



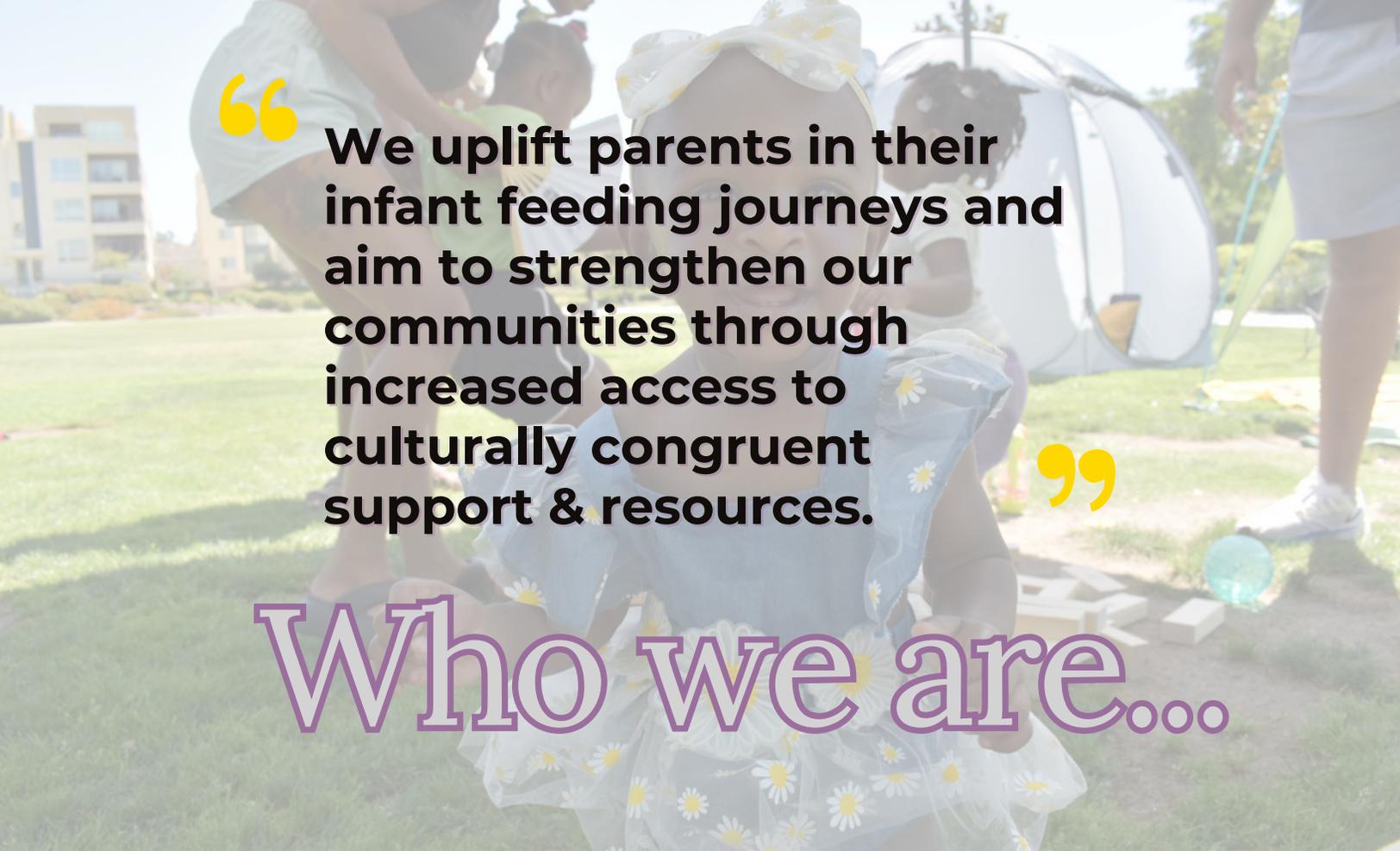
SDLEA

Impact Report



2025





“ We uplift parents in their infant feeding journeys and aim to strengthen our communities through increased access to culturally congruent support & resources. ”

Who we are...

