

Annual Evaluation Insights 2020

What we are doing well, where we can improve and helping us to provide the evidence required to secure future funding.



Which service?

18% BfN Drugs in Breastmilk Service 10.5% National Breastfeeding Helpline 18% social media chat support



Who responded?

90% were mothers 6.5% Health Professionals 1.5% other



Matching last year's results exactly, 64% of mothers contacted BfN because they were experiencing breastfeeding problems.



Once again, the most popular topic of discussion with BfN Peer Supporters was positioning and attachment for feeding.

We wanted to know more about why people used our services and the difference it made. We learned that:

45%

of mothers were struggling with painful breasts and nipples. 56%

said that BfN supported them to breastfeed for longer than they otherwise would have. 92%

said that the support and information they received was specific to them. 24%

of mums wanted to talk about their mental wellbeing or mood

We asked about the impact that BFN had, they said:

I felt lonely and isolated on my breastfeeding journey

I had people who could give me support with breastfeeding

I felt confident about making choices regarding breastfeeding

I felt able to continue to breastfeed for as long as I chose

I felt part of a community that supported me with breastfeeding

| Before | BfN |
|--------|-----|
| Suppo | ort |

35% 63% 63% 61% 36%

After BfN support

8% 93% 94% 91% 83%



97% were satisfied with the support they received from BfN.

98%

would recommend us to family or friends.

