OUR VALUES

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.

VISION

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

We are proud to share the 2021-22 Annual Report for La Leche League International. Inside, you’ll read about some of the many ways we continue to implement our mission beyond what we might have hoped for this year. The stories included in this report highlight just a few of the partnerships that were strengthened and the strategies that were deployed to meet the needs of La Leche League.

When it comes to maximizing access to breastfeeding resources and improving our interactions with mothers and families globally, working together is more important than ever. After navigating through a difficult two years of pandemic, we are even more committed to empowering families with babies to overcome disease, natural disasters, language barriers, and any other interference with a healthy breastfeeding relationship. It is critical that we unite in our efforts to ensure that babies everywhere have the best possible chance to reach their full health.

As always, we remain grateful for your encouragement and support.

Sincerely,

Zion Tankard
Executive Director
La Leche League International
For 65 years La Leche League has provided mother-to-mother, parent-to-parent, heart-to-heart support, and today this connecting, validating support is available online 24 hours a day. We are proud to have chaired LLLI through this anniversary year, and now at the end of two full years of a global pandemic, La Leche League finds itself in a strong position. LLL Leaders (breastfeeding counselors) around the world have stepped up in new ways to engage and resource breastfeeding/chestfeeding families for the challenges that Covid-19 has brought us all.

We are proud to report the revision of a LLLI Strategic Plan that will guide LLLI’s direction for the next few years. Our strategic goals include a commitment to work towards publishing all LLLI materials in six world languages simultaneously: Chinese, English, French, German, Japanese, and Spanish. Another focus is a commitment to becoming more diverse and inclusive, including revising accreditation procedures to ensure that there are no inequitable barriers to LLL leadership.
We continue to use our global voice and reach to advocate for the promotion and protection of breastfeeding. Our multilingual resources to support infant feeding in emergencies have been invaluable in many contexts - from natural disasters to refugee crises - and we will be developing our work in this field over the coming year.

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 2021-22. We look forward to expanding our reach and support and meeting the needs of even more families in 2022-23.

Ellen Mateer and Carolyn Driver-Burgess
Co-Chairs, Board of Directors
La Leche League International
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.

<table>
<thead>
<tr>
<th>STRATEGIC GOAL 1</th>
<th>STRATEGIC GOAL 2</th>
<th>STRATEGIC GOAL 3</th>
<th>STRATEGIC GOAL 4</th>
</tr>
</thead>
</table>

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

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

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

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

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

**Aligned Values:** Collaboration and integrity

**Aligned Values:** Integrity

**Aligned Values:** Empathy, equity, diversity and inclusion, and 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:**
Hold a virtual conference; add to webinar library; complete revision of the "Leader’s Handbook."

**Current objectives:**
Publish the 9th edition of "The Womanly Art of Breastfeeding"; establish a Medical Advisory Team of health professionals.

**Current objectives:**
Publish the 9th edition of "The Womanly Art of Breastfeeding"; establish a Medical Advisory Team of health professionals.

**Current objectives:**
Achieve and maintain financial stability by developing a variety of sources of income within and beyond the USA; increase financial reserves; reduce DCE Connection Contributions; work with DCEs to complete Agreements; create resources to introduce LLL to staff, donors, and partners; review and update database; review all policies.

**Current objectives:**
Implement at least two projects to improve Leader accreditation training; survey all Leaders about the application process; develop translation processes for all LLLI communications into six languages; increase Leader resources on diversity and inclusion; increase the diversity of images in LLLI publications.
The virtual LLLI 65th Anniversary Conference, Celebrating Connections, took place October 15-18, 2021, bringing together more than 1,200 LLL Leaders, Leader Applicants, healthcare providers, and speakers from 56 countries!

The conference kicked off with a moving opening from LLL Founder Marian Tompson and Executive Director Zion Tankard and the "We Are LLL" video.

