

# **BIRTH BY THE NUMBERS**

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DHZ Congress

Hannover, Germany

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**Presentation will involve both existing data and material from unpublished studies.**

***Slides not involving unpublished data will be posted and available to download for free at:***

**[www.birthbythenumbers.org](http://www.birthbythenumbers.org)**

***Please do not take pictures of the data slides!***

# What we will be looking at:

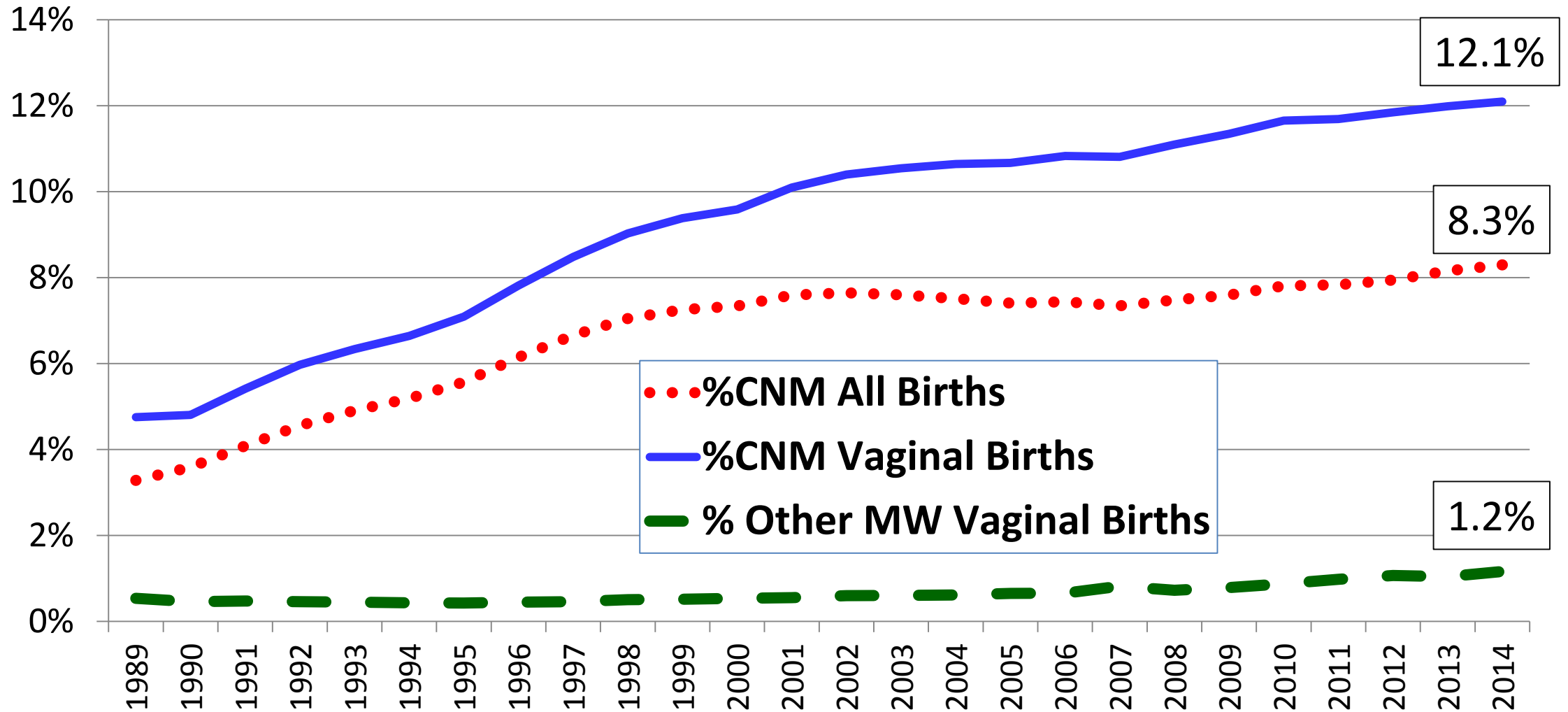
- *Comparing U.S. and German women's health*
- *How well are the U.S. and Germany maternity care systems doing in terms of outcomes?*
- *The special case of cesarean section*
- *Why looking at data is critical for midwives (sort of)*

# First, a look at midwifery in the U.S.

**CNM** -- certified nurse-midwife  
(mostly hospital births)

**Other midwife** – direct entry  
midwife (home births)

# Midwife Attended Births 1989-2014











### Percent of Births Attended by CNMs U.S. State

0 150 300 600 Miles

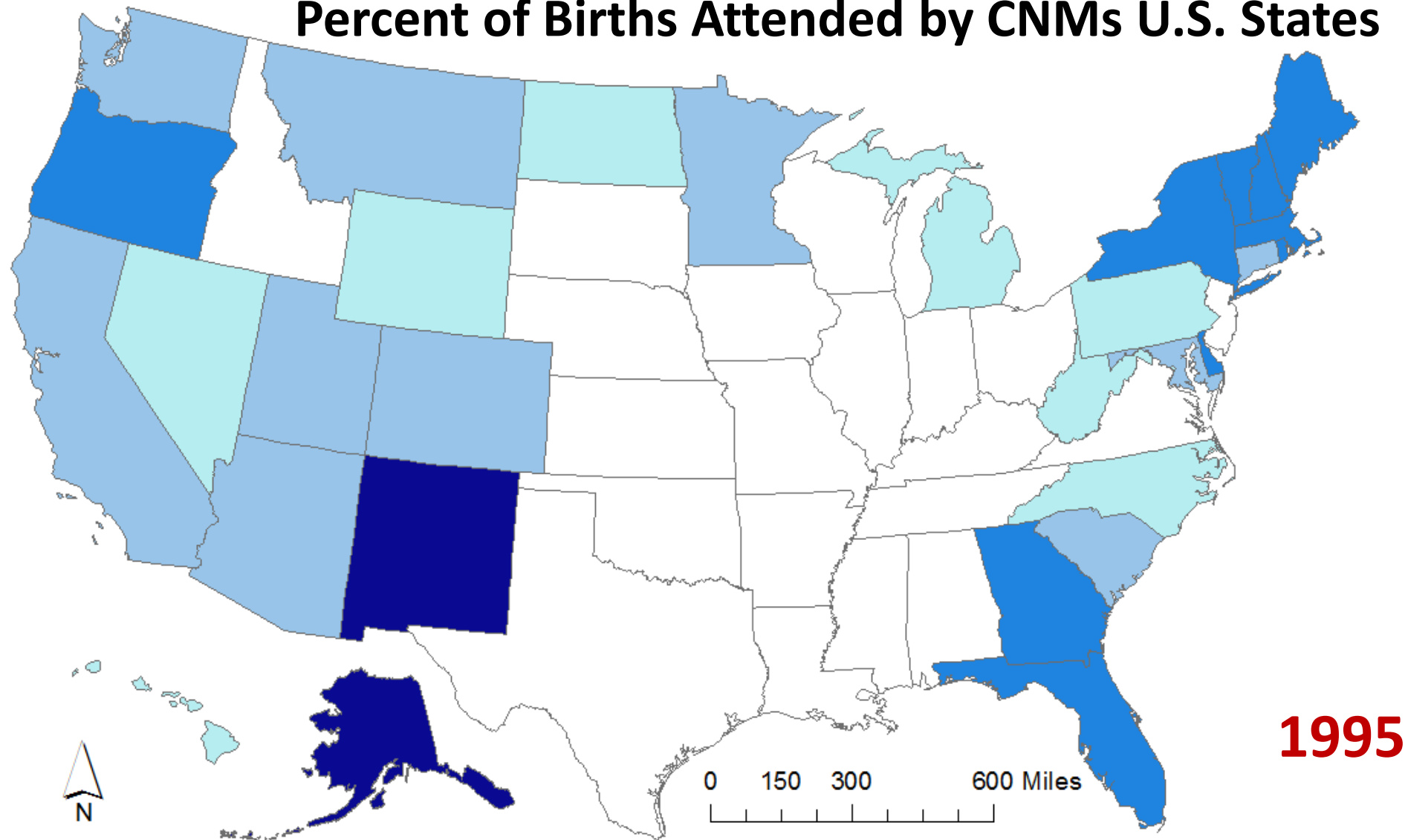
1999

**1990 rate**

	< 4.0%		6.0% - 8.9%
	4.0% - 5.9%		9.0% - 13.9%
			14.0% +

Maps available at Birth by the Numbers ([www.birbythenumbers.org](http://www.birbythenumbers.org)).  
Data presented in the map were provided by Dr. Eugene Declercq.  
Map created by Dr. Veronica Vieira, April 2015.

# Percent of Births Attended by CNMs U.S. States



**1995**

**1995 rate**



**< 4.0%**



**4.0% - 5.9%**



**6.0% - 8.9%**



**9.0% - 13.9%**



**14.0% +**

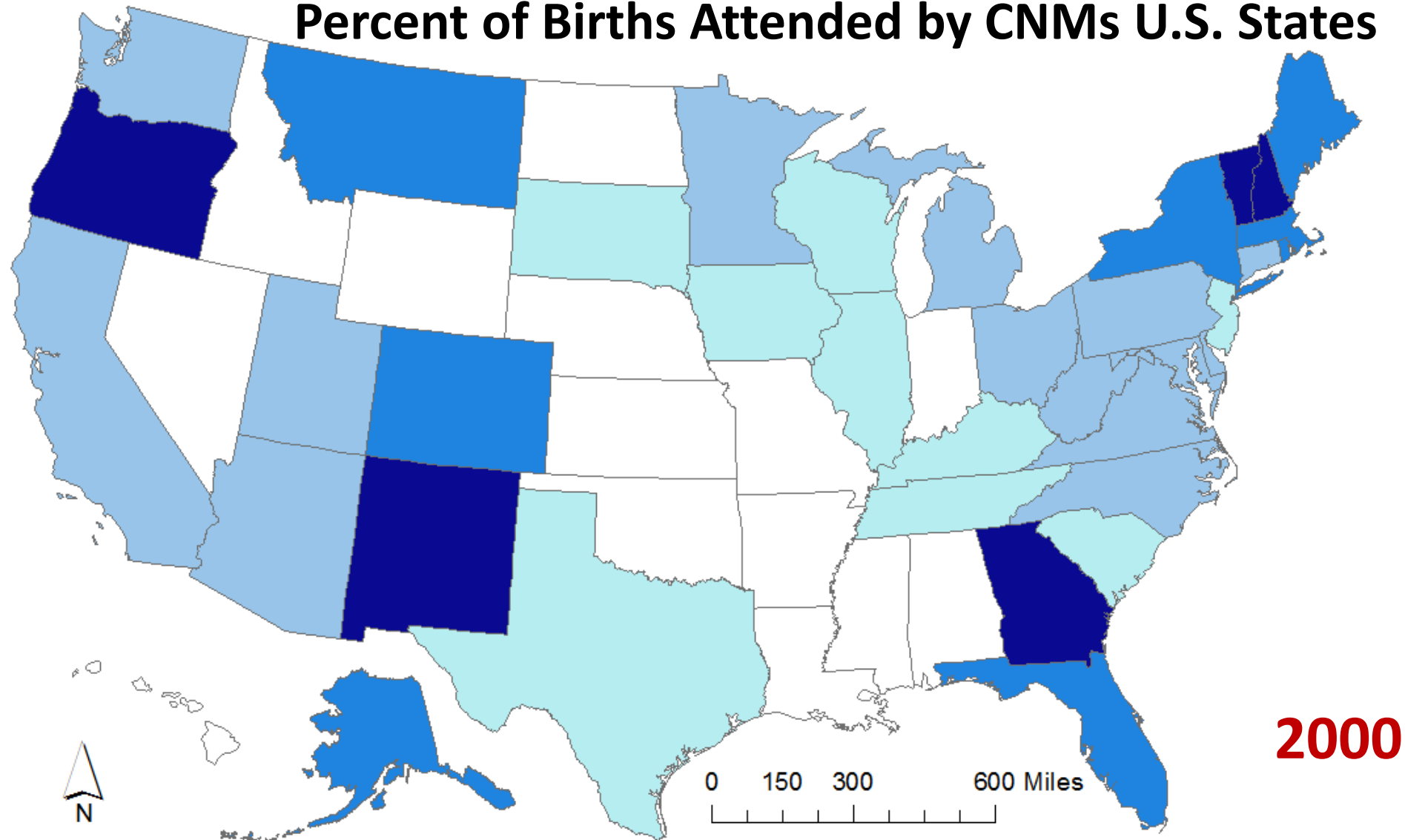
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# Percent of Births Attended by CNMs U.S. States



2000 rate



< 4.0%



4.0% - 5.9%



6.0% - 8.9%



9.0% - 13.9%



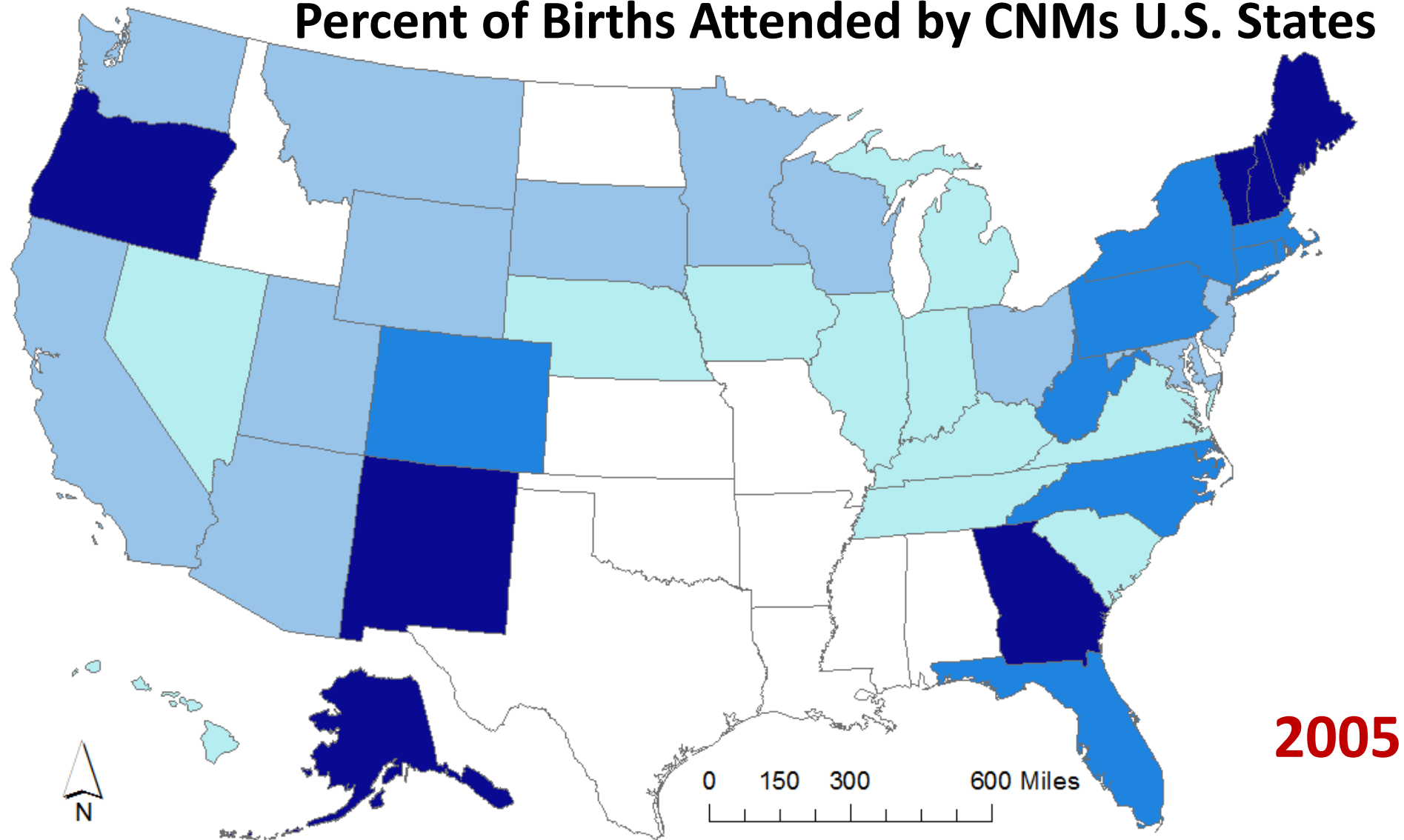
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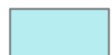
# Percent of Births Attended by CNMs U.S. States



2005 rate



< 4.0%



4.0% - 5.9%



6.0% - 8.9%



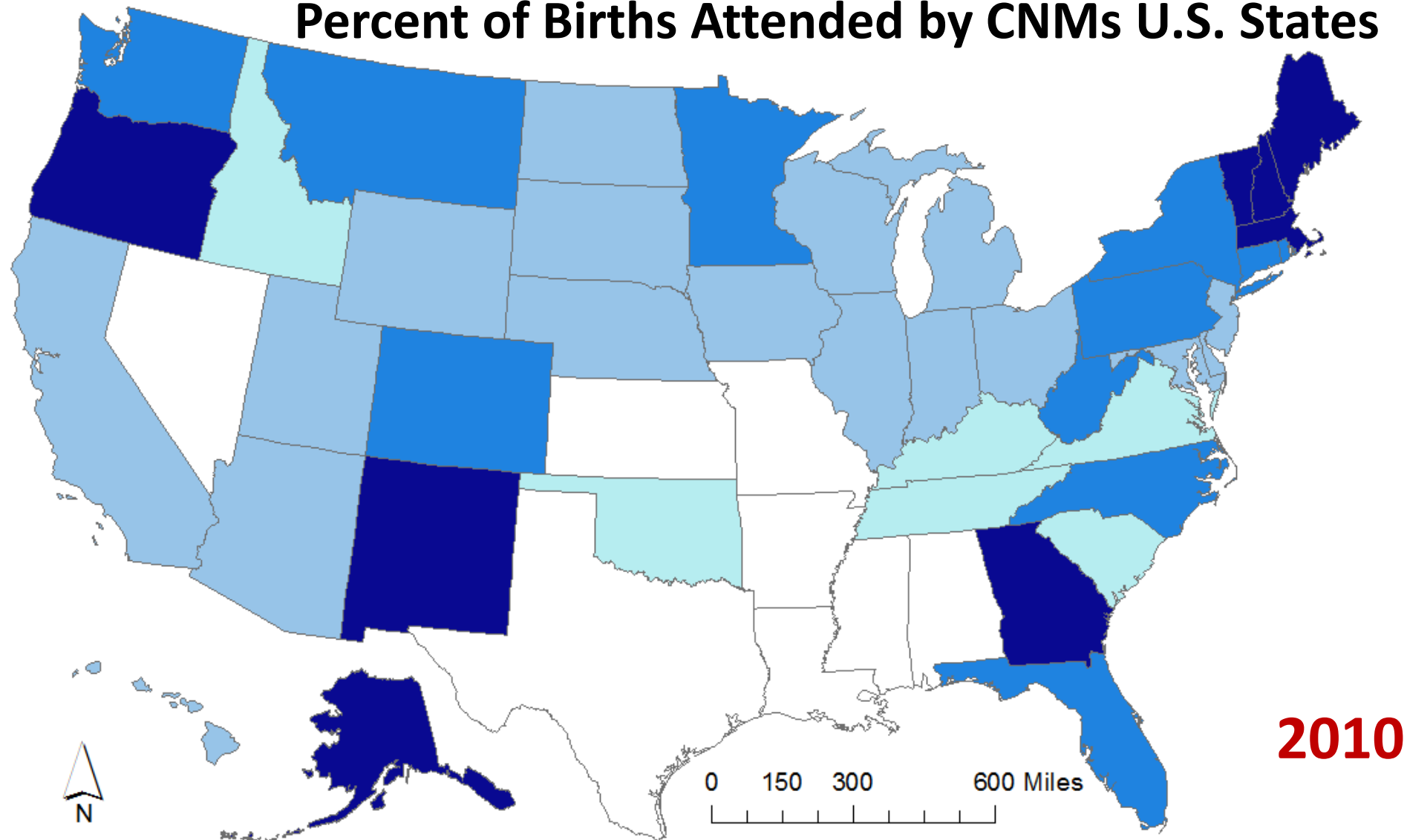
9.0% - 13.9%



14.0% +

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# Percent of Births Attended by CNMs U.S. States



**2010**

**2010 rate**



**< 4.0%**



**4.0% - 5.9%**



**6.0% - 8.9%**



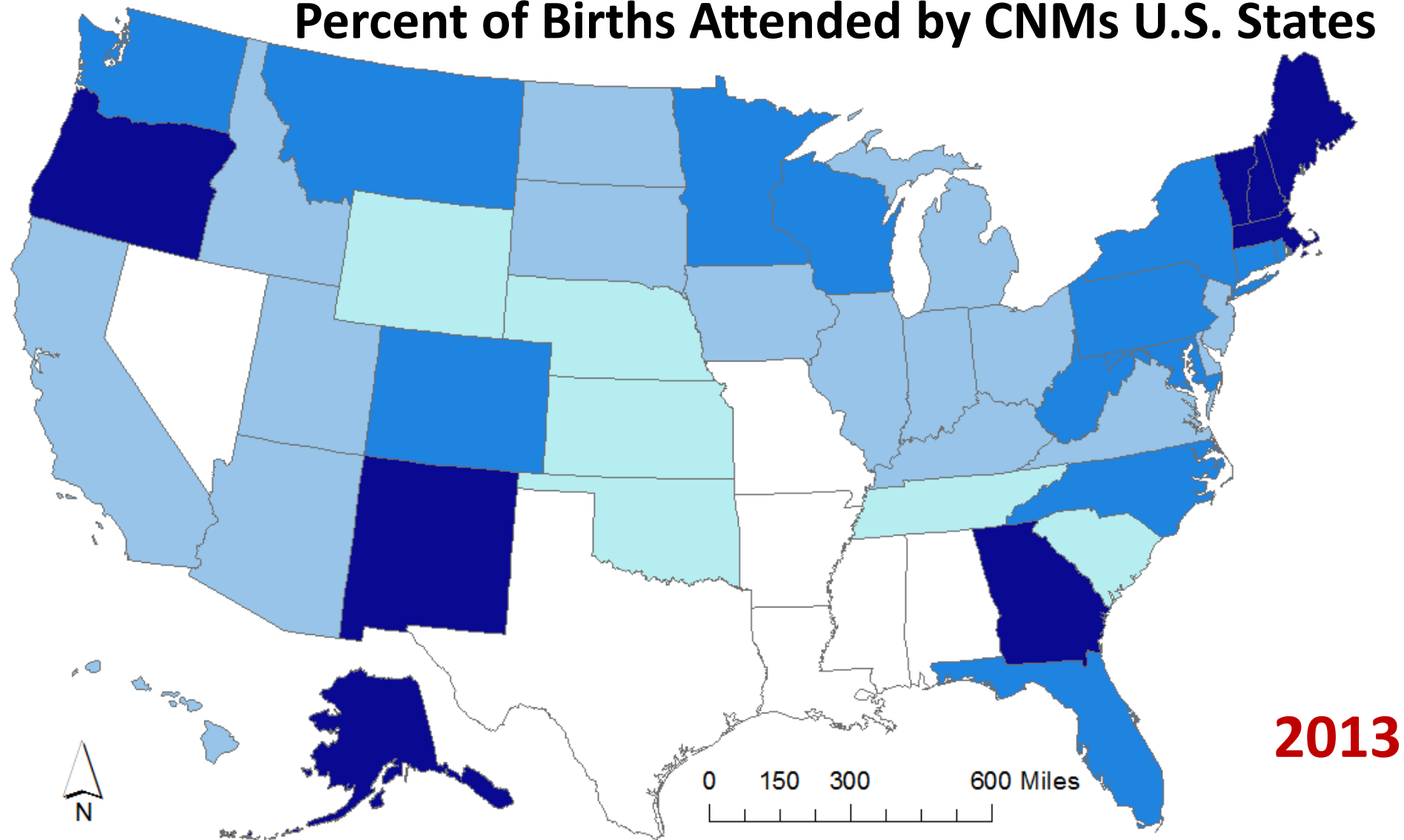
**9.0% - 13.9%**



**14.0% +**

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# Percent of Births Attended by CNMs U.S. States



**2013**

**2013 rate**



**< 4.0%**



**4.0% - 5.9%**



**6.0% - 8.9%**



**9.0% - 13.9%**

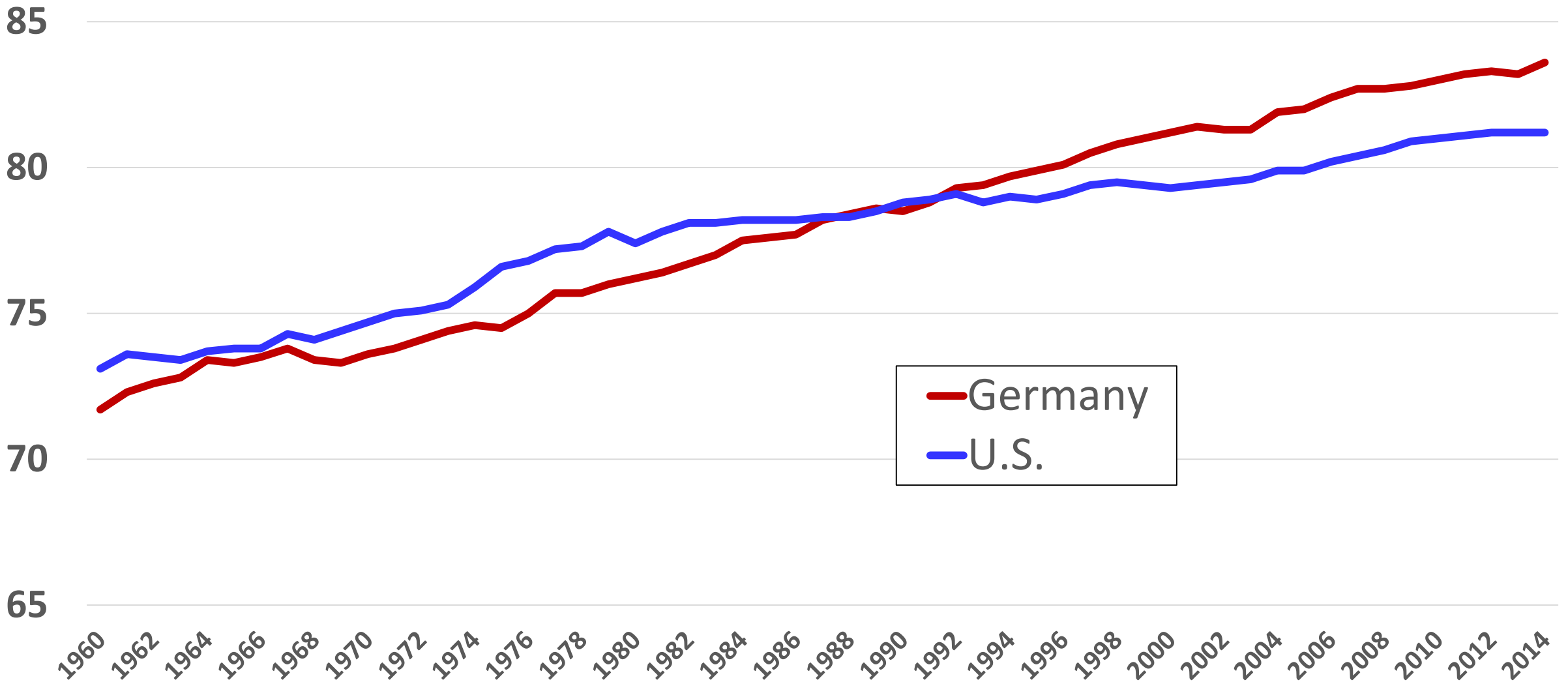


**14.0% +**

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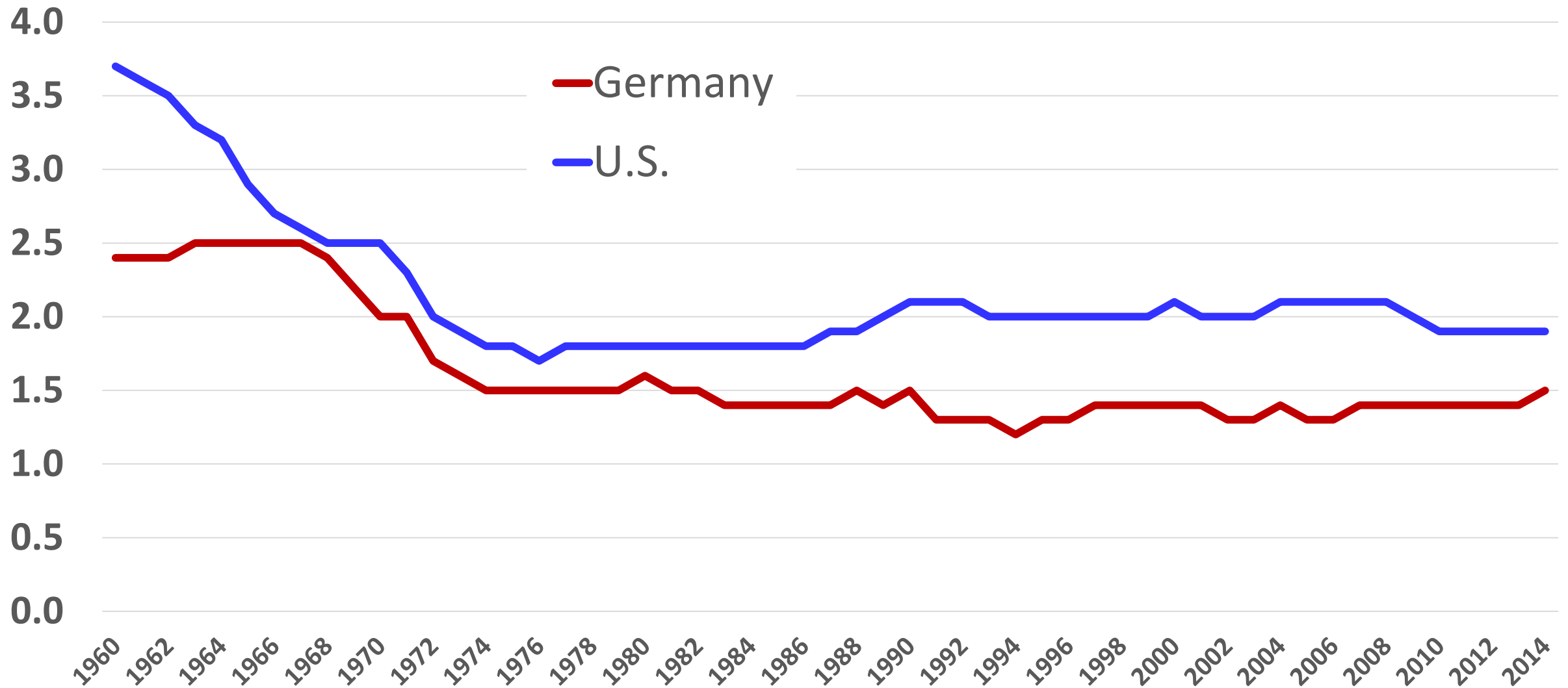
# Comparing U.S. and Germany in General

