

IMPROVE BLACK CHILDBIRTH OUTCOMES THROUGH DOULA CARE

Ensure access to doula support for ALL low and middle income pregnant women in Los Angeles County

Due to **institutionalized racism and chronic stress**,¹ Black/African American women are **4x** as likely as white women to die from pregnancy related complications.

In L.A. County, the **infant mortality rate** for Black babies is more than **2x** that of other races.

Doulas are professional labor companions who help provide a safe and empowered birth through:

- Emotional and physical support that reduces stress
- Education and advocacy
- A safeguard against implicit and explicit bias

In addition to **decreasing maternal and infant mortality rates**, studies show that the presence of a Doula can:



Reduce Cesarean Sections & Medical Interventions



Increase Breastfeeding



Reduce Length of Labor



Increase Maternal Satisfaction with Birth Experience



Reduce Pain Medication Use



Reduce Postpartum Depression

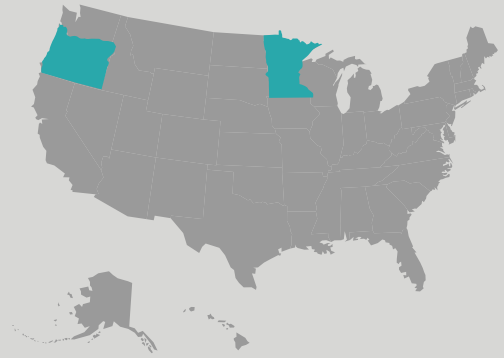
EXPERTS AGREE:

In March 2014, the **American College of Obstetricians and Gynecologists (ACOG)** and the Society for Maternal Fetal Medicine endorsed greater use of:

"One of the most effective tools to improve labor and delivery outcomes, the continuous presence of support personnel, such as a doula."

2 STATES

Currently Allow Medicaid
Reimbursement for Doula Services
Oregon & Minnesota



There is Growing Support for Doula Pilot Programs in

3 CA REGIONS

San Francisco, Los Angeles County & The Inland Empire

"Access to doula services for pregnant women who are at risk of poor birth outcomes may help to disrupt the pervasive influence of social determinants as predisposing factors for health during pregnancy and childbirth."**"**

Katy B. Kozhimannil, Carrie A. Vogelsang, Rachel R. Hardeman, Shailendra Prasad. Disrupting the Pathways of Social Determinants of Health: Doula Support during Pregnancy and Childbirth. *The Journal of the American Board of Family Medicine*. May 2016, 29 (3) 308-317;

¹ Dominguez, T. (2008). Race, Racism, and Racial Disparities in Adverse Birth Outcomes. *Clinical Obstetrics and Gynecology*. 51, Number 2, 360-370. Los Angeles, California. Lippincott Williams & Wilkins.

Our Vision

A world where Black women are treated with humanity, have safe and sacred births, and are fully supported by an informed and empowered community.

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