Supplementary Material

# Supplementary Information

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**Supplementary Table 1.** Examples of professional associations, actors in healthcare provision and advocacy, public institutions and authorities, scientific institutions and universities, non-governmental organisations and initiatives involved in developing the strategy, represented by stakeholders

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| **Representatives of…** |  |
| Professional associations  | e. g. Professional Association of Pediatricians e.V. (German: Berufsverband der Kinder- und Jugendärzt\*innen e.V. (BVKJ)), German Midwives Association e.V. (German: Deutscher Hebammenverband e.V. (DHV)),The German Nutrition Society (German: Deutsche Gesellschaft für Ernährung e. V. (DGE)) |
| Actors in healthcare provision and advocacy | e. g. Federal Joint Committee (German: Gemeinsamer Bundesausschuss (G-BA)), National Association of Statutory Health Insurance Physicians (German: Kassenärztliche Bundesvereinigung (KBV)),health insurancesNational Association of Statutory Health Insurance Funds (German: GKV-Spitzenverband) |
| Public institutions, authorities | e. g. Healthy Start Network (Netzwerk Gesund ins Leben) at the Federal Center of Nutrition (BZfE), German Federal Centre for Health Education (German: Bundeszentrale für gesundheitliche Aufklärung (BZgA)),National Centre for Early Prevention (German: Nationale Zentrum Frühe Hilfen (NZFH))Consumer centers (German: Verbraucherzentralen)The Federal Office of Consumer Protection and Food Safety (German: Bundesamt für Verbraucherschutz und Lebensmittelsicherheit (BVL)) |
| Scientific institutions and universities | e. g. Robert Koch Institute (German: Robert Koch-Institut (RKI)), Institute of Diabetes Research at Helmholtz Munich (German: Institut für Diabetesforschung (IDF), Helmholtz Zentrum München)Charité – Universitätsmedizin Berlin, Protestant University of Applied Sciences Berlin (German: Evangelische Hochschule Berlin (EHB)) |
| Non-governmental organisations and initiatives | e. g. La Leche Liga e.V.,Association supporting the WHO/UNICEF Baby-Friendly Initiative (BFHI) e.V. (German: Verein zur Unterstützung der WHO/ UNICEF- Initiative "Babyfreundlich" (BFHI) e.V.),Human Milk Bank Initiative (German: Frauenmilchbank Initiative (FMBI) e.V.) |

**Supplementary Table 2.** Overview table of aims and measures of the German National Strategy for the Promotion of Breastfeeding (political strategy paper) in the individual strategy fields.

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| --- | --- |
|  | **Strategic fields** |
|  | **Evidence-based guidelines** | **Basic/advanced training and continued professional development** | **Prevention and healthcare structures** | **Breastfeeding promotion by municipalities** | **Breastfeeding in the workplace** | **Marketing of breast-milk substitutes** | **Systematic breastfeeding monitoring** |
| **Aims** | - Ensure all professionals in contact with pregnant or breastfeeding women give consistent, evidence-based advice on breastfeeding duration and promotion | - Provide the latest and evidence-based knowledge and skills in the field of breastfeeding and breastfeeding promotion | - Align prevention and healthcare structures with individual needs- Provide suitable conditions for breastfeeding promotion and counseling | - Support families with needs-based, networked and low-threshold offers within the municipalities to promote breastfeeding | - Make workplaces and educational / training environments more breastfeeding-friendly | - Raise awareness of breast-milk substitute marketing regulations among experts, authorities, and the public- Limit influence of industry corporations | - Establish a system for continuous, population-wide breastfeeding data collection |
| **Measures** | Guideline development „Breastfeeding duration and interventions to promote breastfeeding“ | Curriculum analysis of educational formats for relevant occupational groups | Evaluation of existing healthcare structures | Integration of breastfeeding promotion into health initiatives and municipal planning | Encourage work-places for breastfeeding promotion | Comprehensible communication of regulations for the marketing of breast-milk substitutes | Creating a research area for the development and implementation of a systematic breastfeeding monitoring system |
| Integration of guideline recommendations to other medical guidelines | Development of evidence-based learning content for all relevant occupational groups and educational formats | Adress gaps in the existing healthcare structures | Development of a "Breastfeeding-friendly Municipality" guideline | Development of target group specific information about rights, opportunities and duties | Identification of possible needs for further regulations | Identifying and establishing appropriate instruments |
| Guideline development for laypersons |  | Application of the „Ten Steps to Succesful Breastfeeding“ in in maternity clinics | Establishment of low-threshold breastfeeding support services | Identification and dissemination of best practice examples | Raising the awareness of the supervisory authorities of the German federal states | Inclusion of data from existing studies  |
| Dissemination of the guideline recommendations |  |  | Provide quality-approved breastfeeding information and materials by the federal government | Investigation of need for action to improve the general conditions for female students, pupils and family members providing support, women not covered by statutory insurance schemes and (solo) self-employed workers | Sensitization for the problem of influence by the industry and the resulting conflicts of interest of those involved | Development of a concept for data storage and data analyses |
|  |  |  |  | Establishing a network between those involved in breastfeeding promotion in the workplace |  | Regular publication of results |

**References**

1. Brettschneider AK, Steindl J, Matthes B, Ensenauer R. Nationale Strategie Zur Stillförderung – Ergebnisse Des Partizipativen Prozesses: Max Rubner Institute (MRI) (2021) [10.01.2025]. Available from: <https://www.mri.bund.de/de/stillstrategie/>.