



Annual Report

July 1, 2013 - June 30, 2014

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.

BirthWell Partners' mission is to improve the health of low-resource mothers and infants in central Alabama. We do this by providing free and reduced-cost childbirth education, and by matching mothers with volunteer doulas who provide non-medical labor support and breastfeeding assistance.

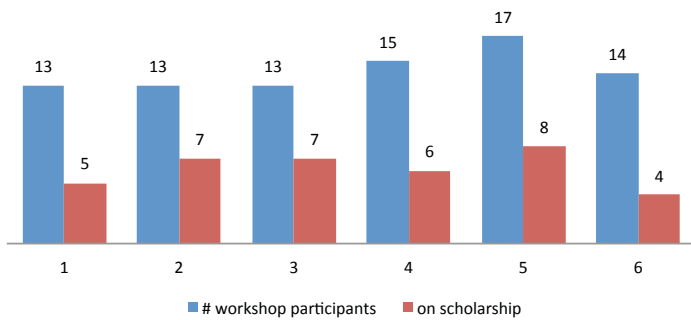
Women from populations with the worst maternity health outcomes have the most limited access to evidence-based information and skilled birth support. By providing information and support, our program is a targeted intervention addressing maternal and child health disparities. We remove the barriers of cost and transportation by bringing free and reduced-cost, personalized care to the pregnant woman in the form of classes, support groups, and doula services.

Our geographic area is expanding as we begin to replicate our program in other cities in central Alabama. This past year we began providing birth doula services in the Anniston area. In the upcoming year we will be serving clients in the Tuscaloosa area.



The doulas we train on scholarship volunteer services to low resource women as part of their hands-on learning experience.

Since incorporation we have trained 85 women in six doula trainings



Doulas at our most recent training in April, 2014

We Train Doulas:

We increase the availability of doulas by hosting 2 trainings per year. Our scholarship program ensures that the cost of training is not a barrier, increasing the number and diversity of doulas serving families at all income levels.

This year we trained 31 doulas: 12 on scholarship and 19 non-scholarship. To date, we have held 6 doula training workshops, training 85 doulas--37 of whom received full or partial scholarships through our program.

Our Executive Director of Program Operations is the only DONA-Approved Birth Doula Trainer in Alabama. Our training provides the basic classroom education certification requirements for DONA International as well as specific preparation for work as a Community-Doula.



We train doulas, and we provide continuing education opportunities for birth doulas in the region by hosting classes and an annual retreat.

Q: What was the MOST helpful thing about having a doula?

A: Being able to have one-on-one support 24/7, and having such a committed resource for research and education.

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

We work to prepare families with the information needed to make evidence-based health care decisions and advocate for themselves and their children prenatally, during childbirth, and while parenting.

We facilitate two monthly support groups and teach childbirth education classes at outreach locations such as JCCEO's Early Head Start program and Aletheia House's Mother's Hope program. This year we provided childbirth education to 230 women.

Participants receive education about the role of proper nutrition in fetal growth and development, and are encouraged to avoid elective inductions before 39 weeks. We educate women about signs of preterm labor, and teach women effective communication with care providers, empowering them to advocate for themselves.

Doula programs are a cost-effective means of improving health outcomes for mothers and babies.



Skin to skin contact and breastfeeding have numerous health benefits for mother and baby.

Measure	National	Alabama	Jefferson County	BirthWell Partners All Births (n=140)	BirthWell Partners 2013-14 (n=75)
C-Section Rate	32.7% ¹ Black: 35.9% ¹ White: 32% ¹	35.5% ² Black: 36% White: 35.6% ⁶	34.6% ³	30.43% Black: 33.82% White: 25.86% Other: 33.33%	29.73% Black: 34.21% White: 25% Other: 25%
Pre-Term Births <37 wks	11.38% ¹ Black: 16.26% ¹ White: 10.17% ¹	14.6% ² Black: 20.5% White: 14% ⁴		13.67% Black: 14.71% White: 13.79%	9.46% Black: 15.79% White: 3.13%
Average Gestational Age			38 weeks ³	39.96 weeks	39.3 weeks
Low Birth Weight Infants	8.02% ¹ Black: 13.07% ¹ White: 6.97% ¹	10.1% ²	10.8% ⁵ Black: 13.8% ⁶ White: 8% ⁶	10.22% Black: 10.29% White: 10.53%	9.59% Black: 13.16% White: 9.38%
Average Birth Weight			6.76 lbs. ³	7.05 lbs. Black: 6.84 lbs. White: 7.16 lbs.	7.20 lbs. Black: 6.99 lbs. White: 7.36 lbs.
NICU Admissions	18% ⁷		10.8% ³	13.14%	9.46%
Breastfeeding Initiation	76.5% ⁸	71.6% ⁹ Black: 61.1% White: 76.5% Teens: 61.7% Single: 58%	51.9% ³	87.97% Black: 78.46% White: 96.55% Teens: 78.95% Single: 83.56%	90.14% Black: 82.86% White: 96.88% Teens: 77.78% Single: 88.63%

We Provide Birth Doula Services:

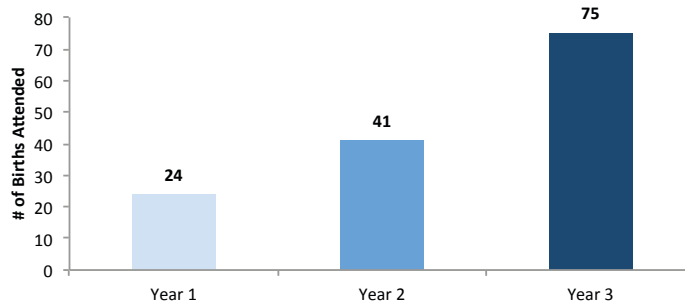
We are committed to the idea that any pregnant woman or teen who wants the additional support of a doula can access one, regardless of her ability to pay. Our volunteer doulas are paired with clients and provide prenatal, labor, and postpartum support.

Doula services have a clinically meaningful impact on infant health. 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.”

Our program is working to improve access to this valuable resource for all women, and this access is improving outcomes: Compared to 2013 Medicaid births in Jefferson County, the average gestational age of our clients’ babies is 39.3 weeks vs. 38 weeks, average birth weight is 7.20 lbs vs. 6.76 lbs., and 90% of our clients initiate breastfeeding vs. 52%.



BirthWell Partners is reaching more mothers every year!



Demand for our doula services has increased greatly since we started this work. In our 1st year, our volunteers attended 24 births; in our 2nd year we attended 41 births; and this year we attended 75 births.

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 2012. National Vital Statistics Reports, Volume 62, Number 9. Centers for Disease Control and Prevention, December 30, 2013.
3. Medicaid Births in Jefferson County from January 2013 – December 2013. Source: Kim Reach, Director, Medicaid Maternity Steps Ahead, April 2013.
4. Infant Mortality: Alabama 2010. Alabama Department of Public Health Center for Health Statistics, 2011.
5. County Health Profiles 2012, Alabama Department of Public Health Center for Health Statistics, Division of Statistical Analysis, February 2014.
6. Selected Maternal and Child Health Statistics, Alabama 2012: A Special Supplement to the Alabama Vital Statistics 2012. Alabama Department of Public Health, January 2014.
7. Listening to Mothers III: Report of the Third National U.S. Survey of Women’s Childbearing Experiences. Childbirth Connection, May 2013.
8. Breastfeeding Report Card – United States 2013. Centers for Disease Control and Prevention, July 2013. (based on 2010 data)
9. 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:**

Alabama Chapter of the March of Dimes
BirthWell in Birmingham
Brookwood Medical Center
The Caring Foundation
Cheaha Women's Health and Wellness
Faith and William Pautler Foundation
Freshfully
Homewood Friends and Family Chiropractic
The Hugh Kaul Foundation
Princeton Baptist Medical Center
YWCA of Central Alabama

Howard and Suzanne Bearman
Emma Bertolaet
Barbara Brande
Jesanna Cooper
Caryn Corenblum
Truus Delfos-Broner
Tanya Easterwood
Natalie Ferguson

Marion R. Fennell
Judy & Mickey Gordon
Michelle Keel
Sheri Krell
Emily Levine
Ashley Lovell
Audrey Oyama
Angie Parmer
Mary Petrus
Mike and Judy Petrus
Micky Rubenstein
Rachel Schwartz
Tina Simpson
Beverly VonDer Pool
Adrian Ward
Sarah Whitver
Martha Williams
Seth Wolnek
Holly Wotherspoon
Melvin and Melissa Zivitz



"Thank you so much for being my doula and being there for me. I just wanted to make sure you knew what an amazing difference it made for me."

Incoming Board of Directors 2014-2015

Beverly Brown
Dr. Jesanna Cooper
Truus Delfos-Broner
Emily Hess Levine
Audrey Oyama
Dr. Tina Simpson
Lydia Thurston
Dr. Beverly VonDer Pool
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	\$5,876
Grants	\$14,000
Fundraisers/Events	\$1,249
Fees for Service	\$8,725
Other Income	\$388
Total Revenue	\$30,238

Expenses

Salaries and Benefits	\$29,495
Professional Fees	\$650
Training	\$643
Volunteer Expenses	\$1,470
Equipment, Supplies & Materials	\$1,030
Facility rental & registration fees	\$770
Banking Fees, Licenses & Memberships	\$370
Staff Development	\$1,070
Travel	\$1,117
Other Expenses	\$44
Total Expenses	\$36,659
Revenue Under Expenses	(\$6,421)

Net Assets Beginning of Year	\$12,810
Net Assets End of Year	\$6,389