# Female Life Expectancy, U.S. and Germany, 1960-2014





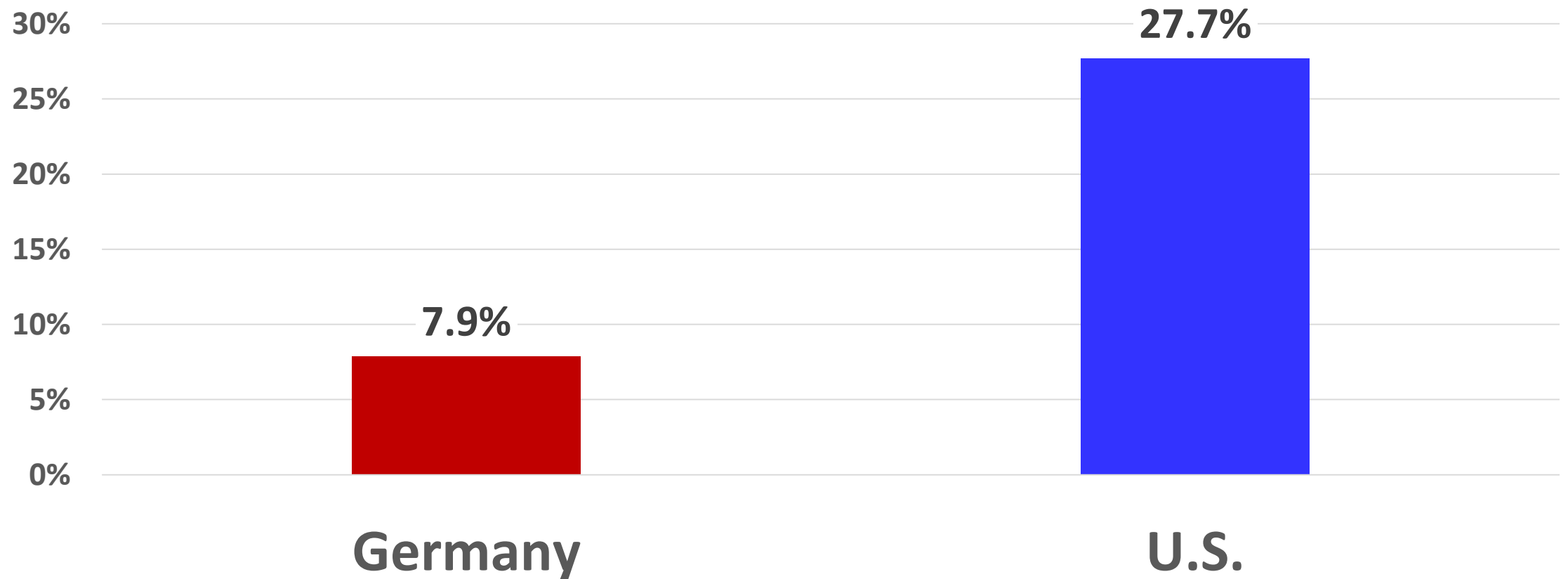
# Fertility Rates\* U.S. and Germany, 1960-2014



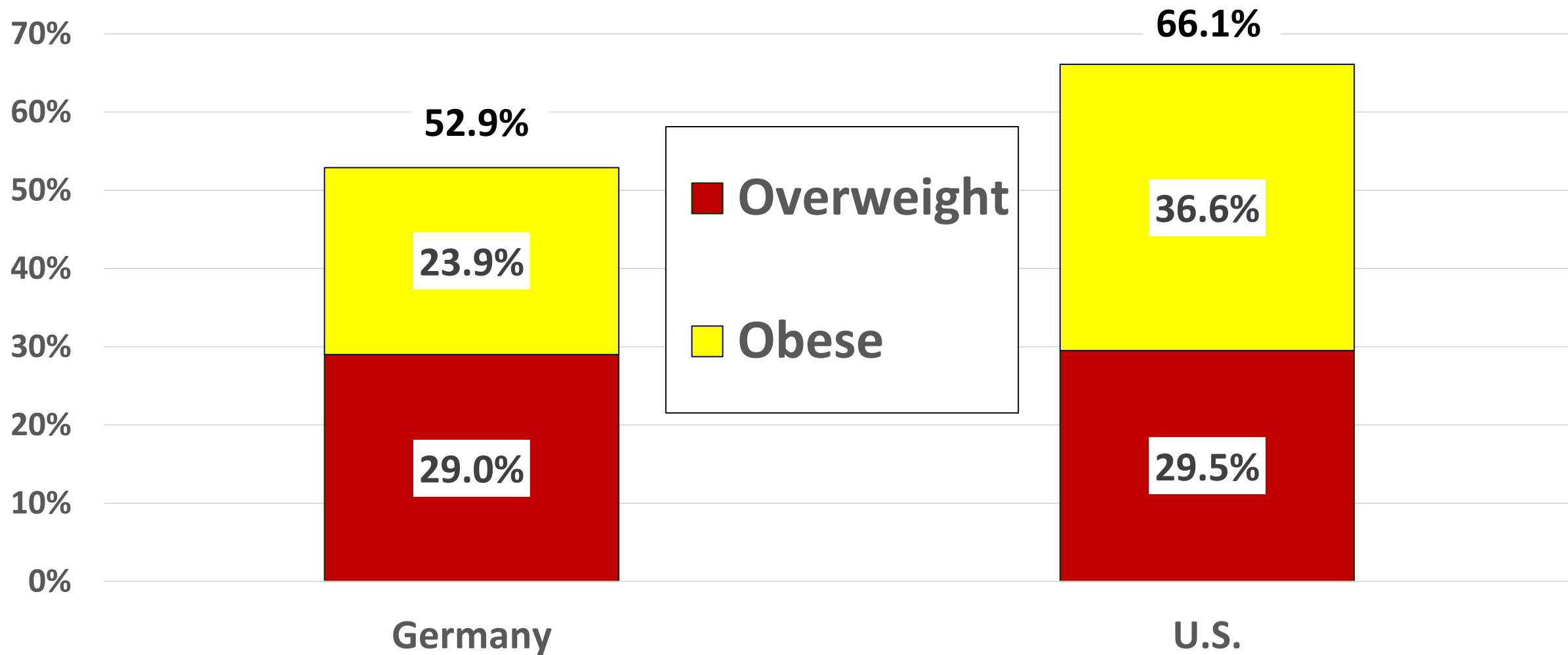
\* Children per women aged 15 to 49 years old

Source: OECD Health Data 2016

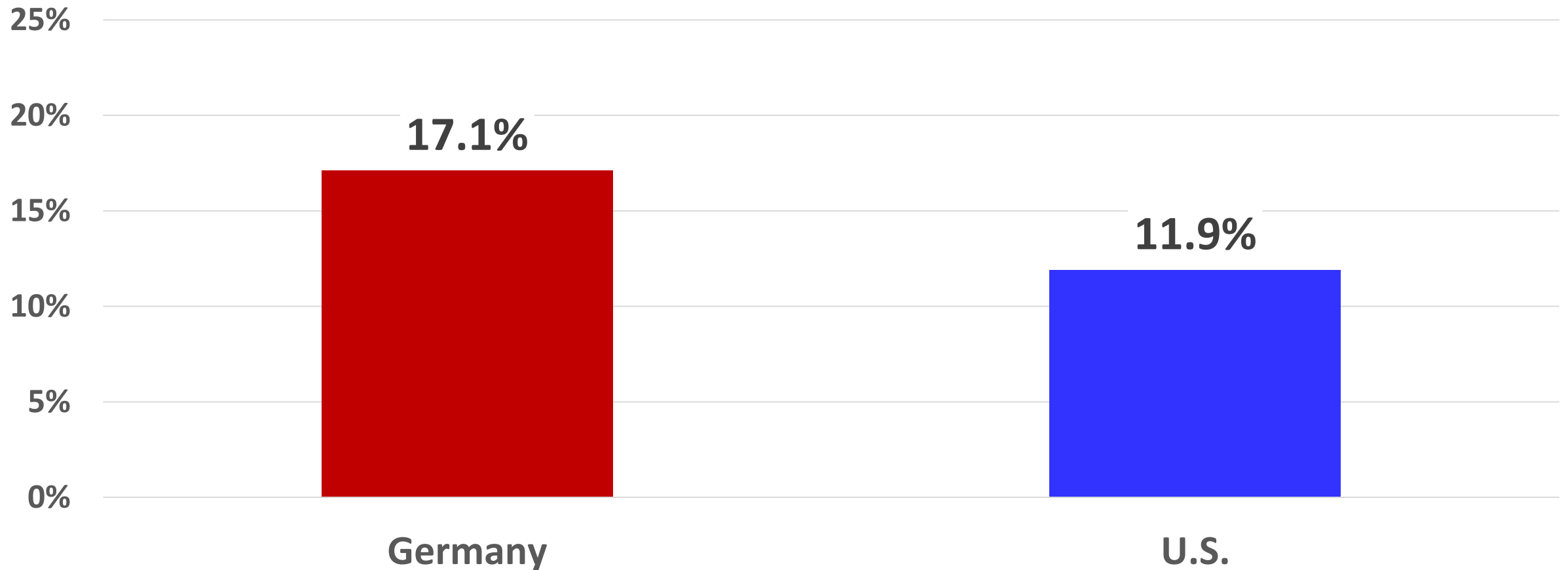
# Skipped a Drs Appt. in Last Year Because of Costs, U.S. & Germany, 2013



# Female Overweight and Obesity, 2013



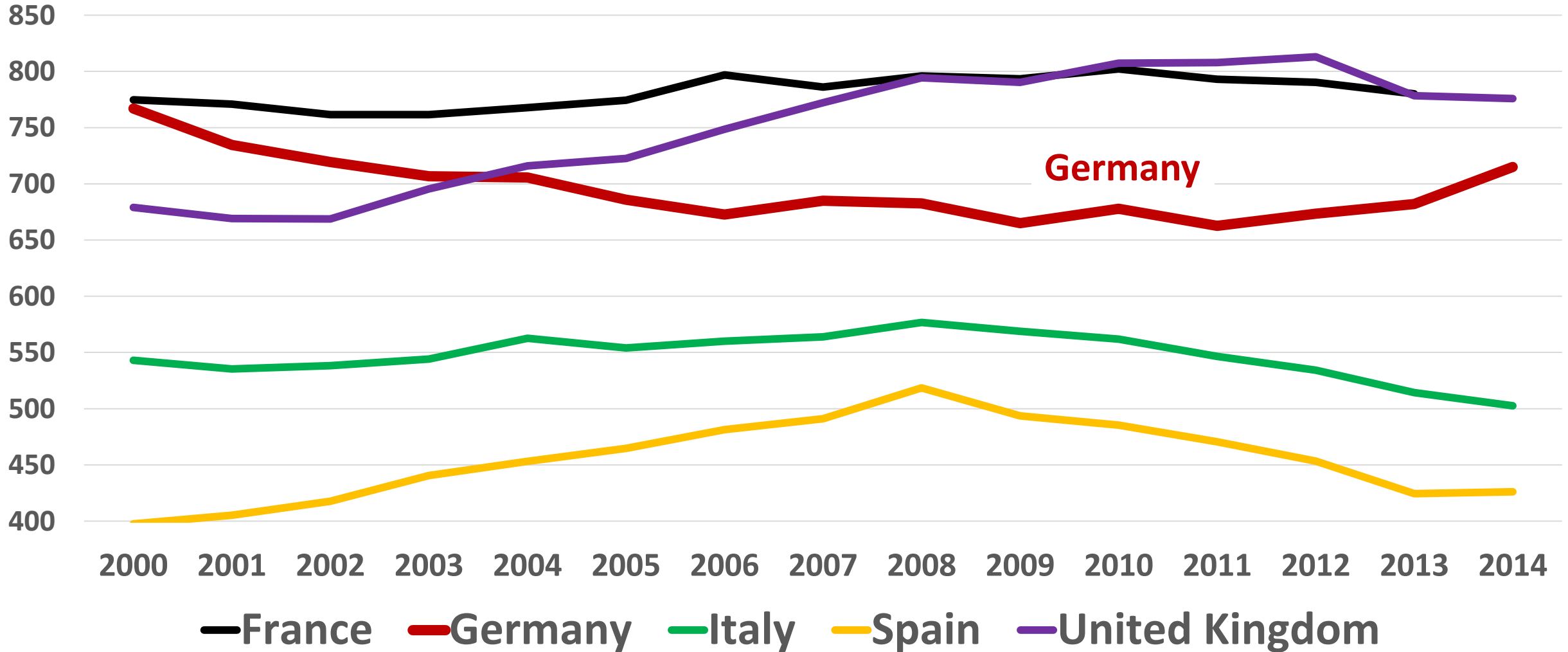
# Female 15+ Daily Smokers, 2013



***Putting German and U.S.  
Outcomes in a Comparative  
Context***

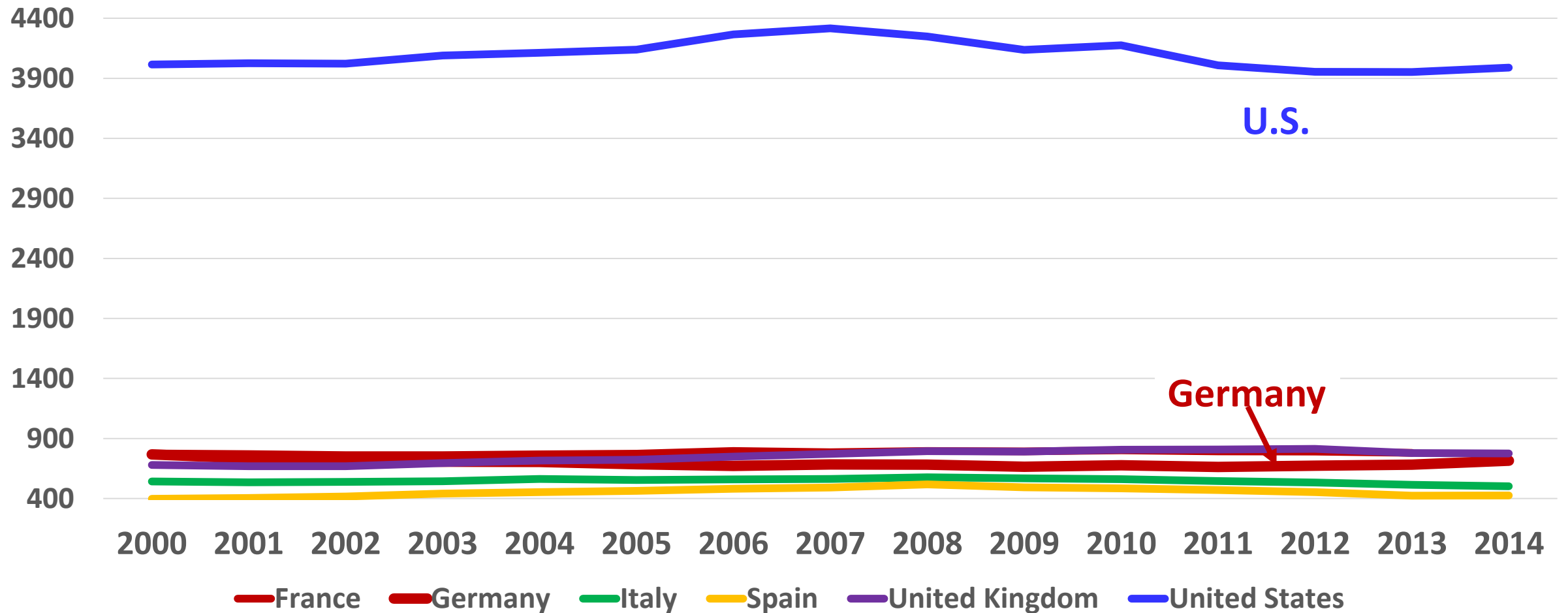
# Births in Major European Countries, 2000-2014

(000)





# Births in Major European Countries & U.S., 2000-2014 (000)



**How well are the U.S.  
and Germany doing?**

***How Do we Compare Outcomes?***

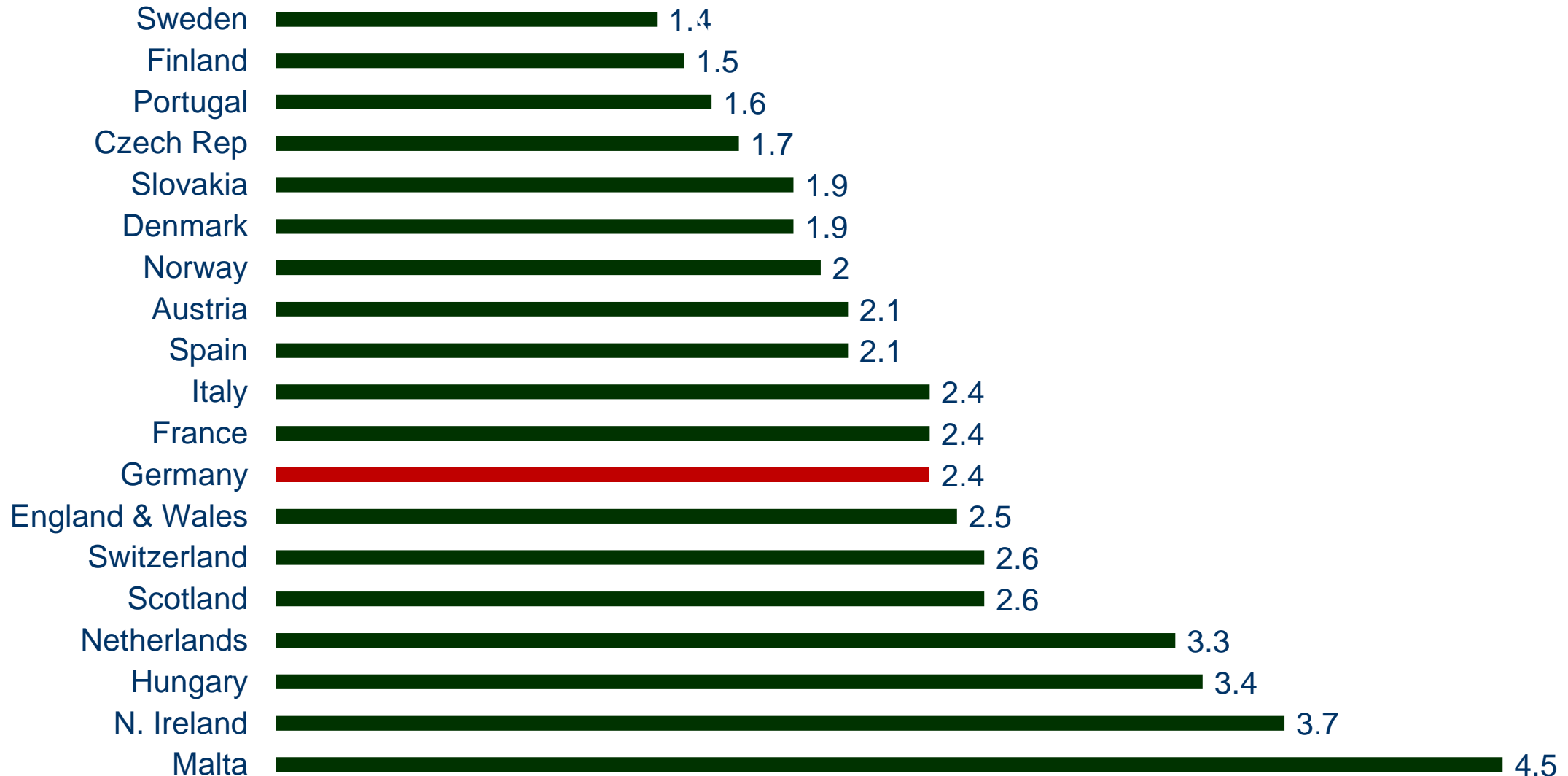
**Neonatal Mortality Rate**

***Infant Deaths in  
First 28 days  
X 1,000***

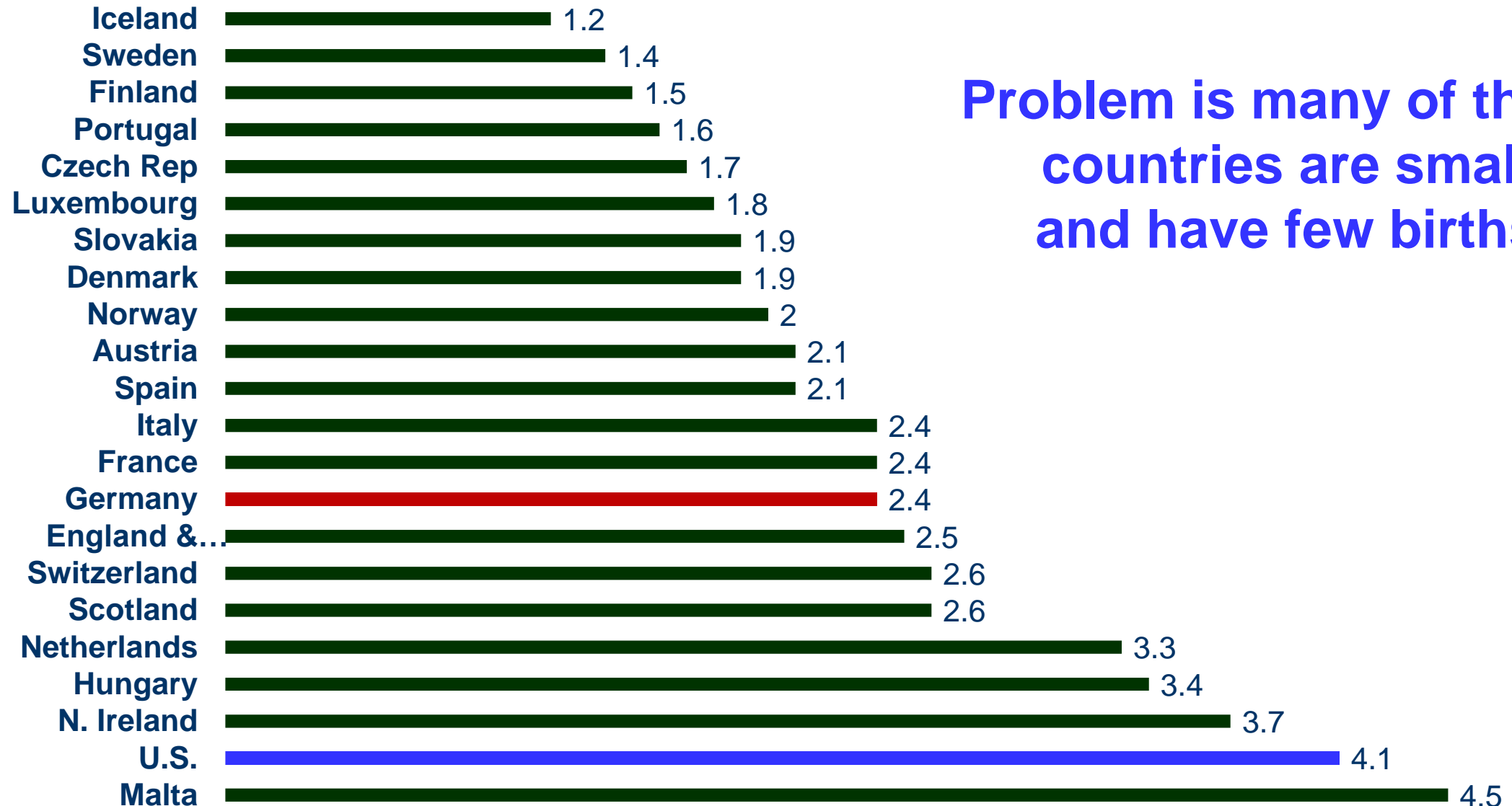
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***Live  
Births***

# Neonatal Mortality in Europe & U.S., 2010



# Neonatal Mortality in Europe, 2010



**Problem is many of these countries are small and have few births**

# What's a Fair Comparison for the US & Germany?

**In the most recent year available (2014):**

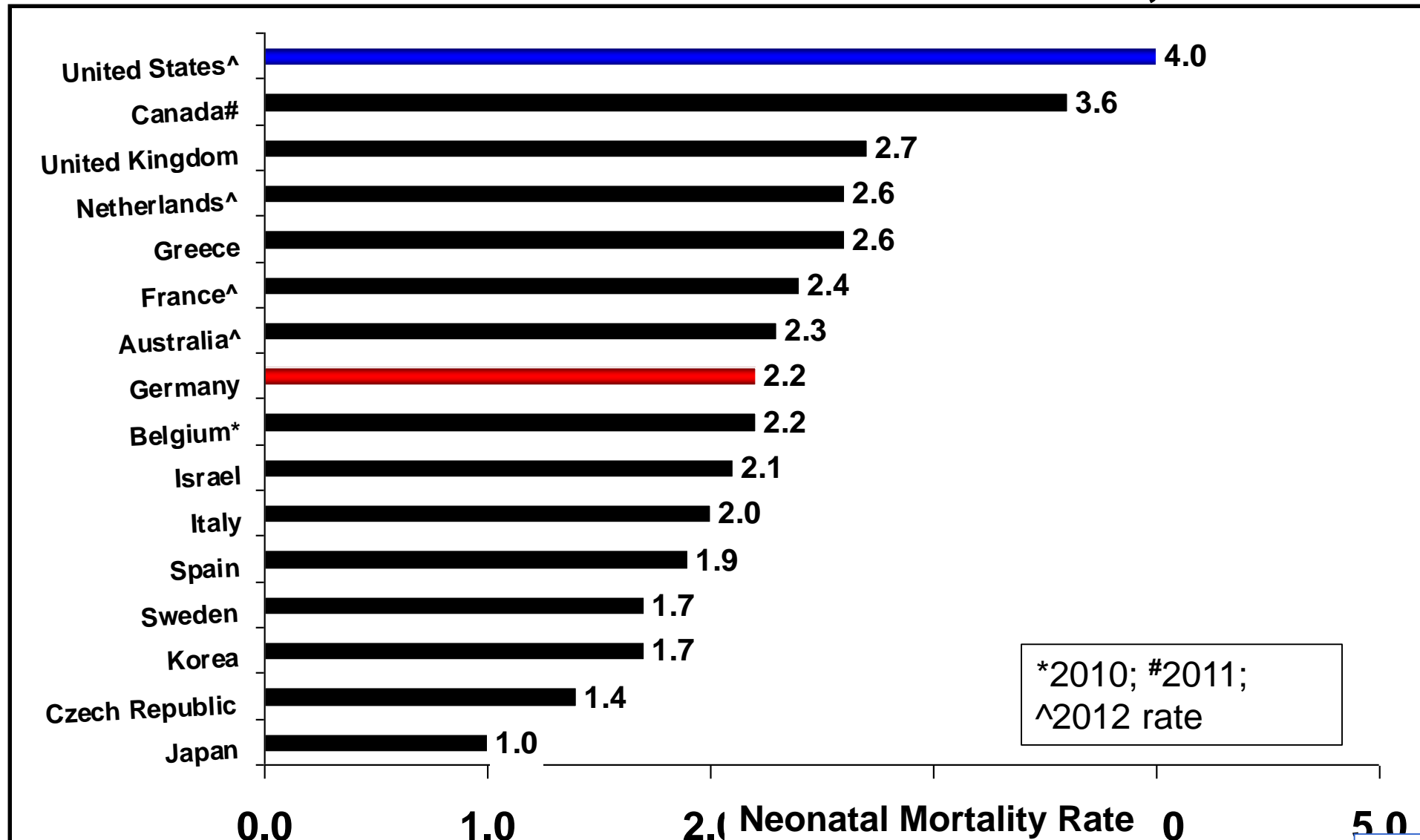
- Countries with at least 100,000 births
- Countries with a Gross Domestic Product per capita of at least \$20,000 in US dollars.

