

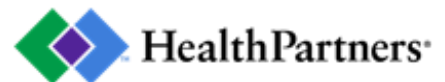
A valuable part of the care team

Birth Doulas/ Perinatal Educators/Birth Attendants

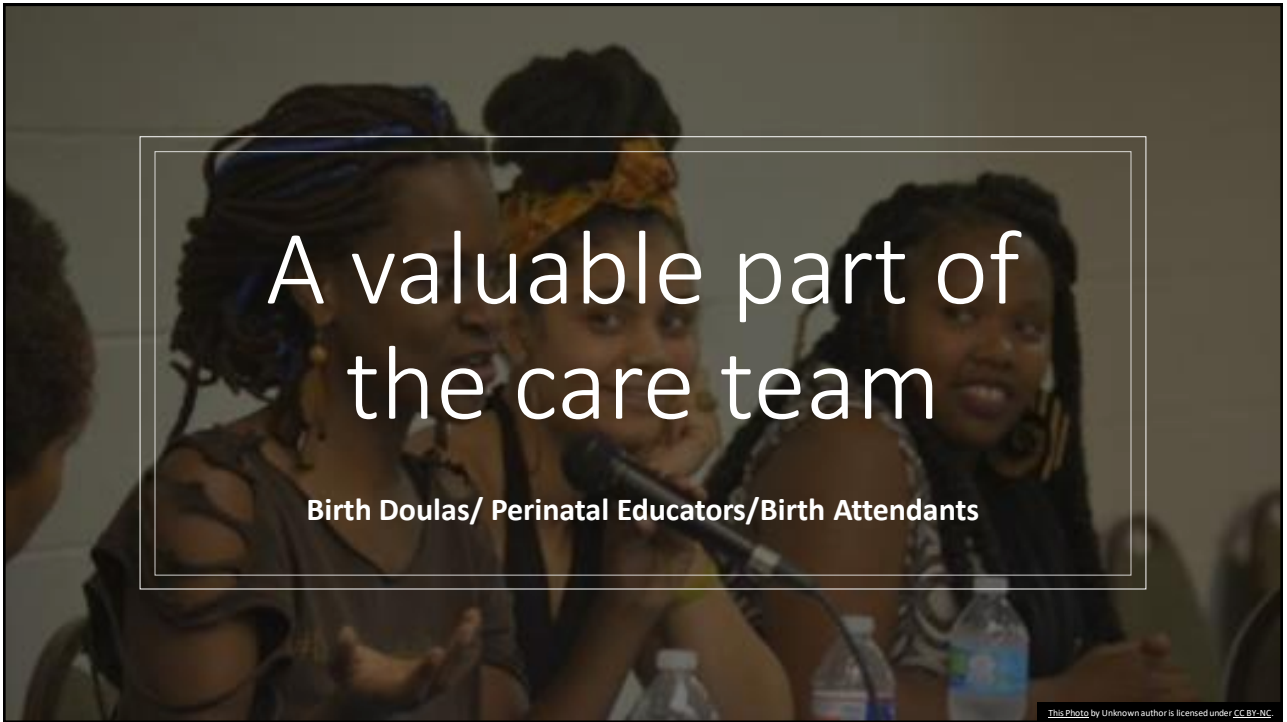
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MN Health Plans Collaborative



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The Problem:
Maternal
Mortality

- The US is among the few countries where the rate of women dying is rising instead of falling. The maternal mortality rate for 2018 was 20.7/100,000 (CDC, 2018) In addition to the 1000 women who die in pregnancy or during childbirth each year in the US, nearly 35,000 women here suffer from serious complications leading to long term health problems.

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The Problem: Maternal Morbidity

- Maternal Mortality rate for African American women is 47.2, and that (per 100,000). Compare those rates to that of European American and Hispanic women, which are 18.1 and 12.2, respectively. (NCHS,2018)
- The preterm birth rate for the US has declined over the last decade, however a stark disparity persists between African American outcomes and the outcomes of other races.
- Babies of Black women, regardless of their mothers' education or economic status, are twice as likely to be pre-term, have low birth weight or not survive at all compared to those of European American women,

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Whereas the midwife, ob-gyn physician and/or the labor delivery must focus on facilitating a healthy birth, the Birth Attendant's main concern is to facilitate the birthing persons' comfort, well-being, and parental readiness. And provide support also to the partner and extended family.

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What is a Doula?

The term comes from a Greek word meaning “to serve”. Birth doulas serve and support expectant parents and their families with the emotional and physical aspects of childbirth. Postpartum doulas serve and support after childbirth. Both birth and postpartum doulas can assist birthing parents and their families in getting information to make the very best health care decisions for themselves and their families.

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When you hear the word DOULA, we want people to think about and know:

Encouraging, positive, perfect, **SUPPORT**, energy, knowledge, fantastic, cherish, skills, trust, questions, amazing, calm, happy, guide, recommend, angel, special, attentive, impressed, thoughtful, value, friendly, appreciated, **PROFESSIONAL**, empowered, **EVIDENCE BASED INFORMATION**, comfortable, memories, kindness, steady, grounded, valuable, soothing, magical, successful, parents, treasure, priceless, achieve, pleased, crucial, motivated, emotional, prepared, consistent, nurturing, perfect, strong, love, questions, genuine, vital, effective, team, cheerful, blessed, faith, wise, funny, thrilled, available, grateful, steady, grounded, sensitive, exceptional, understanding, wishes, amazing, laugh, cherish, fortunate, assured, trust, secure value, **HELPER**, priceless, peace, special, connected, sister, listened, relationship, proud

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A Birth Doula, Perinatal Educator, Birth Worker support

Supports the entire Family in the birth process. We provide continuous support prenatally, postpartum and beyond!!!

THANK YOU!!

Questions??



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Evaluation

Please complete this evaluation of today's webinar. Please share your feedback and suggestions for future webinar topics related to maternal health outcomes. You will receive your certificate of participation upon completion.

<https://survey.alchemer.com/s3/6774137/Doulas-101-A-valuable-part-of-the-care-team-How-doulas-support-a-healthy-pregnancy>

Thank you for joining us today!

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