

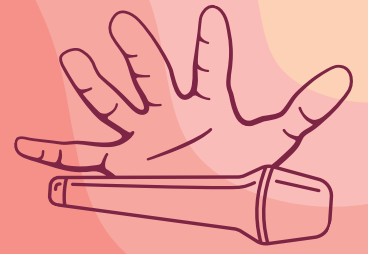


# 2023 ANNUAL REPORT A YEAR OF EXPANSION

“Building communityhood &  
Expanding the lactation  
ecosystem” --Monica Esparza

# EXPANSION

2023 marked a significant expansion across multiple programs



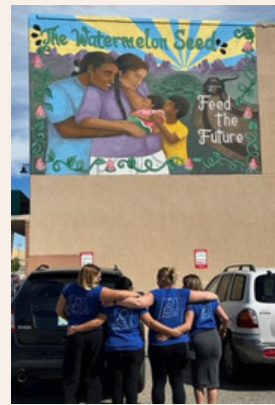
## OUTREACH

In 2023 we attended 48 events across the state including health fairs, community baby showers and exhibiting at conferences and educational events.



## WORKPLACE

Provided technical assistance and advocacy support to 22 Employees, Employers & Businesses across the state. We hosted two workplace virtual trainings, one childcare training and sponsored three baby stations at the International Balloon Fiesta.



## WORKFORCE DEVELOPMENT

**CLC Scholarship Recipients**

**San Juan:** Kayla

**Taos:** Denise

**Bernalillo:** Lillian, Megan, Stephanie, Landree

**Valencia:** April & Vickie

**Chaves:** Dylan

**Dona Ana:** Ariana, Esperanza, Lucy

**2022 Recipients**

**Prior Recipients**

**Window Rock:** Amanda & Christ

**Espanola:** Destiny and Sandy

**Santa Fe:** Sandora, Veronica, and Tintawi

**Santo Domingo:** Chantell & Dana

**Albuquerque:** Carmen, Ava, Brianna, Christina, KendraJoi, Lynnae, and Michelle

**Fort Sumner:** Alexis

**Roswell:** Katrina & Graceanne

**La Cruces:** Sara & Melissa

**Deming:** Stephanie

The transition from the CLC training to the CBS training resulted in 80% completion and 100% passing rates for the 2023 Certified Breastfeeding Specialist Cohort participants.

The introduction of the pathway scholarship enabled two community members to pursue IBCLC certification.

**Congratulations on Passing the CBS Exam!**

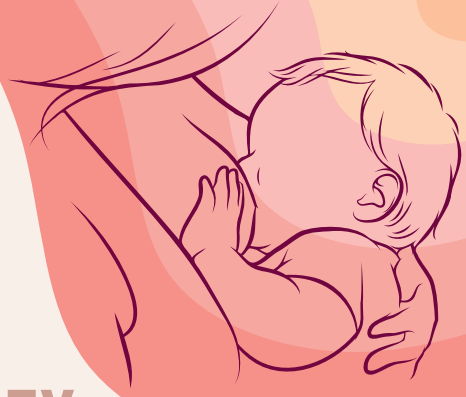
Angélica Dubón, Colby Kestelake, T.A. Mauer, Francesca Vercini, John Scudling, John Martinez, Melissa Overman, Nikki Adams

New Mexico Breastfeeding Task Force

*"I am now holding more knowledge in a deeper and more holistic way in my work as a full spectrum doula, my lifelong path down motherhood, and as a compassionate member of my community. I am, and will always be, extremely grateful for the ongoing support of the NMBTF in my efforts and work" --Shilea Benally*

# ENHANCED

Increased training opportunities for diverse community members and professionals, including workplace, childcare, and healthcare providers.



## COMMUNITY

Provided support for Spanish-speaking providers and communities through dedicated conference sessions conducted in Spanish. Sponsored the Binational Breastfeeding Coalition Look Who's Talking series to facilitate language-appropriate resources and continuing education and hosted Spanish-speaking support groups to cater to the needs of Spanish-speaking individuals and families. We collaborated in spearheading the first ever Semana de la Lactancia Latina/Latinx Breastfeeding Week



## DIVERSITY

Expanded resources for diverse communities, including the LGBTQ+ Lactation Love Zine, Equitable Access to Lactation Care: Father/Partner Engagement Webinar, and NM Dad's Guide to Lactation. We enhanced organizational inclusivity by providing Embracing Equity Training for NMBTF staff and Board members, fostering an inclusive and affirming internal culture.

