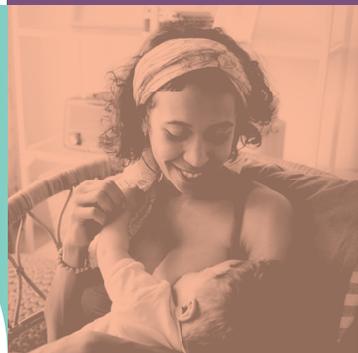




ANNUAL REPORT 2023



nlca.us



2023 ANNUAL REPORT



Lactation Consultant Advocacy in Action: Making an Impact

National Lactation Consultant Alliance

Dear Colleagues,

The year 2023 was a busy one for NLCA. Our strides and accomplishments envelop the themes of collaboration, advocacy, advancement, and access. We constantly strive to carry out our mission of empowering and advocating for holders of the IBCLC® credential throughout the healthcare system, in legislation, and in policy. We look to ensure access for families to clinical lactation care delivered by the IBCLC® and improve access to the profession for individuals from underrepresented groups. We prioritize safety for breastfeeding families through the promotion and clarification of the role of holders of the IBCLC® credential. Our Center for Lactation Equity strives towards strategies that will build an inclusive lactation community that understands, appreciates, and values equity, diversity, and cultural humility. We extend an invitation to peruse our annual report and look forward to joining together to create a lasting impact on the lactation consultant profession and the families we serve.

The IBCLC® in Law and Policy

Six Federal legislative bills have been filed related to reducing maternal/infant morbidity and mortality that include the IBCLC® specifically defined as a maternity care provider. This places the IBCLC® in a position to be included on maternity care teams and to be recognized in bills related to reimbursement, healthcare provider training, federally convened task forces, and grants that serve to decrease maternal morbidity/mortality. NLCA provided input into these bills recommending that the IBCLC® be defined as a maternity care provider.

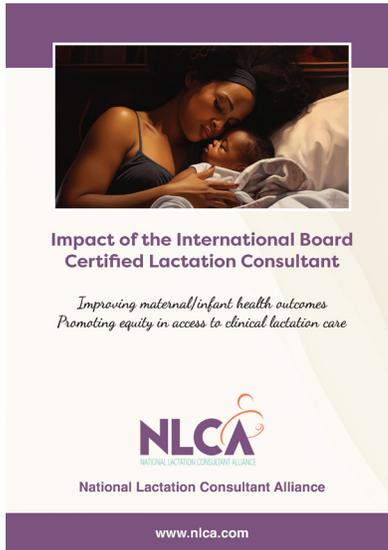
NLCA offered comments to Federal legislative and congressional officials in multiple states including Illinois, North Carolina, New Hampshire, Iowa, Connecticut, New Jersey, Massachusetts, Vermont, and Virginia regarding clarification of the IBCLC® in various legislative bills. These letters delineated the differences among lactation personnel, advocated for the IBCLC® in the legislation, and emphasized the importance of providing risk appropriate care.

NLCA was in contact with the Centers for Disease Control and Prevention (CDC), National WIC Association (NWA), Agency for Healthcare Research and Quality (AHRQ), the National Governors Association, Centers for Medicare & Medicaid Services (CMS), Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Health Resources and Services Administration (HRSA), the Advisory Committee on Infant & Maternal Mortality, Healthy Start, the Illinois Department of Public Health, the Rhode Island Department of Public Health, Institute of Educational Sciences, National Center for Education Statistics, and the Federal Emergency Management Agency (FEMA) regarding advocating for the IBCLC® within each entity.

NLCA considers licensure of the International Board Certified Lactation Consultant integral to the provision of clinical lactation care to childbearing families. NLCA supports access to affordable, risk appropriate clinical lactation care as a basic human right. Licensure of qualified IBCLCs® facilitates clinical lactation care that is safe, affordable, and equitable and is thereby supported by NLCA. NLCA's State Advocacy Committee provided education and consultation regarding IBCLC® licensure and hosted quarterly meetings for the multiple state teams working on this issue.

