

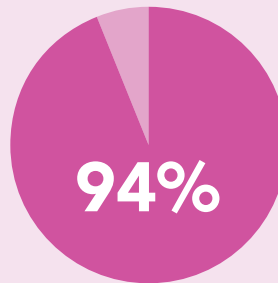
Why Does Childbirth Education Matter?

The Lamaze Experience

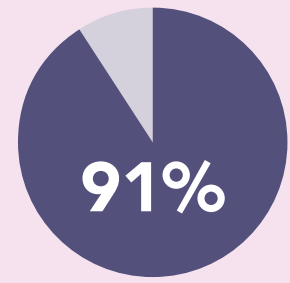
Lamaze recently developed a national parent survey to better understand the impact of Lamaze childbirth education on women’s childbirth experiences and outcomes.

For 55 years, Lamaze parents have anecdotally shared the positive impact of childbirth education. This parent satisfaction survey provides a more detailed picture. We compared what women told us in the Lamaze survey with what women reported in the highly-respected national survey of childbearing women called Listening to Mothers III: Pregnancy and Birth.

Early survey responses show that women engaged with Lamaze:



Feel well informed about decisions in labor and birth



Say that education provided by Lamaze improved their childbirth experience

Better birth outcomes for women engaged with Lamaze

Metric	Listening to Mothers Survey	Lamaze Parent Satisfaction Survey ¹
Cesarean Delivery	31% had a cesarean delivery	20% had a cesarean delivery
Movement During Labor	43% walked around after being admitted 40% used position changes and movement to ease pain during labor	83% were able to move at least “somewhat” to “a lot” during labor 51% said they were able to move about during labor
Labor Support	6% used a doula	31% had professional labor support, such as a doula
Pain Management	In total, 83% used some kind of pain medication 67% had an epidural or spinal anesthesia	In total 42% used some kind of pain medication during labor 27% had an epidural or spinal anesthesia
Induction	30% were medically induced	18% were medically induced
Eating and Drinking During Labor	40% drank fluids during labor 21% ate during labor	76% were able to eat or drink something during labor (39% were able to eat and drink freely during labor)
Giving Birth on Your Back	68% gave birth on their back	34% pushed on their back





Untapped Cost Savings?

Women who responded to the Lamaze survey reported a cesarean rate of 20%. That's about 13% less than the national cesarean rate of 33%¹

If a 13% reduction in cesarean could be translated across the U.S., the potential cost savings would be nearly \$4.7 billion² annually.



Increase Quality, Decrease Costs

The rate of induction among Lamaze's survey respondents was 10% less than that of Listening to Mothers respondents. Reducing the number of unnecessary medical interventions, like inductions, will lead to higher quality care for mothers and lower maternity care costs for public and private payers.



Lamaze moms speak out:

"I loved our class, and I made more informed decisions about my care as a result."

"I loved that there was information on all of the situations you might encounter."

"I attribute so much of my positive birth experience to Lamaze. It was invaluable."

"It was an excellent program and it led to a birth that was exactly as I'd envisioned."

"I think it was a wonderful experience and would encourage any new mom to participate in a Lamaze program."

References:

¹ Martin, J.A., Hamilton, B.E., Osterman, M.J.K., et al. (2015). Births: Final data for 2013. National vital statistics reports; 64(1). Hyattsville, MD: National Center for Health Statistics. Retrieved from: <http://www.cdc.gov/nchs/fastats/delivery.htm>

² Truven Health Analytics. (2013). The Cost of Having a Baby in the United States. Childbirth Connection. Retrieved from: http://www.childbirthconnection.org/pdfs/CostofHavingaBaby_PressRelease.pdf