

Company: Healthy Horizons Breastfeeding Centers, Burlingame, CA

Company Description: Based in the San Francisco Bay Area, CA, Healthy Horizons Corporate Lactation Services is a first-to-market, industry leader supporting companies in the creation of new parent benefit programs and workplace lactation rooms. The Healthy Horizons client list features forward-thinking, employee-centric corporations including Ford Motor Company, PayPal, Amgen, and other Fortune 100 companies.

Nomination Category: Individual Awards Categories

Nomination Sub Category: Social Change Maker of the Year - Gender

Nomination Title: Sheila Janakos Uplifts The Community: Educating and Empower New Mothers



1. Outline the nominee's achievements since July 1 2023 that you wish to bring to the judges' attention (up to 250 words):

Total 197 words used.

Sheila was named to the competitive Inc. Magazine Female Founders List in 2025 for the positive impact she's had on how workplaces support new mothers. Sheila's visionary leadership propelled Healthy Horizons onto the Prestigious Magazine's Inc 5000 list for the three consecutive years (2023, 2024 and 2025), highlighting its remarkable 146% revenue growth in 2023 and 300%+ revenue growth in 2024. This achievement is a testament to Healthy Horizons' dedication to supporting working mothers and the unique value it brings to the market as a leading breastfeeding and mother-centric company advocating for equality at work by providing mothers the tools they need to succeed.

Sheila's unwavering commitment to empowering women extends beyond the workplace, with her efforts to educate and advocate for mothers in the community. Through speaking engagements, mother's club classes, webinars, and partnerships over the past 2 years she has ensured that new mothers have access to the resources and information they need to thrive. Sheila's mentorship of aspiring lactation consultants further solidifies her impact, shaping the next generation of professionals dedicated to empowering women. Sheila's extraordinary contributions to Healthy Horizons and the broader community make her a truly deserving candidate and social change maker.

2. Reference any attachments of supporting materials throughout this nomination and how they provide evidence of the claims you have made in this nomination (up to 250 words):

Total 248 words used.

Sheila is a transformative figure in the gender and empowerment of new mothers space, leading efforts to empower mothers and reshape maternal health nationwide through Healthy Horizons Breastfeeding Centers. Her advocacy spans sharing actionable details with companies about legislative reforms such as the Pregnant Workers Fairness Act to better support women and gender equity (video linked). By educating employers and the public, Sheila not only empowers individual mothers but also drives systemic change in employment practices.

Sheila fosters community engagement and education with initiatives like milk drives for infants in need, addressing broader societal challenges impacting mothers (link included).

Sheila's expertise is evident in her contributions to publications like Parents.com, Good Housekeeping, and Baby Center, where she provides expert guidance on breastfeeding as a trusted source for good. Her insights empower mothers with practical knowledge and challenge societal norms surrounding breastfeeding in public.

Furthermore, Sheila collaborates with academic leaders from Stanford University and University of California Worklife Law Center, bridging research with practical application through webinars such as those on breastfeeding and the gut microbiome. This collaboration enhances scientific understanding and informs best practices in maternal health care. YouTube videos linked.

Recognized in the Inc. 5000 and Female Founders lists, Healthy Horizons' success under Sheila's leadership underscores her impact in elevating lactation services and maternal health support nationally. Sheila's multifaceted approach embodies her role as a social change maker, advocating for equity, empowerment, and holistic support for mothers, driving transformation in the gender and maternal health landscape.

3. Briefly describe the nominated individual: history and past performance (up to 200 words):

Total 200 words used.

Sheila Janakos, MPH, IBCLC, LE, RLC, and CEO has dedicated her life to assisting breastfeeding mothers through Healthy Horizons, which she founded about 35 years ago after experiencing difficulties with her breastfeeding experience.

Healthy Horizons is a female-family-owned business established in the San Francisco Bay Area in 1991 as a grassroots group of women helping women after childbirth. Because of the founder's experience in public health and her problems as a new mother at the time, she supplied mothers with much needed lactation consultants and breast pumps in the San Francisco Bay Area.

In 2015, Sheila and Cassi, her daughter, founded Healthy Horizons Corporate Lactation Services to reduce gender disparities in the workforce. Healthy Horizons developed their B2B program in response to a gap in care, making them the first to offer inclusive corporate lactation services at scale for new moms. Healthy Horizons has expanded and supports Fortune 500 businesses in the US and Canada, including Ford, PG&E, and PayPal. Sheila and her team have positively impacted 3 million+ employees, mothers and children while focusing on social good.

She holds her Masters of Public Health (MPH) from San Jose State University; and is an International Board Certified Lactation Consultant (IBCLC).

4. Which will you submit for your nomination in this category, a video of up to five (5) minutes, explaining the achievements since July 1, 2023 of the nominated woman, OR written answers to the questions? (Choose one):

Written answers to the questions

5. If you are submitting a video of up to five (5) minutes in length, provide the URL of the video here, OR attach it to your entry via the "Add Attachments, Videos, or Links to This Entry" link above, through which you may also upload a copy of your video. If you are submitting written answers to the questions for this category, provide them in the spaces below:
6. Explain why the achievements you have highlighted are unique or significant. If possible compare the achievements to the performance of other players in your industry and/or to the nominee's past performance (up to 250 words):

Total 98 words used.

These achievements are significant because they demonstrate that Sheila has created a successful business with Healthy Horizons while bringing life changing social good and resources into the world for new mothers. She enables employers to do the right thing by supporting new moms, while making it easy and a win-win for everyone involved. She has defied the odds and is a leader in the male dominated business world, with a focus on supporting other women and gender equity. She uplifts others with her skill as an educator and empathy, while preparing the next generations to do the same.

Attachments/Videos/Links:

[Sheila Janakos Uplifts The Community: Educating and Empower New Mothers](#)



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