Our Mission and Purpose

SDLEA originated in 2016 and rebranded in 2024 under new leadership. We exist to meet the need of families who have financial barriers to services from a lactation consultant (IBCLC) or those who cannot find culturally congruent support. Over the years our mission has evolved to address the long existing disparities among Black and brown communities, where barriers and challenges take precedence due to gaps and flaws in our societal systems. We aim to provide free to low-cost infant feeding consultations while expanding access into San Diego's "first foods deserts" in particular Southeast San Diego, and increase representation among lactation professionals through scholarships and mentorship.



Highlights

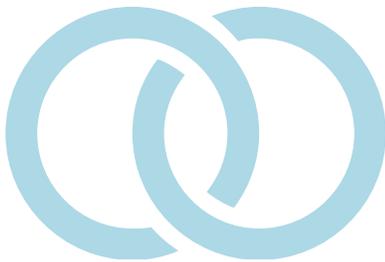


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852 Free & Reduced-Fee
Lactation Consultations

4 Feeding Our Future
Scholarships

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Clinics

Events of 2025

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Updates & Growth



852 free/reduced fee lactation consultations

In 2025, the SDLEA provided an outstanding amount of free/reduced-fee lactation consultations across San Diego County. We provided a total of 852 total visits across four clinical providers. These consultations helped families overcome breastfeeding, pumping, and bottle feeding challenges, as well as increased parental confidence, thereby extending the duration of the families' 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 2025, we distributed \$6,000 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 Clinicians

In 2025, SDLEA made strategic adjustments to our clinical model to ensure sustainability while continuing to meet community needs. We partnered with Melanin Milk SD Collective to expand access to specialized lactation care, including providing free support to UCSD MCAP participants, particularly families living with HIV who choose to breastfeed. Due to rising operational costs and shifts in funding, we reduced our physical clinic locations from three to one centrally located site in Mission Valley, while expanding home visit and telehealth services to better align with family preferences. SDLEA currently contracts with three BIPOC lactation providers, including a Spanish-speaking IBCLC, ensuring culturally responsive care. As we navigate ongoing funding challenges, we are prioritizing a community-centered care model that supports both families and providers, with plans to expand our network and reintroduce additional clinic locations as resources allow.



Dr. Anna Malaika Tubbs

AUTHOR, ADVOCATE,
CONSULTANT, EDUCATOR



2025 Webinars & Events

In 2025, SDLEA expanded our community impact through a series of educational webinars and in-person events designed to uplift and connect families. In partnership with the San Diego County Breastfeeding Coalition, we hosted several webinars, including a powerful conversation with NYT best-selling author Dr. Anna Malaika Tubbs and several local business spotlight webinars featuring: LMFT's NaTasha Bailey & Kendall Stewart on mental health, Chinese Medicine Doctor, Dr. Shani, Dr. Kelly O. Elmore on Menstrual Health and more! We also hosted our 1st Annual Black Breastfeeding Week Picnic, a joyful, family-centered event celebrating Black breastfeeding mothers and creating space for connection and community care. These efforts reflect SDLEA's commitment to education, empowerment, and culturally affirming support.

Growth & Changes



Organization Updates

In alignment with our strategic direction and recent grant proposals, SDLEA has continued to evolve toward a more sustainable, community-centered model that prioritizes education, access, and workforce development. While our mission remains unchanged, we are intentionally shifting from a primarily clinic-based service model to a broader approach that includes lactation literacy education, community partnerships, low-barrier access points, and investment in BIPOC lactation professionals through scholarships and mentorship. This evolution allows us to expand our impact, respond to workforce capacity challenges, and build long-term infrastructure for lactation equity across San Diego.

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

Thank
you!



Lactation
Education
Resources



*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!

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.

**May check payable and send to:
San Diego Lactation Equity Alliance
3500 Sequoia St.
Lemon Grove, CA 91945**

Join us as we

CHAMPION

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



Sign up to stay in the loop!



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