VISION

To realize, deepen and share the love and wisdom found in the breastfeeding relationship.

MISSION

To help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.
La Leche League has been supporting families for over 66 years. The primary focus in LLL remains on the personal mother-to-mother, parent-to-parent sharing of information and encouragement that provides new mothers and other parents with the confidence they need to nurse their baby. We are proud of the work the LLLI Board, our committees, and Leaders have done to welcome those who have historically been marginalized when trying to access support with breastfeeding, chestfeeding, and providing human milk for their babies. From running local meetings and responding to individual requests for support in over 80 countries to crisis responses and the rapid creation and translation of resources in response to emergency situations from New Zealand to Ukraine, from the USA to Turkey and Syria, LLL Leaders have been there when they are needed.

We have achieved many of our strategic goals this year, including establishing a Medical Advisory Team, implementing translation teams for the six LLLI languages, commissioning a new, 9th edition of *The Art of Breastfeeding*, and launching a new publication, *LLL Today*, showcasing the work we are doing for Leaders and the public. We are delighted to have a new database and are looking forward to the launch of our new website.

We thank our dedicated Leaders, committee members, staff, partners, donors, and supporters for all their contributions, which have helped to further our mission across the world. Because of you, mothers and parents received the support they needed, and more babies were breastfed and received human milk in 2022-23. We look forward to expanding our reach and support and meeting the needs of even more families in 2023-24.

**Ellen Mateer and Carolyn Driver-Burgess**
Co-Chairs, Board of Directors
La Leche League International
## 2021-2025 STRATEGIC PLAN

By 2025, LLLI will have achieved greater organizational stability and continue to be respected for its commitment to effective global leadership and the highest quality of mother-to-mother and peer-to-peer breastfeeding support and education worldwide.

### STRATEGIC GOAL 1

**LLLI will be an excellent primary resource for the LLL community in providing materials and support for reaching more mothers and families worldwide.**

**Aligned Values:** Collaboration, empathy, equity, diversity, inclusion, integrity

**Current objectives:**
Expand the variety of breastfeeding support resources - including online, audio, video, pictorial resources, low-literacy resources; increase the variety of free resources for Leaders.

**Achieved objectives:**
Held a virtual conference; added to webinar library; and completed revision of the "Leader’s Handbook."

### STRATEGIC GOAL 2

**LLLI will increase LLL’s visibility and credibility as a worldwide resource for mother-to-mother, peer-to-peer breastfeeding support.**

**Aligned Values:** Collaboration and integrity

**Current objectives:**
Publish the 9th edition of "The Art of Breastfeeding".

**Achieved objectives:**
Identified writers and began the manuscript for The Art of Breastfeeding. Established a Medical Advisory Team of health professionals.

### STRATEGIC GOAL 3

**LLLI will increase organizational stability and sustainability in the areas of trademark protection, finance, and internal communication.**

**Aligned Values:** Integrity

**Current objectives:**
Achieve and maintain financial stability by developing a variety of sources of income within and beyond the USA; increase financial reserves; reduce Direct Connect Entities (DCE) Connection Contributions; work with DCEs to complete Agreements.

**Achieved objectives:**
Created a schedule to review all policies. Created resources to introduce LLL to staff, donors, and partners, reviewed and updated database.

### STRATEGIC GOAL 4

**LLLI will establish a more welcoming culture for Leaders and breastfeeding/chestfeeding families.**

**Aligned Values:** Empathy, equity, diversity and inclusion, and integrity

**Achieved (ongoing) objectives:**
Implemented at least two projects to improve Leader accreditation training; surveyed all Leaders about the application process; developed translation processes for all LLLI communications into six languages; increased Leader resources on diversity and inclusion; increased the diversity of images in LLLI publications.
YEAR IN REVIEW

- Mid-Year Campaign raised US$42,484 with 139 donors (1 July - 30 August).
- World Breastfeeding Week: Step Up Together for Breastfeeding 1 August - 17 October 2022 had 65 participants and raised US$6,135.
- LLL New Zealand signed a DCE Connection Agreement with LLLI on 13 June 2022.