## Defining Countries to Compare with the U.S. & Germany

<b>16 Comparison Countries</b> (SOURCE: OECD, Health Data 2016 & State of World's Children, 2016)	2014 Total Births (000)	2014 Total exp. health – PC, US\$ PPP	2013-14 % Births by Cesarean
<b>Australia</b>	318	\$44,706	32.8
<b>Belgium</b>	126	\$41,595	20.5
<b>Canada</b>	387	\$43,038	27.3
<b>Czech Republic</b>	107	\$28,963	26.1
<b>France</b>	780	\$37,617	20.8
<b>Germany</b>	682	\$43,282	30.9
<b>Greece</b>	100	\$25,523	---
<b>Israel</b>	171	\$32,713	15.4
<b>Italy</b>	514	\$34,781	36.1
<b>Japan</b>	1,033	\$36,225	---
<b>Korea</b>	485	\$33,089	36.7
<b>Netherlands</b>	171	\$46,749	16.4
<b>Spain</b>	424	\$32,546	25.2
<b>Sweden</b>	114	\$44,586	16.4
<b>United Kingdom</b>	779	\$38,743	23.0
<b>United States</b>	3,953	\$52,592	32.5



# Neonatal Mortality Rates (per 1,000 births), 2013, Industrialized Countries with 100,000+ Births



Source: OECD Health Data 2016 and NCHS, *Deaths Final Data for 2013*.

[BirthByTheNumbers.org](http://BirthByTheNumbers.org)

# How are Germany & the U.S. doing relative to comparison countries?

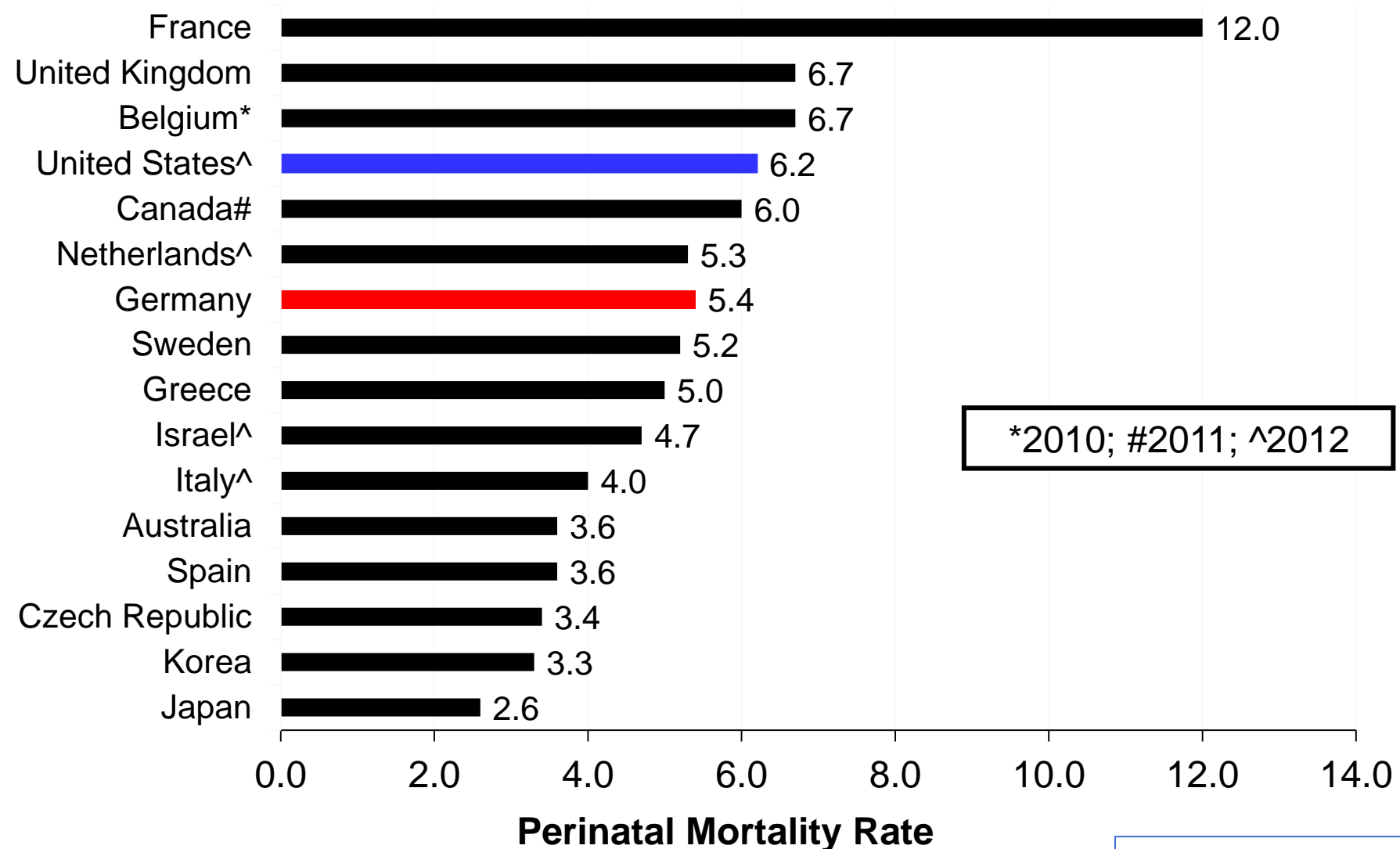
## Perinatal Mortality Rate

*Fetal deaths + deaths in the first week*  
*X 1,000*

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*Live births + fetal deaths*

# Perinatal Mortality Rates (per 1,000 births), 2013, Industrialized Countries 100,000+ Births



# Maternal Mortality Ratios

## Maternal Mortality Ratio

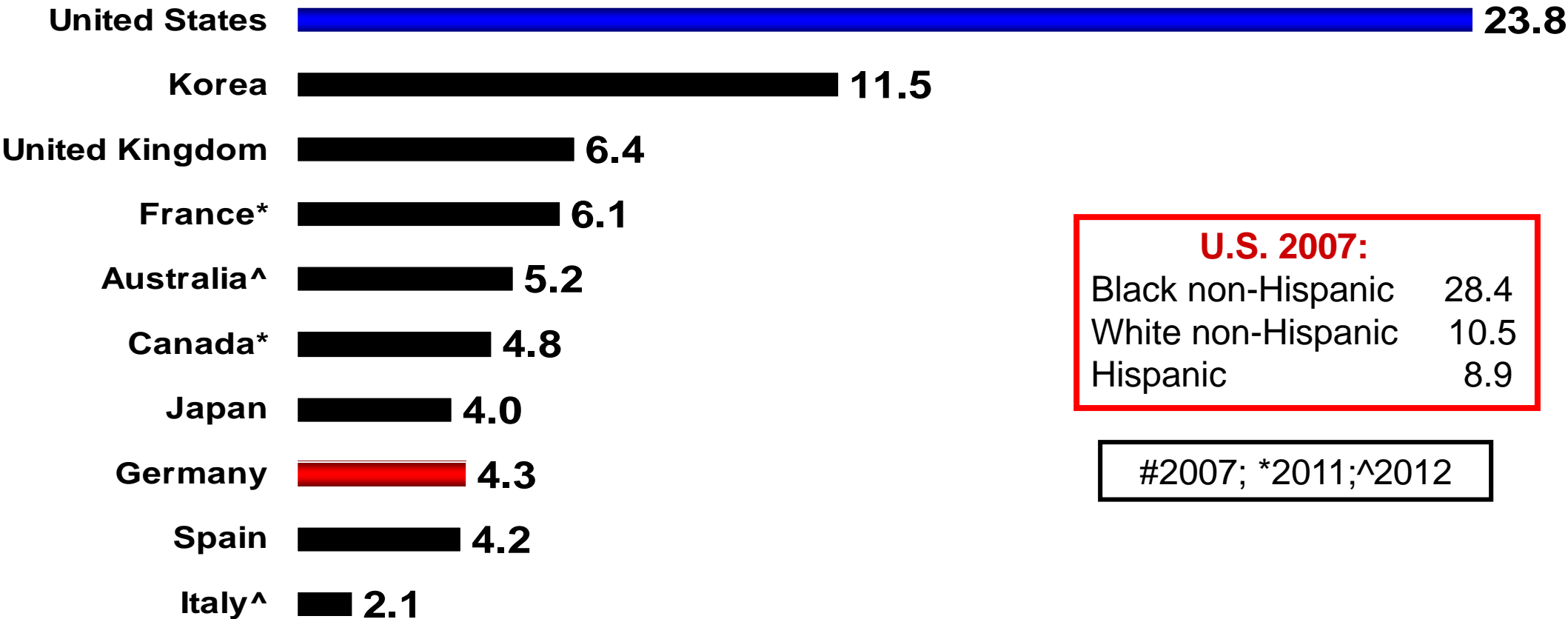
*Maternal Deaths\* all causes*  
*X 100,000*

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*Live births*

*\* Deaths in pregnancy and up to 42 days postpartum*

# Maternal Mortality Rates, (per 100,000 *births*), 2013, Industrialized Countries with 300,000+ births

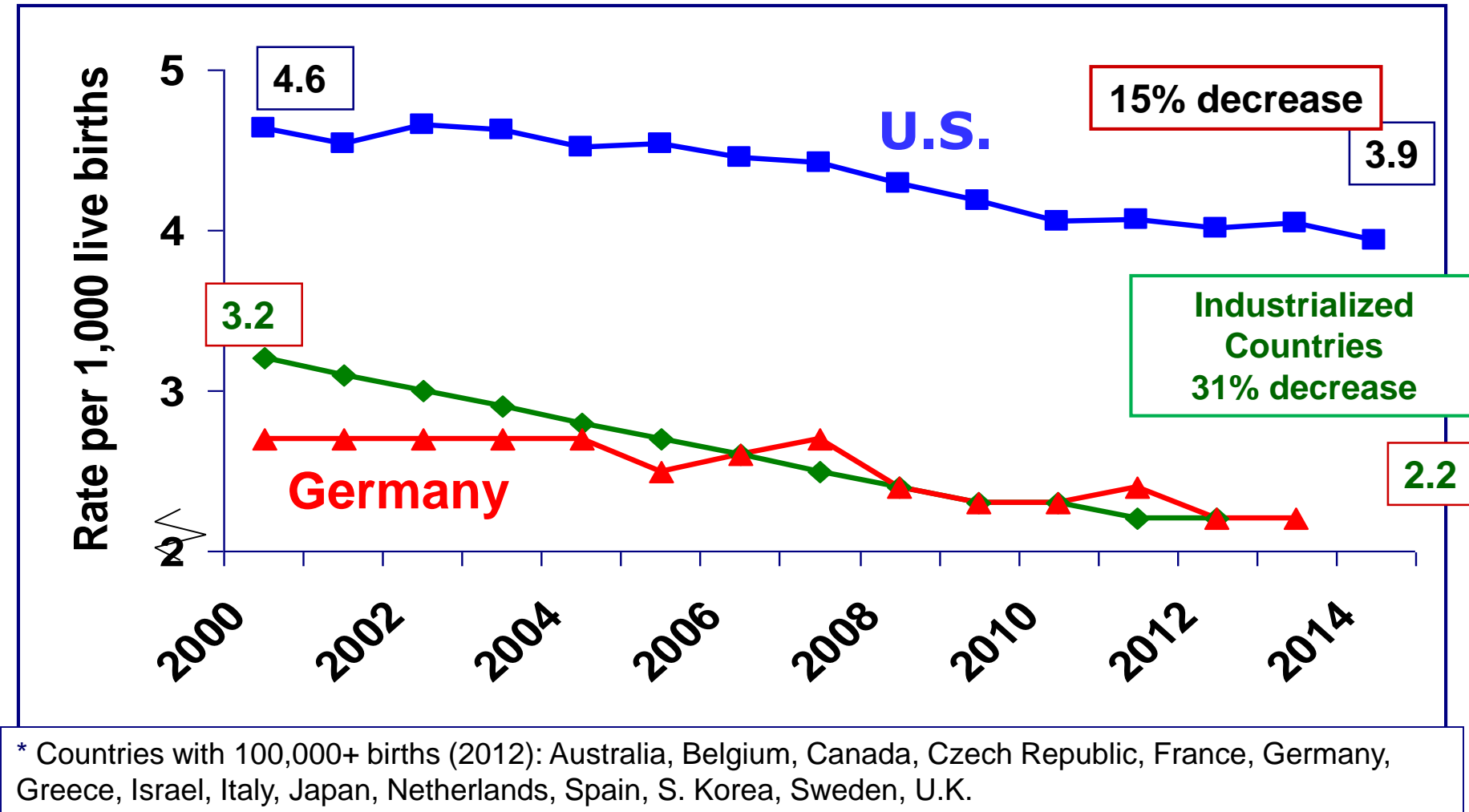


Maternal Mortality Ratio

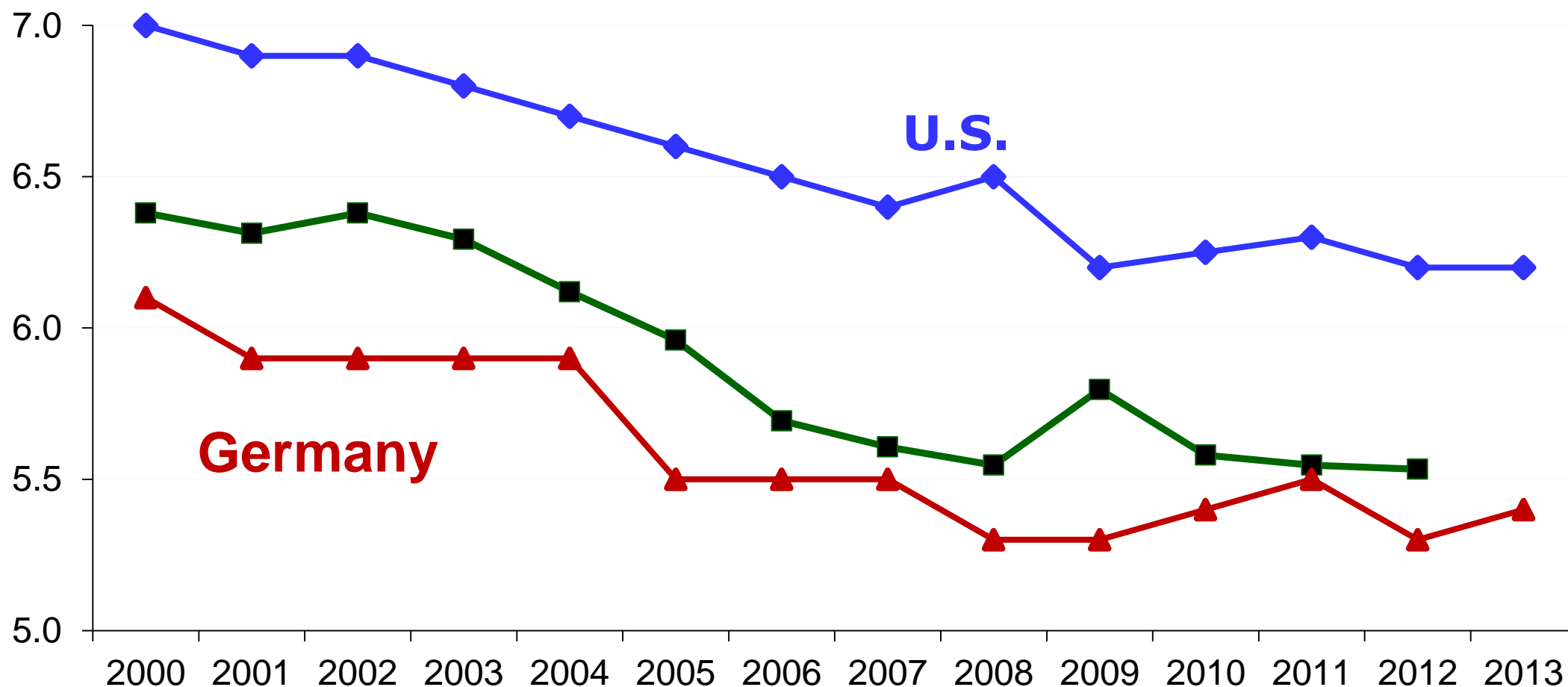
# **Examining Trends over Time**



# Neonatal Mortality Rate (per 1,000 births), 2000-2014, U.S., & Ave. for Industrialized Countries\*



# Perinatal Mortality Rates (per 1,000), 2000-2013 , U.S., Germany & Ave. for Industrialized Countries\*

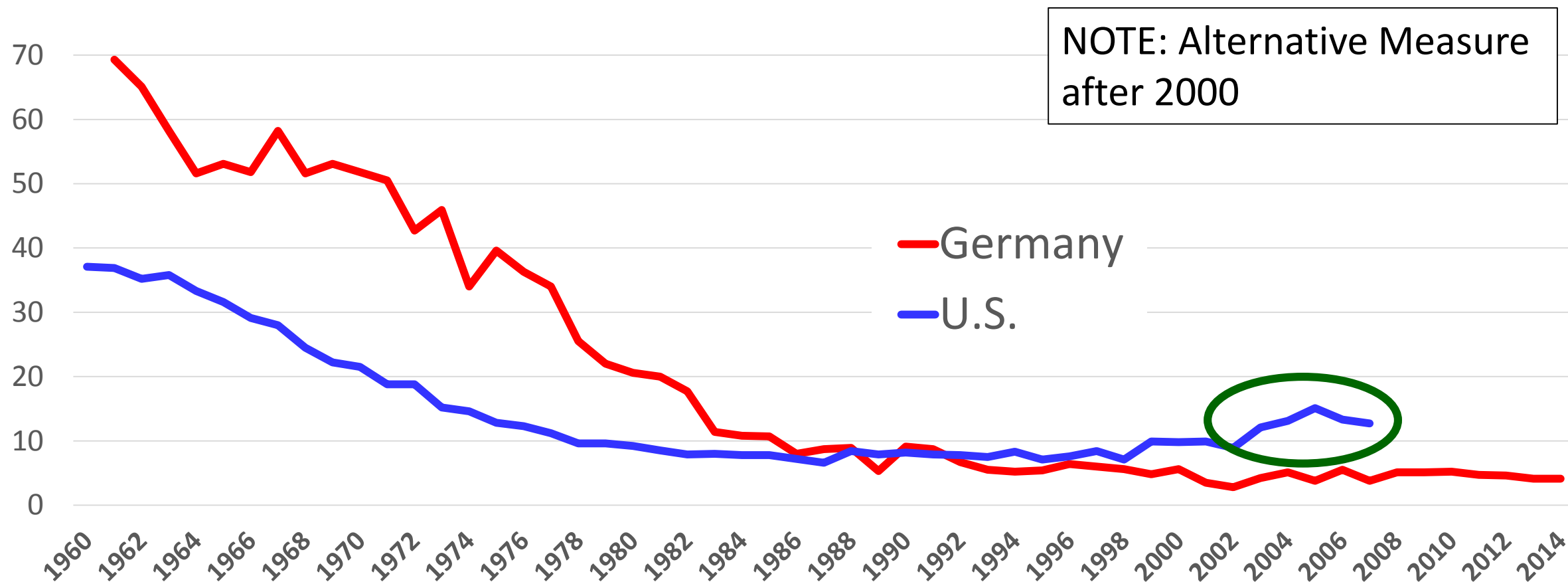


\* Countries with 100,000+ births (2012): Australia, Belgium, Canada, Czech Republic, France, Germany, Greece, Israel, Italy, Japan, Netherlands, S. Korea, Spain, Sweden, United Kingdom

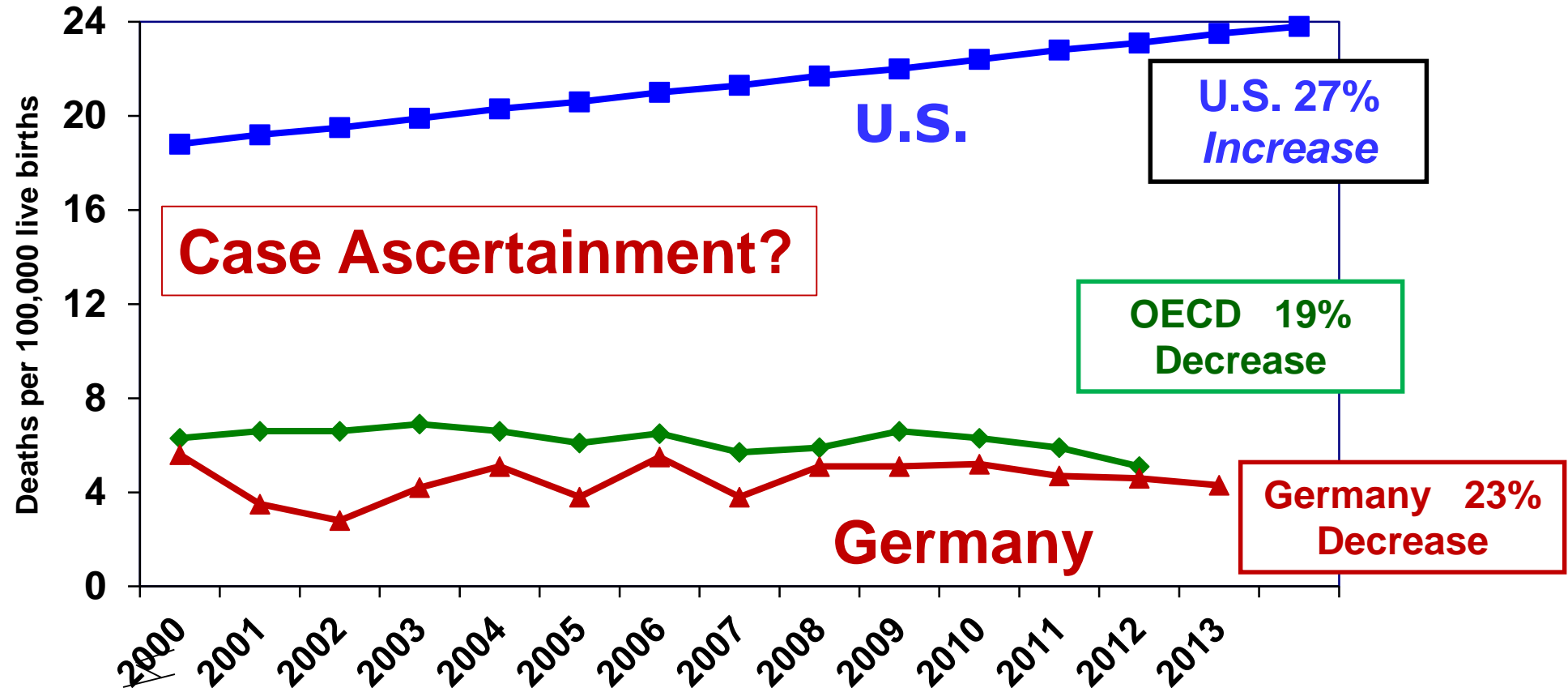
Sources: OECD Health Data 2016; NCHS. 2015. Fetal & Perinatal Mortality, 2013.

*BirthByTheNumbers.org*

# Maternal Mortality Rates U.S. and Germany, 1960-2014



# Maternal Mortality Ratios (per 100K births), 2000-2013, U.S., Germany & Comparable Countries \*



\* Countries with 300,000+ births (2012): Australia, Canada, France, Germany, Italy, Japan, S. Korea, Spain, United Kingdom

# So how are we doing?

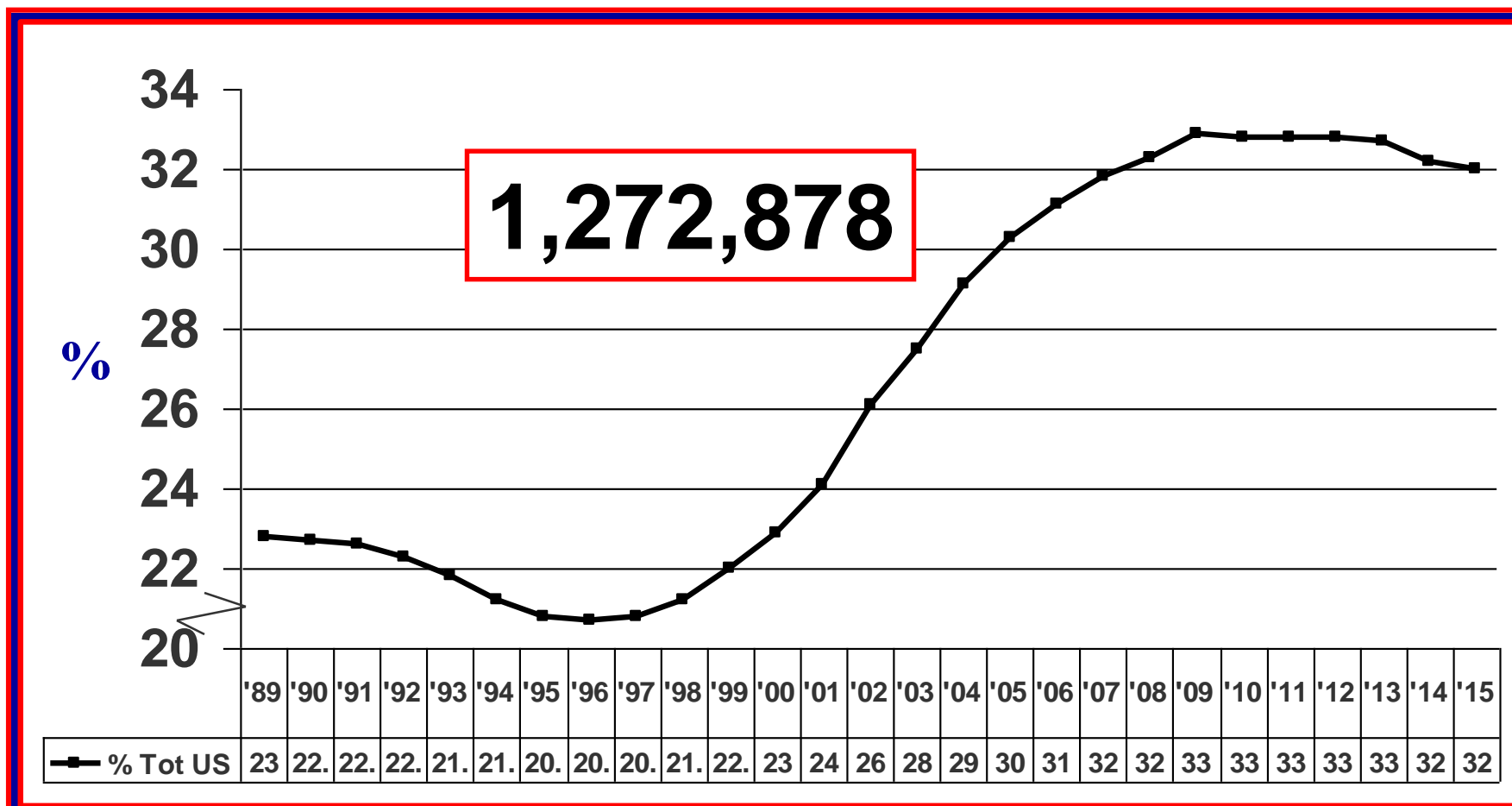
- Germany generally doing well, U.S. near the bottom
- Argument that US is more diverse doesn't account for it
- Trend: General improvement in US, Germany
- Germany does as well or better than comparison countries
- U.S. begins slightly behind and falls further behind
- Maternal mortality rising in U.S.

