



# DOULA CARE in the U.S.

## BENEFITS of DOULA CARE



## ACCESS

There were **3.9 million** births in 2013

Medicaid covers nearly **1/2** of all births

**Only 6%** of births are attended by doulas

*Doula care is "one of the most effective tools to improve labor and delivery outcomes." \**

## WHY WE NEED DOULAS

<p>The <b>US</b> ranks <b>60th</b> in <b>MATERNAL MORTALITY</b> globally</p>	<p><b>Life threatening complications</b> of birth are rising... <b>52,000</b> EACH YEAR</p>	<p><b>Cesarean rates</b> have increased <b>58% since 1996</b></p> <p>But this has not made mothers or babies healthier</p>	<p><b>Doula Care</b> = <b>Fewer Interventions</b> = <b>Better Outcomes</b> for mothers and babies</p>
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## HEALTH EQUITY

Community-based doulas reduce disparities by supporting women facing the greatest risks

The risk of maternal death is: **3 to 4x higher** for black women compared to white women

Black women are **2x** as likely to want, but not have, doula care compared to white women

## COST of CARE

**1 in 3** births is by cesarean

**> 2x** the 5-15% that the WHO recommends

Cesareans cost **50% more** than vaginal births

**Universal doula support** could reduce spending on cesareans by **\$2.3 billion**

**\$660 million** Medicaid + **\$1.7 billion** Private Insurance

To read *Doula Care in NYC: Advancing the Goals of the Affordable Care Act* and for all references, visit [www.choicesinchildbirth.org](http://www.choicesinchildbirth.org)

Choices in Childbirth is a non-profit organization focused on ensuring that all women have access to maternity care that is safe, healthy, equitable, and empowering. We promote evidence-based, mother-friendly childbirth options through public education, consumer advocacy, and pioneering policy reform.   
 \*"Safe Prevention of the Primary Cesarean Delivery," the American College of Obstetricians and Gynecologists and the Society for Maternal Fetal Medicine, 2014.