- Action Committee spearheaded Letter to Michelle Bachelet, UN High Commissioner for Human Rights.
- _The Art of Breastfeeding_ writer's contract was signed on 28 July 2022.
- _The Art of Breastfeeding_ contract was signed with The Random House Publishing Group on 9 August 2022 with publication set to release in October of 2024.
- LLLI hosted a virtual table at the International Lactation Consultants Association (ILCA) Conference on 14 July 2022.
- LLLI shared new information from the Academy of Breastfeeding Medicine's (ABM) protocol about mastitis.
- LLLI resources on infant feeding in emergencies in Ukrainian were added to the UNICEF Global Nutrition Cluster's page.
- Leader Accreditation Department (LAD) sessions from the 2021 LLLI Conference have been uploaded to the website in Spanish & English.
INFORMATION ON PROGRAMS

- LLLI participated in the task force developing a Global Breastfeeding Collective webinar.
- LLLI webinars are now offered FREE to all Leaders as of November 2022.
- *Sweet Sleep* Infographic revised and in MORE languages November 2022.
- 104 Leaders and supporters from all Direct Connect Entities (DCEs) serve on LLLI committees: EAN 11.45%, IAN 26.72%, Ligue La Leche 3.05%, LLL Alliance for Breastfeeding Education 17.56%, LLL Canada 6.87%, LLLGB 7.63%, LLLNZ 2.29%, LLL USA 20.61%, no affiliation 3.82%.
The Leader Accreditation Department (LAD) is the department that accredits LLL Leaders on behalf of the Board of Directors. A goal of the department is to increase the number of accreditation resources on the LLLI website. We are continually adding resources in different formats and different languages.

In 2022-2023 the LAD:
- accredited 189 new Leaders
- added additional accreditation resources to the LLLI website:
  - a new page, "Recursos para las aspirantes," for Spanish-speaking Leader Applicants
  - a revised “Leader Applicant Resources” page with all required application information on one page
  - webinars from the LLLI 2021 Virtual Conference in English and Spanish
  - checklists for Applicants to monitor their progress toward accreditation
  - videos in Spanish, French, and English on the “Become a Leader” page
- started publishing the quarterly department newsletter in Spanish, French, and German as well as in English
- sent a survey to all Leaders about their experience as an Applicant or supporting Leader within the last five years
Hiroko Hongo (Action, Networking, and Advocacy Committee; LLL Japan) represented LLLI at the 11th annual Baby-Friendly Hospital Initiative (BFHI) Network Meeting, 15-17 June 2022 in Brussels.

Over the course of three days, Hiroko and the participants learned ways to implement Baby-Friendly Hospital Initiatives across the globe.

Over 20 different countries were represented at the meeting. Hiroko shared her experiences of hospital care for parents in Japan, as well as the LLL mission.

We thank Hiroko for attending.

"As there were two participants (country delegates) from Ukraine, I decided to print two copies of the comic "Feeding Babies during emergencies: What should you do?" in Ukrainian language at the hotel. Next day I shared with them."

Hiroko Hongo
Charlotte Codron, an LLL Leader in Istanbul, and member of the Action, Networking, and Advocacy Committee attended the Fourth World Breastfeeding Conference (WBC 4) organized by IBFAN Arab World (IAW). The WBC4 was held from the 12th to 14th of March 2023 at the InterContinental Citystars Hotel in the beautiful city of Cairo, Egypt.

La Leche League International is a proud member of the Global Breastfeeding Collective
La Leche League Asia and Middle East representative RuthAnna Mather reached out to past LLL Leader and current supporter, Dr. Magdalena Whoolery, to help those impacted by the 2023 Turkey and Syria earthquake.

"In the short time Magdalena was in Turkey and Syria (2-7 March 2023), an immense amount of work and life-saving interventions were undertaken, including mass breastfeeding counseling, breastfeeding rescue, relactation, nutritious food distributions, as well as the distribution of LLL resources in Arabic and Turkish."
GLOBAL HIGHLIGHTS

LLL Canada
La Leche League Canada launched several exciting projects in 2022-2023. Over the past year, the Writing Team took over 200 blog posts dating back to 2011 and transformed them with the addition of new material into over 100 brand new updated Information Sheets! We focused on writing relatively short articles using simplified language to provide the information that nursing families are looking for. We have begun the process of translating the most important information sheets into several languages.

Last year we put our Leader Accreditation application and Supporting Leader forms online. The LAD is delighted by how easy the process is now. LLLC Leaders have also been hosting Prenatal Breastfeeding Classes online and in-person across the country.

In January, LLLC also launched the LLLC Virtual Library for Leaders and the public using a platform called Overdrive. This has already been wildly successful! In the future, we can envision Groups no longer purchasing actual books and instead directing Group attendees to our virtual library. We are very excited about what the next year has in store!

LLL Alliance for Breastfeeding Education
LLL Alliance held a professionally facilitated Zoom workshop with about 25 Leaders from various states with a wide range of Leader tenures. The workshop aimed to generate ideas that will help LLL Alliance strengthen and sustain Leaders and attract new Leaders. Ultimately the event intended to foster a strong, committed, and supportive organization.

LLL Alliance collaborated with LLL Asia & Middle East to provide breastfeeding assistance to Turkey and Syria with the plan to continue in the future.

