Abstract

Breast milk has been found to positively impact the health of children, mothers, and communities. This thesis provided process evaluation of a lactation support program in an outpatient clinical setting to gain understanding of who is being served and what activities are being conducted to promote breastfeeding. A mixed methods design was used and included key-informant interviews, secondary data analysis of a needs assessment, chart reviews, and secondary analysis of a Breastfeeding Activity Log. Results showed that people were motivated and interested in supporting lactation but that the program lacked clear definition and structure. These results will be used to guide further design and development of breastfeeding support.