Around-the-world, around-the-clock speaker sessions and Q&As were balanced with a family dance party, world's fair, silent auction, and a powerful closing by the LLLI Board of Directors. We celebrate the wonderfully positive response and appreciation from many attendees.

To make the conference accessible to Leaders from all backgrounds, LLLI started the Conference Scholarship Fund. Donors gave an astounding US$17,200 for translations, and US$4,072 to the Scholarship Fund. Conference scholarships were awarded to 325 participants.

Conference registration for on-demand sessions remained open through April 2022, providing an opportunity for attendees to obtain up to 29.75 continuing education units. We had over 80 sessions available for replay in their originally presented language, with transcripts available in six languages.

Thank you to all of our speakers, exhibitors, and donors for your contributions to the conference.
During our mid-year campaign, Threads of Hope, we asked supporters to send a piece of fabric or note with their message of hope for the next 65 years and beyond for La Leche League International.

Thank you for so many encouraging messages!
BY THE NUMBERS
IN REVIEW

- LLLI reduced expenses by 10% during our fiscal year from April 2021 to March 2022 as compared to the previous fiscal year.
- Our number of donors increased by 63% during the fiscal year as compared to fiscal year 2020-2021.

- On Giving Tuesday (November 30th) donors made a record-breaking 60 gifts totaling $7,454.
- For our Peer-to-Peer Campaign, 107 donations were made totaling $13,728.
- The End-of-Year campaign brought in over $125,000, a 35% increase over the total for the previous year.
- The 65th Anniversary Conference had
  - 1,224 registrations
  - 56 countries represented
  - 92 speakers
  - $4,072 donated for Leader scholarships
  - 325 scholarships awarded
New webinars were released including “Breastfeeding and Sexuality” and “Impact of Violence on Women in the Perinatal Period.”

The Inclusivity & Outreach Committee hosted two Listening sessions where administrators listened to Leaders. One with an LGBTQ+ panel and another on breastfeeding while working.

We now have 4,580 accredited Leaders. 250+ new Leaders were accredited in the 2021-2022 fiscal year.

The LLLI Board awarded six grants totaling $27,000 to Leaders for community outreach. Grants were awarded for the following projects:

- The translation of a basic two-sided leaflet into ten different languages for distribution in Future Areas of Europe
- The translation of eight LLL resources into eleven languages for use throughout South Africa
- The creation of a Spanish LLL app for use with and without Internet connectivity in Mexico, Cuba, and Caribe
- The creation of posters with basic breastfeeding information and contact information for LLL Austria, and shared with LLL Germany
- Outreach to low-income, minimally educated, pregnant and breastfeeding adolescents in the Dominican Republic, Puerto Rico, Cuba, Caribbean, and Latin America
LLL Policies and Standing Rules were restructured and are being translated from English into five other languages.

We added more translations to information on Cup Feeding, Drip-Drop Feeding, Increasing Breastmilk Supply, Relactation, and Skin-to-Skin Contact.

LLL joined organizations around the world to celebrate the 40th anniversary of the "International Code of Marketing of Breastmilk Substitutes."

The "Leaders Handbook" has been revised.

Updated A-Z resources include "Cancer: Diagnostic Tests, Therapeutic Procedures and Treatment While Breastfeeding" and "Inverted and Flat Nipples."

Countries with new LLL presence were Bahrain, Czechia, Laos and Ukraine.

"Multilingual Resources for Infant Feeding in Emergencies" now includes Bulgarian, Polish, Romanian and Ukrainian. Totaling 18 languages, it is linked on the UNICEF Global Cluster website.

LLL is joining the International Baby Friendly Hospital Network in advocating for a renewed emphasis on implementation of the entire 10 Steps and on international designation.
GLOBAL HIGHLIGHTS

Alliance

1,790 LLL Alliance meetings were held virtually and outdoors and were attended by over 23,700 people. A Winter Weekend Workshop covering a range of practical skills was offered for free to Leaders and Applicants connected to Alliance. LLL Alliance Staff also raised funds through an auction during a staff meeting and donated to the European Area Network (EAN) to aid their work in supporting Ukrainian refugees.