NLCA out and about

NLCA exhibited at the International Lactation Consultant Association (ILCA) conference and the US Breastfeeding Committee (USBC) conference. It was so gratifying to catch up with valued colleagues and meet many new ones. We listened, we learned, and we worked to collaborate on issues pertinent to the lactation field.



NLCA issued its statement on the impact of the IBCLC®

NLCA was pleased to announce the publication of its white paper, Impact of the International Board Certified Lactation Consultant, an important educational and advocacy resource. This 4-page publication details the importance of this profession, provides clarity of lactation personnel, looks at the efficacy and cost savings associated with lactation consultants, and is designed for use with legislators, policy makers, employers, insurers, hospitals, the broad healthcare system, Federal and state agencies, and organizations working to improve the health outcomes of mothers and infants. It can be downloaded from the NLCA Website at

https://nlca.us/wp-content/uploads/2023/09/Impact_Bro_1up.pdf

NLCA's white paper was added to the Continuity of Care Resource Library of the National Association of County & City Health Officials (NACCHO). NACCHO is comprised of over 3,300 local health departments across the United States. Library placement of this white paper allows local health departments to learn of the value of the IBCLC® and to incorporate this profession into their maternal and infant policies and programs.

Our white paper was placed in the Resource Center of the Maternal Health Learning & Innovation Center, an organization that works to advance federal and state-level efforts to eliminate preventable maternal deaths and reduce severe maternal morbidity. It directly supports 21 Health Resources and Services Administration-funded collaborating partners in 18 states and three rural regions with information and capacity-building resources. It is also a national hub that catalogs and disseminates best practices related to maternal health improvement. Our paper will allow maternal health stakeholders access to evidence-based information on the impact of the IBCLC® profession.

NLCA advocacy in action

The Women's Preventive Services Initiative (WPSI) delineated the IBCLC® as a clinical lactation care provider in its Breastfeeding Services and Supplies recommendations. WPSI is a cooperative agreement between the Health Resources and Services Administration (HRSA) and the American College of Obstetricians and Gynecologists (ACOG). NLCA was instrumental in providing appropriate language and clarity of lactation personnel.

“Clinical lactation professionals providing clinical care include, but are not limited to, licensed lactation consultants, the IBCLC®, certified midwives, certified nurse-midwives, certified professional midwives, nurses, physician assistants, nurse practitioners, and physicians. Lactation personnel providing counseling, education or peer support include lactation counselors/breastfeeding educators and peer supporters.”

<https://www.womenspreventivehealth.org/recommendations/breastfeeding-services-and-supplies/>



Educational workshops

NLCA conducted educational workshops on various topics pertinent to the IBCLC® profession. Our workshops provided CERPS and continuing education credit for nurses. Topics typically discussed ethical considerations in clinical lactation practice and were unique among lactation related offerings.

Board members co-author important article in the Journal of Human Lactation

Two NLCA board members co-authored an important article in the Journal of Human Lactation. “Speaking the same language: A call for standardized lactation terminology in the United States” provided clarity on numerous terms used in the lactation field, delineated the various lactation personnel with their preparation and practice parameters, and discussed the importance of supervised clinical practice prior to engaging in delivery of services. This publication is used in NLCA’s advocacy efforts and has been widely circulated to legislators and policy makers.

Strong, G., Gober, M., & Walker, M. (2023). Speaking the same language: A call for standardized lactation terminology in the United States. Journal of Human Lactation, 39(1), 121-131. doi: 10.1177/08903344221131041.



NLCA recognized as a Healthy People 2030 Champion

NLCA was proud to be recognized by the Office of Disease Prevention and Health Promotion as a Healthy People 2030 Champion! Healthy People 2030 Champions are a diverse array of public and private organizations that impact health outcomes at the state, tribal, and local level. These organizations are committed to working toward Healthy People’s overarching goals and objectives in their communities or service areas. Learn more about the Champion program at:

<https://health.gov/healthypeople/about/healthy-people-2030-champion-program>



NLCA issued clinical alerts

NLCA issued clinical alerts to inform clinicians of important news that can affect their practice and/or their patients/clients. These clinical alerts are provided from time to time as issues arise that are pertinent to clinical lactation practice.

