Control and Prevention's U.S Breastfeeding Report Card and Maternity Practices in Infant Nutrition and Care Survey (mPINC), and the Texas WIC Infant Feeding Practices Survey.

For more information on these programs, visit: www.texastenstep.org, www.motherfriendly.com or www.babyfriendlyusa.org.