Canada

LLL Canada launched a newly redesigned website, passed a completely revised set of by-laws at their Annual Meeting of Members, and signed a brand new DCE Agreement with La Leche League International.

European Area Network (EAN)

The EAN covers 28 countries from Portugal in the west to Russia in the east and Finland in the north to Turkey in the south. In the past year 1,140 Leaders offered support in more than 25 languages. Some highlights include that LLL Greece launched a wonderful new website, LLL Netherlands celebrated their 45th anniversary, and the first LLL Leaders were accredited in Czechia & Ukraine - bringing support to countries where no LLL support existed.

Great Britain

LLLGB celebrated their 50th anniversary with 240 Leaders! They enjoyed moving cautiously back to face-to-face support while keeping virtual support options, including "Beginning Breastfeeding" free online antenatal courses. LLLGB proudly sponsored Black Breastfeeding Week in the UK and has been working in a number of areas to support inclusion and enhance knowledge and skills in working with a wide range of communities.
GLOBAL HIGHLIGHTS

International Area Network (IAN)
Areas that make up the IAN accomplished so much this year. LLL Colombia received an award in recognition of their work from the national Congress of Colombia’s Legal Commission for Women’s Equality. In December, LLL Japan supported a side event for the N4G Summit focusing on Infant Feeding in Emergencies attended by over 200 people from 26 countries. LLL Mexico was granted the 2021 WABA Seed Grant to develop a module focused on the International Code of Marketing of Breastmilk Substitutes within its LLL app, which in turn will soon be available in app stores.

Ligue La Leche
Despite a difficult and uncertain year, Ligue La Leche held its annual symposium in November 2021. They worked hard to offer a hybrid version of this training day for health professionals. A first in Quebec! The doctors, nurses and IBCLC who participated both virtual and face-to-face loved their experience.

New Zealand
Located deep in the South Pacific, LLLNZ has groups spread from Kerikeri in the north to Invercargill in the south and active in most regions of New Zealand. Support and resources offered for mothers, parents, and their whanau (families) in English, Maori, Samoan, Tongan, Niuean, and NZ sign language. During the recent election for their LLLI Board representative, LLL New Zealand arranged a Meet the Candidates event as a Leader Connect Zoom meeting, making it possible for Leaders to get to know the candidates.

USA
In their first virtual 5K Run, Walk, Ride event, 285 individuals signed the Declaration in Support of Breastfeeding. An Equity, Diversity, and Inclusion educational webinar “A Sea Change” was created expressly for LLL USA Leaders for release in April 2022.
REVENUE AND SUPPORT
FISCAL YEAR 2021-2022

Donations $245,057
DCE Connection Contributions $170,239
Events $91,043
Royalties $39,689
Other Income $29,062
Restricted Contributions $3,567

Total Income $578,658

FUNDRAISING
Donations increased by 22% over the previous fiscal year.

EXPENSES
Overall expenses decreased by 10% as compared to the previous fiscal year.

Administrative $420,749
Program Activities $65,130
Governance $25,866
Fundraising and Development $19,380
Restricted Expenses $1,000

Total Expenses $532,126
In fiscal year 2021-2022, LLLI continued to increase our online presence. We had 4.3 million website users, of which 4.1 million users were first time visitors. Our website was viewed in 205 countries and territories. The countries from which the site was viewed most frequently were the United States, United Kingdom, Canada, Australia, India, Mexico, Turkey, Germany, New Zealand, and France. The most popular topics that people looked for were safe sleep, breastfeeding without giving birth, menstruation, frequency of feeding, and mastitis. On social media, we have over 196,000 Facebook followers, 27,000 Instagram followers, and 8,600 Twitter followers. We saw over 500,000 Facebook interactions and provided more than 12,000 Leader responses via the LLLI social media support groups in English and Spanish.

