Strategies and Outcomes of Community Breastfeeding Support Groups in Taiwan

Lin, Yu-Hsuan[1,*], Lai, Yan-Cheng[1], Tsai, Yi-Chen[1], Wang, Hao-Yu[1], Wei, Hsi-Lun[1]

[1] Health Promotion Administration, Ministry of Health and Welfare, Taiwan

Background and Aim

Social and peer support are essential for helping mothers build confidence, overcome lactation difficulties, and sustain long-term exclusive breastfeeding. To provide continuous community-based companionship and resources for postpartum women and foster a supportive environment, this project partnered with local governments in 2025 to promote community breastfeeding support groups and establish a sustainable community breastfeeding support network.

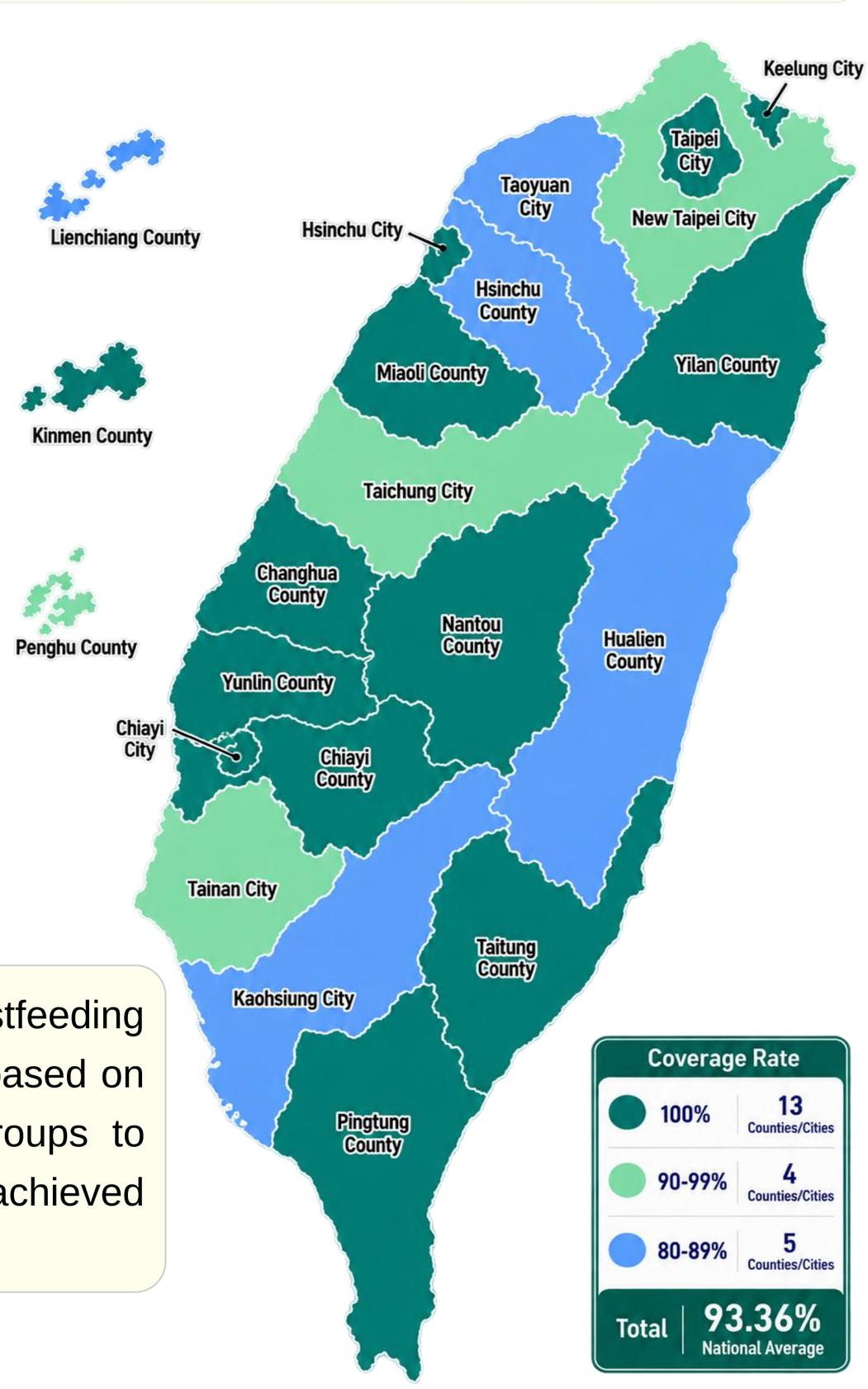
Methods

A multi-level strategy was implemented through:

1. Integrating breastfeeding support group performance into local government evaluation indicators.
2. Providing "Breastfeeding Support Group Leader Training" for healthcare professionals and volunteers, focusing on practical scenarios, group leadership, and communication skills. In 2025, a total of 2 training sessions were held, training 57 participants through hands-on practice.
3. Providing tailored expert on-site mentorship to 8 cities and counties to strengthen group facilitation techniques, promotion channels, and operational enhancements in 2025.



These images were adapted from real photographs using AI.

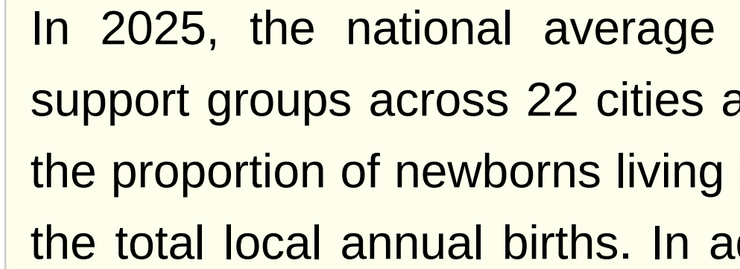


Results

In 2025, the national average coverage of community breastfeeding support groups across 22 cities and counties reached 93.36%, based on the proportion of newborns living in districts with active support groups to the total local annual births. In addition, 13 cities and counties achieved 100% coverage.

Conclusions

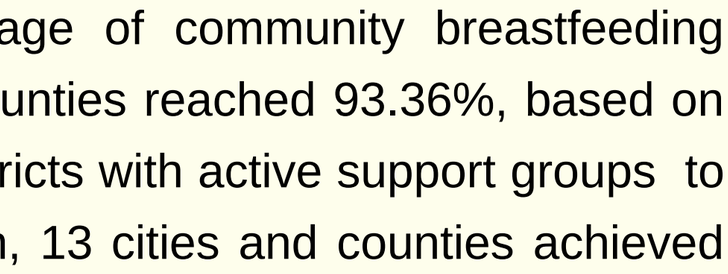
1 Strengthened Central-Local Collaboration



Central Policy | Local Implementation

Leader training and tailored expert mentorship aligned central policy with local implementation, extending professional and peer breastfeeding support into communities.

2 Enhanced Local Implementation Capacity



Evaluation Incentives | Capacity-Building Training

Incorporating support group performance into local government evaluation, together with training, strengthened administrative engagement and local implementation.

3 Sustaining a High-Coverage Support Network

12

Cities/Counties achieved 100%

With nationwide coverage reaching 93.36%, future efforts should focus on sustaining effective operational models and promoting cross-regional knowledge exchange.

*Correspondence to: yuhsuanl@hpa.gov.tw