**What about process?**

**The Case of Cesarean Section**

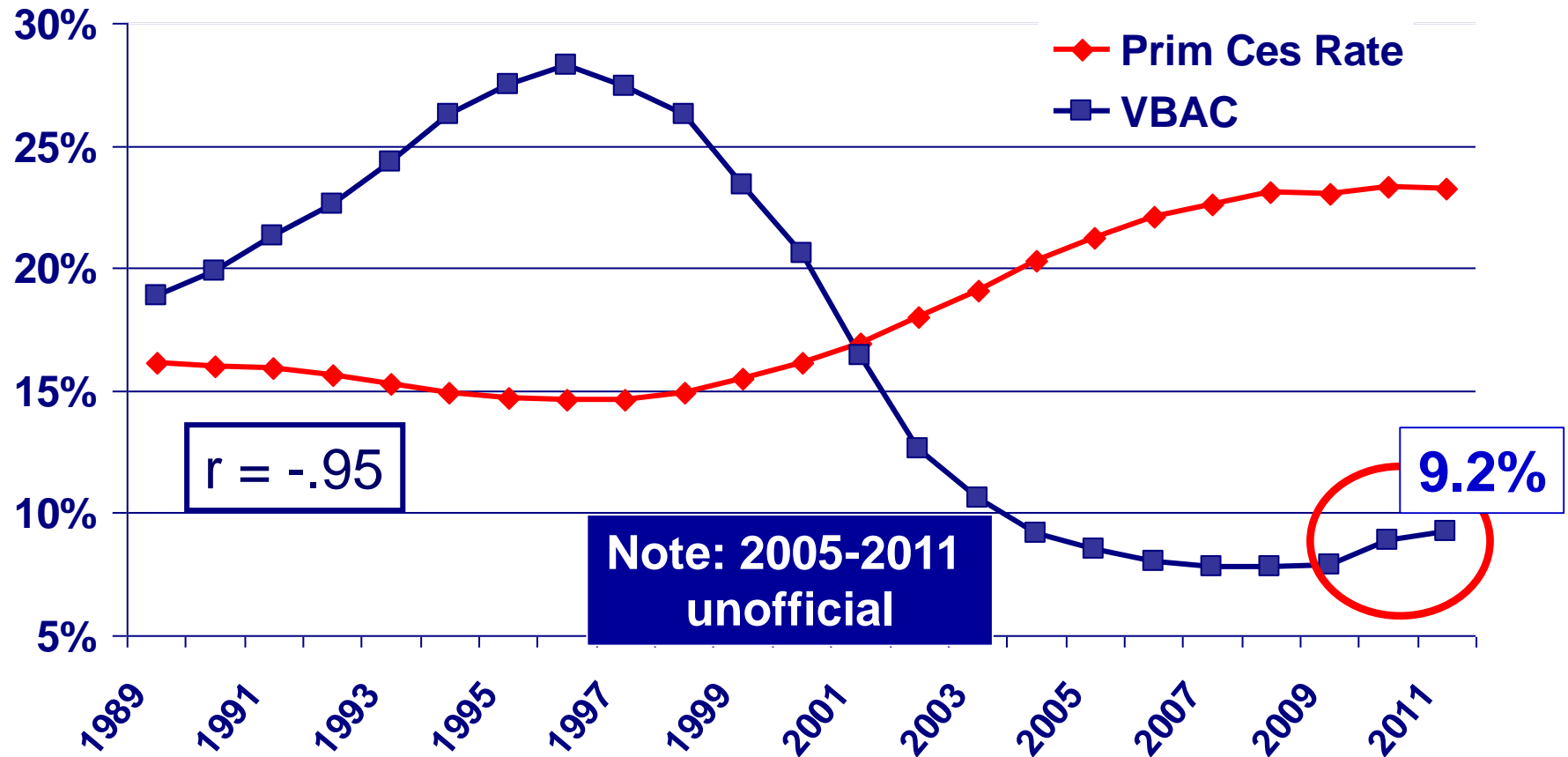
**First the U.S.**

# US Cesarean Rates, 1989-2015



***If the 2015 cesarean rate was the same as in 1996, there would have been 449,000 fewer cesareans in the U.S. in '15.***

# Primary Cesarean and VBAC Rates, U.S., 1989-2011

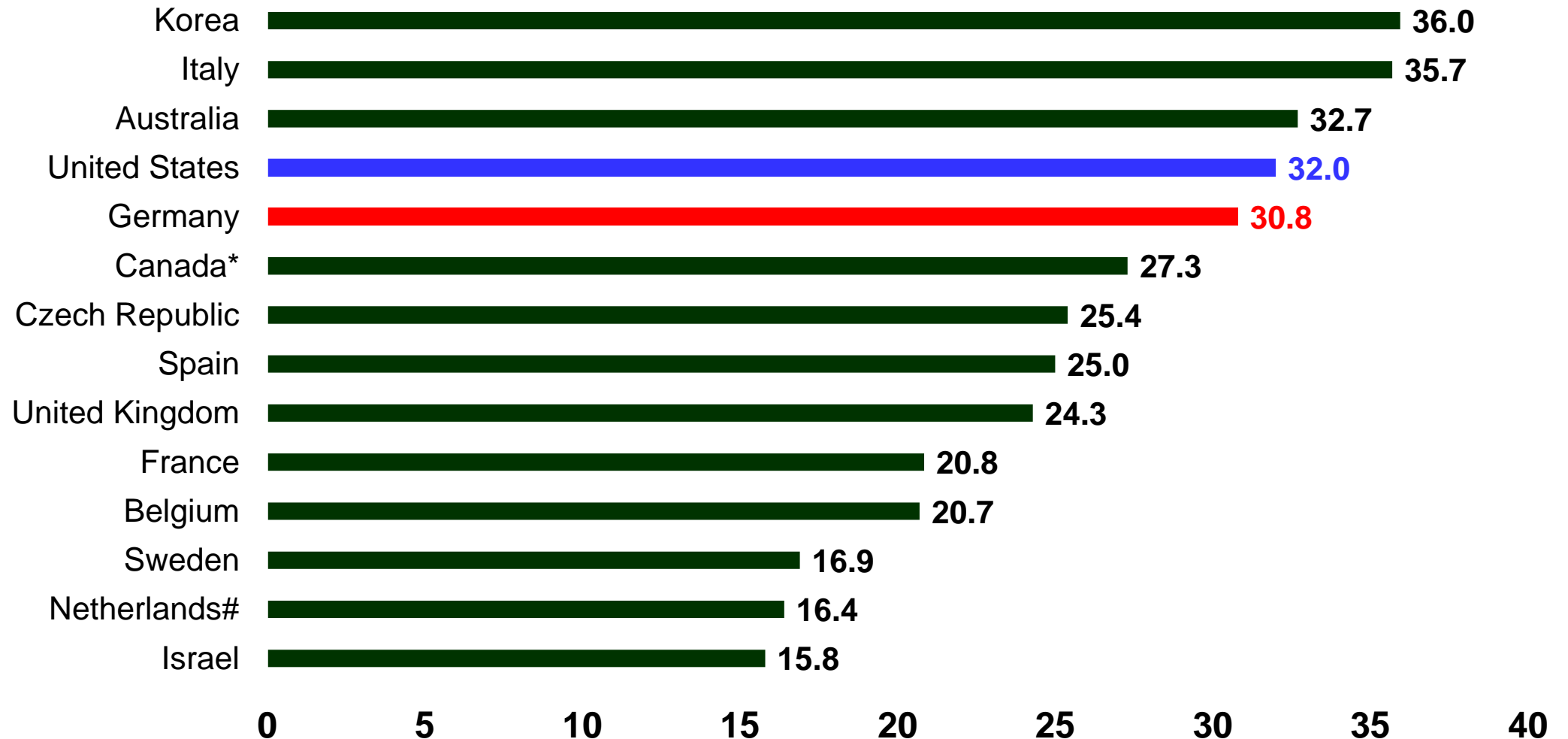


Source: NCHS. *Annual Birth Reports & Vital Stats*

*Birthbythenumbers.org*



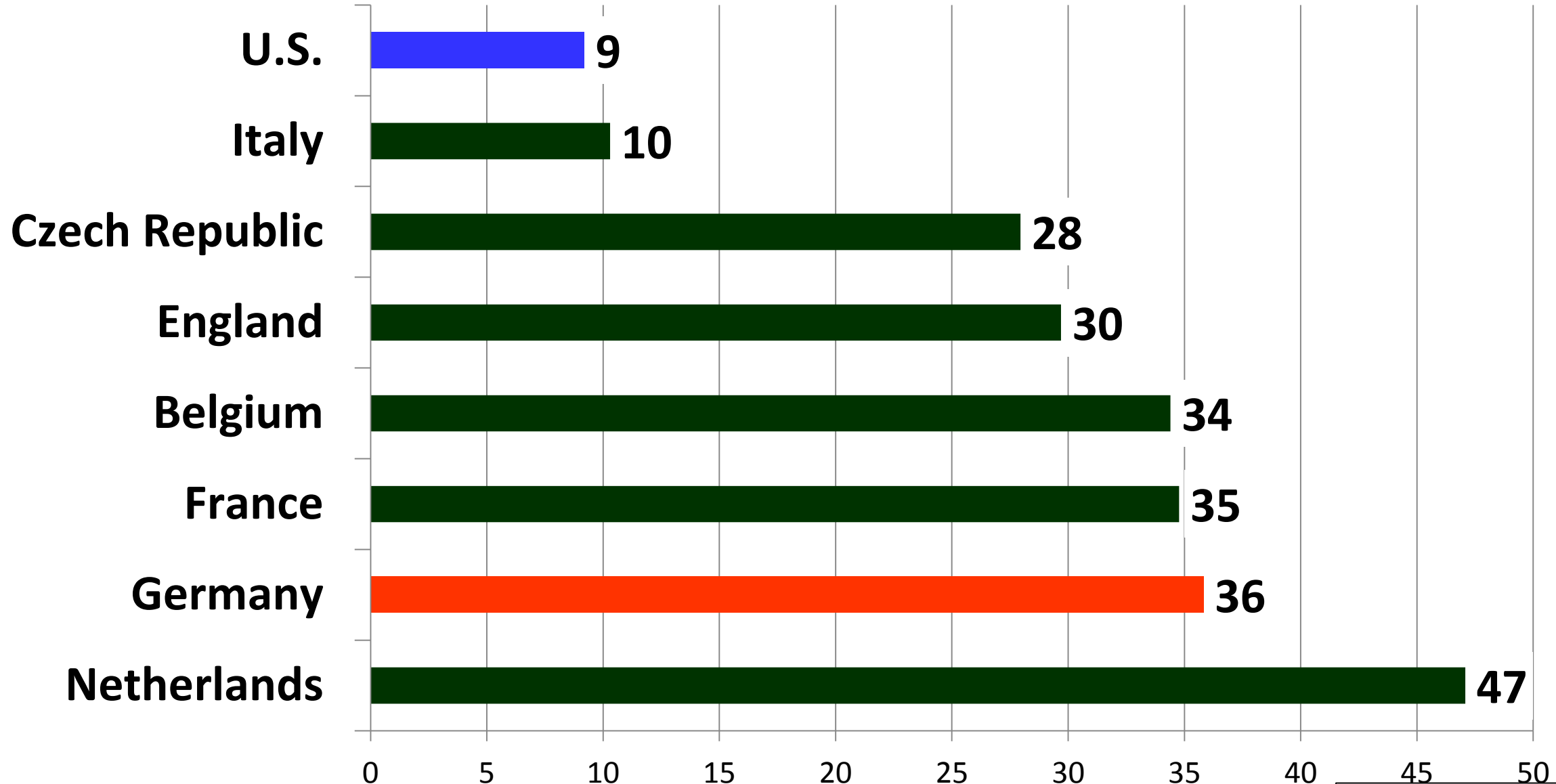
# Cesarean Rates (%) in Industrialized Countries\* with 100,000+ Births, 2014



\* No data on cesarean rates in Greece and Japan

*Birthbythenumbers.org*

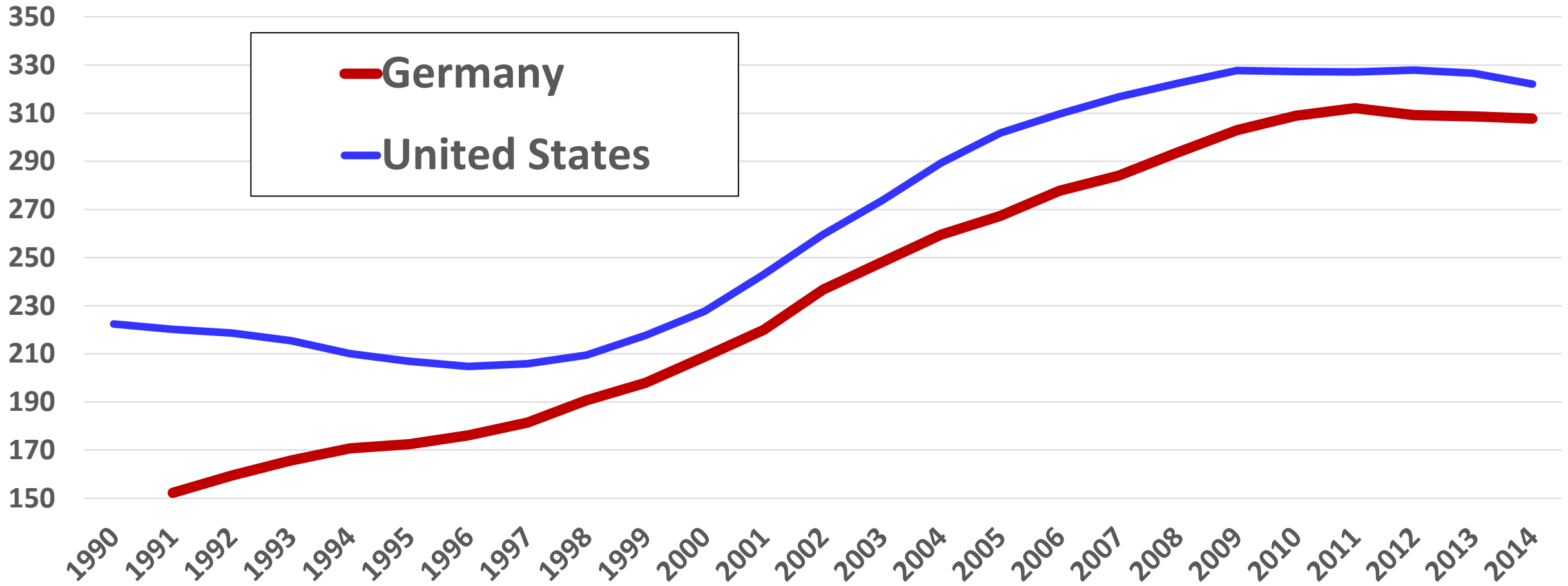
# VBAC Rates Industrialized Countries, 2010



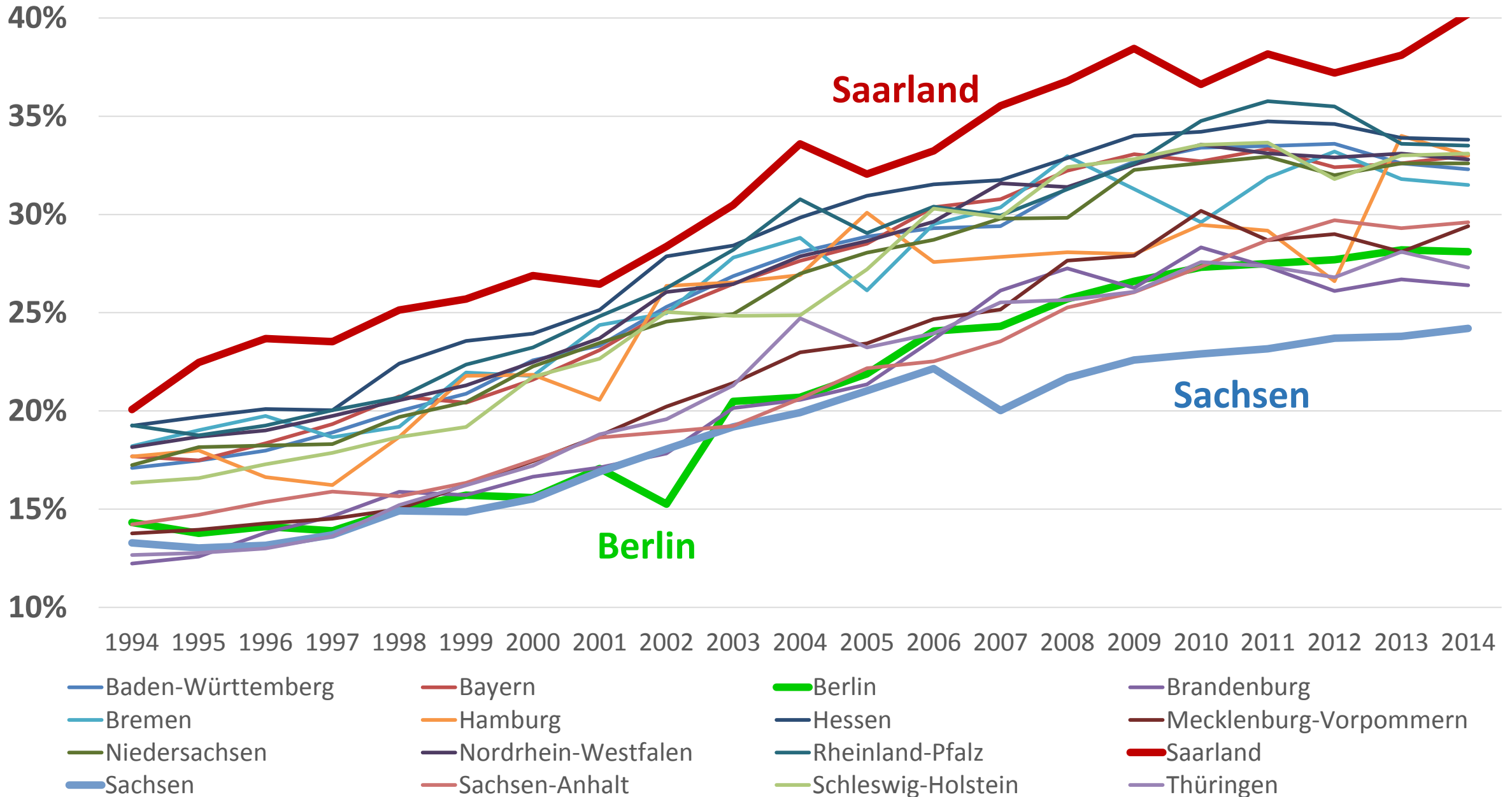
Source: Euro-Peristats

*Birthbythenumbers.org*

# Trends in Overall Cesarean Rate (per 1,000) 1990 – 2014

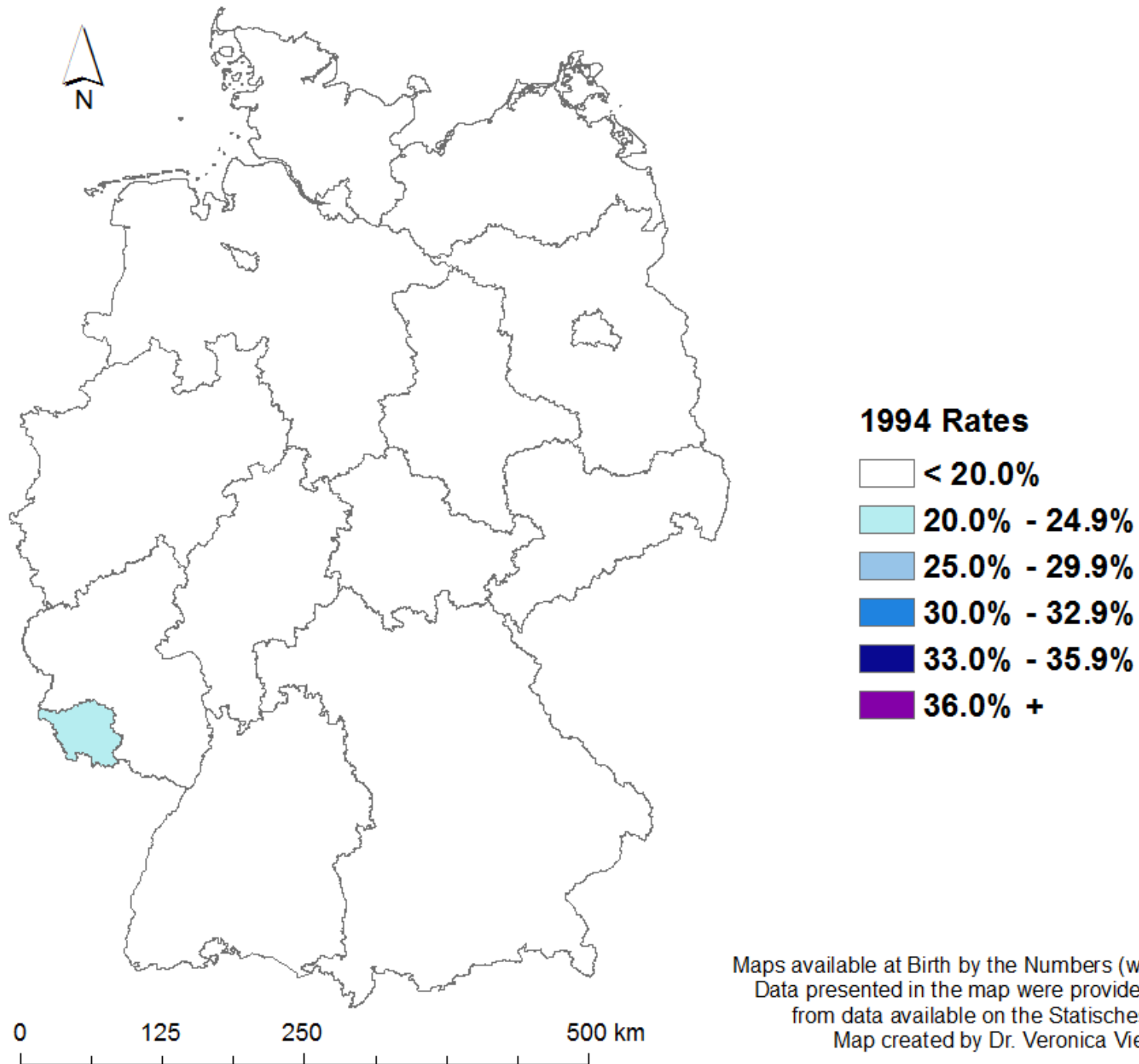


# German Cesarean Rates by Region, 1994-2014



**Gene, that graph was great, but  
wouldn't it clearer if you showed  
us maps of these changes over  
time?**

# 1994



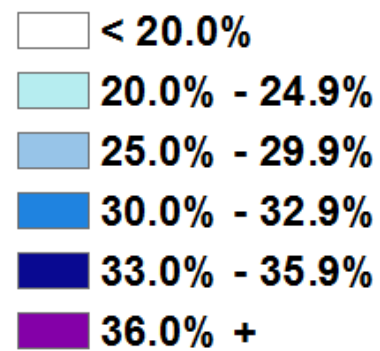
[birthbythenumbers.org](http://birthbythenumbers.org)

Maps available at Birth by the Numbers ([www.birthbythenumbers.org](http://www.birthbythenumbers.org)).  
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from data available on the Statistisches Bundesamt website.  
Map created by Dr. Veronica Vieira, August 2016.

# 1995



## 1995 Rates



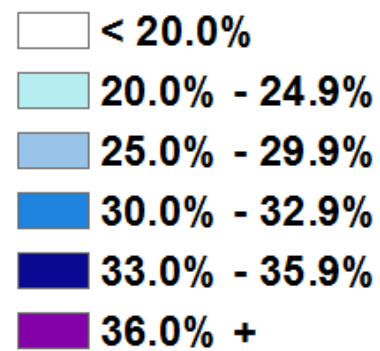
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## 1996 Rates

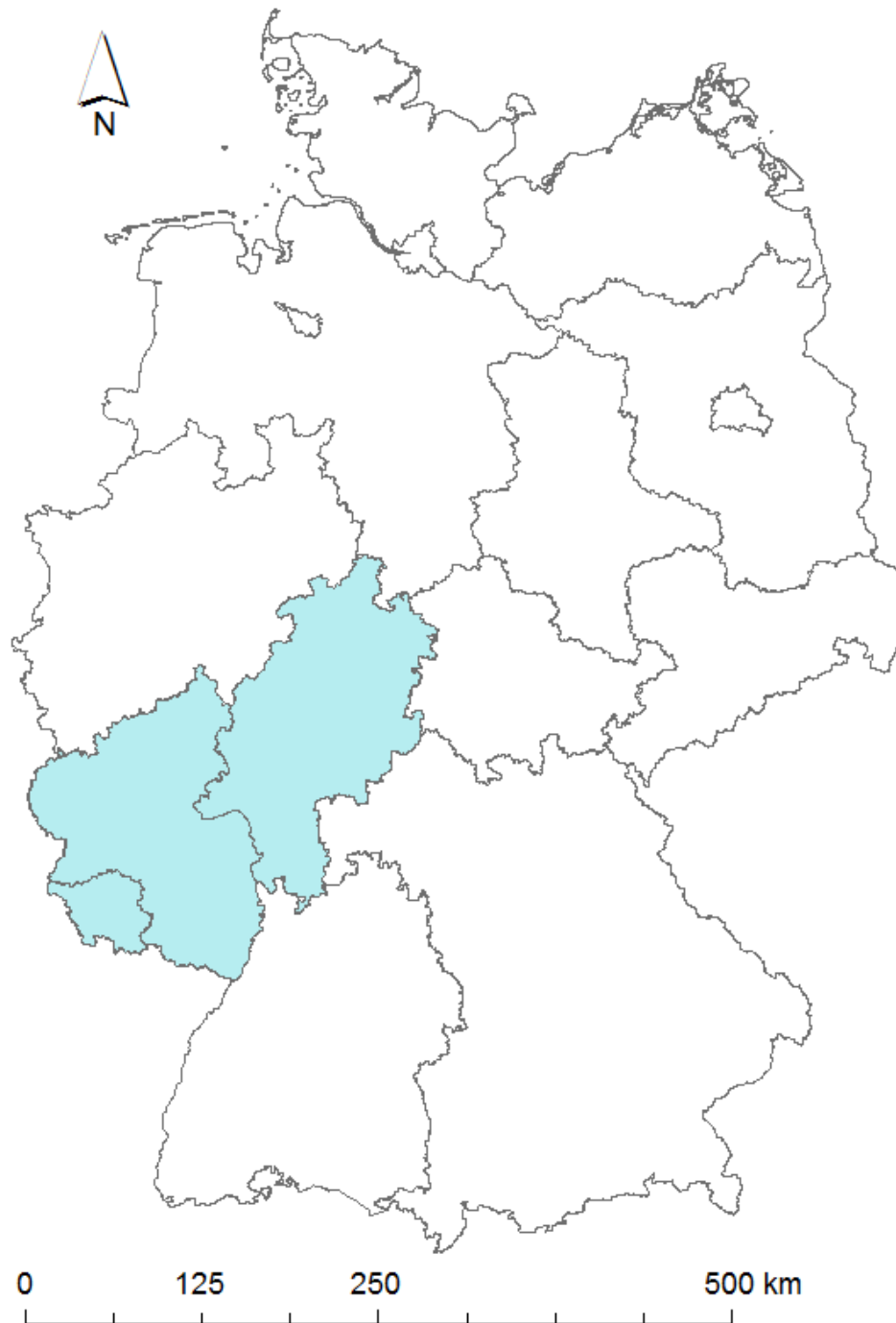


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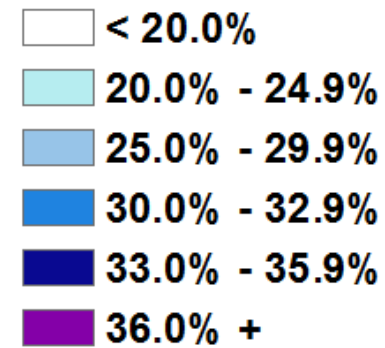
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# 1997