**LLL GLOBAL PRESENCE**

MEXICO  
http://www.laligadelaleche.org.mx/

MOROCCO  
https://www.lllasia.org/lll-support-in-morocco

NEPAL

NETHERLANDS  
https://www.lalecheleague.nl/

NEW ZEALAND  
http://www.lalecheleague.org.nz/

NORTH MACEDONIA

NICARAGUA  
https://www.facebook.com/LigadelaLecheNicaragua/

PAKISTAN  
https://www.lllasia.org/lll-support-in-pakistan

PANAMA  
https://www.facebook.com/ligadelalechepanama

PARAGUAY  
https://www.facebook.com/ligadelalecheparaguay/

PERU  
https://www.facebook.com/lllperu/

POLAND  
https://www.facebook.com/LLlwPolsce/

PORTUGAL  

PUERTO RICO  
http://lllsunshinestate.org/lll-puerto-rico/  
https://www.facebook.com/Laligadelaleche depr/

REPUBLIC OF CONGO

ROMANIA  
https://wwwuploader.ro/

RUSSIA  
http://lllrussia.ru/

SAUDI ARABIA  

SENEGAL  
https://www.lllasia.org/lll-support-in-senegal

SERBIA  
http://www.lllsrbija.rs/

SINGAPORE  
https://www.lllasia.org/lll-support-in-singapore

SLOVENIA  
http://www.dojenje.net/

SOUTH AFRICA  
http://www.lllsa.org/

SOUTH KOREA  
https://www.lllasia.org/lll-support-in-south-korea

SPAIN  
http://www.laligadelaleche.es/

SPAIN: EUSKADI  
https://laligadelaleche.eu/

SWITZERLAND  
http://lalecheleague.ch/en/

TAIWAN  
https://www.lllasia.org/lll-support-in-taiwan.html

TURKEY  
http://www.lllturkiye.org/

UKRAINE  
https://www.llli.org/la-leche-league-ukraine/

UNITED ARAB EMIRATES  
https://www.lllasia.org/lll-support-in-uae

UNITED STATES  
https://www.lllusa.org/locator/  
https://lllalliance.org/

URUGUAY  
https://www.facebook.com/LLLIUruguay/

ZIMBABWE  
http://www.lllsa.org/http://lllzim.wordpre ss.com
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.

THANK YOU

APRIL 2021 - MARCH 2022

$10,000 and above
Anonymous (1)
Clarence & Anne Dillon Dunwalke Trust
Constance Pond
Marianne Vakiener & Paul Kohlbrenner
Karen Wright

$5,000-$9,999
Anonymous (2)
Nona Ballard
Edith Boxman
Adrienne Carmack
David Christianson
Jessica Freeman
Karen Fridkis
Maria Garcia
Cynthia Garrison
Jacque Gates
Phyllis Helland
Reedy Hickey
Catherine Lautenbacher
Raymond Lindeen
Ellie Moriarty
Brady & Jennifer O’Beirne
Kevin O’Connor
David Pfundt
Joseph Riolo
Kimera Saunders
Steven & Sheila Holmes Charitable Fund
Faye Straus
Jane Sullivan
J. Robert Vakiener
Florence VanAntwerpen
Anne Watson
Christine Weeks

$1,000-$4,999
Anonymous (10)
Phillip & Michelle Barry
Dorothy Brewster
Ann Calandro
Judy Canahuati
Sigrid Colgan
Jan Elizabeth
Amy Gilliland
Rhonda & Randal Glick
Jane Harris
Robert Horner
Charlene Jenkins
Edna Kelly
Joan Lobban
Rae Millman
Susan Oldrieve
Annette Poth
Susan Rahaim
Bernard Rost
Barbara Sasser
Fran Voss
Robert Weisheit, Jr.
Linda Wieser
Lulu Xu

