



2014-2015 Annual Report

60 Women attended Trainings

79 Women Attended Childbirth Classes
and had **79** Babies

92 Pregnant Women Had Doula Support
and had **92** Babies

402 *Lives Have Been Affected*

BirthWell Partners' mission is to improve the health of low-resource mothers and infants in central Alabama by offering free and reduced-cost childbirth education, breastfeeding assistance, and non-medical labor support provided by birth doulas.



+ 28 Women attended Doula Training
 + 33 Birth Professionals attended Continuing Education
 60 Women Attended Trainings

Doula Training:

We are continuing to increase the number and diversity of doulas available to our clients. This year we trained 28 doulas: 8 on scholarship and 20 non-scholarship. Non-scholarship attendees included 4 nurses from 3 local hospitals.

Doula trainees attended a comprehensive 5-day workshop comprised of a day of childbirth education, 3 days of birth doula training, and a day of breastfeeding education and community doula training. The final day of classes is targeted at addressing health disparities; it draws nurses, doulas, and agency workers who are interested in working collaboratively to improve birth outcomes.

In addition to our twice-yearly doula trainings, we provide multiple opportunities for continuing education throughout the year. The largest of these is our Annual Retreat, held March 13-15, 2015 at Kanawahala Program Center. Doulas from around the state attended educational sessions, practiced team-building skills on the low ropes course, and learned from one another.

Describe one new thing you learned at the retreat:

"There are no right decisions in labor and birth; there are only informed and uninformed decisions."

Something I plan to do differently as a result of this class is...

"Make sure I ask for what I need at doctor's appointments."

"Try breastfeeding because it's truly healthy."

"Talk to my baby more."

We Educate Women About the Normal Process of Childbirth and the Importance of Breastfeeding:

This year we taught free childbirth education classes at JCCEO's Early Head Start program, Aletheia House's Mother's Hope program, Tarrant High School, and CAS Project Independence.

Participants learned about pregnancy, birth, bonding and breastfeeding. All of our classes are targeted at reducing health disparities, such as preterm birth and low birth weight. We emphasize healthy pregnancy, the warning signs of preterm labor, and the importance of waiting for labor to start on its own. These classes prepare families to make evidence-based health care decisions and advocate for themselves and their children prenatally, during childbirth, and while parenting.



46 @ Aletheia House

4 @ CAS Project Independence

+ 23 @ JCCEO Early Head Start

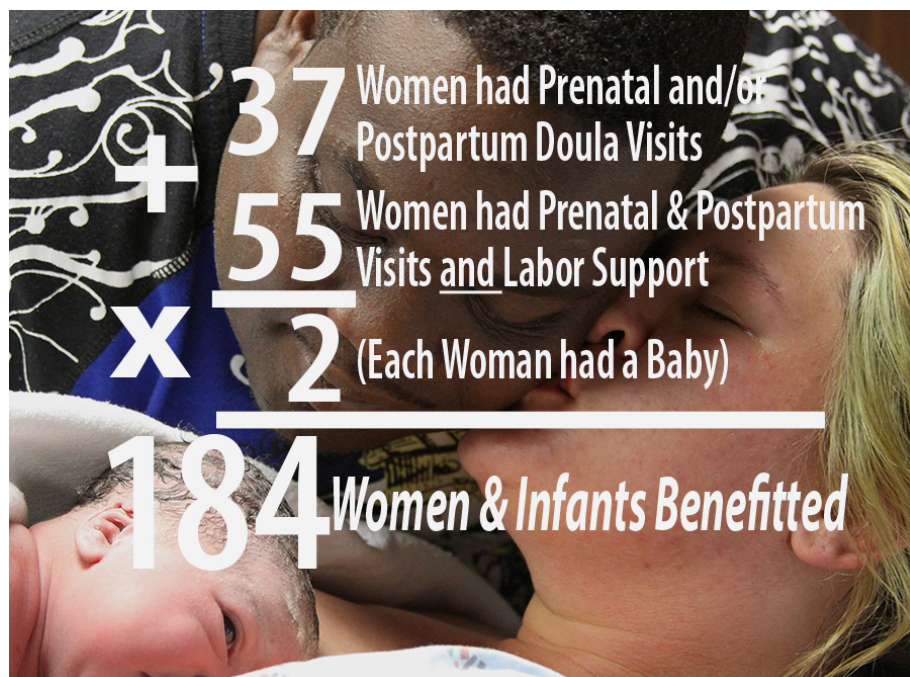
6 @ Tarrant High School

79 Attended Childbirth Classes

We Provide Birth Doula Services:

A recent Obstetric Care Consensus concluded: “Published data indicate that one of the most effective tools to improve labor and delivery outcomes is the continuous presence of support personnel, such as a doula.... Given that there are no associated measurable harms, this resource is probably underutilized.”