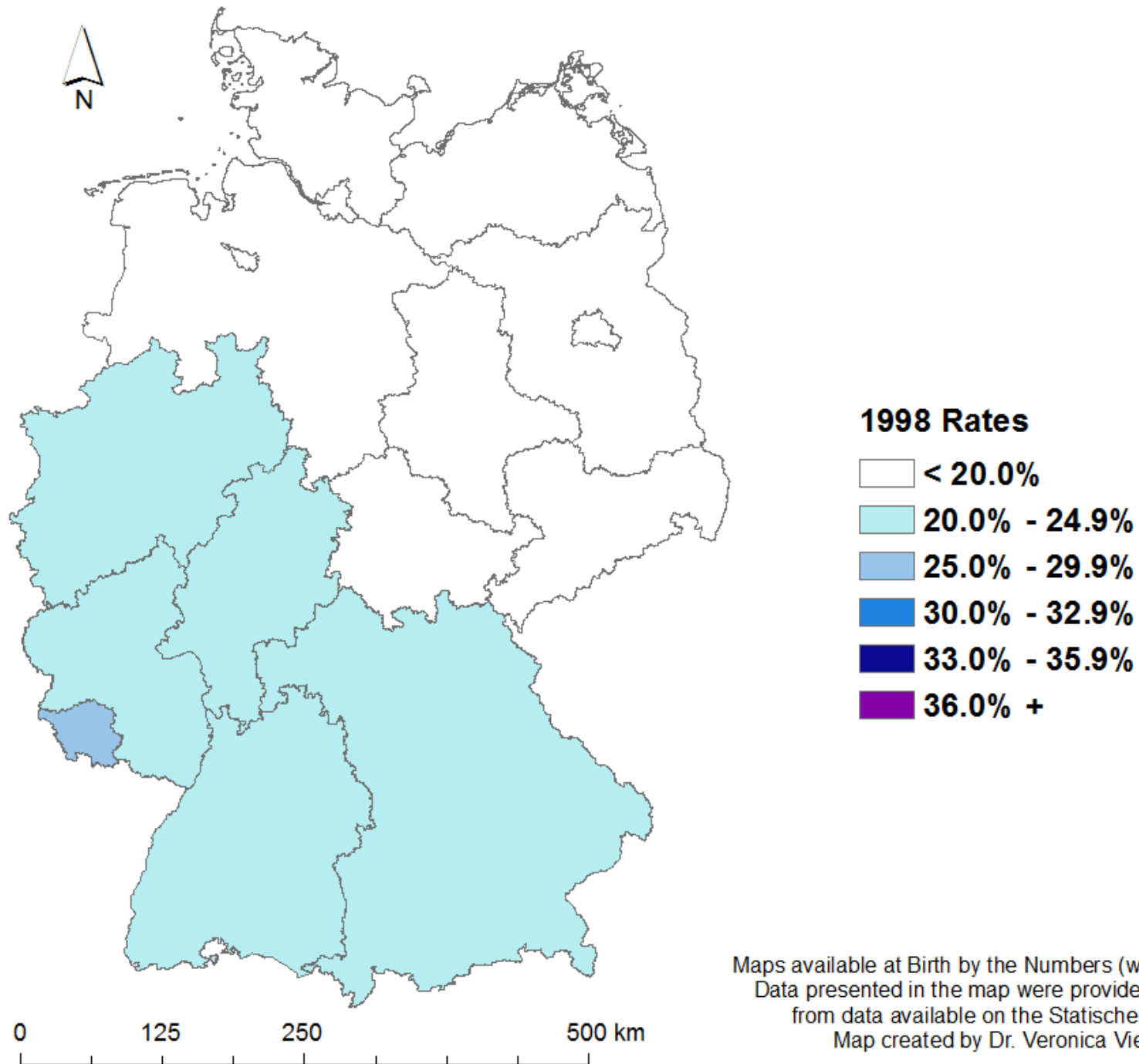
## 1997 Rates



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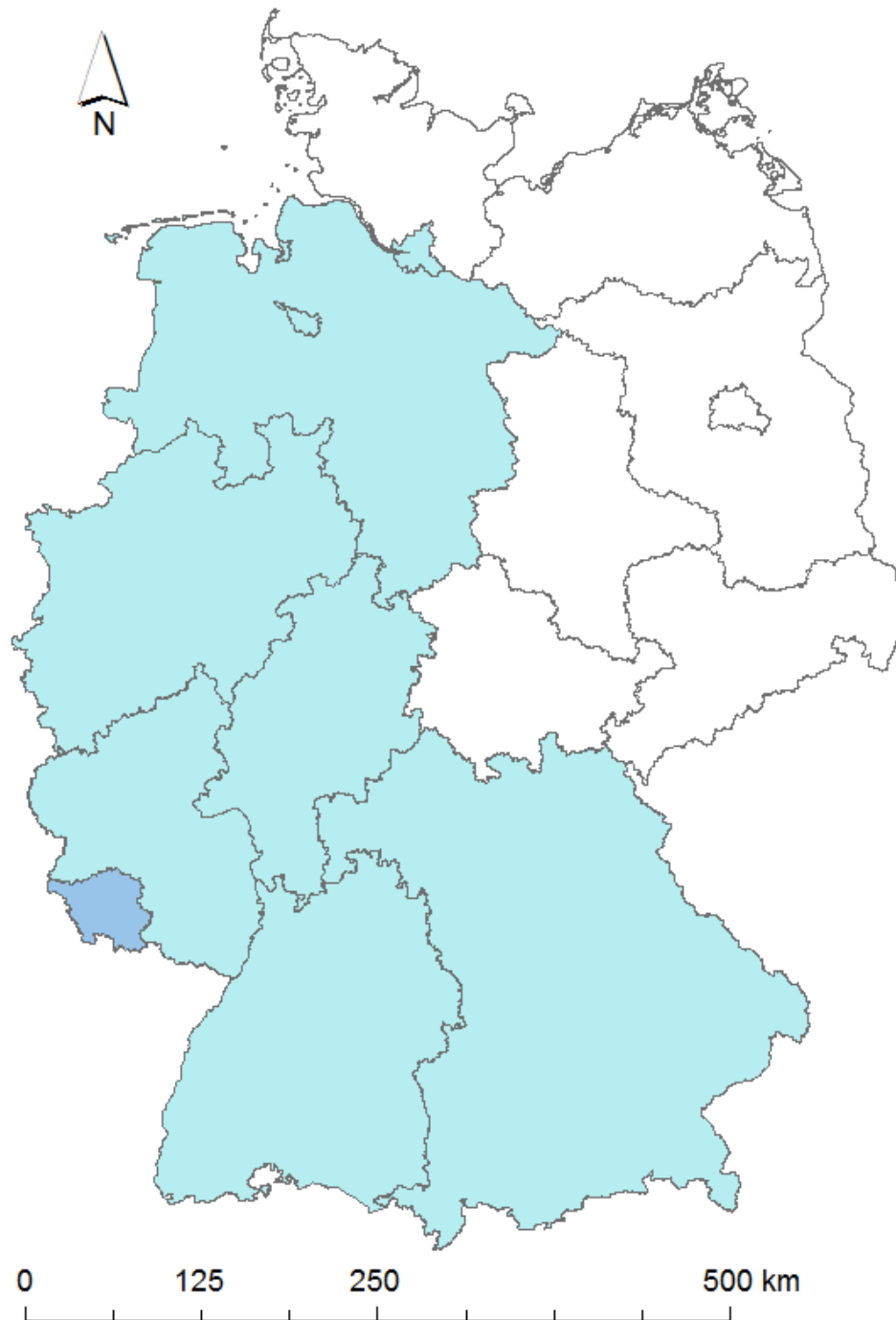
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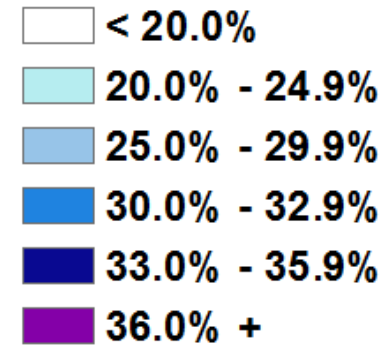
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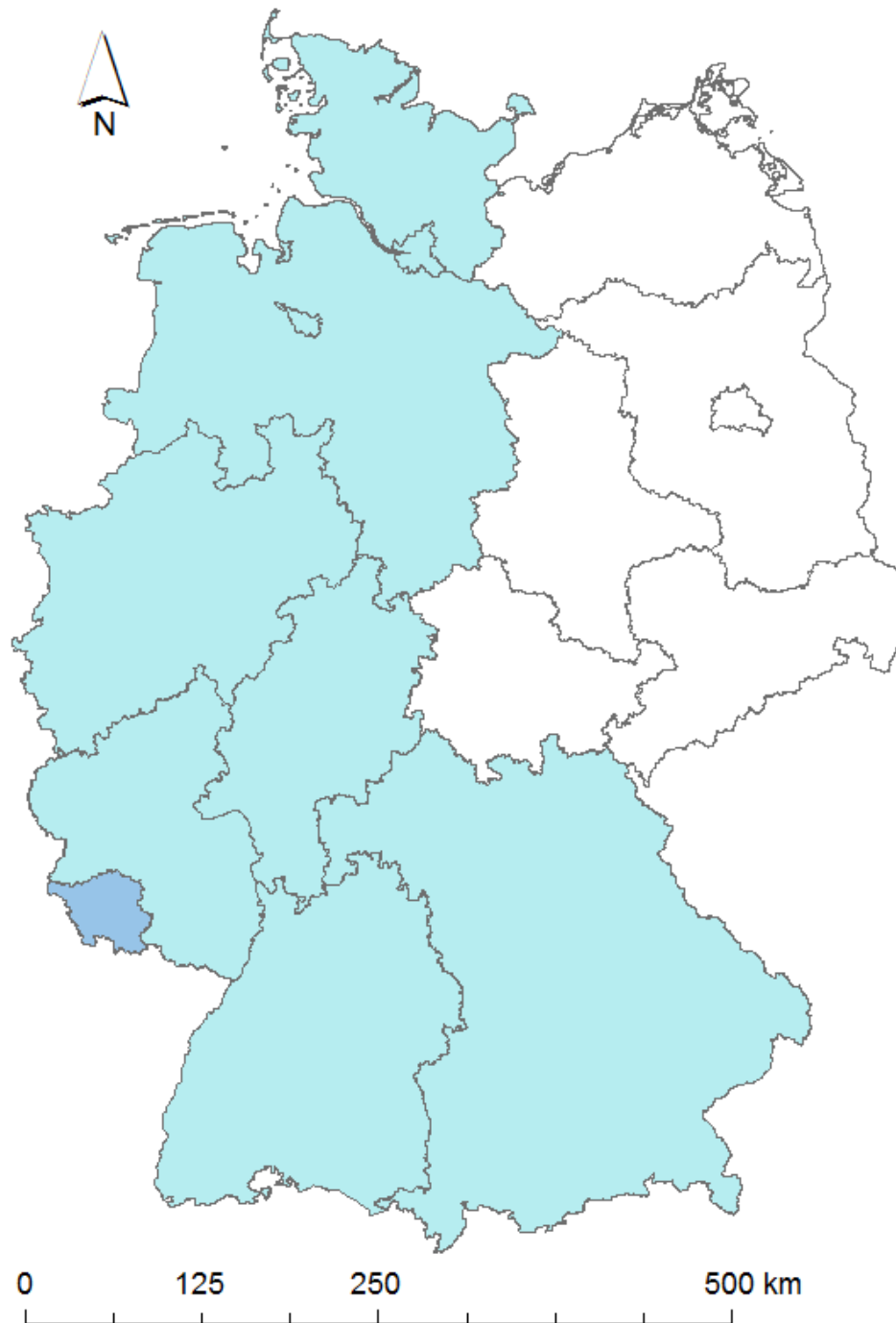
## 1999 Rates



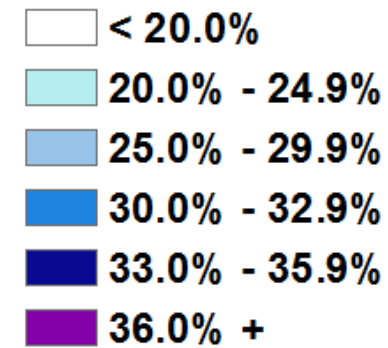
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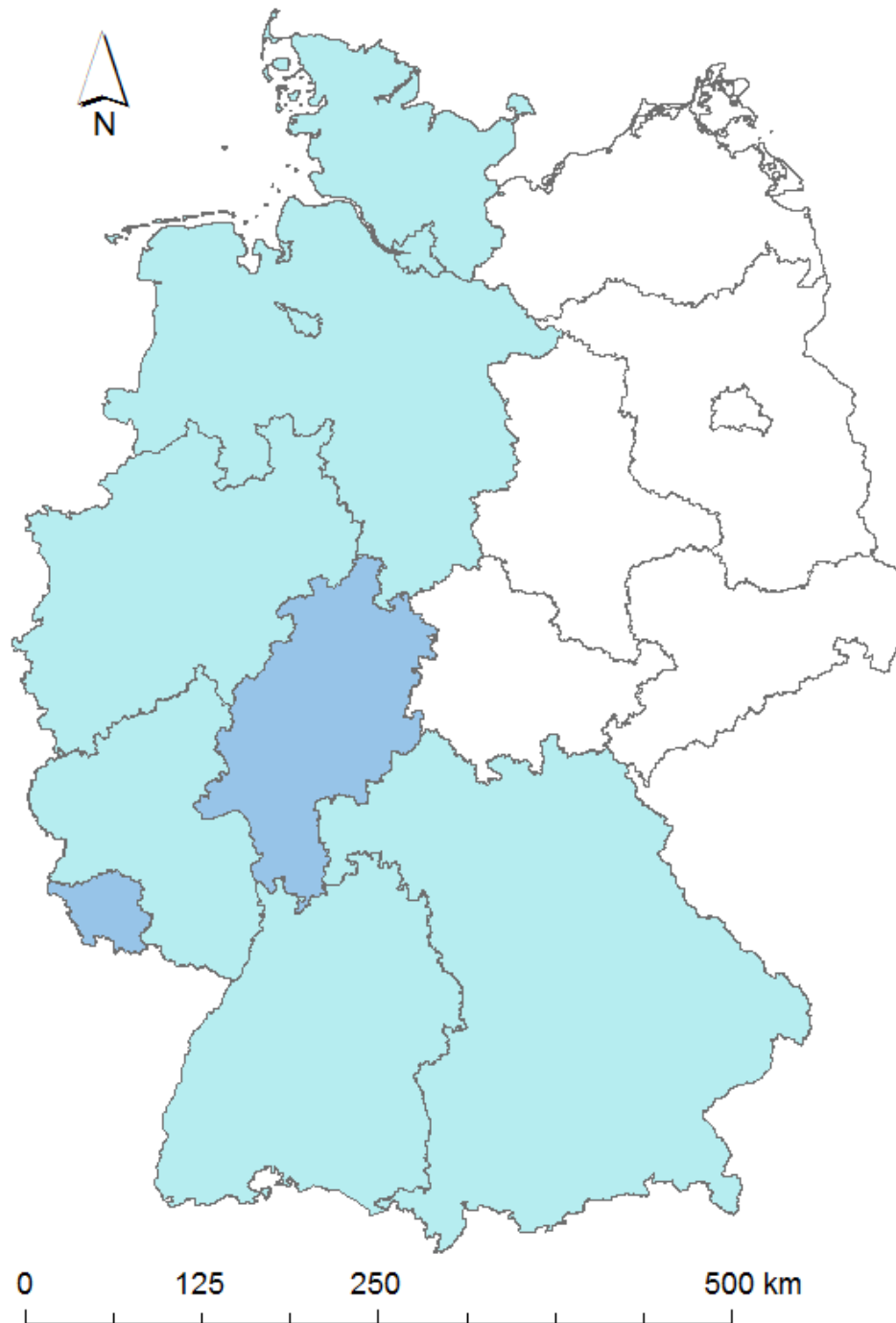
## 2000 Rates



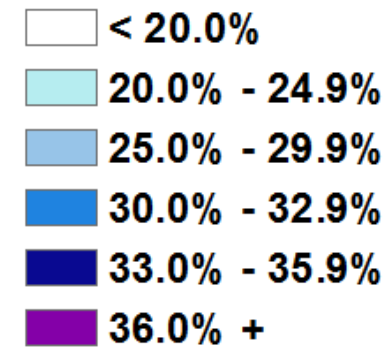
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# 2001



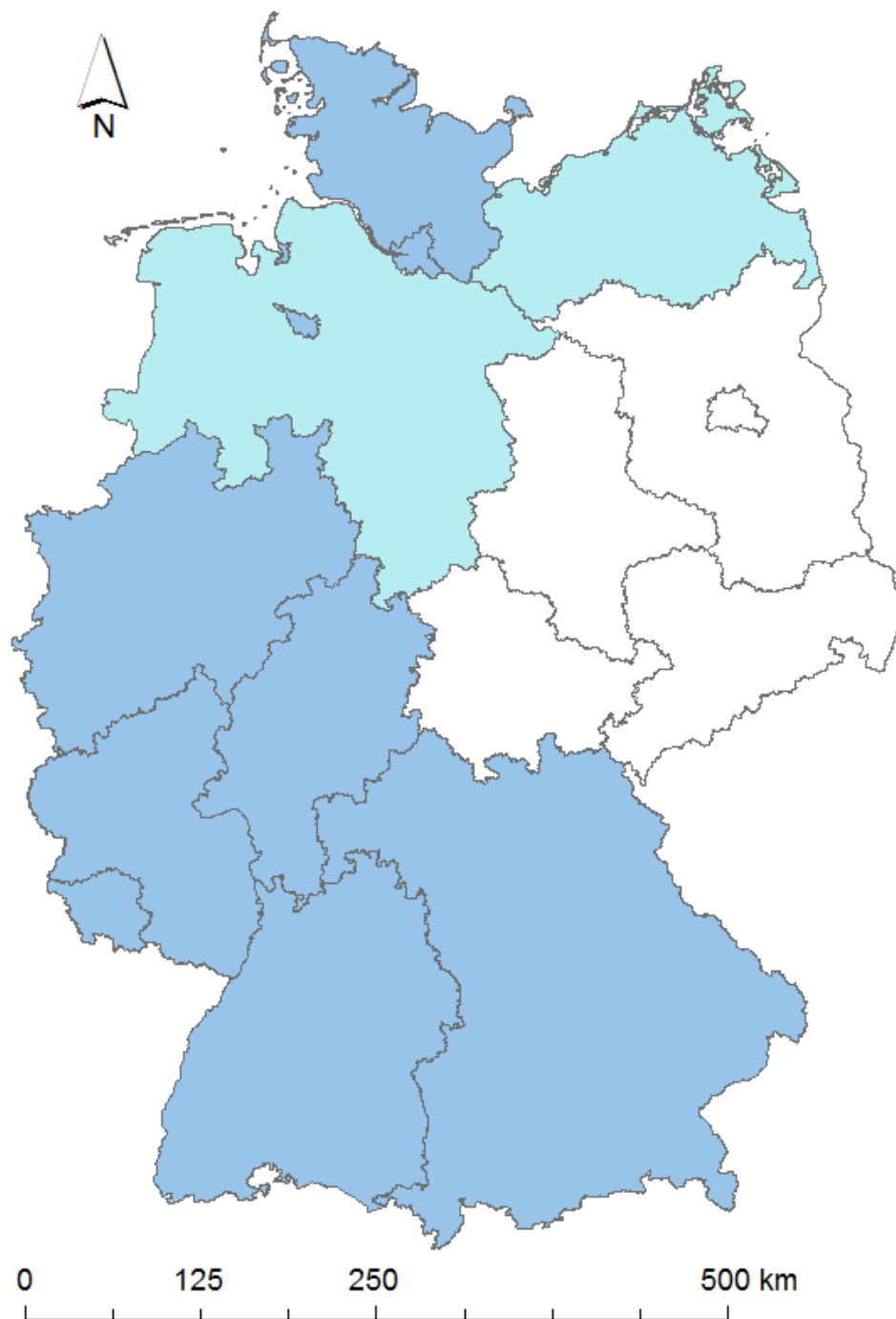
## 2001 Rates



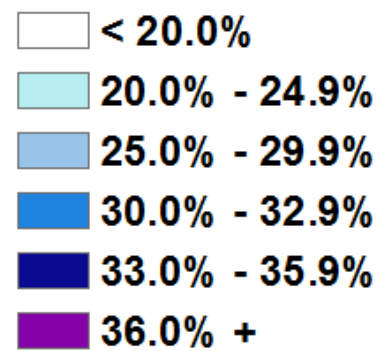
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# 2002



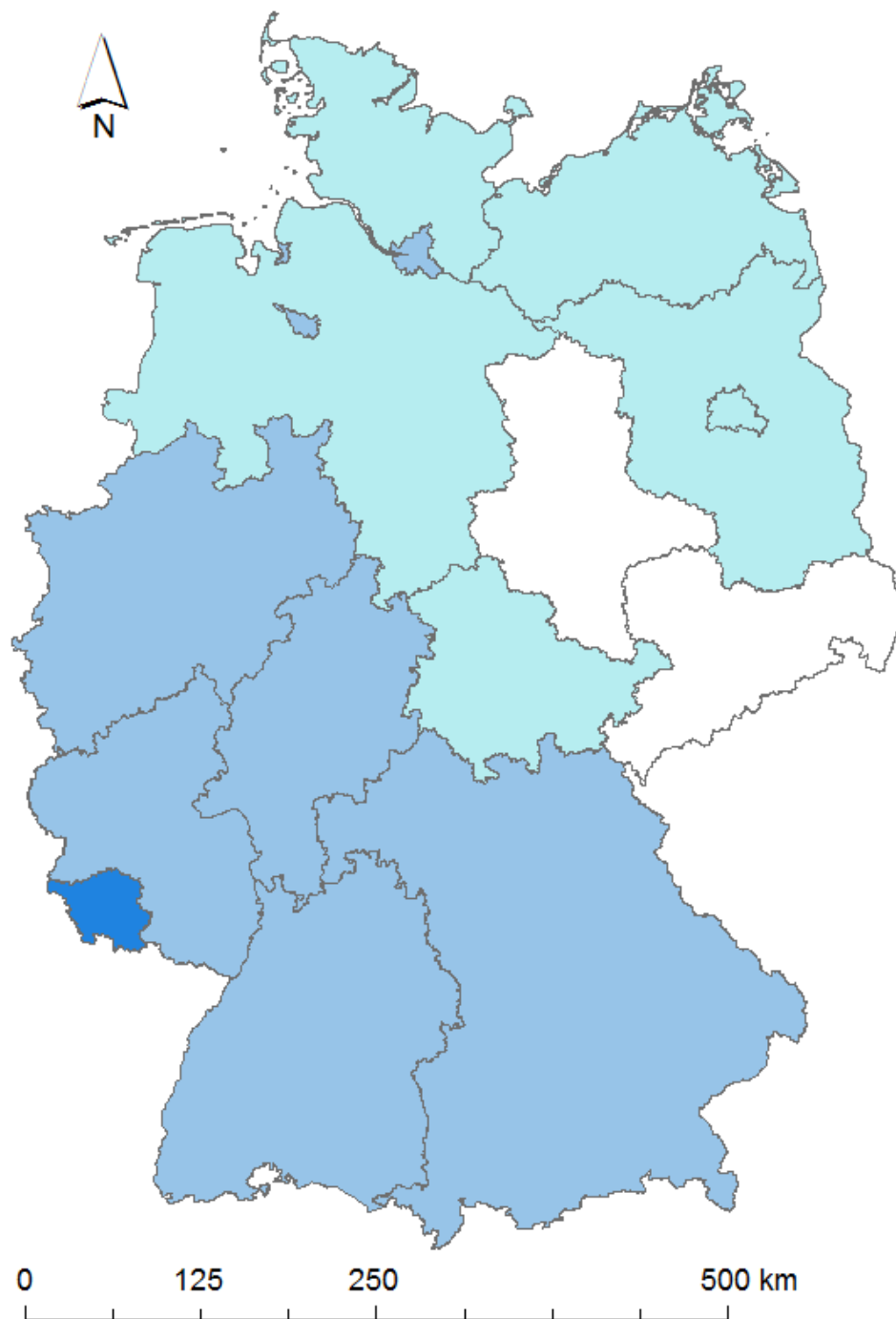
## 2002 Rates



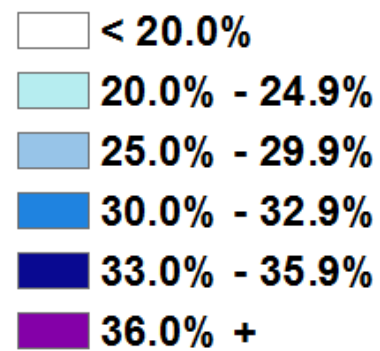
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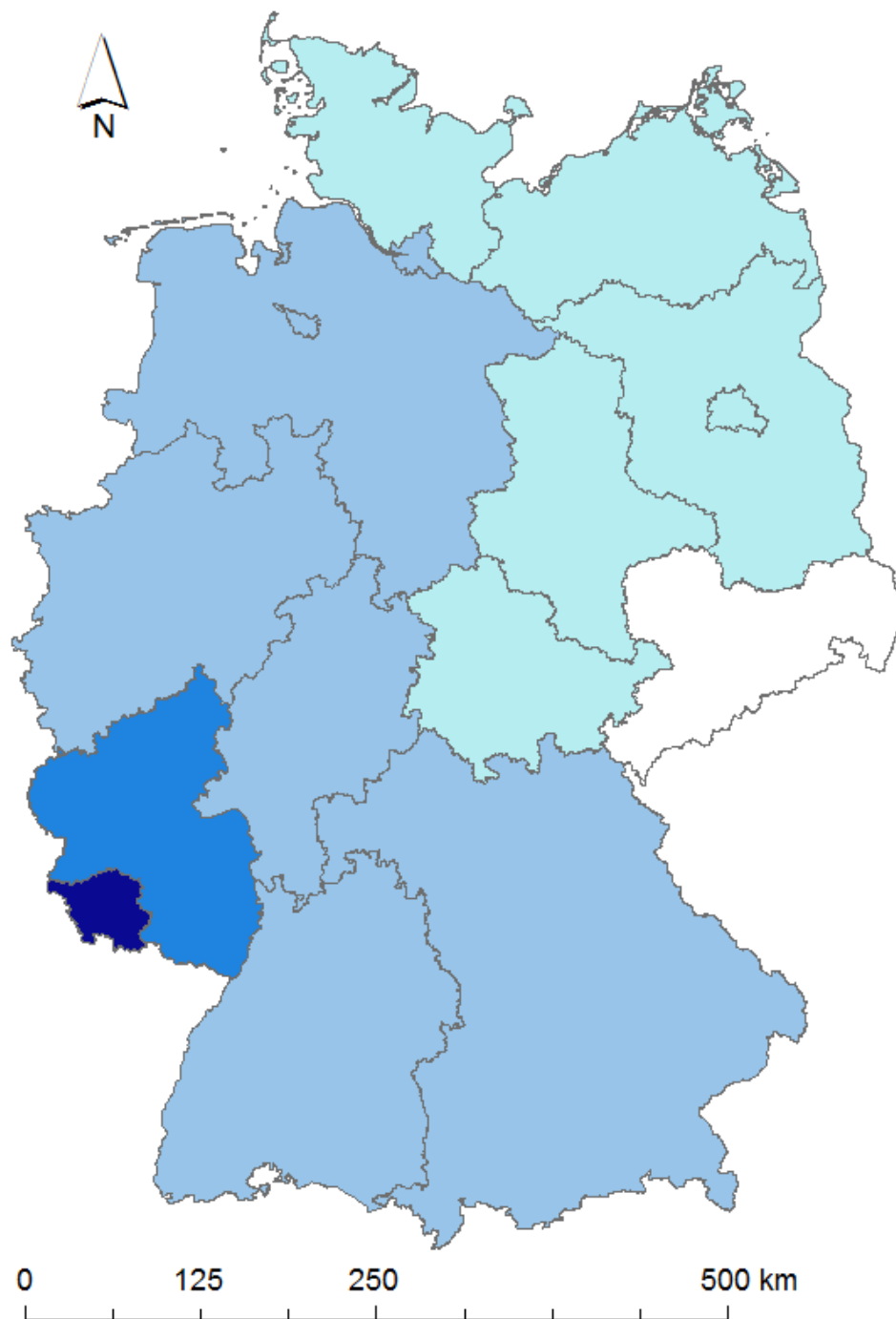
## 2003 Rates



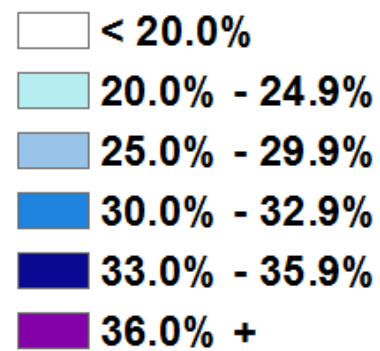
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## 2004 Rates

