

WHAT IS A DOULA?

A doula is a trained non-medical professional who provides continuous physical, emotional and informational support to mothers and families during their pregnancy, labor, and postpartum journey to help them achieve the healthiest outcomes for the mother, baby, and family.



WHAT ARE THE BENEFITS OF DOULAS?

- Reduce preterm birth by 25%
- Reduce cesarean sections by 52%
- Reduce postpartum depression and anxiety by 57%
- Potential Medicaid cost savings of \$10.2 million annually
- Reduce birth inequities



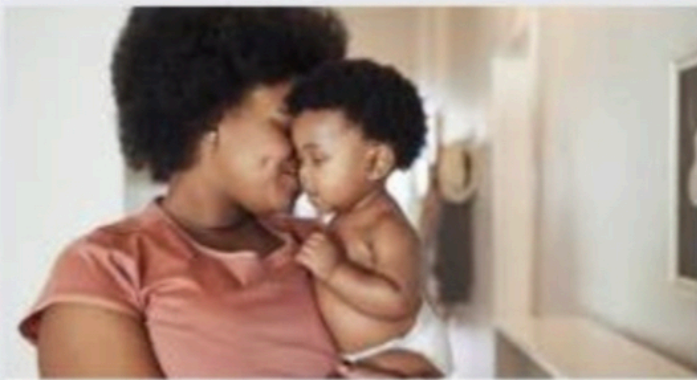
STORIES FROM FAMILIES WHO HAD DOULAS

“ During labor, [my doula] completely transformed the labor and delivery room. She made me feel calm, safe, and supported the whole time. Thanks to her and also the amazingly supportive midwives, we welcomed our daughter--it was such a beautiful, healing, and emotional experience for both my husband and me. ”

- Roshi N

“ As a first time dad having a Doula was like having a coach to show you what to do and when to do it. I never felt out of place or unprepared because the Doula had already taught me techniques and methods to help my wife during the birth. I'll always recommend someone have a good Doula for their first birthing experience. ”

- Dustin



WHAT DO DOULAS DO?

- Advocating for the birthing person's preferences and their best interest
- Offer evidence-based information about different options and procedures during childbirth.
- Keep the birthing person and partner informed about what is happening during labor
- Give the birthing person confidence, encouragement, and reassurance
- Assist with labor positions and comfort measures
- Create a calm birthing environment

"Evidence suggests that, in addition to regular nursing care, continuous one-to-one emotional support provided by support personnel, such as a doula, is associated with improved outcomes for women in labor."

- American College of Obstetricians and Gynecologists

HOW MUCH ARE DOULAS PAID NOW?

- Right now, the maximum amount doulas can receive through Medicaid is \$770
- Not every doula with Medicaid clients receives the maximum amount of \$770
- Being a doula comes with expenses such as keeping their name on the registry (\$200) and paying for gas.
- Minnesota families have limited access to doulas because many doulas do not accept Medicaid clients due to the low reimbursement rate
- Doulas who are privately paid charge \$1,500-\$2,500 per client, which is more than many families can afford to pay

Birth Equity Community Council (BECC)

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"We believe increasing access to doulas will provide a necessary service to support Minnesota families during the journey of pregnancy, birth, and postpartum as well as reduce birth disparities for families of color"

- BECC

SOLUTIONS

- 1 Increase reimbursement for Doula services to make it viable to make a livable income and increase doula access to families.
- 2 Lower the cost of maintaining doula's names on the doula registry
- 3 Create funding through scholarships and grants that would allow for doulas to get help with training costs
- 4 Change NPI number billing requirements and increase MDH funding for state management of doulas. Doulas are not medical professionals and should be treated under preventative services like community health workers