We are committed to increasing utilization of doula services in our low-resource communities, in order to reduce health disparities. We match our volunteer doulas with pregnant women who hear about our services from their OB, clinic, Steps Ahead Coordinator, childbirth class, the Internet, etc. Each woman receives one-on-one prenatal support from her doula that aids understanding of healthy pregnancy, birth, and breastfeeding. Doulas provide continuous physical, emotional, and informational support during her client’s hospital labor, and assist mothers with breastfeeding during the first hours after birth.



“She helped me through the contractions, kept me lifted emotionally, helped show me how to breastfeed, helped my husband support me through labor.”

Research has shown that doula support has clinical benefits for mothers and babies with no known harm. In order to assess our impact, we track outcome data for all births attended by our volunteer doulas. The table below shows how our outcomes compare to national, state, and county data. We also compare our data to Medicaid data from Jefferson County, as 92% of our clients qualify for Medicaid (97% qualify for WIC).

Measure	National	State of Alabama	Jefferson County	BWP 2014-15 n=55	BWP 2011-15 n=195
C-Section Rate (%)	32.7 (1)	35.5 (2)	38.6 for All (3) 34.6 for Medicaid (4)	20.40	29.15
average gestational age (weeks)			38.1 (5)	39.40	39.09
Average Birth Weight lbs			6 lb. 12.2 oz (4) Medicaid	7 lb. 6.2 oz	7 lb. 3.2 oz
Pre-Term Births (%)	11.38 (1)	14.6 (2)	13.4 (5)	9.00	13.00
Breastfeeding Initiation (%)	76.5 (6)	71.6 (7)	51.9 (4) Medicaid: BF at discharge	100.00	92.00

Demographic Information for Women Receiving Doula Services in 2014-15:

Average age 27.09 7.7% Teen 34% Married / 66% Single 51% Black / 49% White

References:

1. *Births: Preliminary Data for 2013*. National Vital Statistics Reports, Volume 63, Number 2. Centers for Disease Control and Prevention, May 29, 2014.
2. *Births: Final Data for 2013*. National Vital Statistics Reports, Volume 64, Number 1. Centers for Disease Control and Prevention, January 15, 2015.
3. Selected Maternal and Child Health Statistics, Alabama 2013: A Special Supplement to the Alabama Vital Statistics 2013. *Alabama Department of Public Health*, January 2015.
4. Medicaid Births in Jefferson County from January 2013 – December 2013. Source: Kim Reach, Director, Medicaid Maternity Steps Ahead, April 2013.
5. Medicaid Births in Jefferson County 2013. source Greg Townsend
6. *Breastfeeding Report Card – United States 2014*. Centers for Disease Control and Prevention, 2014. (based on 2011 data)
7. *PRAMS Surveillance Report: Alabama 2011*. Alabama Department of Public Health Center for Health Statistics, June 2013.

**Many Thanks to the Organizations
and Individuals Who Helped
Make Our Work Possible Last Year:**



Berel & Nancy Abrams Philanthropic Fund
Better Basics
Brookwood Medical Center
The Caring Foundation
Cheaha Women's Health and Wellness
Community Foundation of Greater Birmingham
Faith and William Pautler Foundation
Homewood Friends and Family Chiropractic
Independent Presbyterian Church
Rojo

Howard and Suzanne Bearman
Barbara Brande
Linda Brotman
David & Susanna Brown
Mary Colgin
Jesanna Cooper
Caryn Corenblum
Truus Delfos-Broner
Rebecca Dekker

Natalie Ferguson
Marion R. Fennell
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Jack M. Hinnen
Leslie Hoerner
Kelly & Leah Jerrell
Jill Jones
Emily Ledbetter
Emily & Bob Levine
Leslie & Frank Mapes
Audrey Oyama
Annalee Reid
Robbie Rothenberg
Micky Rubenstein
Yoni Schwartz
Katie Swingle
Lydia Thurston
Beverly VonDer Pool
Martha Williams
Michelle & Seth Wolnek
Melvin and Melissa Zivitz

"She stayed by my side throughout my labor and was a calm & supportive voice. Without her there I could not have reached the goal of an empowered and unmedicated birth. She was amazing!!!"

Board of Directors

Beverly Brown
Dr. Jesanna Cooper
Truus Delfos-Broner
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Martha R. Williams
Jessica Casey Woods

Staff

Dalia Abrams
Executive Director of Program Operations

Susan Petrus
Executive Director of Business Operations

Financial Statement of Activities

Revenue

Contributions	\$5,947
Grants	\$18,789
Fundraisers/Events	\$2,516
Fees for Service	\$10,613
Other Income	\$90
Total Revenue	\$37,955

Expenses

Salaries and Benefits	\$33,693
Professional Fees	\$920
Training	\$492
Volunteer Expenses	\$755
Equipment, Supplies & Materials	\$1,852
Facility rental & registration fees	\$1,256
Banking Fees, Licenses & Memberships	\$522
Staff Development	\$200
Travel	\$724
Other Expenses	\$94
Total Expenses	\$40,508
Revenue Under Expenses	(\$2,553)

Net Assets Beginning of Year	\$6,389
Net Assets End of Year	\$3,836