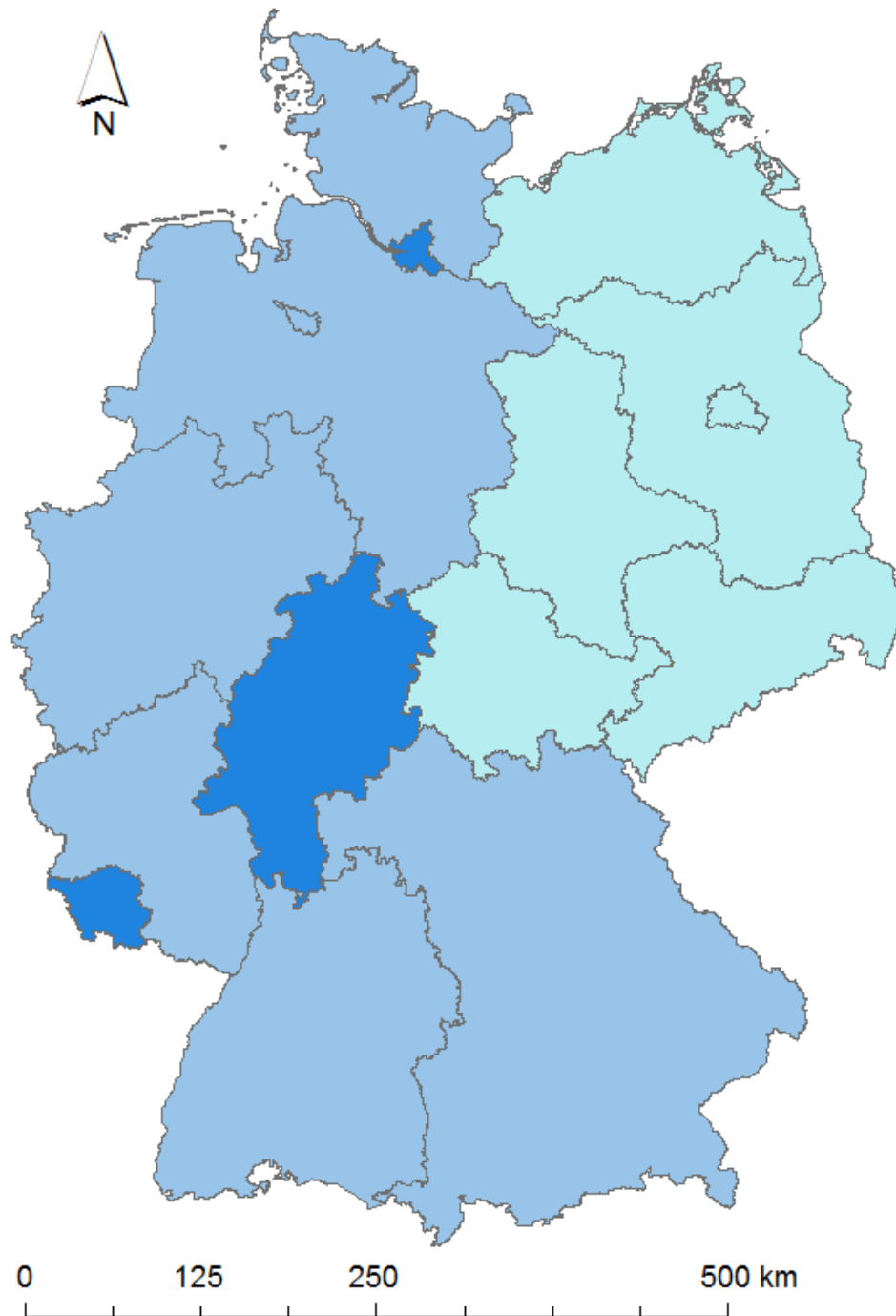


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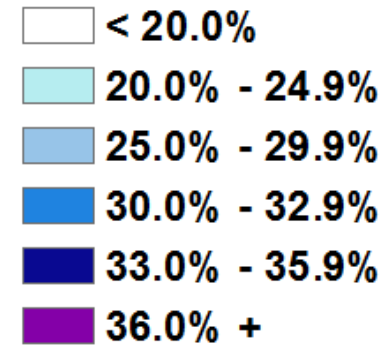
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2005



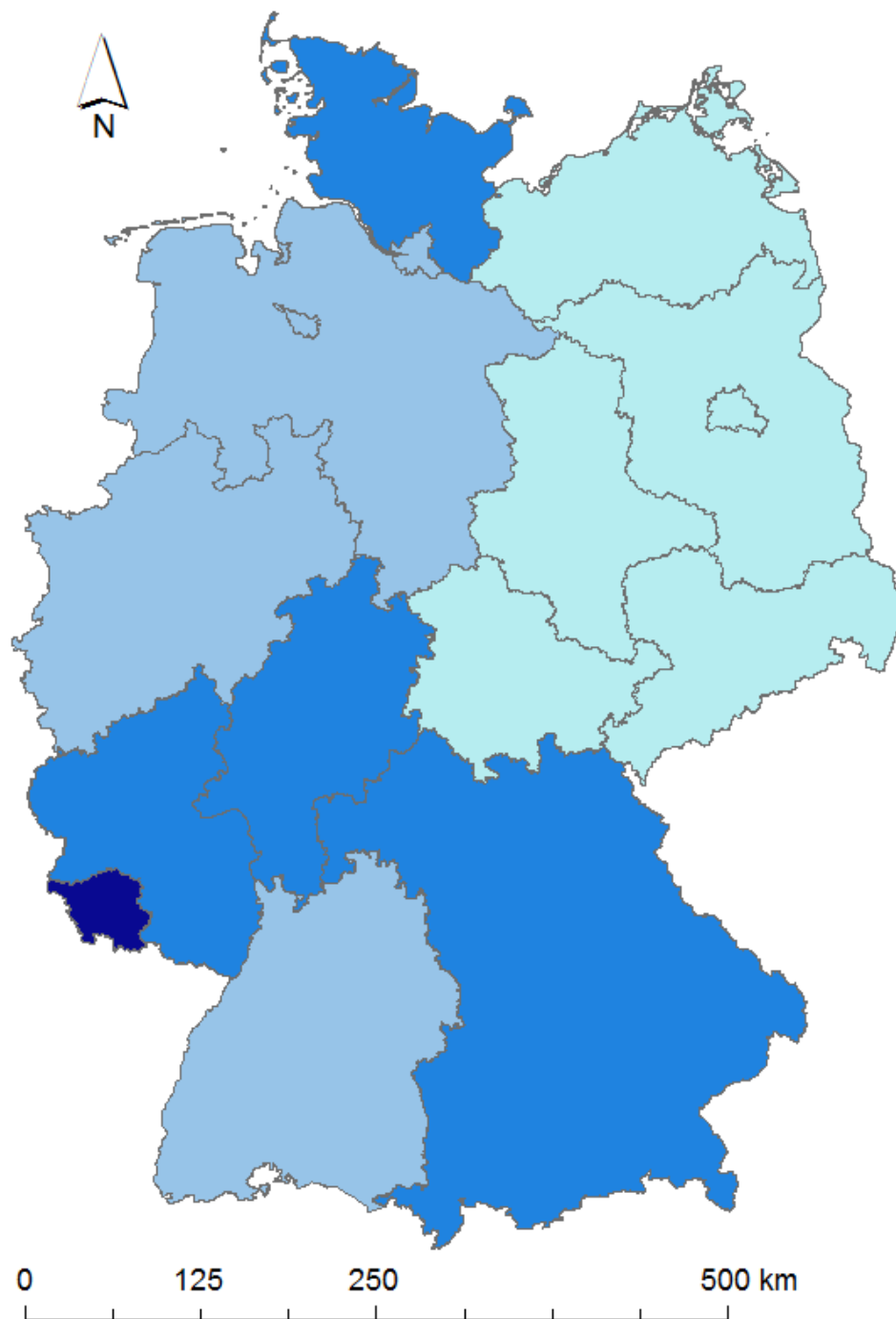
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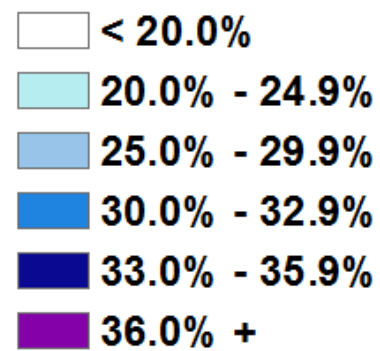
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Map created by Dr. Veronica Vieira, August 2016.

# 2006



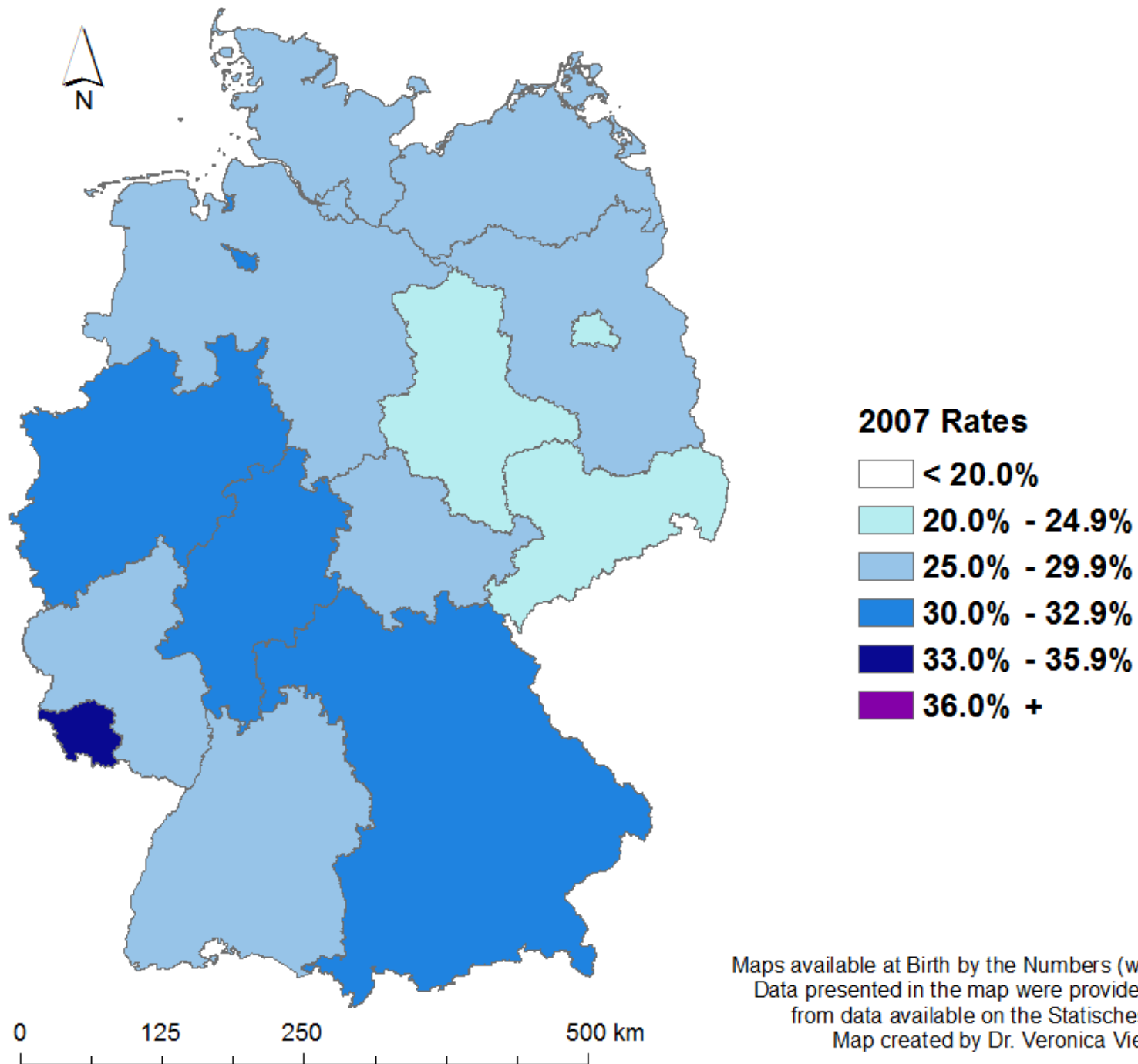
## 2006 Rates



[birthbythenumbers.org](http://birthbythenumbers.org)

Maps available at Birth by the Numbers ([www.birthbythenumbers.org](http://www.birthbythenumbers.org)).  
Data presented in the map were provided by Dr. Eugene Declercq  
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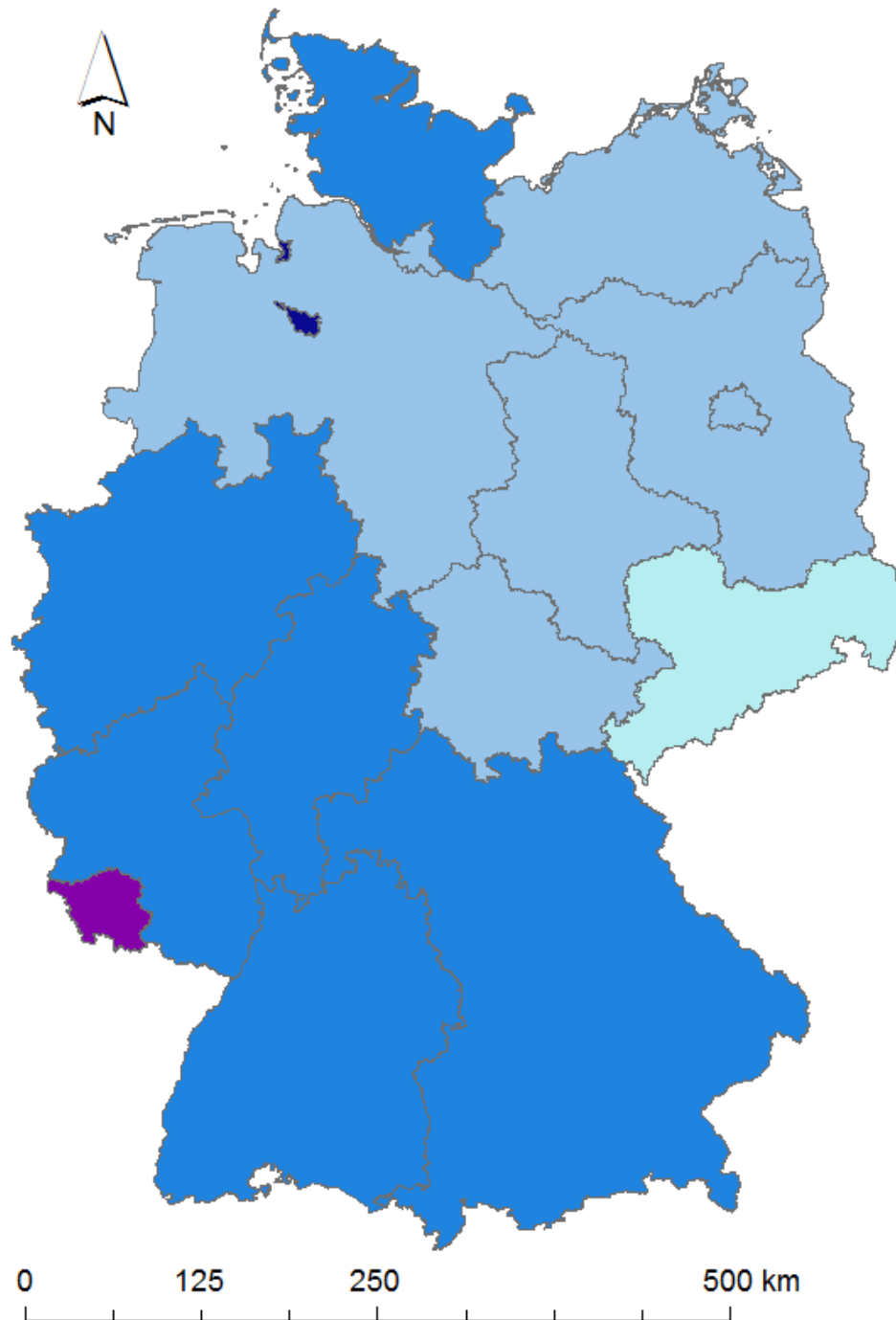
2007



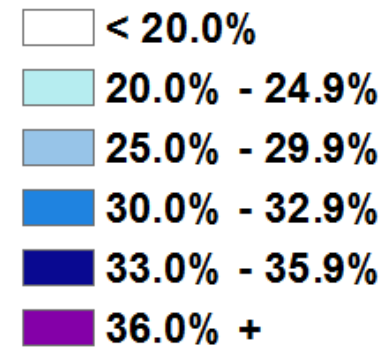
[birthbythenumbers.org](http://birthbythenumbers.org)

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# 2008



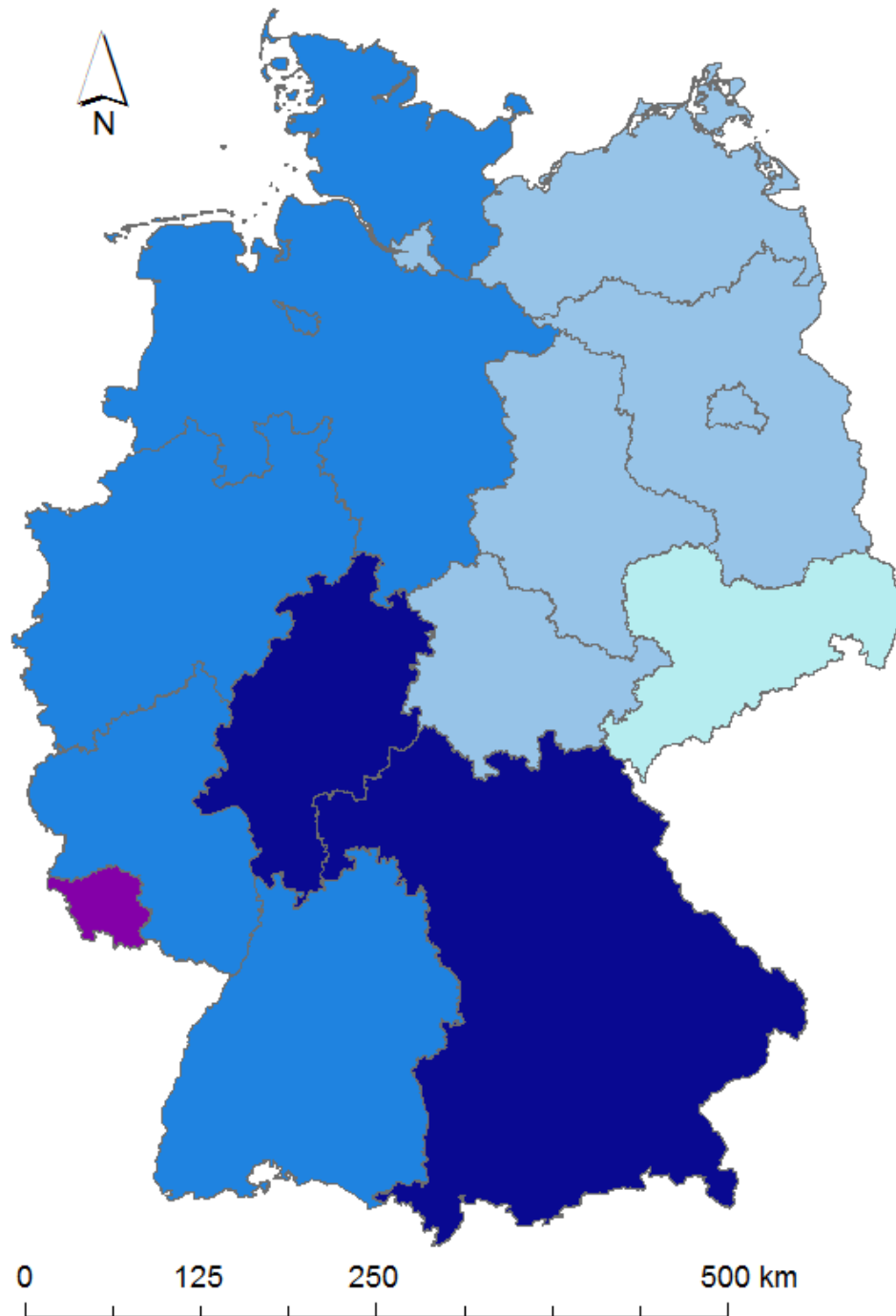
## 2008 Rates



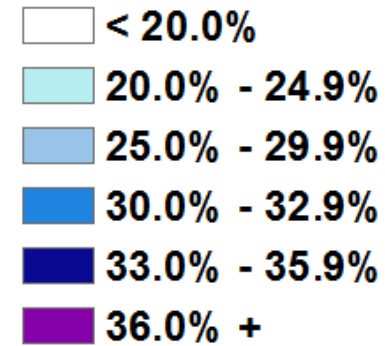
[birthbythenumbers.org](http://birthbythenumbers.org)

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2009



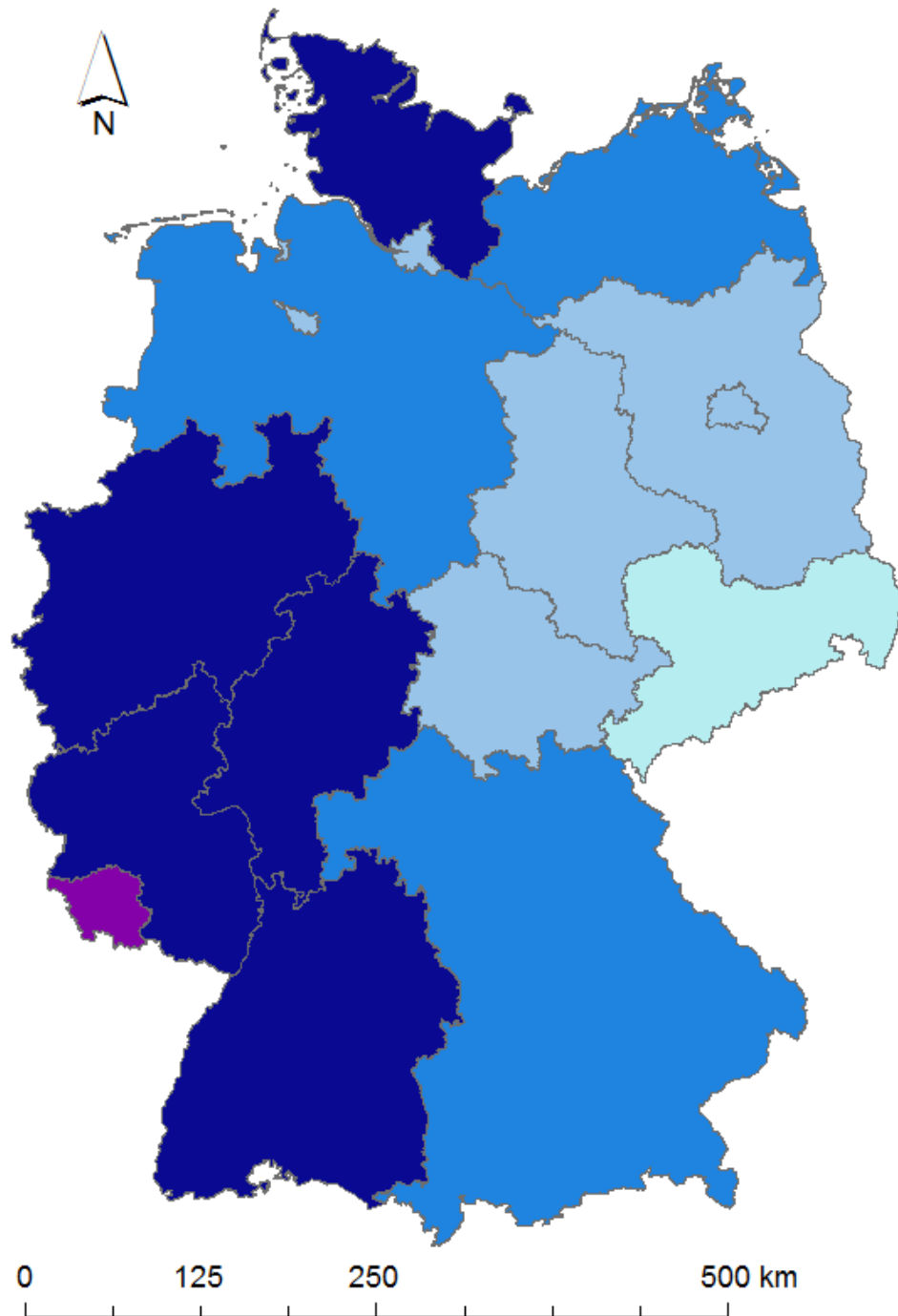
### 2009 Rates



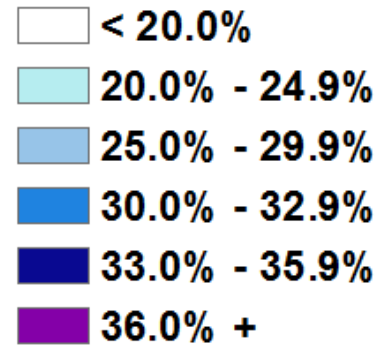
[birthbythenumbers.org](http://birthbythenumbers.org)

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2010



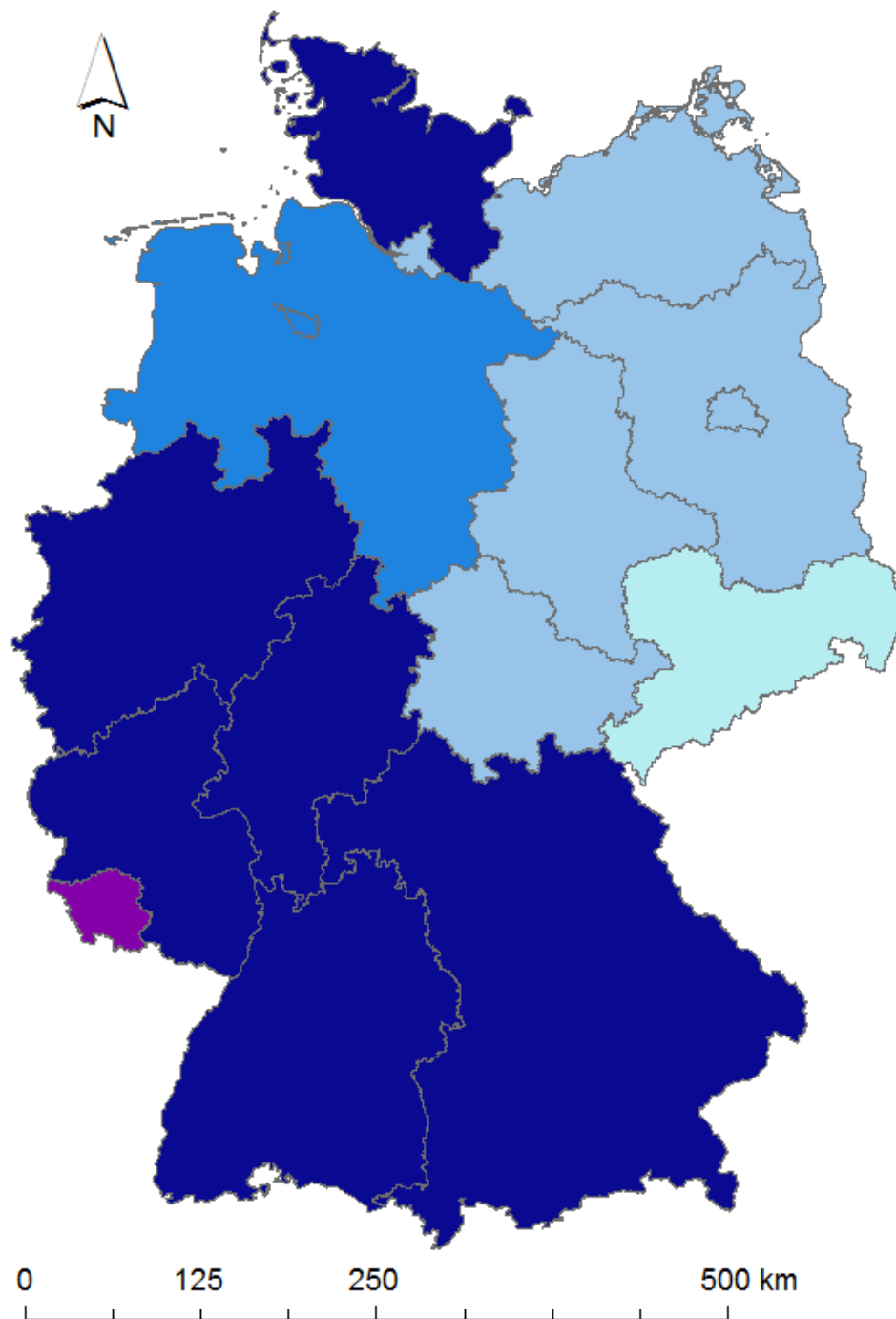
**2010 Rates**



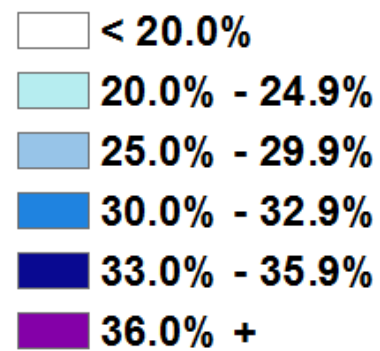
[birthbythenumbers.org](http://birthbythenumbers.org)

