

OVERDUE



MEDICAID & PRIVATE INSURANCE COVERAGE OF DOULA CARE


Updated 2019




If a doula were a drug, it would be unethical not to offer it. Adapted from John Kennell, MD¹


HEALTH BENEFITS OF DOULA CARE^{2,3,4}


35% fewer negative birth experiences  


Less use of pain medication 

Lower preterm birth rates 
*with prenatal support

39% fewer cesareans

Higher Apgar Scores 

Greater likelihood of a shorter labor 

More breastfeeding 
*with prenatal + postpartum support

Continuous labor support by a doula is "one of the most effective tools to improve labor and delivery outcomes."
American College of Obstetricians and Gynecologists and Society for Maternal-Fetal Medicine⁵

WHAT DOULAS DO⁶

Doulas are trained and experienced in providing support before, during, and after birth

Doulas and family members work together as a support team.

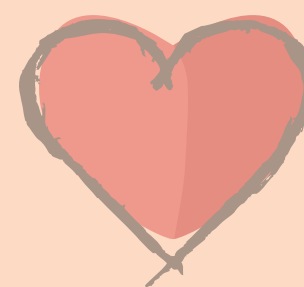
PROVIDE INFORMATION



- Resources
- Referrals
- Answers to questions about labor + birth

GIVE EMOTIONAL SUPPORT

- Relaxation techniques
- Encouragement
- Calm environment



ENCOURAGE COMMUNICATION



- Positive dialogue
- Informed decision-making
- Self-advocacy

OFFER HANDS ON SUPPORT

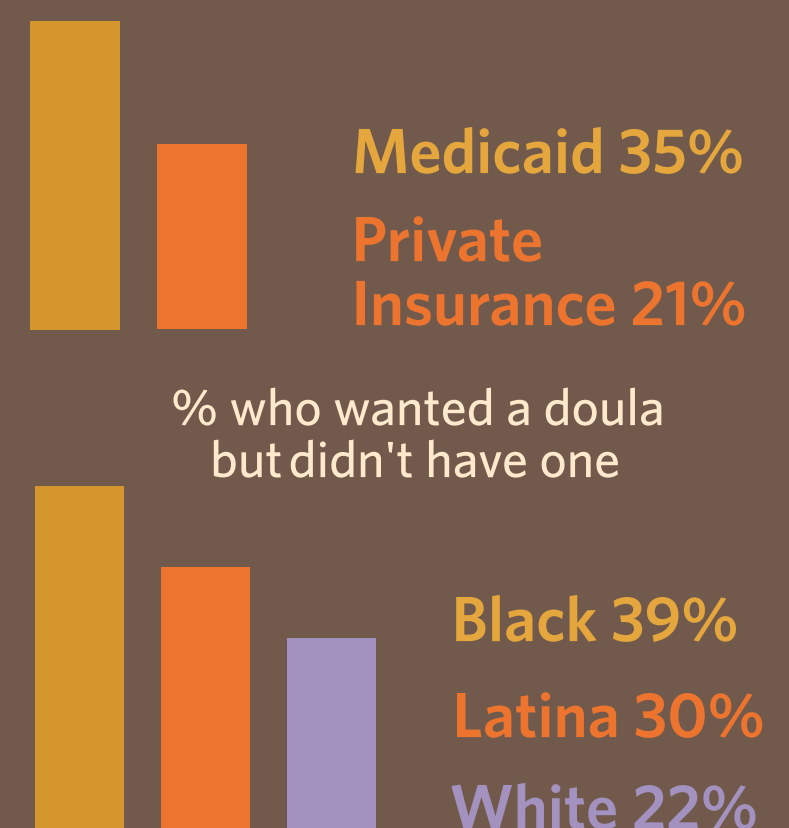
- Walking + position changes
- Massage
- Breastfeeding support



UNMET NEED⁷

Doulas attended just **6%** of births in 2011-12

Black, Latina + Medicaid-enrolled women were more likely to want doula support... but not have it



