



THE EVIDENCE ON DOULAS

In research studies, the best results happen when women have continuous labor support from a doula - someone who is NOT a staff member at the hospital and NOT part of the woman's social network.

When you have
CONTINUOUS LABOR SUPPORT
you and your baby are more likely to have
BETTER OUTCOMES !

25% decrease in the use of Cesarean

8% increase in the likelihood of spontaneous vaginal birth

10% decrease in the use of any medications for pain relief

38% decrease in the baby's risk of a low 5-minute Apgar score

31% decrease in the risk of being dissatisfied with the birth experience

+ shorter labors by about 41 minutes on average

Hodnett et al. (2017). "Continuous support for women during childbirth." Cochrane database of systematic reviews: CD003766



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