Community-Based Doula Programs: Innovative Program Model that Supports Families

CDC-USBC Bi-Monthly Coalitions Webinar
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Speakers

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Community Based Doula Programs: Innovative Program Model That Supports Families
About HealthConnect One (HC One)

- HC One is the national leader in advancing respectful, community-based, peer-to-peer support for pregnancy, birth, breastfeeding and early parenting.
- Our vision is to see every baby, mother, and family thrive in a healthy community.
- Since 1986, HC One has focused on collaborative work with grassroots maternal and child health and social service providers.

Five Essential Components

1. Employ community-based peer counselors/doulas who are trusted members of the target community.
Five Essential Components

2. Extend and intensify the role of the community-based doula with families from early pregnancy through the first months postpartum - The Peer Counselor’s role is to counsel women prenatally on breastfeeding and provide support during the early postpartum period and throughout their breastfeeding experience.

Five Essential Components

3. Collaborate with community stakeholders and institutions, and use a diverse team approach.
Five Essential Components


Five Essential Components

5. Value a community-based peer counselor/doula’s work with salary and support.
Effective, Respectful, Community-Based Programming

- **Community-Based Doula Program:**
  - Provides ongoing, relationship-based, peer-to-peer support during pregnancy, labor & birth, postpartum

- **Breastfeeding Peer Counselor Program:**
  - Provides ongoing, relationship-based, peer-to-peer support around breastfeeding, helping women to achieve their breastfeeding goals.
  - Serves women in low-income, underserved communities
  - A CHW model

The Perinatal Revolution

- A study on the Community-Based Doula Program that includes:
  - Data analysis of program data from 4 years of community-based doula program implementation
  - Expert panel recommendations on future sustainability of program

http://www.healthconnectone.org/pages/white_paper__the_perinatal_revolution/362.php
Participating Sites

- MHP Salud (Migrant Health Promotion), TX
- Families First, GA
- The Birth Circle, PA
- Birth Matters, SC
- Brooklyn Young Mothers Collective, NY
- Great Lakes Inter-Tribal Council, WI
- Healthy Family Initiatives, TX
- Mothering Mothers, NJ

Participant Characteristics

- N=592 women; all were first time mothers
- 47% Hispanic, 33% Black or African American
- Majority between 18-24 years (51.18%)
- 65.6% completed some high school or high school/GED
- 86.6% were eligible for WIC (economically disadvantaged)
- 42.38% experienced a medical condition (i.e., heart disease, diabetes, asthma)
- Many mothers were experiencing challenges (economic, family, physical and mental health)
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Spotlight on Tribal Communities

A small, but important, number of American Indian participants were served by community-based doula programs in this cohort (4.6%). The community-based doula site at Great Lakes Inter-Tribal Council, which served 4 different tribal communities, experienced a number of positive health outcomes, including high breastfeeding rates and low C-section rates.

Great Lakes Inter-Tribal Council Outcomes

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breastfeeding initiation rate</td>
<td>83.9%*</td>
</tr>
<tr>
<td>Breastfeeding rate at 6 months</td>
<td>28.6%</td>
</tr>
</tbody>
</table>

* Exceeds national American Indian rate of 69.8%, and HP2020 national goal of 81.9%.

C-Sections

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community-Based Doula Participants</td>
<td>24%</td>
</tr>
<tr>
<td>PRAAMS*</td>
<td>30%</td>
</tr>
</tbody>
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*sample of participants in PRAAMS (Pregnancy Risk Assessment Monitoring System)
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State Breastfeeding Coalitions Webinar

6/14/2016

Skin-to-Skin

73% (319/437)

Newborns practicing skin-to-skin within 1st two hours after birth

Impact of Program Fidelity on Breastfeeding Outcomes

• Doula’s attendance at birth

• Doula presence longer than 2 hours after birth

• 6 or more prenatal visits
Additional questions/comments/feedback?

- [facebook](http://www.facebook.com/healthconnectone)
- [twitter](https://twitter.com/HealthConnectOne)
- [wordpress](http://breathepushgrow.wordpress.com/)
- [linkedin](http://www.linkedin.com/groups/HealthConnect-One-3688930)