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# 2011



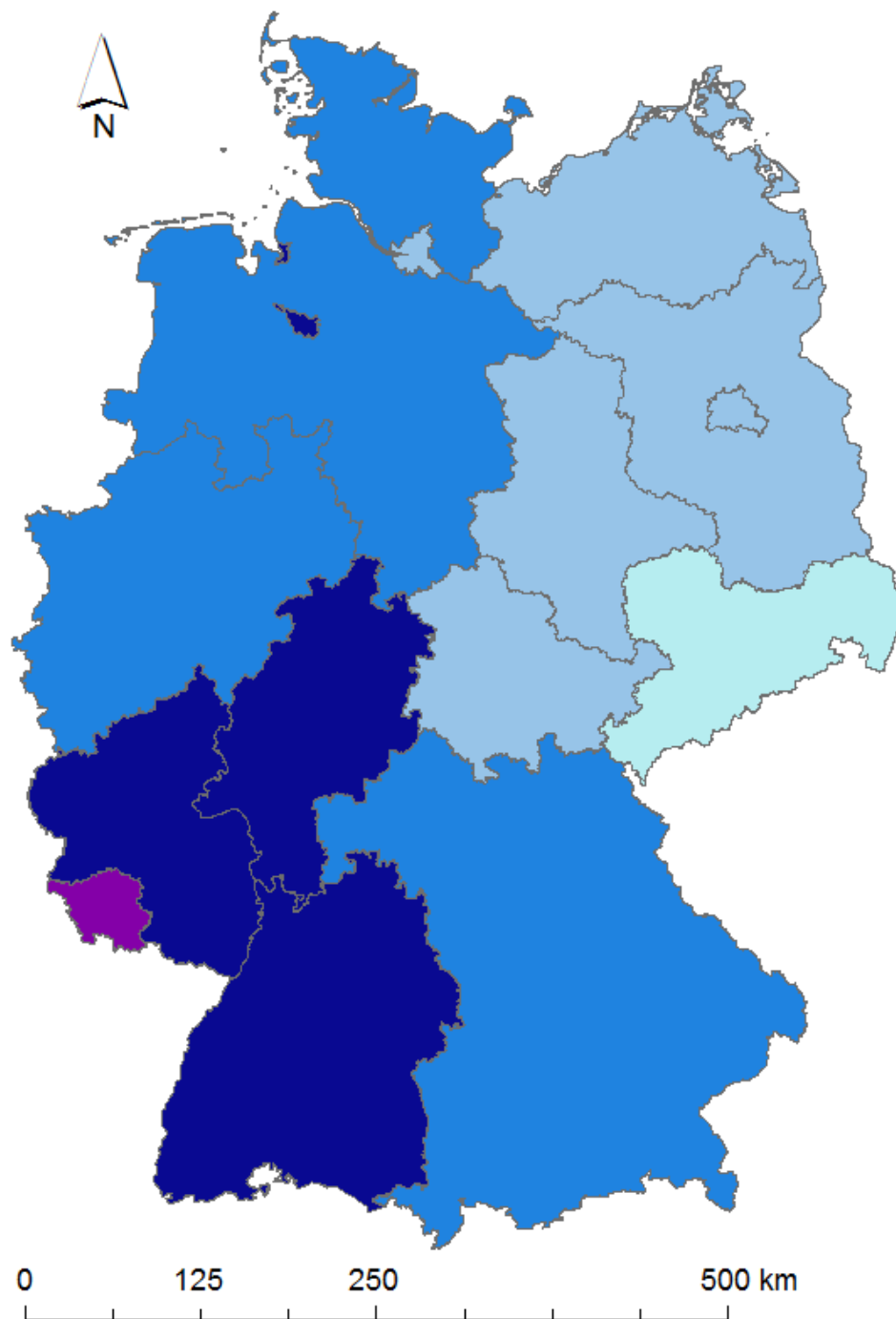
## 2011 Rates



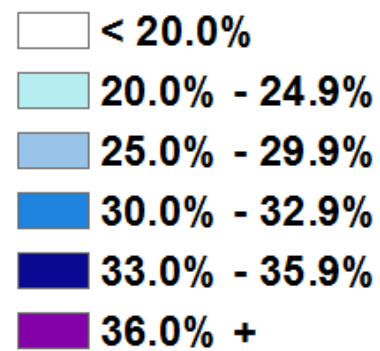
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# 2012



## 2012 Rates

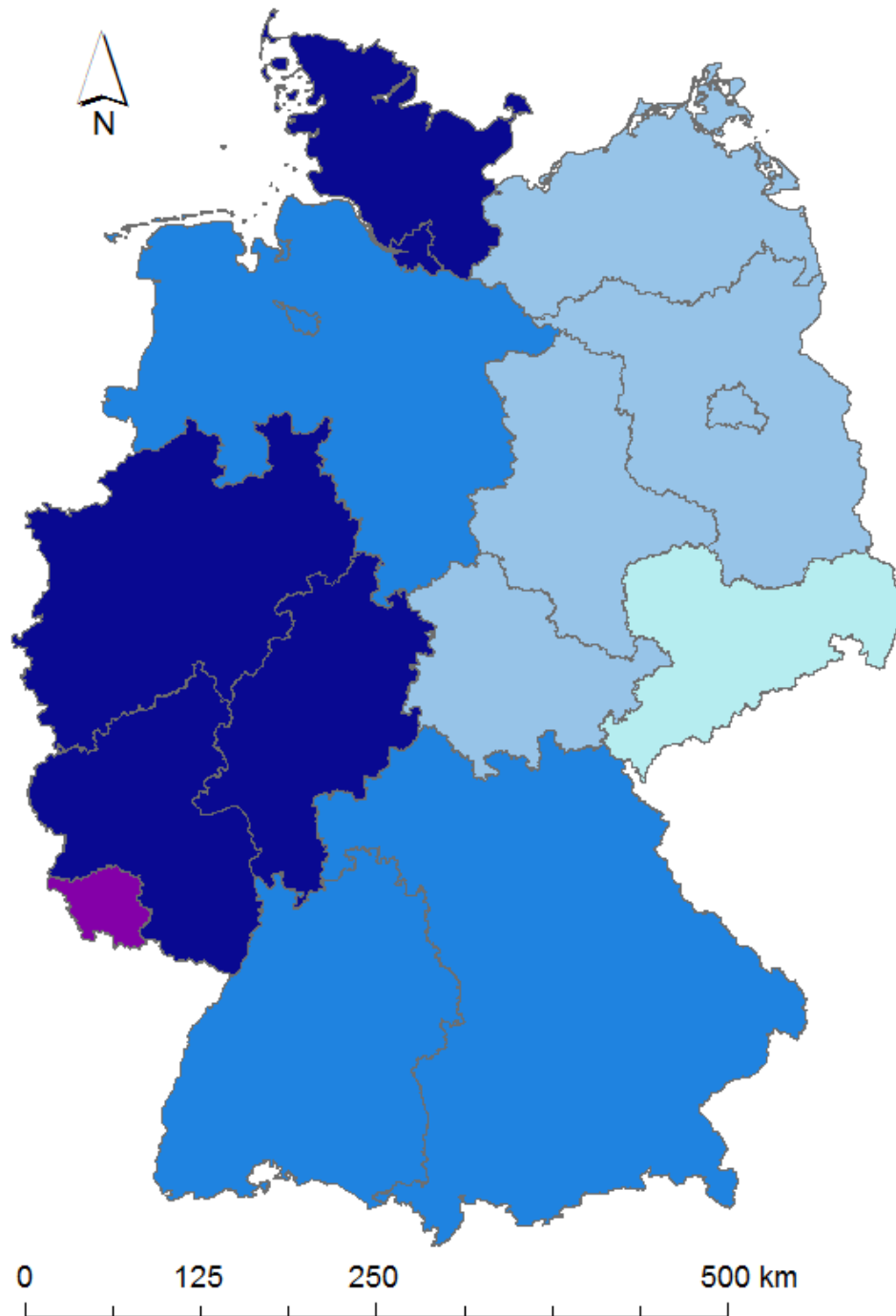


[birthbythenumbers.org](http://birthbythenumbers.org)

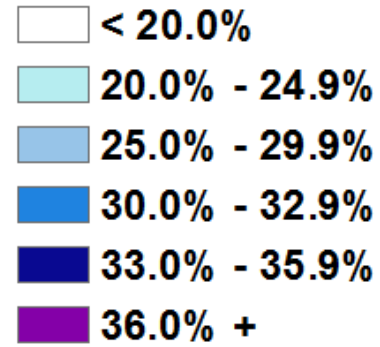
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# 2013



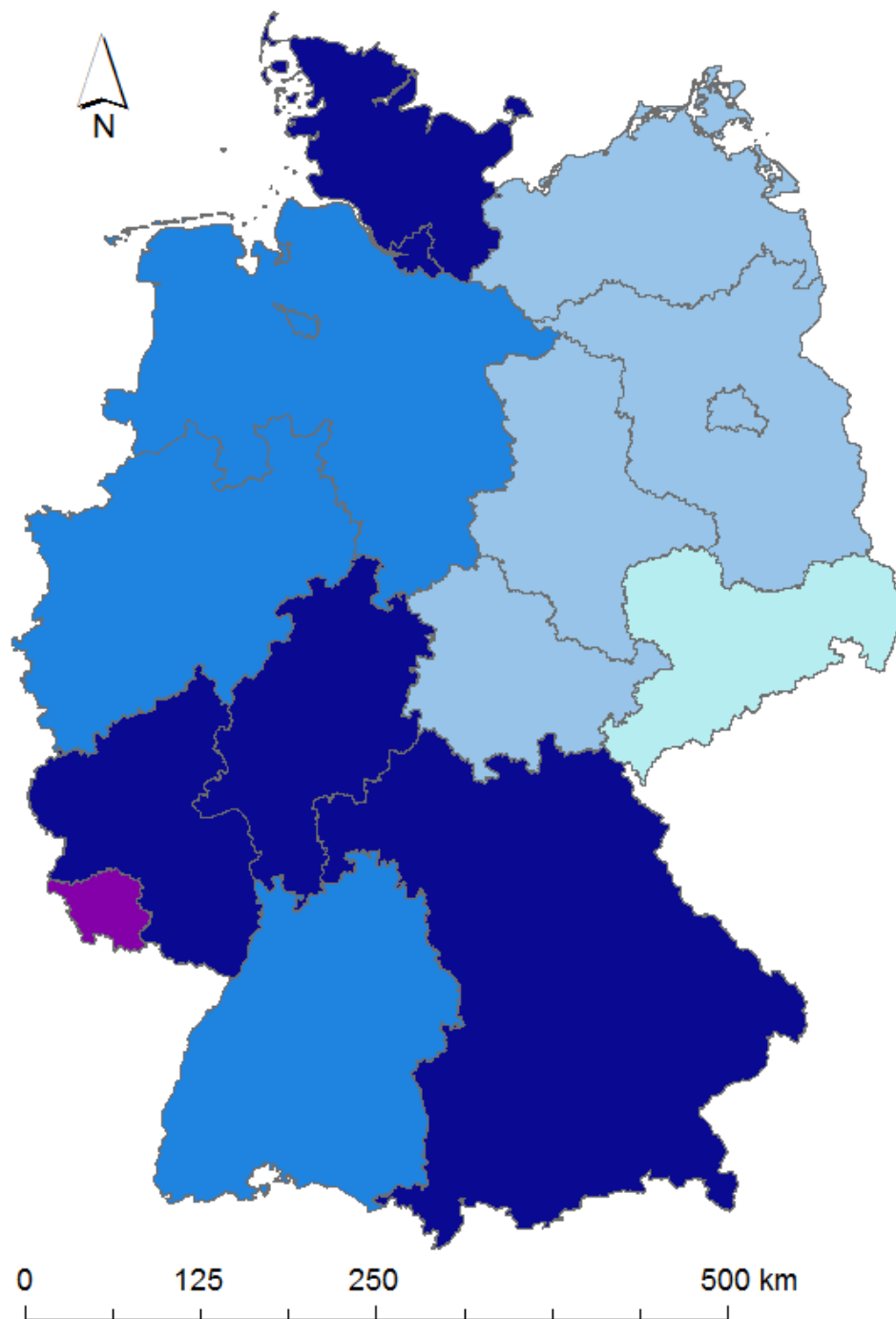
## 2013 Rates



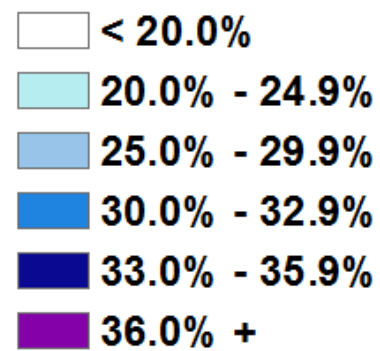
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Map created by Dr. Veronica Vieira, August 2016.

# 2014



## 2014 Rates



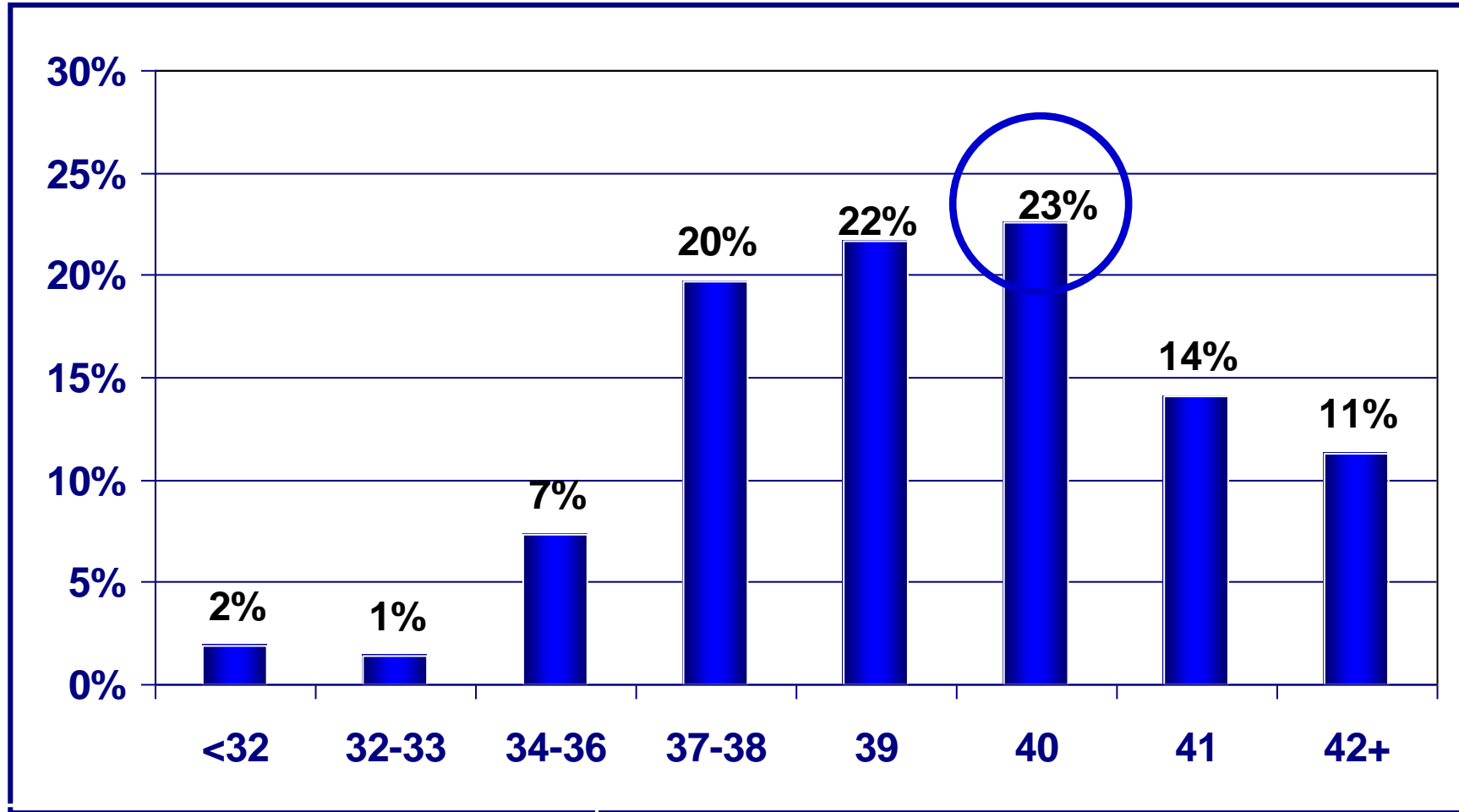
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***Do High Rates of  
Intervention Matter?***

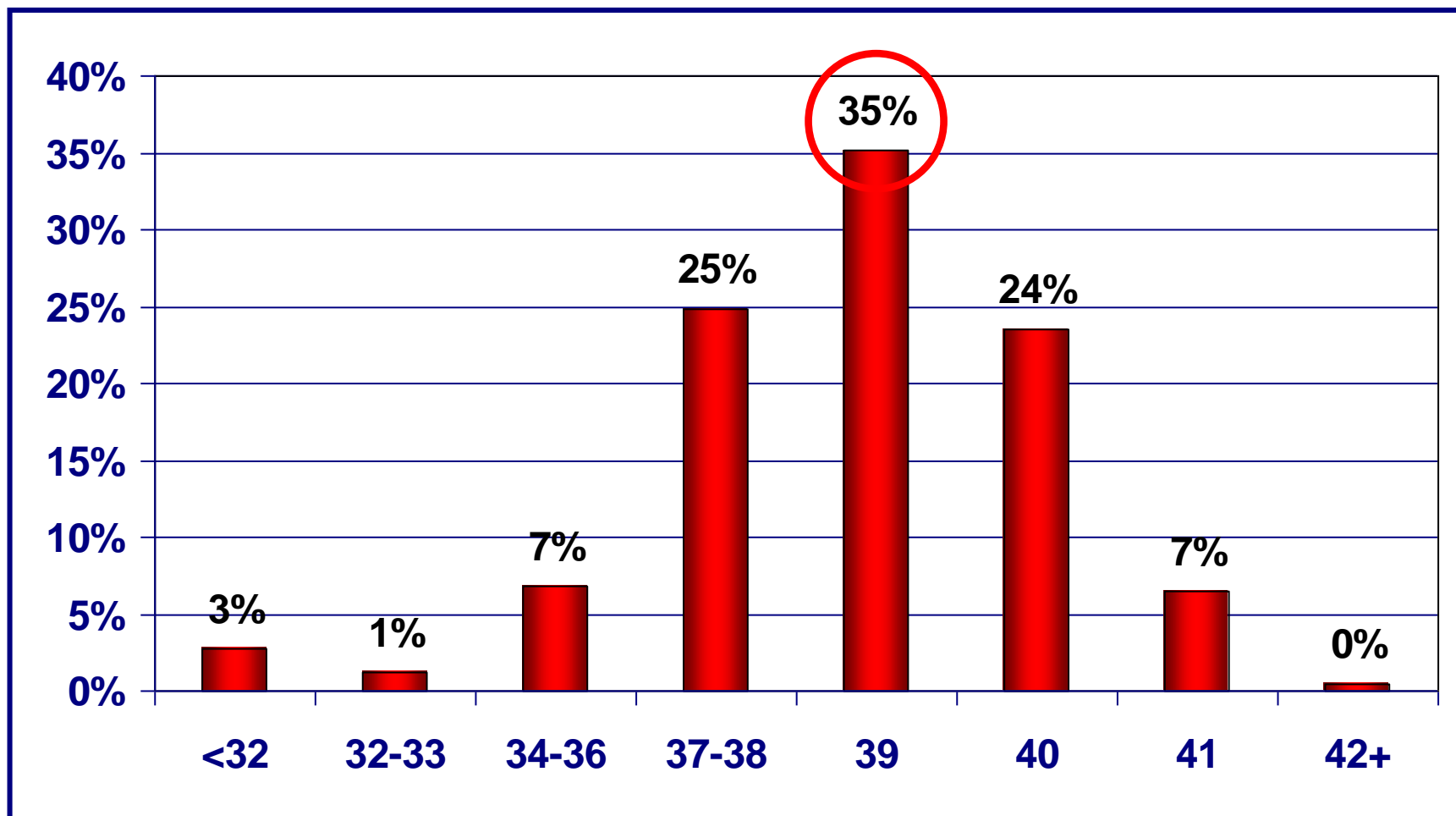
***The Case of the Lost  
Week of Gestational Age***

# Gestational Age, U.S. All Births, 1990



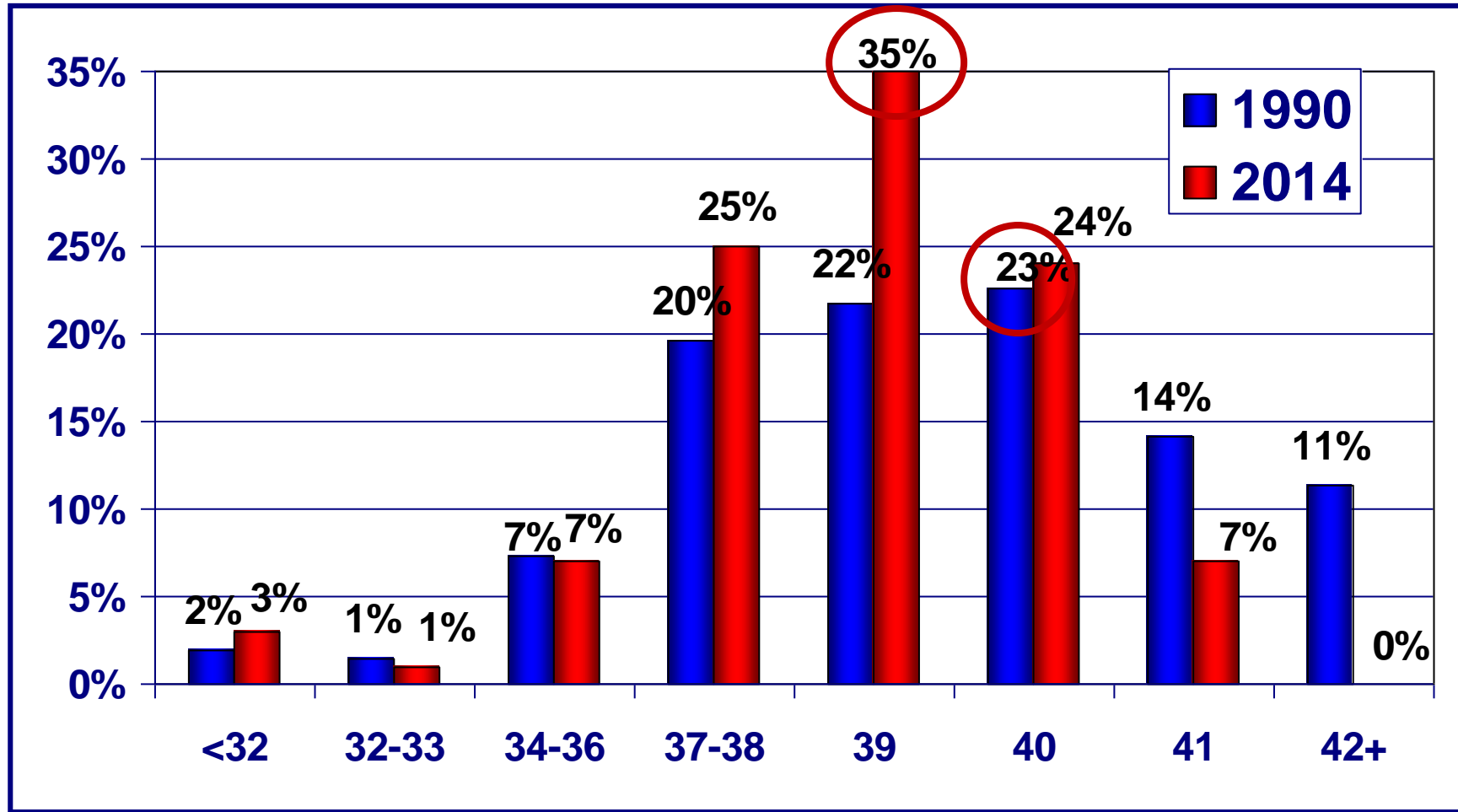
Source: Martin JA, Hamilton BE, Osterman MJK, Curtin S and Mathews TJ. Births: Final data for 2012. National vital statistics reports; vol 62 no 9. Hyattsville, MD: National Center for Health Statistics. 2014.

# Gestational Age, U.S. All Births, 2014



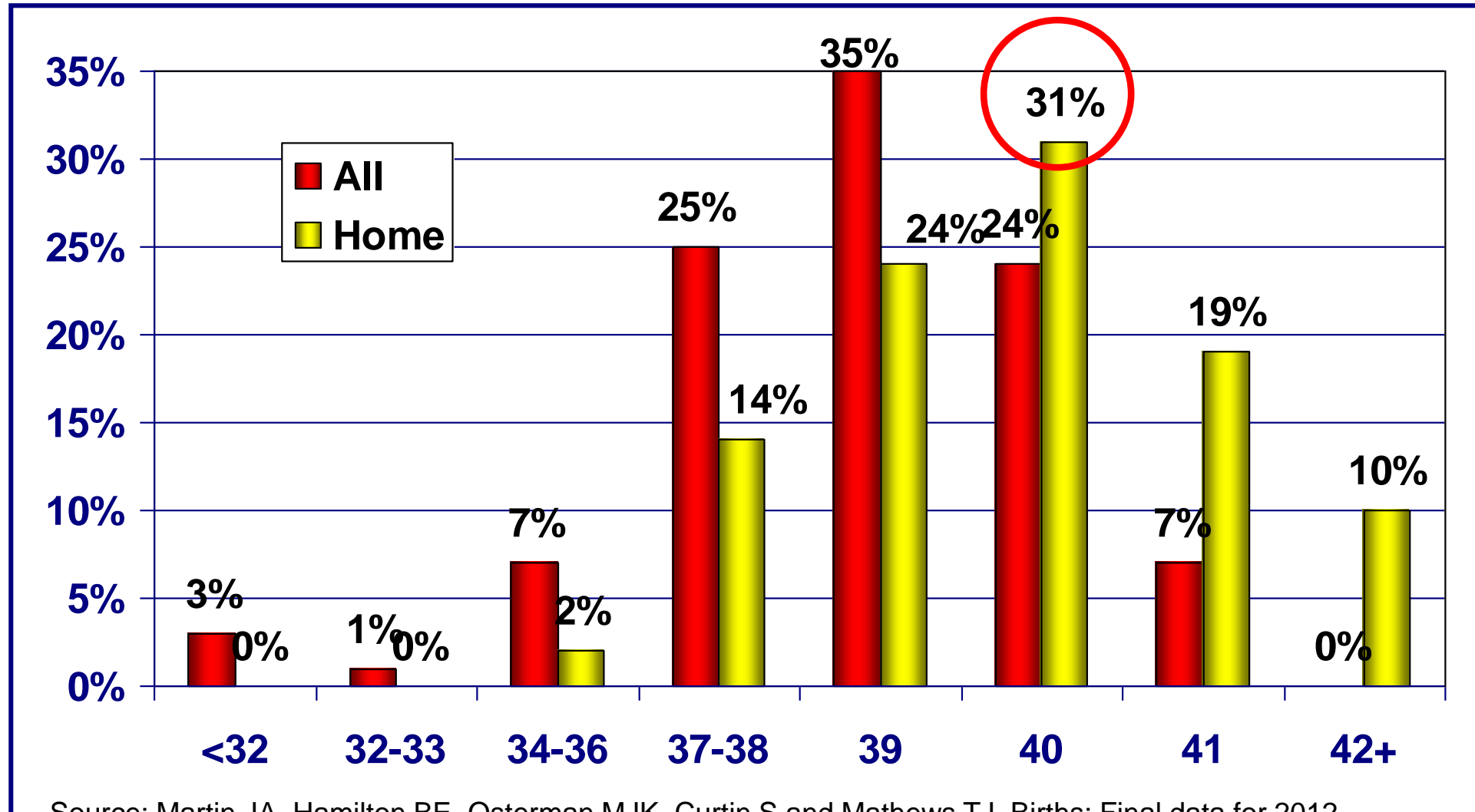
Source: Martin JA, Hamilton BE, Osterman MJK, Curtin S and Mathews TJ. Births: Final data for 2012. National vital statistics reports; vol 62 no 9. Hyattsville, MD: National Center for Health Statistics. 2014.

# Gestational Age, U.S. All Births, 1990 & 2014



Source: Martin JA, Hamilton BE, Osterman MJK, Curtin S and Mathews TJ. Births: Final data for 2012. National vital statistics reports; vol 62 no 9. Hyattsville, MD: National Center for Health Statistics. 2014.

# Gestational Age, U.S. All Births & Planned Home Births that Occur at Home, 2014



Source: Martin JA, Hamilton BE, Osterman MJ, Curtin S and Mathews TJ. Births: Final data for 2012. National vital statistics reports; vol 62 no 9. Hyattsville, MD: National Center for Health Statistics. 2014.

**Is it hopeless?**

**What can be done**



- **Evidence** – keep an open mind and ask different questions. ***Don't be afraid of data. Use it to challenge others.***
- **Advocacy** – work for change.