SPENDING

In 2013, hospitals billed

\$126 billion⁸

for maternal & newborn care



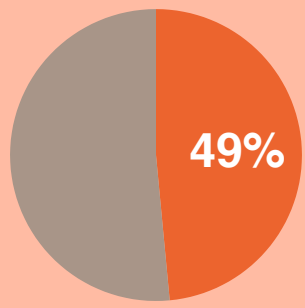
MORE IS SPENT

on childbirth care than any other type of hospital care⁹

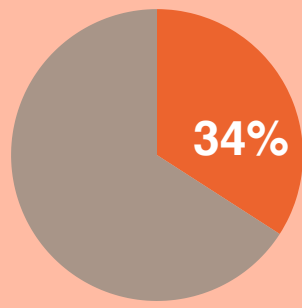
A small reduction in cost per birth would have a

BIG effect

Maternal + newborn hospital stays account for¹⁰



of Medicaid hospital stays



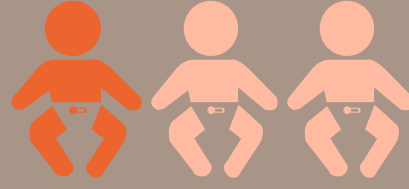
of privately insured hospital stays

POTENTIAL COST SAVINGS



1 in 3 births

is by cesarean¹¹



56% more than in 1996 but this hasn't made moms or babies healthier!⁵

Cesarean births cost

50% more

than vaginal births¹²

Over **\$9,537** more for private insurance



Over **\$4,459** more for Medicaid

(includes all maternal and newborn care costs)

Doulas lower spending by:



DECREASING

- 1st + repeat cesareans
- epidurals
- complications
- chronic conditions
- preterm births

INCREASING

- breastfeeding

Decreasing cesareans by

39%

would save more than



for private insurance



for Medicaid

each year

STRATEGIES TO EXPAND DOULA COVERAGE



Federal or State legislation establishing doula coverage



Centers for Medicare and Medicaid Services guidance and technical assistance to states



Review by U.S. Preventive Services Task Force for inclusion as a recommended service



State Medicaid coverage of doulas as "non-licensed" service practitioners or through a DSRIP or 1115 waiver

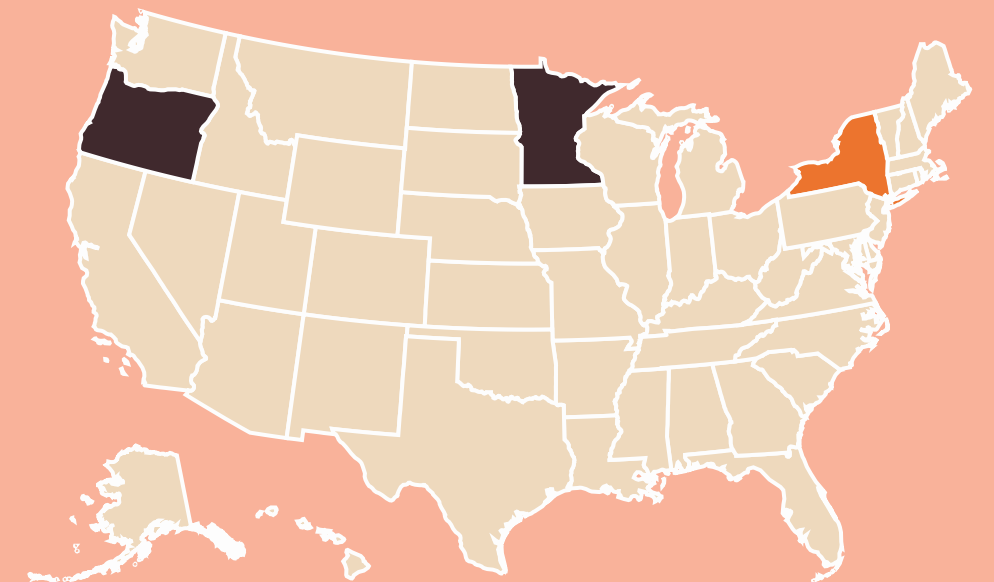


Agreements between insurers/managed care organizations with doula agencies/groups



Including doula coverage within innovative payment and delivery systems

In the States



Oregon + Minnesota have implemented Medicaid coverage of doula support

New York has a pilot program currently in just one county

Many States are pursuing legislation to increase access to doulas to reduce disparities in care and outcomes for women of color and low-income women.¹³

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

Every Mother Counts

www.everymothercounts.org/resources/

National Partnership for Women & Families

www.nationalpartnership.org/doula

Selected References:

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EVERY MOTHER COUNTS