**NEW MEXICO BREASTFEEDING TASK FORCE**

### Human Milk Feeding in our LGBTQ+ Families

A RESOURCE GUIDE FOR FAMILIES, LACTATION CARE PROVIDERS, DOULAS, & PEER SUPPORT PEOPLE

**SOME BENEFITS OF HUMAN MILK FOR INFANTS & CHILDREN**

- Human milk provides ideal nutrition for babies - everything baby needs for the first 6 months of life, in all the right proportions. Its composition even changes according to the baby's changing needs, especially during the first month of life.
- Bodyfeeding encourages skin-to-skin contact and nurturing, working to soothe and comfort babies.
- Babies have fewer cases of ear infections, gastrointestinal infections, bacterial meningitis, urinary tract infections, late-onset sepsis in pre-term babies, and more.
- Reduced Sudden Infant Death Syndrome (SIDS) risk: Nursing your baby for at least a month or more reduces SIDS risks by 50%
- Human milk fed preterm infants have fewer hospital admissions in their first 3 years

*Some Benefits for parents*

- Creates love & connection with your baby, giving parents oxytocin surges
- Reduced incidences of postpartum depression
- Saves \$\$\$
- Workplace productivity is boosted by fewer parental absences from work

New Mexico Breastfeeding Task Force [www.breastfeedingnm.org](http://www.breastfeedingnm.org)

## EDUCATIONAL OPPORTUNITIES

We enhanced the skills of professionals, paraprofessionals, and birthworkers through various initiatives, including hosting the Hospital and Clinic Summit in both Northern and Southern NM. We provided lactation education basic trainings, as well as sessions on lactation and interpersonal/intimate partner violence. Moreover, we conducted the Presbyterian Community Health DEI training series.



## Board of Directors

Melissa Riley, Chair  
 Pip Howard, Secretary  
 Mac Bowen, Treasurer  
 Rosalba Ruiz, Member  
 Sunshine Muse, Member  
 Caroline Davis, Member  
 Elizabeth Koffler, Member  
 Celia Hahn, Member  
 Jessica Montoya Trujillo, Member

## Staff

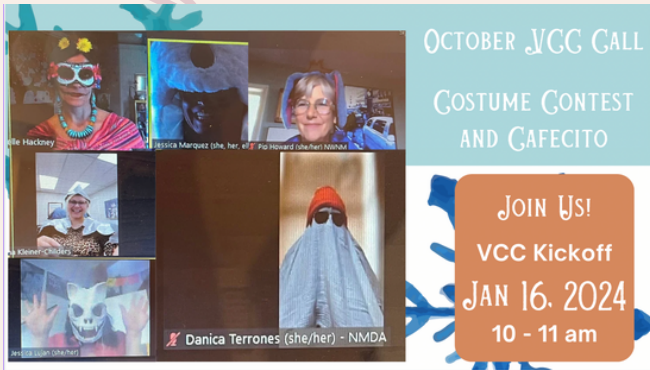
Monica Esparza, ED  
 KendraJoi Trujillo, Program Manager  
 Christine Kamm, Accountant  
 Siboney Rodriguez, Core Team Leader  
 Jessica Marquez, Core Team  
 Jessica Lujan, Core Team  
 Marianna Kleiner-Childers, Core Team  
 Kimberly Smetzer, BHI/BFCI, Workforce Development

THANK YOU TO  
 OUR BOARD OF  
 DIRECTORS, STAFF  
 & CHAPTER  
 LEADERS



## CHAPTERS

Our local chapters continue to serve as the cornerstone of our efforts, fostering community engagement and collaboration. Through ongoing virtual chapter collaborative meetings and chapter-led project initiatives, we amplify our impact and address local needs effectively.



## HOSPITALS

We're making strides with the Breastfeeding Friendly Clinic Initiative, spearheaded by Little Steps Pediatrics as our pilot clinic. Our focus remains on supporting the 17 hospitals in maintaining their Baby-Friendly designation, while also assisting hospitals not yet on this pathway in adopting best practices and policies for breastfeeding support.

## 2023 BY THE NUMBERS

