What is a Community-Based Doula?
Someone intimately familiar with the community who is trained to provide physical and emotional support to the mother and her family before, during and after childbirth; as well as information/education.

Doulas provide:
- Prenatal support
- Comfort measures such as massage and deep breathing
- Encourage movement during labor
- Help mothers advocate for themselves during the labor process
- Breastfeeding support in the early postpartum period

How do Community-Based Doula Programs Improve Birth Outcomes Prenatally?
- Utilize a prevention oriented approach by supporting the mother from pregnancy through 3 months post-partum
  - Emphasize diet and wellness during pregnancy
  - Emphasizing stress releasing exercises during pregnancy
  - Encourage attachment bonding prenatally

How do Community-Based Doula Programs Improve Birth Outcomes?
- Serve as a liaison between health care providers, resources and the mother
  - Pregnancy Aid
  - MIHP referrals
  - Nurse-Family Partnership
  - Community Baby Showers
  - Health Fairs

How do Community Based Doula Programs Improve Birth Outcomes?
- Facilitate connection between mother and family prenatally and during labor
  - Encourages family to join mother in doula prenatal meetings
How do Community-Based Doula Programs Improve Birth Outcomes?

- Reduce cesarean rates by 28%
- Decrease in vacuum birth 40%
- Reduce augmented birth 31%
- Reduced epidurals

How do Community-Based Doula Programs Improve Birth Outcomes?

- 4 times less likely to have low birth weight babies

How do Community-Based Doula Programs Improve Birth Outcomes?

- 2 times less likely to experience a birth complications involving themselves

How do Community-Based Doula Programs Improve Birth Outcomes?

- Encouraged Skin-to-Skin contact immediately after birth, immediate STS:
  - Associated with high breastfeeding duration and exclusivity
  - Regulates baby's temperature
  - Calms mother

Breastfeeding is something I knew I wanted to do but I know I wouldn’t be doing it right now if it weren’t for the BMBFA program and my doula Olivia. Breastfeeding was terrible at first. I thought I had been punked, this natural and wonderful thing for my child was torturing me. Thankfully, Olivia was so supportive and encouraging. She constantly reminded me that I could successfully breastfeed and never let me get down on myself.

- Naomi Marbry
  BMBFA Mom
How do Community-Based Doula Programs Improve Birth Outcomes?

- Cost savings
- Higher breastfeeding rates lead to both short and long term cost savings for both mother and baby in the form of avoided illness and chronic disease
- Each avoided cesarean provides $4459 in medical cost savings
- Each avoided epidural provides $607 in medical care savings

Accreditation

A rigorous review process engaged in by a site whose community-based doula program has been in actively operating for a minimum of 2 years. Accreditation sites must adhere to the Eight Standards.

Every Mother and Baby Deserves a DOULA!