

Community Health Workers Achieve Strong Outcomes in Maternal and Child Health

HealthConnect One has worked with community health workers in maternal and child health programs for nearly 25 years. Community-based doulas and breastfeeding peer counselors have achieved consistently significant and sometimes dramatic outcomes working with low-income, high-risk, and young women in underserved communities.

Chicago Doula Project: Pilot of the Community-Based Doula Program

Teen mothers with community-based doula support had:

- Significantly lower c-section rates (8% vs. 13%¹)
- Significantly lower epidural rates (11% vs. 50%)
- Significantly higher breastfeeding rates (80%) and breastfeeding at 6 weeks (62%)
- Delay of subsequent pregnancy (<=16 years old, 18% vs. 31%)
- More positive birth experiences

Pilot resulted in cost savings² :

- \$7,456 saved for every averted c-section
- \$1,000 saved for every averted epidural
- Additional cost savings through increases in breastfeeding and shorter length of hospital stay

Community-Based Doula Replication Program Data

G-CAPP Program, Atlanta, 2008

- 91 teen clients served, 48 African-American, 43 Latina.
- C-Section rate 18% vs. 30% of Georgia women
- Epidural rate 10%
- Skin-to-skin at birth 66%
- Low Birth Weight 7% vs. 14% of births to GA teens
- Breastfeeding initiation 79% vs. 56% of U.S. teens
- Birth control usage 73%

SEAD Program, Albuquerque (Support, Empowerment, Advocacy and Doulas), 2001-2003

- 90 women served
- Languages spoken:
 - 65% Spanish; 31% Vietnamese; 5% English
- C-Sections: 14%
- Epidurals: 23%
- Breastfeeding initiation: 93%
- Breastfeeding at 8 weeks: 66%

Breastfeeding Peer Counselor Replication Programs (Chicago, 2001 – 2005)

- TCA Health Inc. breastfeeding initiation rates: increase from 5% to 55%
- Mile Square Health Clinic initiation: increase from 11% to 85%
- Chicago Urban League initiation: increase from 2% to 81%
- Mercy Hospital initiation: increase from 31% to 68%
- Northwestern Univ. Hospital's PAC Clinic initiation: increase from 15% to 87%

¹ Teen mothers with doula vs. teen mothers without doulas

² Altfeld, Susan. Chicago Doula Project Final Report, 2002.