Center for Lactation Equity

NLCA's Center for Lactation Equity works towards strategies that will build an inclusive lactation community that understands, appreciates, and values equity, diversity, and cultural humility. One of the methods through which the Center seeks to do this is through scholarship opportunities for IBCLC® candidates who are part of populations that are under-represented in the clinical lactation care community.



CENTER FOR LACTATION EQUITY



CENTER FOR LACTATION EQUITY

**Announcing:
2023 Scholarships**

**The two scholarships
have a combined
value of \$1124:**

**One Lactation Education Resources
“Lactation Consultant Training
Program Enriched (LCTP)”
95+ hour course valued at \$1025**

**One Lactation Education Resources
“IBLCE Exam Review”
education course valued at \$99.**

Each scholarship funds participation in the specified education program offered by Lactation Education Resources. Applicants will receive educational hours with the goal of qualifying for the IBCLC® certification exam offered by the International Board of Lactation Consultant Examiners.

The Center for Lactation Equity facilitated three Town Halls inviting discussion and input regarding issues surrounding the lactation consultant profession. These were wonderful opportunities for engaging conversations on important and sensitive topics in the lactation field.

Funding

NLCA is a 501c4, non-profit social welfare organization and is operated exclusively to promote social welfare. Our funding comes from donations and our educational offerings. NLCA is an organization that meets its obligations under the International Code of Marketing of Breastmilk Substitutes. Our board of directors and committee members donate their time to the goals of the organization. We have no paid employees or contractors.

- Have you witnessed or experienced marginalization surrounding IBCLCs?
- Do you feel it is important to take action on the lack of equity in lactation?

The Center for Lactation Equity
wants to hear from you!

Town Hall

9pm Eastern 6pm Pacific

June 21, 2023



CENTER FOR LACTATION EQUITY



Looking to the future

After a year of successful advocacy for the IBCLC® profession, NLCA looks forward to continued progress in 2024. In the new year NLCA will prioritize activities that continue to advance the profession, achieve recognition and respect for the IBCLC®, place the IBCLC® in legislation and policy, improve access to the profession for underrepresented communities, and increase families' access to clinical lactation care provided by the IBCLC®. We will continue providing consultation to states working on licensure efforts, facilitate educational offerings, conduct Town Halls, expand the board of directors to bring diverse perspectives and expertise to guide our efforts, and offer more opportunities to interface with NLCA.

STAY CONNECTED IN 2024!

We want to connect with you in 2024 and here's how.

- **Become a NLCA Ally.**

We know you work hard to achieve professional excellence and NLCA offers advocacy and support to help you do so. By joining our Ally Program you can also support the work that NLCA does on behalf of the clinical lactation consultant. Our advocacy work cannot happen without you. We wish to recognize your substantive contribution to the lactation field and to NLCA's mission by offering you something special. Our package of perks is designed just for you. Our allies receive discounts on college course tuition, discounts on lactation related books, discounts on NLCA educational offerings, quarterly office hours with the president of NLCA, a special Ally "badge" to display, and of course all the rest of NLCA's products and services.

See the NLCA website to join NLCA's Ally Program: www.nlca.us

- **Sign up for the NLCA newsletter.**

Our complimentary newsletter is issued twice each month and contains news of NLCA's advocacy efforts, clinical issues of interest, and advocacy opportunities. Once on our mail list you will also receive periodic clinical alerts regarding timely issues that affect clinical lactation practice. Go to our website at www.nlca.us and sign up!

- **Connect with us on social media. Follow NLCA on:**

Facebook: <https://www.facebook.com/NLCAAlliance>

Instagram: <https://www.instagram.com/nlca.us/>



- **Check our website for news and opportunities.**

www.nlca.us

- **Support our work.**

NLCA operations are sustained by donations made by generous advocates. Please consider donating to NLCA. Visit our website and click the "donate" button or Venmo @NLCAAlliance. We appreciate your support!