

OVERDUE

MEDICAID & PRIVATE INSURANCE COVERAGE OF DOULA CARE



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

Adapted from John Kennell, MD¹

HEALTH BENEFITS^{2,3}

High-quality research supports the benefits of doula care:

The 2013 Cochrane systematic review analyzed 22 studies of more than 15,000 women to identify benefits of continuous labor support by a doula.²

A review of 41 birth practices in the *American Journal of Obstetrics and Gynecology* in 2008 concluded that doula support was among the most effective of all those reviewed – 1 of only 3 to receive an "A" grade.⁴



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

American College of Obstetricians and Gynecologists and Society for Maternal-Fetal Medicine⁵

WHAT DOULAS DO

Doulas provide support before, during & after birth for childbearing women and their partners.

Doulas and family members work together as a support team.

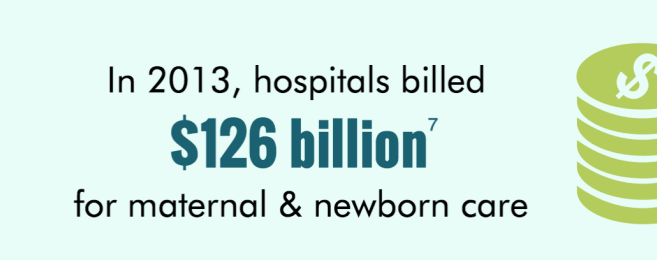
Family have long-term, close relationships with the mother-to-be.

Doulas are trained and experienced at providing labor and birth support.



UNMET NEED⁶

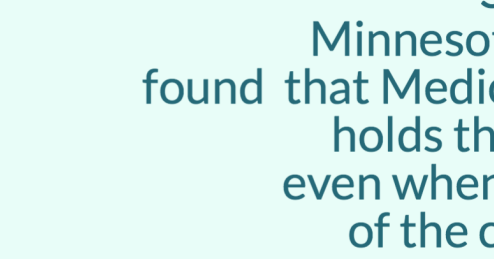
Just **6%** of women had labor support from a doula in 2011-12



Of those who did not use a doula, more vulnerable women were more likely to have wanted doula support



Percentage of women who wanted but did not have doula support



SPENDING

In 2013, hospitals billed

\$126 billion⁷

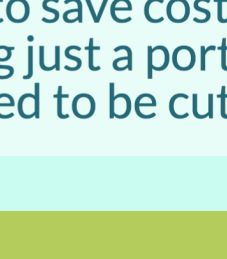
for maternal & newborn care



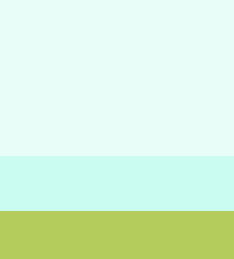
MORE is spent on childbirth care than any other type of hospital care

Reducing spending on childbirth care by even a small percentage would have a big effect!

Maternal & newborn stays account for⁹



of Medicaid hospitalizations



of privately insured hospitalizations

COST SAVINGS

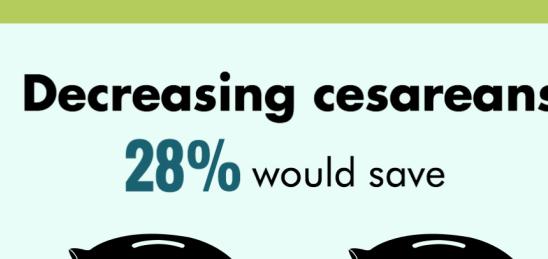
Studies in 3 states (Minnesota, Oregon and Wisconsin) found that Medicaid reimbursement of doula care holds the potential to save costs even when considering just a portion of the costs expected to be cut.

1 in 3 births is by cesarean⁰



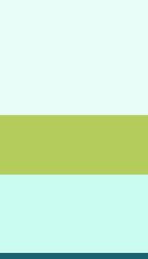
56% more than in 1996, but rising rates of cesareans¹¹ haven't led to healthier moms or babies

Cesarean births cost **50% more** than vaginal births¹¹



(includes maternal and newborn care costs)

Doulas lower spending by



Decreasing cesareans (an average of 28%) repeat cesareans epidurals complications chronic conditions

Increasing breastfeeding

Decreasing cesareans 28% would save



... that's only considering savings from cesareans in the present pregnancy, not future savings

CURRENT STATEWIDE COVERAGE



2 States

Oregon & Minnesota

have passed legislation leading to Medicaid coverage of doula support

STRATEGIES TO EXPAND COVERAGE

Several federal and state strategies could achieve widespread access to doula services. Other interim more incremental strategies are currently in place on a small scale and should be expanded, clarified and simplified to meaningfully increase access to doulas.



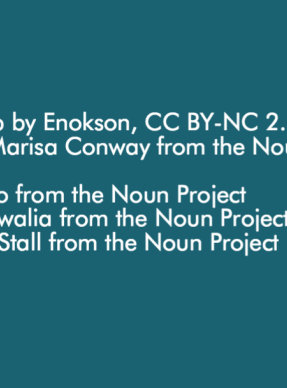
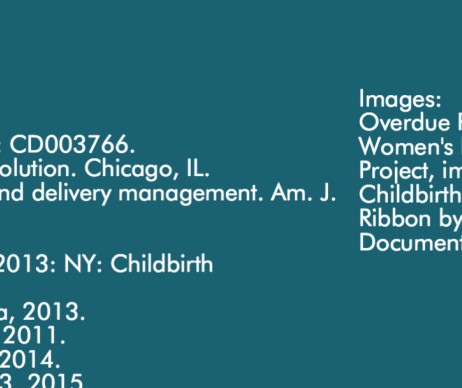
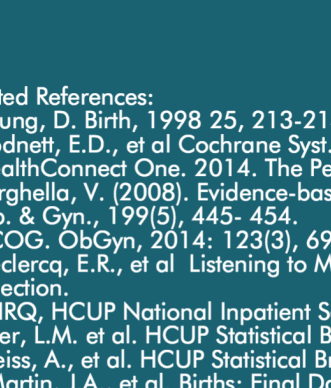
LEARN MORE IN THE 2016 ISSUE BRIEF ON INSURANCE COVERAGE OF DOULA CARE at

Choices in Childbirth

www.choicesinchildbirth.org/our-work/advocacy-policy/doulacoverage/

Childbirth Connection

<http://transform.childbirthconnection.org/reports/doula/>



Choices in Childbirth is a non-profit organization in New York City that works to ensure access to maternity care that is safe, healthy, equitable, and empowering. Our mission is to promote evidence-based, mother-friendly childbirth options through public education, advocacy, and innovative policy reform. Learn more at www.ChoicesinChildbirth.org.

The National Partnership for Women & Families, a non-profit organization founded in 1971 and located in Washington, D.C., promotes reproductive and maternal-newborn health and rights; access to quality, affordable health care; and policies that help women and men meet the dual demands of employment and family. Founded in 1918, Childbirth Connection became a core program of the National Partnership in 2014. Childbirth Connection programs serve as a voice for the needs and interests of childbearing women and families, and work to improve the quality and value of maternity care through consumer engagement and health system transformation. Learn more at <http://Transform.ChildbirthConnection.org> and www.NationalPartnership.org.

Selected References:
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3. Health-Connect One. 2014. The Perinatal Revolution. Chicago, IL.
4. Berghella, V. (2008). Evidence-based labor and delivery management. Am. J. of Ob. & Gyn., 199(5), 445-454.
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7. AHRQ. HCUP National Inpatient Sample Data, 2013.
8. Wier, L.M. et al. HCUP Statistical Brief #107. 2011.
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