The Alliance Professional Liaison Department created summaries of protocols on mastitis, RSV, and HIV. These were for use by La Leche League Leaders and for the public.

In March 2023, families in and around Gainesville, FL celebrated and honored their breastfeeding journeys with an in-person event at an outdoor venue. There were over 80 people in attendance; it was a very special event.

A grant was received from the Brave Hearts Foundation to cover expenses for an Area Leader Enrichment Workshop, to purchase books, produce publicity materials, and fund scholarships for Leaders in need.
GLOBAL HIGHLIGHTS

LLL USA

LLL USA Council met virtually via Zoom for Biannual Meetings. LLL USA created and released a new anonymous system for compiling demographic information from people given lactation support by LLL USA Leaders, so we can see whom we are reaching and where we have gaps.

The LLL USA annual signature event, Live, Love, Latch!®, which celebrates National Breastfeeding Month in the US, was successful, with a line-up of both in-person events in communities across the country plus four national virtual events. Nearly double the number of people participated this year than in 2021, the Milk Drive brought in 1,306 oz of donated milk, and a virtual Lactation Art Tour commissioned by the LLL of Southern California/Nevada Area Network was very inspiring.

LLL USA Leader Applicants can now log onto a Leader Applicant Page that compiles all their resources, from both LLL USA and LLLI in one place. "A Sea Change," an Equity, Diversity, and Inclusion educational webinar, created expressly for LLL USA Leaders was released! The project was commissioned by LLL USA and has been expertly developed and narrated by Perinatal Equity Strategist and LLL Leader Nekisha Killings, MPH, IBCLC. The presentation allows Leaders to identify biases as they relate to lactation support and LLL leadership.
La Leche League Great Britain

A virtually new Council of Directors formed in Autumn 2022, to take over from those who retired or resigned and have been working hard at picking up the pace of response to Leaders and external queries, whilst shoring up governance practices to make sure we are compliant with UK regulations.

Leader numbers have remained steady at 216 with constant peer support via Facebook and through the Leader Department. 2022-2023 saw each Leader personally contacted by the Leader Department Director.

This past year, communication has remained via email and online sessions, which we look forward to changing with our first face-to-face Leader Day in the Autumn of 2024.

Our Beginning Breastfeeding antenatal courses have had continued success online. It’s still in high demand and is run by Leaders in various locations in GB, working with parents and providing up-to-date information. It’s attracted good donations coming in on completion of the free workshops.

LLLGB has always worked with a high number of applicants for our size – 105 - and we recognized the jump in numbers from when we started working with the Leader Applicant Handbook. Each applicant works through this resource with their supporting Leader, ensuring all the aspects of the Leader Applicant Resource Kit (LARK) are covered in detail.

We are still immensely proud of this resource and the quality of Leaders that are produced because of the consistency and thoroughness of the application process.

Taking the lead from the International Inclusivity and Outreach Committee’s Equity Diversity Inclusivity and Restorative Justice (EDI-RJ) work – LLLGB has formed its own EDI-RJ working group, which is looking at policies and procedures to ensure they are the most inclusive and welcoming of those that, historically, have been marginalized by the organization.
GLOBAL HIGHLIGHTS

International Area Network (IAN)

There were 3 days of training on various topics: the structure of LLLI, the responsibilities of each Leader, an update on breastfeeding and public policies in Argentina, and a presentation of our Committee of the Code of Marketing of Breastmilk Substitutes. Our Treasury Department gave us an extensive report on this aspect of the operation of the organization.

In addition, through our Communications Department, we learned more about the richness of diversity and along this same line, we had a working group on breastfeeding and volunteering in terms of diversity. Our Professional Liaison Department taught us much more about mastitis (microbiota and management) and among many more spaces for debates and learning, we had one in which the complex issue of the emotional challenges of the puerperium was developed. Many new tools to accompany the best possible way mothers and families who seek our support. One of the most special and exciting moments, as it always is, was our new leadership accreditation ceremony, reflecting the growth and support of La Leche League.

European Area Network (EAN)

For the first time since 2019 (before the pandemic), the European Council, composed of representatives from LLL Great Britain and the European Area Network, met in person in Frankfurt (Germany). The European Area Network is made up of 20+ countries, with all their specific challenges and successes. The meeting stretched out over several days, giving all the representatives the chance to share information and resources and connect. During the pandemic, Leaders across the different European countries struggled, but nevertheless kept on doing what they do best: supporting mothers and babies.

A large part of the meeting was dedicated to finding ways to support the Future Areas in Europe.
REVENUE AND SUPPORT
FISCAL YEAR 2022-2023

Donations: $222,177.47
DCE Connection Contributions: $143,482.54
Events: $396.50
Royalties: $143,503.68
Other Income: $634.39
Restricted Contributions: $3,670

Total Income:
$513,864.58

All figures shown are in U.S. Currency

FUNDRAISING
Over 800 donations given this year.

