If a doula were a drug, it would be unethical not to offer it.  

**HEALTH BENEFITS**

**OF DOULA CARE**

- **35% fewer** negative birth experiences
- **Less use of pain medication**
- **Lower preterm birth rates**

*with prenatal support

- **Higher Apgar Scores**
- **Greater likelihood of a shorter labor**
- **More breastfeeding**

*with prenatal + postpartum support

Continuous labor support by a doula is "one of the most effective tools to improve labor and delivery outcomes."

American College of Obstetricians and Gynecologists and Society for Maternal-Fetal Medicine

**WHAT DOULAS DO**

Doulas are trained and experienced in providing support before, during, and after birth

*Doulas and family members work together as a support team.*

**UNMET NEED**

Doulas attended just 6% of births in 2011-12

Black, Latina + Medicaid-enrolled women were more likely to want doula support... but not have it

Medicaid 35%
Private Insurance 21%
% who wanted a doula but didn’t have one

Black 39%
Latina 30%
White 22%
In 2013, hospitals billed $126 billion\(^8\) for maternal & newborn care

MORE IS SPENT on childbirth care than any other type of hospital care\(^9\)

A small reduction in cost per birth would have a BIG effect

Maternal + newborn hospital stays account for\(^10\)

<table>
<thead>
<tr>
<th>Medicaid Hospital Stays</th>
<th>Privately Insured Hospital Stays</th>
</tr>
</thead>
<tbody>
<tr>
<td>49%</td>
<td>34%</td>
</tr>
</tbody>
</table>

Doulas lower spending by:

DECREASING
- 1st + repeat cesareans
- epidurals
- complications
- chronic conditions
- preterm births

INCREATING
- breastfeeding

DECREASING cesareans by 39% would save more than $2.25 billion for private insurance and $686 million for Medicaid each year

In the States

Oregon + Minnesota have implemented Medicaid coverage of doula support
New York has a pilot program currently in just one county
Many States are pursuing legislation to increase access to doulas to reduce disparities in care and outcomes for women of color and low-income women\(^13\)

LEARN MORE IN THE ISSUE BRIEF ON INSURANCE COVERAGE OF DOULA CARE at

Every Mother Counts
www.everymothercounts.org/resources/

National Partnership for Women & Families
www.nationalpartnership.org/doula

Selected References: