



Holistic Birth
& BEYOND

Evidence on Doulas & Continuous Labor Support

According to research, people who have a DOULA providing continuous childbirth support experience a:

39% DECREASE in the risk of a cesarean section

15% INCREASE in the likelihood of a spontaneous vaginal birth

People who have ANY* support person providing continuous support experience a:

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

38% DECREASE in the baby's risk of a low five minute Apgar score

31% DECREASE in the risk of being dissatisfied with the birth experience**

*a midwife, doula, or partner

**continuous support provided by a doula, family or friend; this does not include hospital staff

RESOURCE: DEKKER, R., PHD, RN, APRN. (2018, MARCH 30). EVIDENCE ON: DOULAS.