EXPENSES
Overall expenses were under budget by $11,896.58

Administrative: $415,094.90
Program Activities: $108,454.95
Governance: $41,864.70
Fundraising and Development: $50,291.45
Activities: $9,734.82
Restricted Expenses: $2,550

Total Expenses:
$618,256.00
ALGERIA  
https://www.lili.org/la-leche-league-algeria/

ARGENTINA  
http://www.ligadelaleche.org.ar

AUSTRALIA  
http://lllaustralia.org/  
https://www.lllasia.org/lll-support-in-australia

AUSTRIA  
http://www.lalecheliga.at/home.html

BAHRAIN  
https://www.lillasia.org/lll-support-in-bahrain

BELARUS  
https://www.facebook.com/lllbelarus

BELGIUM-BELGIQUE  
http://lllbelgique.org/

BELGIUM-BELGIË  
http://www.lalecheleague.be/

BERMUDA  
https://www.lllflorida.com/bermuda

BOLIVIA  
https://www.facebook.com/LigaDeLaLecheBolivia/

BOSNIA AND HERZEGOVINA  
https://www.lili.org/la-leche-league-bosna-i-hercegovina/

BRAZIL  
https://www.facebook.com/La-Leche-League-Brasil-663534887139373

BULGARIA  
http://www.lllbg.org

CAMBODIA  
https://www.lillasia.org/lll-support-in-cambodia

CANADA  
https://www.lllc.ca/

CANADA: FRANÇAIS  
http://allaitement.ca/

CHILE  
https://www.ligadelalechechile.cl/

CHINA  
https://www.lillasia.org/lll-support-in-mainland-china

COLOMBIA  
http://llicolombia.org/https://www.facebook.com/LigaDeLaLecheColombia

COSTA RICA  
https://www.facebook.com/Liga-de-la-Leche-Costa-Rica

CROATIA  
www.lalecheleague.eu

CUBA  
https://www.facebook.com/La-Liga-de-La-Leche-Cuba

CZECHIA  
https://www.lili.org/la-leche-league-czechia/

DENMARK  
www.lalecheleague.eu

DOMINICAN REPUBLIC  
http://lllrdrd.org/

ECUADOR  
https://lllecuador.org/

EGYPT  
https://www.lillasia.org/lll-support-in-egypt

EL SALVADOR  
https://www.facebook.com/LLLSv/

FINLAND  

FRANCE  
http://www.llfrance.org/

FRANCE: RESEAU POUR L'ALLAITEMENT  
http://lalecheleague.fr/

GERMANY  
http://www.lalecheliga.de/

GREAT BRITAIN  
https://www.laleche.org.uk/

GREECE  
http://www.lllgreece.org/

GUAM  
https://www.lillasia.org/lll-support-in-guam

GUATEMALA  
http://www.ligadelalecheguatemala.org

HAITI  
https://www.lllflorida.com/haiti

HONG KONG  
https://www.lillasia.org/lll-support-in-hong-kong

HUNGARY  
http://www.lli.hu/

INDIA  
https://www.lillasia.org/lll-support-in-india

INDONESIA  
https://www.lillasia.org/lll-support-in-indonesia

IRELAND  
https://www.lalecheleagueireland.com/

ISRAEL  
http://www.lllisrael.org.il/

ITALY  
http://www.lllitalia.org/

JAPAN  
http://www.llljapan.org/group_index.html

KENYA  
https://www.lillasia.org/contact

KOSOVA  
https://www.facebook.com/La-Leche-League-Kosova

LAOS  
https://www.lillasia.org/lll-support-in-laos

LEBANON  
https://www.lillasia.org/lll-support-in-lebanon

LITHUANIA  
http://llllietuva.eu/

LUXEMBOURG  
http://www.lalecheleague.lu/

MALAYSIA  
https://www.lillasia.org/lll-support-in-malaysia
## LLL Global Presence

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LLL revised one of our key resources for infant feeding. See our update below.

**Resources for Infant Feeding in Emergencies (Multilingual)**
https://www.llli.org/breastfeeding-info/infant-feeding-emergencies-multilingual/
The accomplishments of La Leche League International this past fiscal year would not have been possible without our generous donors and volunteers. Thanks to the support of individuals, foundations, and corporate partners, LLLI has been able to continue supporting its presence and impact on the worldwide issue of breastfeeding support and advocacy. All figures shown are in U.S. currency.
Thank you to our partners in 2022 - 2023 for supporting the mission and values of La Leche League International!

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