$500-$999
Anonymous (2)
Nona Ballard
Edith Boxman
Adrienne Carmack
David Christianson
Jessica Freeman
Karen Fridkis
Maria Garcia
Cynthia Garrison
Jacque Gates
Phyllis Helland
Reedy Hickey
Catherine Lautenbacher
Raymond Lindeen
Ellie Moriarty
Brady & Jennifer O’Beirne
Kevin O’Connor
David Pfundt
Joseph Riolo
Kimera Saunders
Steven & Sheila Holmes Charitable Fund
Faye Straus
Jane Sullivan
J. Robert Vakiener
Florence VanAntwerpen
Anne Watson
Christine Weeks

$200-$499
Ariana Capptauber
Veronica Castro
Jennifer Clementson
Natalie Cowart
Kathleen Culbert
Emily Curran
Ida Dunham
Judith Ellison
Charles Emmons
Jean Esser
Yukari Feldman
Jane Fink
Cindi Freeman
Ginger Gentile
David Geveke
Jay Gordon
Hal & Kathleen Gershman Family Foundation
Janet Hilton
Meirav Hochman
Anna Hull
InJoy Health Education
Janet Jendron
Colleen Jones
Justine Kavle
Mary Ann Kerwin
Marian Klieber
Elizabeth Lacher
Deborah Laird
Jeanne Lilly
Margaret Loffelman
Caitiona Martin
Ruth Anna Mather
Marilyn Max
Shannon McGinley
Vanessa McGovern
Gerry Messina
Melissa Metz
Michael Mickelsen
Deborah Miller
Denise Montalto-Rook

$200-$499
Gilbert Montano
Eboni Mosby
Karen North
Roselyn Olson
Erin O’Reilly
Klavia Ozga
Paula Panzitta
Pamela Pontillo
Eugenia Ramirez
Clemence Ravacon-Mershon
Sallie Ricker
Erica Rosbe
April Sanchez
Jill Schnieders
Amy Shaw
Karen Skellie
Polly Smith
Kenneth Smith
Patricia Spanjer
Charlotte Spieth-Hassel
Joan & Tom Stokes
Carole Swain
Sarah Templeton
Diane Thompson
Marian Varner
Jill Virgil-Smith
Catherine Washburn
Bridget Werchan
Sharon Wertsch

April 2021 - March 2022 Annual Report
La Leche League was formed in 1956, in Franklin Park, Illinois, USA by a group of seven mothers who wanted to provide breastfeeding help and support to interested women.

Two mothers, Mary White and Marian Tompson, were breastfeeding their children at a church picnic and many other women expressed interest, or told them how they had wanted to breastfeed but failed.

Breastfeeding was not encouraged by the medical establishment at the time and not practiced widely enough for women who wanted to breastfeed to have practical support. Realizing there was a need for information and advice, Mary and Marian enlisted the help of five of their friends and acquaintances and the seven began to hold meetings. As LLL has grown into an international organization, the primary focus has remained on the personal one-to-one sharing of information and encouragement that provides each new parent with the support they need to breastfeed their babies.
Fiscal Year 2022-2023

STRATEGIC PLAN
We are making progress towards the 2021-2025 Strategic Plan.

INFANT FEEDING IN EMERGENCIES
We will be expanding our resources for breastfeeding in emergencies.

INTRODUCING A NEW PUBLICATION
We will be launching a new online publication.

ONLINE PRESENCE
LLLI will continue to offer resources and increase our reach through our online platforms.

THE ART OF BREASTFEEDING
The 9th edition of our flagship book will be written.

TRANSLATIONS
LLLI News and the "Policies and Standing Rules" will be translated into six languages.

EXPANDED WEBINARS
We will continue to offer our online webinars, expanding the offerings.

FUNDRAISING
We are growing the LLLI Legacy Society.
Thank you to our partners in 2021-2022 for supporting the mission and values of La Leche League International!