




SDLEA 'FORMERLY SDBFCF'

Impact Report



2024

A photograph of a woman with dark hair, wearing a dark top, breastfeeding a baby. The baby is wearing a red top. The woman is looking down at the baby with a gentle expression. The background is slightly blurred, showing what appears to be an outdoor setting with some greenery.

“ We empower BIPOC and low-income parents in their feeding journeys and work to actively strengthen their community support through increased access and representation. ”

Who we are...

Our Mission and Purpose

SDBFC Foundation was started in 2016 to meet the need of families who couldn't afford lactation services from a lactation consultant (IBCLC). Over the years our mission has expanded to address the stark disparities among black and brown communities, where there are more barriers and challenges in accessing culturally congruent lactation services. We focus on meeting the need by providing free and low-cost chest/breastfeeding consultations, expanding access into San Diego's "first foods deserts," and increasing representation among lactation professionals through scholarships and support grants.



Highlights



Pg.4

893 Free/Reduced-Fee
Lactation Consultations

4 Feeding Our Future
Scholarships

Pg.5



Pg.8

Two Clinic Locations

World Breastfeeding
Week 2024 Highlights

Pg.9



Pg.10

Growth & Change Updates



893 **free/reduced fee lactation consultations**

In 2024, the SDBFC Foundation provided an outstanding amount of free/reduced-fee lactation consultations across San Diego County. We provided a total of 893 total visits at the La Mesa, Southeast, and Banker's Hill locations. These consultations helped families overcome chest/breastfeeding, pumping, and bottlefeeding challenges, as well as increased parental confidence, thereby extending the duration of the families' chest/breastfeeding journeys. More human milk for babies = better longterm health outcomes for our communities!



Our Scholarship Program



Aims to increase cultural congruency and representation in lactation support in chest/breastfeeding deserts



4 Feeding Our Future Scholarships awarded to BIPOC Lactation Students

As part of our Feeding our Future campaign, the scholarship program was created to eliminate the barriers for BIPOC individuals who want to pursue a career in lactation, and to nurture a sustainable network of BIPOC lactation professionals for our future candidates. In 2024, we distributed \$8,000 for 4 scholarships and support grants, bringing our total to 36 awards distributed since Fall of 2021. Our program graduates have already begun their careers as lactation professionals in their communities! Over the next year, it is our intention to seek more funding to provide more opportunities to eligible candidates.

Scholarship

I am grateful to receive this scholarship because I will gain valuable knowledge and skills to assist those in my community navigating postpartum and breastfeeding.

It was so empowering and impactful for me to have lactation support. I believe every birth parent should receive access to lactation support, particularly ethnic minorities and military community members.

I watched my Korean grandparents struggle with barriers to care in the US health system. As a biracial individual, I have lived in several places where no one I knew looked like me and I know how much this can impact the healthcare experience.



Klara

The knowledge gain this scholarship will provide will allow me to support some of the more complex needs and assist in finding what success looks like for them. When I look towards tomorrow, I see myself supporting families during one of the most vulnerable and amazing times of their lives.

I was a teen mom, I'm a military spouse & woman of color. All categories we know to need extra help and support.

Tanecia



Recipients



“This scholarship will enable me to further my education and continue to support families in my community.”

My goal is to open an indigenous traditional care birth and wellness center in Barrio Logan, I would like to support local families on their breastfeeding journey

Elydé

“I am grateful to receive this scholarship because I’m one step closer to my goal of becoming an IBCLC and to be able to support families on their breastfeeding journey.”

Ultimately, my goal is to help reduce the barriers to successful breastfeeding and create an environment where families feel empowered and supported in their choices.



Tatianna



Our Clinic Sites

Our clinic sites have undergone big changes in 2024. The incredible IBCLCs at both locations have continued to offer our communities incredible support through free or low-cost private consultations. Melanin Milk SD clinic location has moved from Southeast to Mission Valley, a more central part of San Diego. Additionally, that clinic now has two clinicians, both BIPOC, including a Spanish speaking IBCLC. Unfortunately due to unforeseen circumstances our previous third clinic at Baker's Hill has closed. However, we are actively seeking partnerships with more BIPOC clinicians to provide services and reopen a third location and eventually a fourth!

The Critical First Week of Breastfeeding: Strategies for Increasing Infant Health and Equity

By **Chardá Bell**, IBCLC & **Robin Kaplan**, M.Ed,
IBCLC, FNC

1 L-CERP | [Sign Up Today!](#)

2024 World Breastfeeding Week

On August 7, GOLD Learning hosted a free webinar “The Critical First Week of Breastfeeding: Strategies for Increasing Infant Health and Equity” presented by Chardá Bell, IBCLC & Robin Kaplan, M.Ed, IBCLC, FNC. Both owners of two of our clinic sites, **Chardá (Melanin Milk SD) and Robin (San Diego Breastfeeding Center)**

Hundreds of practitioners and breastfeeding supporters around the world embraced this year's theme of "Closing the Gap: Breastfeeding Support for All" In this webinar available at **GOLD Learning**, there was new information and insights on why breastfeeding is about so much more than just food, the forces that can negatively impact breastfeeding initiation and duration, and strategies for engaging key community members to increase equitable lactation support.

Growth & Changes



Organization Updates

As an organization, we embrace growth and change as a positive. I'm pleased to announce our new name, **San Diego Lactation Equity Alliance (SDLEA)**. Our mission has remained the same and we intend to gather more funding to sustain our clinics, increase our partnerships in the community and improve pipelines for BIPOC aspiring lactation professionals.

Our Mission Statement:

The San Diego Lactation Equity Alliance is dedicated to ensuring that all families in San Diego have equitable access to breastfeeding support, education, and resources. We strive to eliminate disparities and promote healthy lactation practices across diverse communities.

Our Vision Statement:

To create a future where every family in San Diego can thrive with equal access to breastfeeding support, fostering healthier generations through informed and equitable lactation practices.

To those who are helping us change the landscape
of lactation support in San Diego...

Thank
you!



Lactation
Education
Resources



San Diego
Foundation

KAISER PERMANENTE. **thrive**



*This is not a comprehensive list of our supporters

Donors like YOU make this work possible!

Save the babies! Help us sustain our mission...

Just \$5 per month helps us build sustainable support for lactation equity.

Join us today!
[Donate Here](#)

SCAN ME!



"It was truly a blessing to be part of a program where I was able to receive free lactation support from Jarrah and Chardá! With the empathy, knowledge, and one on one support given, I was able to get my son to latch! I always recommend the San Diego Breastfeeding Center Foundation to any friends who are expecting. I love how accessible and affordable it can be for families and I'm honestly so thankful!"
--Jamaica

Donate today at an amount meaningful to you.

[Click Here](#)

-or-

Send a check to:

SDLEA

PO Box 1141

Spring Valley, CA 91979

Join us as we

CHAMPION

increased access and equity in
San Diego's chest/ breastfeeding community!



Sign up to stay in the loop!



info@sdlea.org



www.sdlea.org