



The Evidence for Doulas

If you have **continuous labor support**
(someone who never leaves your side),
**you and your baby are more likely
to have better outcomes!**

In research studies, the best results happen when women have continuous labor support from a *doula* – someone who is NOT a staff member at the hospital and NOT part of the woman's social network.

Find out more at evidencebasedbirth.com/doulas

The Evidence for Doulas



Professional, independent labor support

31% decrease
in the use of Pitocin

28% decrease
in the risk of Cesarean

12% increase in the likelihood of
spontaneous vaginal birth

9% decrease in the use of any
medications for pain relief

14% decrease in the risk of newborn
admission to special care nursery

34% decrease in the risk of being
dissatisfied with the birth experience

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