

## New Jersey has one of the highest maternal death rates in the country.

A Black mother in NJ is 7X more likely than a white mother to die from maternity-related complications. And a Black baby is over 3X more likely than a white baby to die before their first birthday. **Let those facts sink in.**

One way to provide mothers and children of all races and ethnicities with better care is by adding doula services to our health plans.



### What is a doula?

A doula is a trained companion who supports another person through a significant health-related experience such as childbirth or end-of-life care. A doula is not a health care professional.



A birth doula advocates for the mother, encouraging and helping her obtain specific goals she might have for the birth of her child.



Women who received continuous support by a birth doula were found to have shorter labors by about 40 minutes and their babies were less likely to have low Apgar scores at birth.

### Benefits of using a birth doula:

**31%** decrease in the use of Pitocin

**28%** decrease in the risk of a C-section

**12%** increase in the likelihood of a spontaneous vaginal birth

**9%** decrease in the use of any medicines for pain relief

**14%** decrease in the risk of newborns being admitted to a special care nursery

**34%** decrease in the risk of being dissatisfied with the birth experience

#### Sources:

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