

## FACT SHEET

A nonprofit program of Rocky Mountain Children's Health Foundation, Mothers' Milk Bank (MMB), a Colorado-based program, collects, processes and provides human donor milk to babies across the country. Babies who receive the milk may be premature or have severe illnesses and need human milk to thrive. MMB consistently provides more milk to NICUs than any other nonprofit milk bank in North America and adheres to the strict guidelines of the Human Milk Banking Association of North America (HMBANA). For more information on MMB visit [www.milkbankcolorado.org](http://www.milkbankcolorado.org).

To achieve this mission, MMB has a network of several donation sites across multiple states where experts collect milk from our donors.

### **FAST FACTS ABOUT HUMAN MILK DONATIONS\***

- Human milk banks have existed in hospitals and other health care settings for more than 100 years.
- Health benefits of human milk for infants include nutritional, immunological, developmental, social, economic and environmental as well as decreased risk of a wide range of illnesses and infections beyond infancy.
- Common reasons for a micro preemie to receive human milk donations include prematurity, allergies, feeding/formula intolerance, immunologic deficiencies, post-operative nutrition, infections and diseases.
- One ounce of a human milk donation can feed an infant in neonatal intensive care for a full day.
- Donors are typically married, in their thirties, financially secure, well-educated and healthy. Their reasons for donating have strong altruistic and benevolent themes. Donors give out of the goodness of their hearts expecting nothing in return.
- In 2012 the American Academy of Pediatrics released its statement on breastfeeding and human donor milk stating that donor human milk is the first choice when mom's own milk is not available.

*\*Some statistics provided by the Human Milk Banking Association of North America (HMBANA).*

### **FAST FACTS ABOUT MOTHERS' MILK BANK**

- Since 2011 MMB has provided more human milk donations to hospitals annually than any other milk bank in the country.
- MMB processes an average of 12,000 ounces of human milk every week.
- MMB dispenses more than 500,000 ounces of milk to babies in more than 115 different cities on an annual basis.
- Approximately 85 percent of MMB's donated human milk goes to hospitals for preterm and sick babies.
- Milk donors most undergo a blood test and health screening, be willing to donate a minimum of 150 ounces total and have a medical release form signed by the mother's and baby's doctors.
- All donated milk is pasteurized to kill viruses and bacteria while still maintaining 95 percent of everything that was originally in the milk.
- As a HMBANA milk bank, MMB does not charge for the milk, only for the processing of the milk and related expenses. Volunteers are utilized whenever possible.

For more information on donating milk, contact Mothers' Milk Bank: [MothersMilkBank@rmchildren.org](mailto:MothersMilkBank@rmchildren.org) or 303.869.1888.

For more information on MMB, visit [www.milkbankcolorado.org](http://www.milkbankcolorado.org).