# The Case of the Rising Cesarean Rate

# Commonly Used Explanations for the High Cesarean Rate

- Mothers are getting ***older***
- More ***multiples*** being born
- Maternal ***obesity*** increasing
- Babies are getting ***bigger***
- Mothers are generally ***less healthy***
- Mothers are ***asking for it***

***Note what all these have in common –  
it's not the system's fault it's mothers' fault***

# Commonly Used Explanations for the High Cesarean Rate

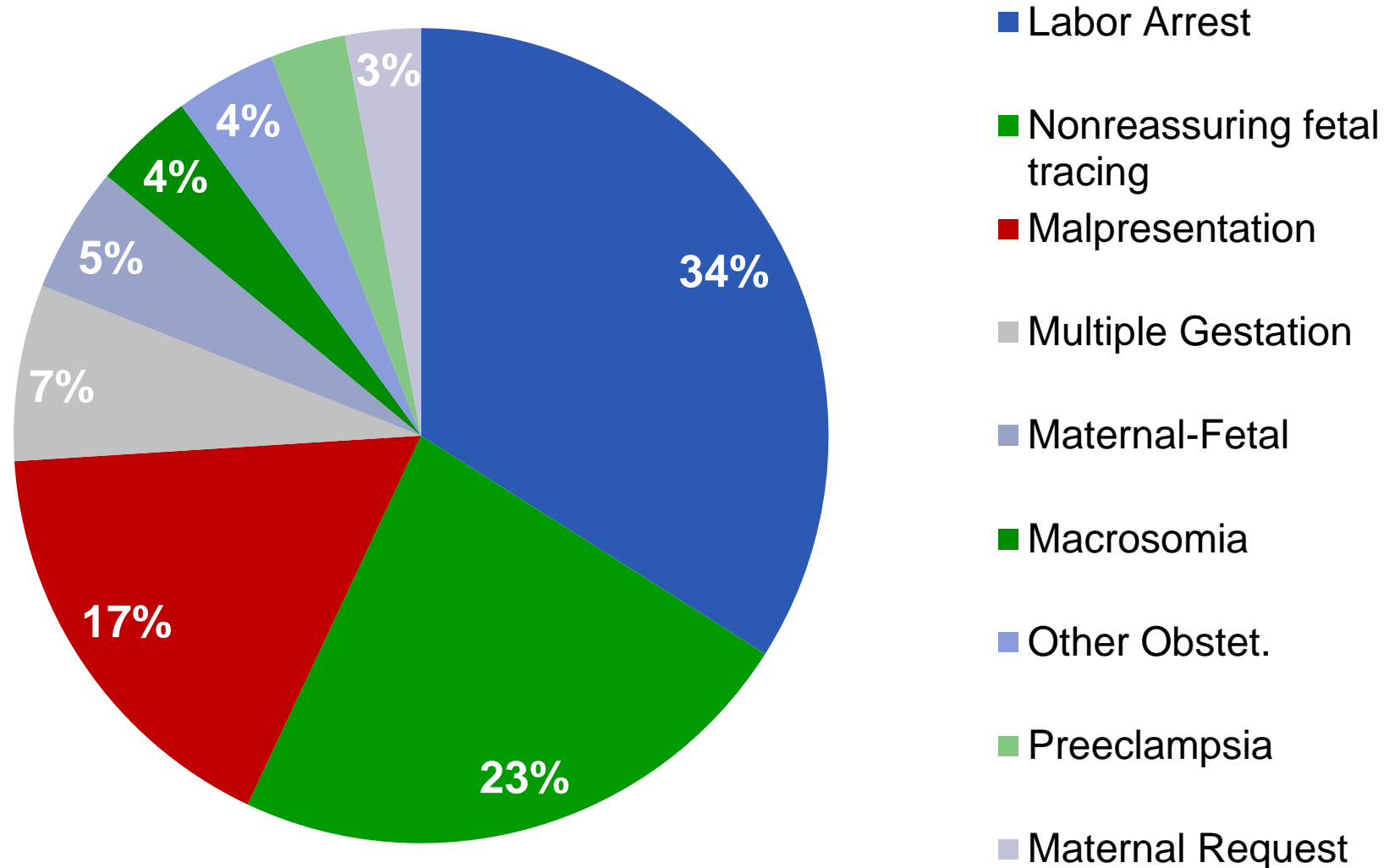
- Mothers are getting *older*– **NO**
- More *multiples* being born – **NO**
- Babies are getting *bigger* – **NO !!**
- Maternal health is worse: *obesity, diabetes & hypertension* – **Some**
- Mothers are *asking for it* – **NO**

*If the usual explanations  
for the rising cesarean  
rate don't account for the  
changes what does?*

*If the usual explanations  
for the rising cesarean  
rate don't account for the  
changes what does?*

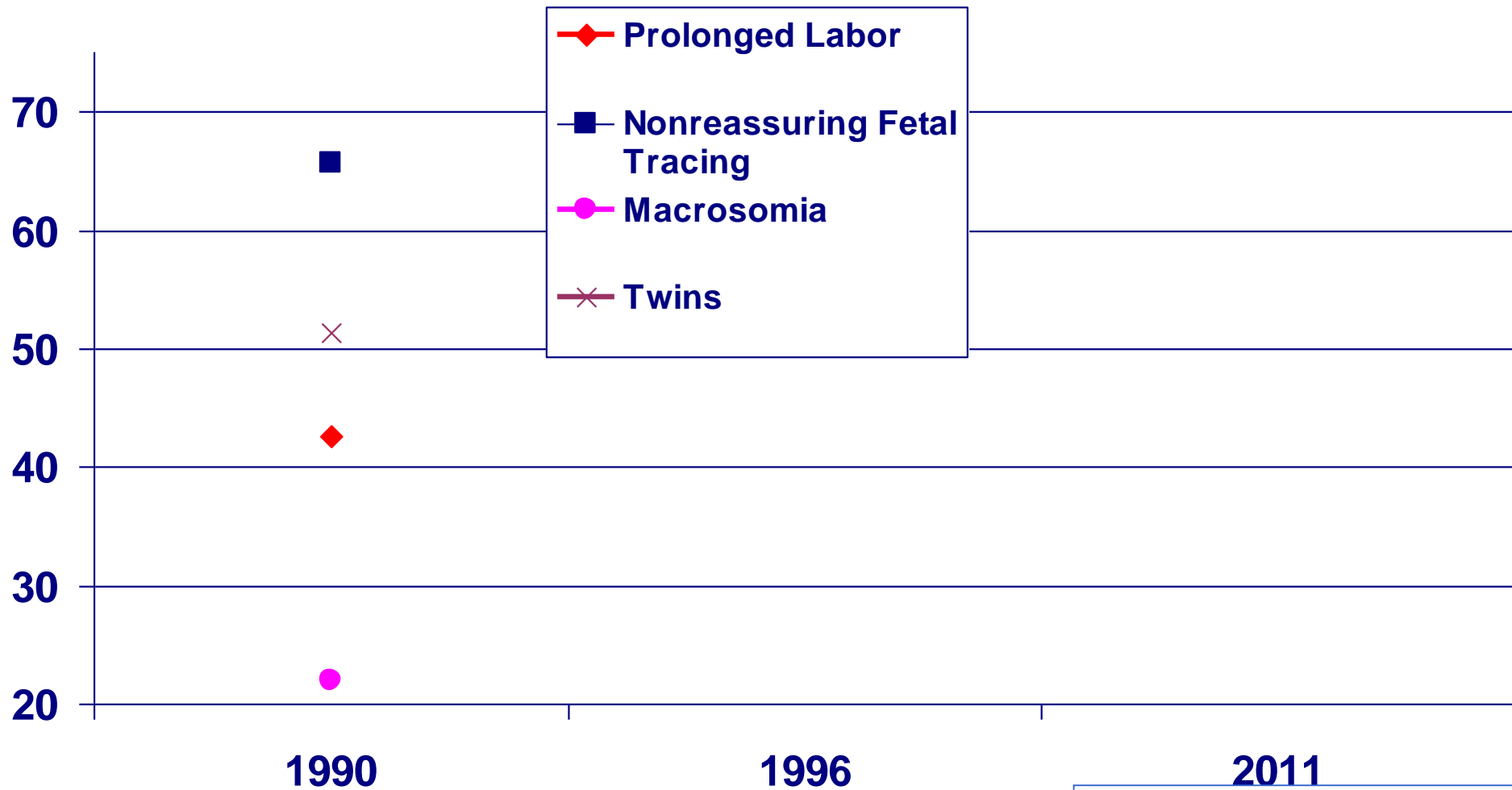
**Practice Changes**

# Leading Indications for Cesareans



Source: ACOG & SMFM. *Safe Prevention of Primary Cesarean Delivery*. 3/2014.

# Cesarean Rates, Low Risk\*, First-Time Mothers for Medical Risk Factors & Labor Complications

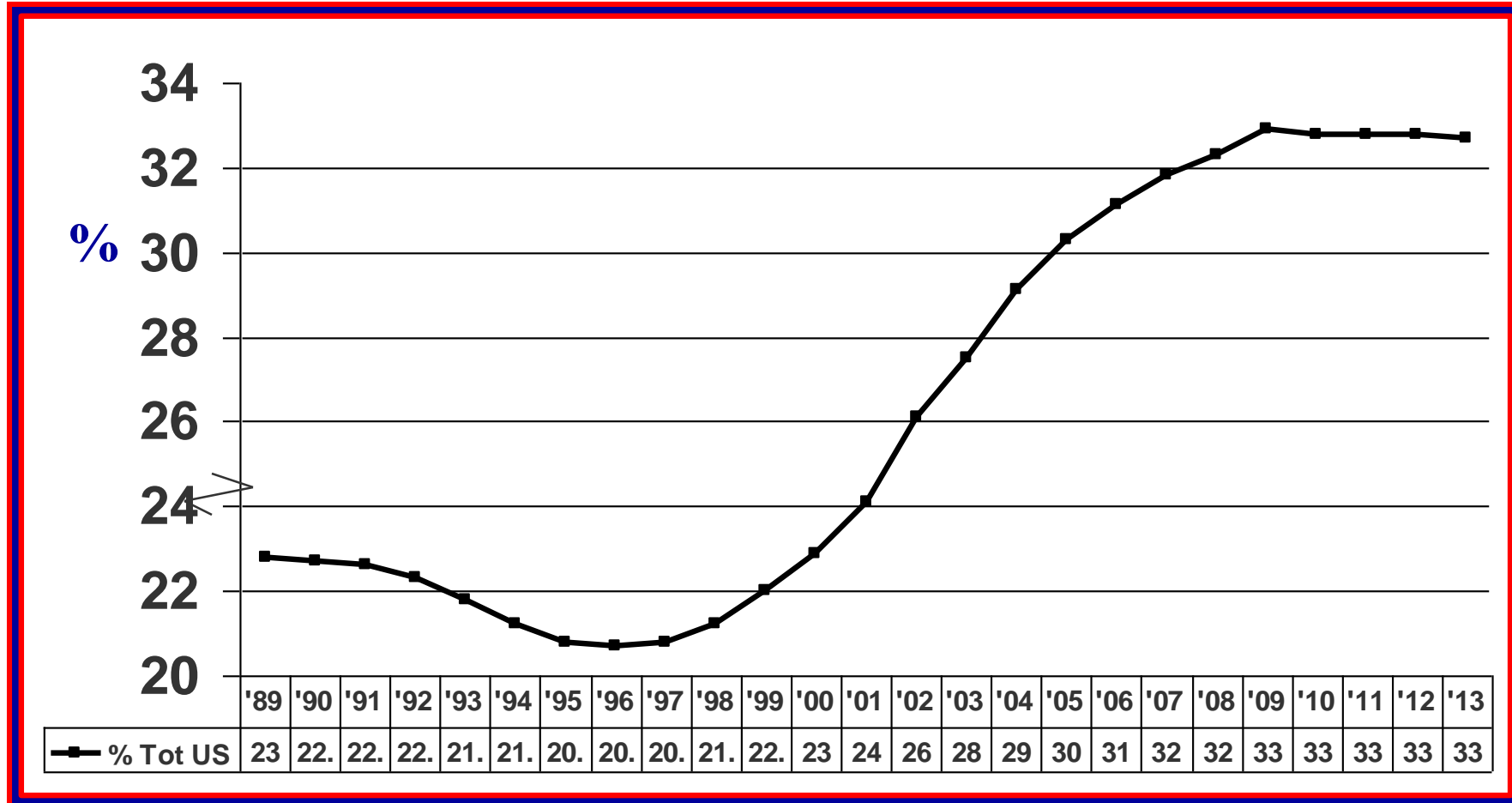


\*Singleton, Vertex, Full Gestation Births

*BirthByTheNumbers.org*



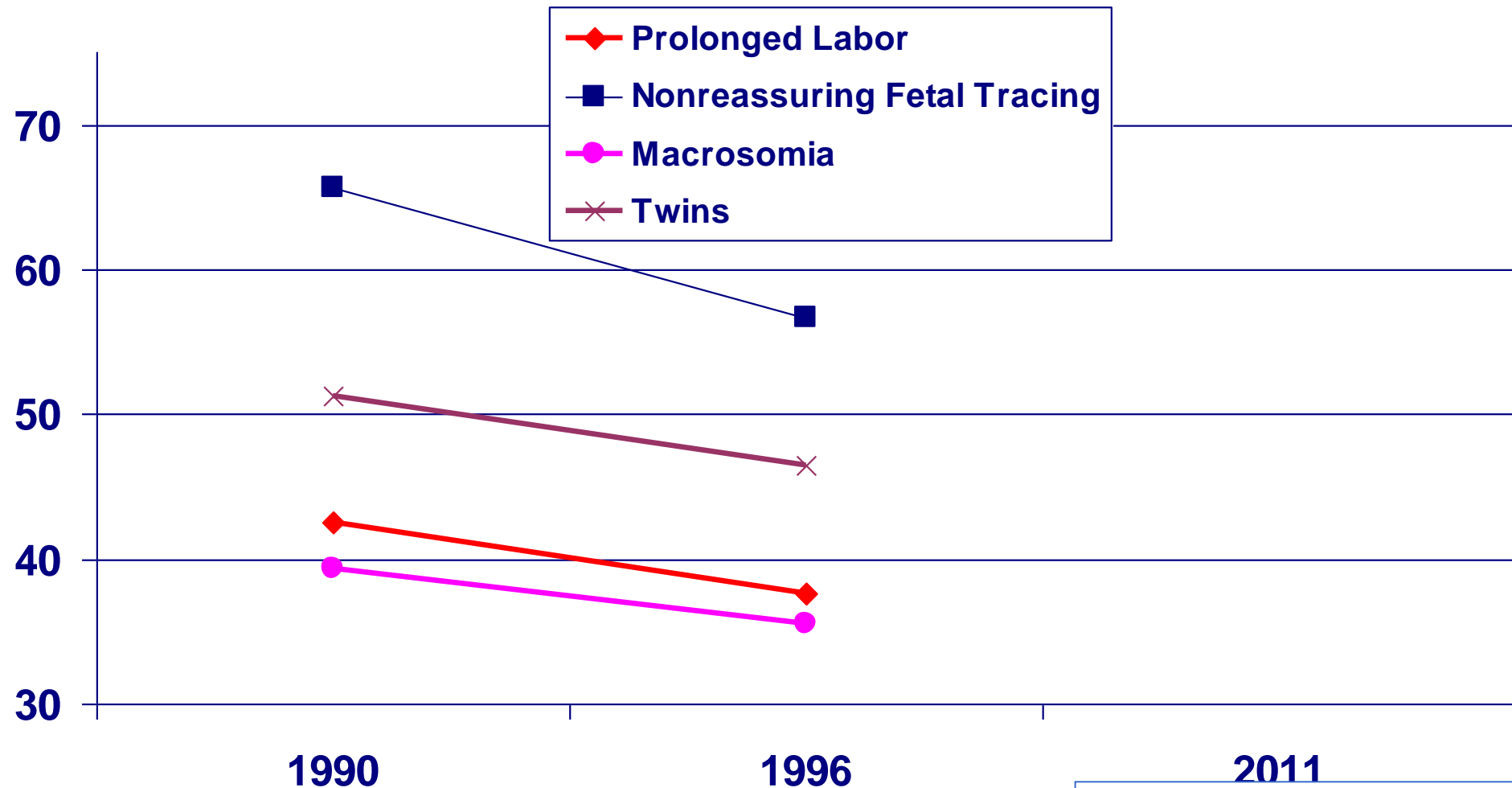
## *Revisiting the trend in cesareans in the US for comparison*



Source: National Center for Health Statistics  
Annual Birth Reports

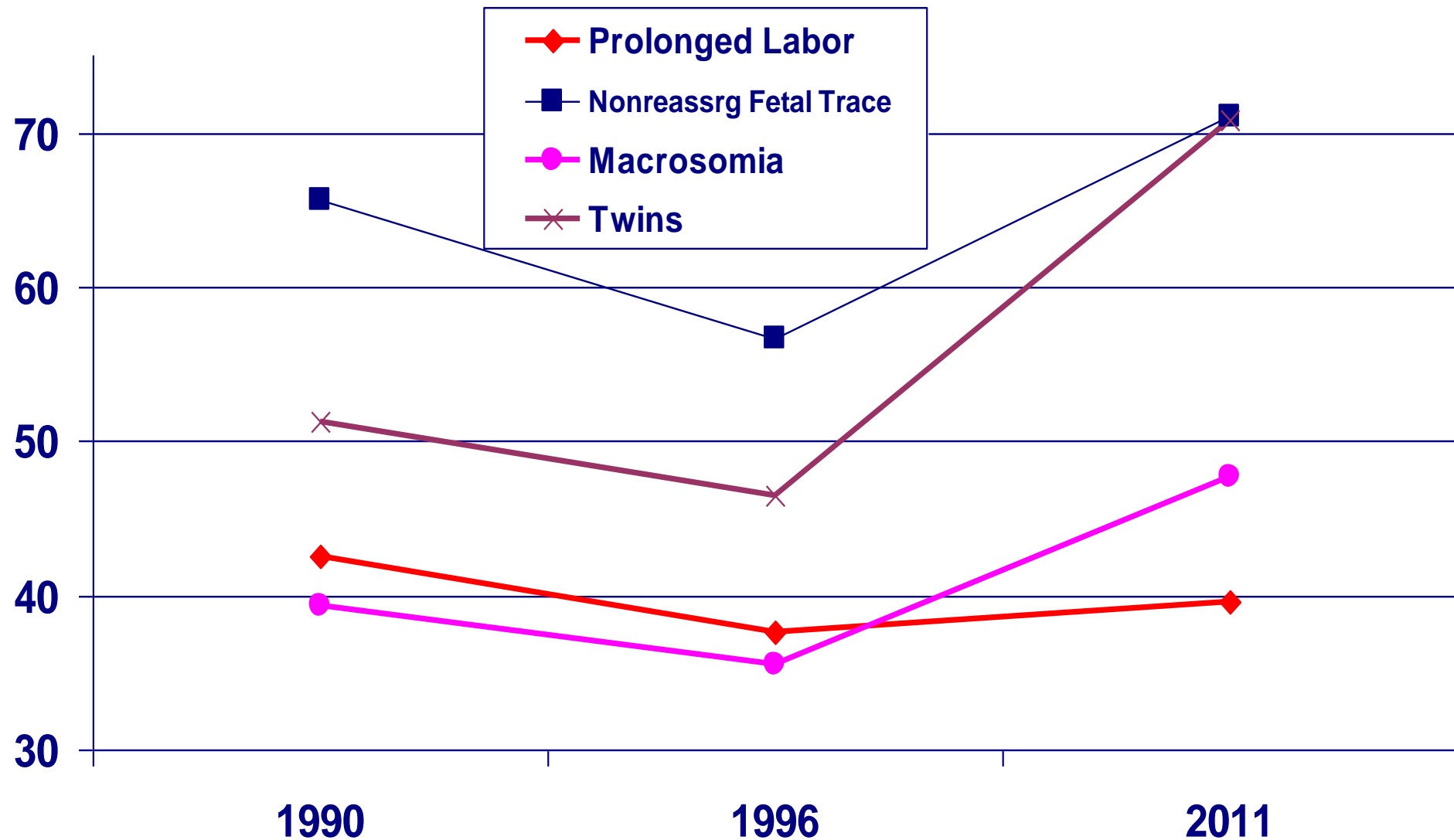
[BirthByTheNumbers.org](http://BirthByTheNumbers.org)

# Cesarean Rates, Low Risk\*, First-Time Mothers for Medical Risk Factors & Labor Complications



\*Singleton, Vertex, Full Gestation Births

# Cesarean Rates, Low Risk\*, First-Time Mothers for Medical Risk Factors & Labor Complications



\*Singleton, Vertex, Full Gestation Births

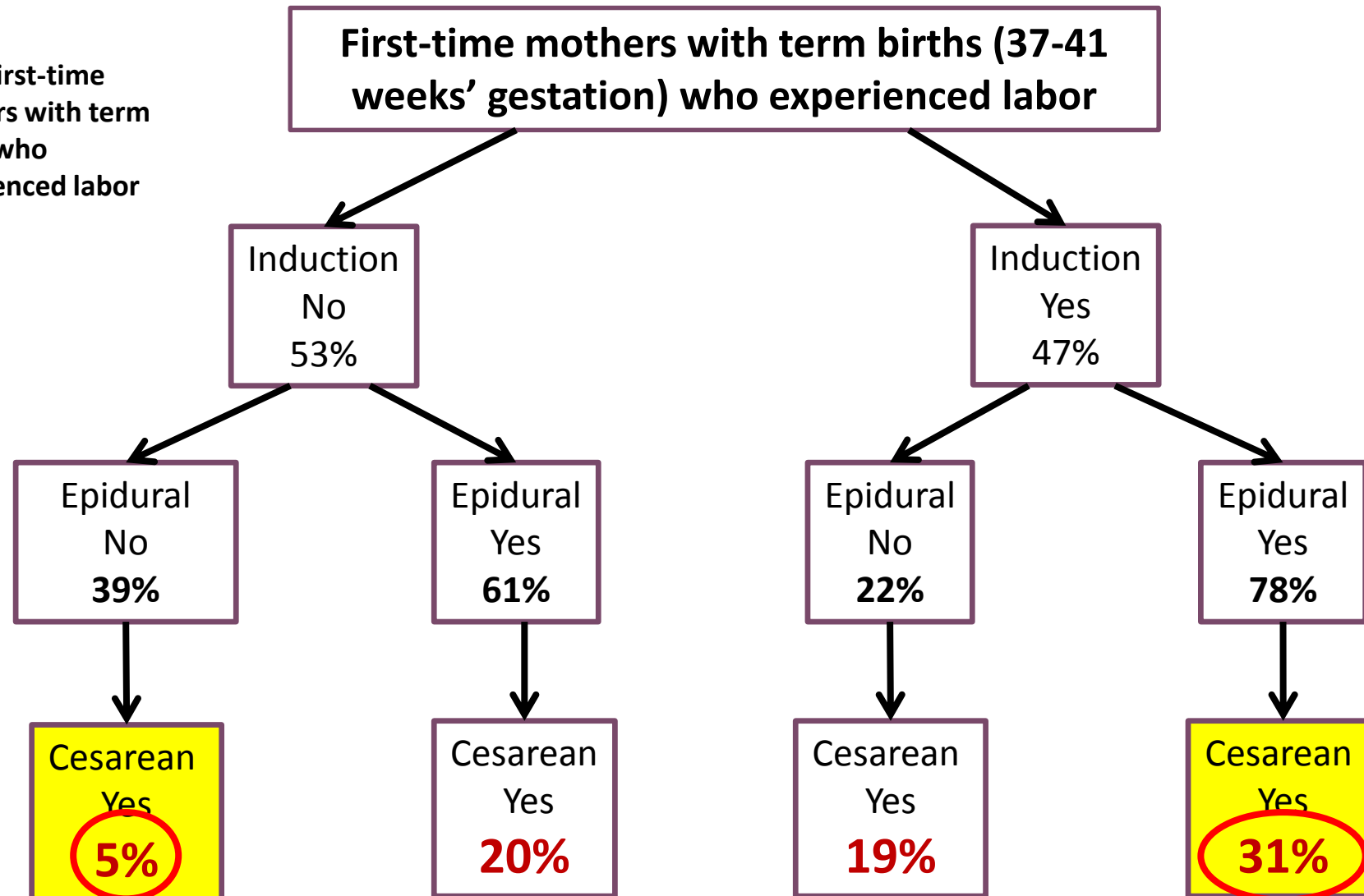
*BirthByTheNumbers.org*

***How does a culture of  
intervention get manifested  
in a hospital setting?***

***Consider the Cascade of  
Interventions***

# Cascade of interventions in first-time mothers with term births who experienced labor

Base: first-time mothers with term births who experienced labor  
*n*=750



In this group, which included 85% of first-time mothers, the overall epidural rate was 69% and overall cesarean rate was 21%.

# **So how do you change culture?**

- **Evidence and Advocacy**
- **Good research followed by publicizing that research to clinicians, mothers and families**
- **Understanding that you have bigger stakes involved in working together than fighting over minor differences**

***“Facts are stubborn things;  
and whatever may be our  
wishes, our inclinations, or  
the dictates of our passion,  
they cannot alter the state of  
facts and evidence.”***

**— John Adams,  
Massachusetts, 1788**

***Evidence is a necessary but not sufficient condition for change. The marrying of evidence with thoughtful communication and persistent activism will bring change.***



***Evidence is a necessary but not sufficient condition for change. The marrying of evidence with thoughtful communication and persistent activism will bring change.***

***Gene Declercq  
Hannover, 2016***

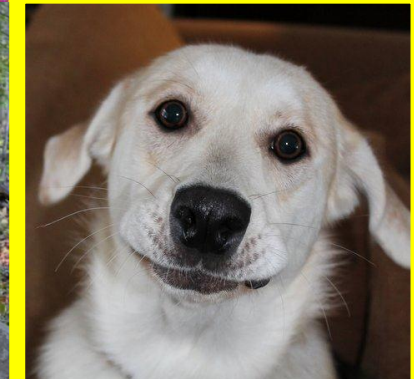


[www.birthbythenumbers.org](http://www.birthbythenumbers.org)



**Birth by the Numbers Team**

**8 doulas**













Questions &  
Comments?

# Childbirth Advocacy Led by Mothers

## THE BUSINESS OF BEING BORN CLASSROOM EDITION

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### Upcoming Events

[Healthy Birth Choices Workshops](#)

March 20, 2014 - [Choosing Your Birth Team: Focus on Support](#)


April 24 - [Breastfeeding and Beyond](#)

[Check out a preview of our workshops](#)

Thank you to the [14th Street Y](#) for hosting!

### In the News

[Recent Media Coverage.](#)



Noelle with Isla Kai © Amanda Gentile

### Find a Provider

Location

Provider Type

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### Join the Network

List your services in our Provider Network.

### Welcome to Choices in Childbirth

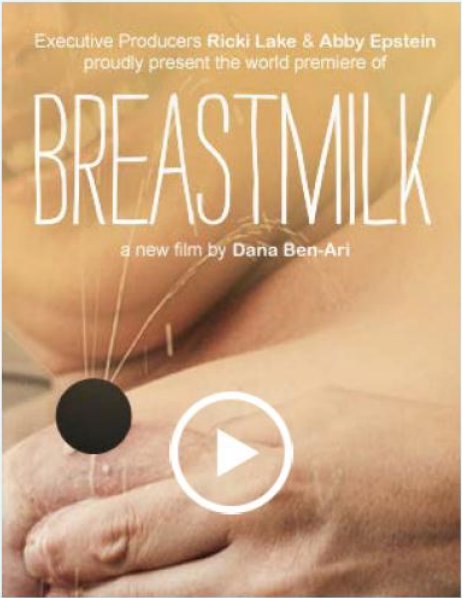
Choices in Childbirth is a non-profit organization that is a national leader in consumer advocacy and outreach for women and their families. At CiC we believe that every woman deserves a safe, respectful and deeply fulfilling birth experience. We help women make informed decisions about where, how and with whom to birth, and ensure that they have access to the full range of birth options. CiC constantly strives to improve maternity care across the country and to ensure that the birth of each child is treated with the reverence that it deserves.

### Our Mission

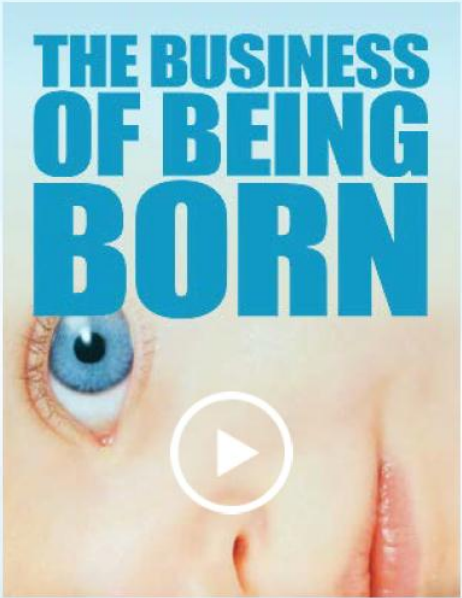
<http://www.choicesinchildbirth.org/>




# Childbirth Advocacy Led by Mothers






Executive Producers Ricki Lake & Abby Epstein proudly present the world premiere of  
**BREASTMILK**  
a new film by Dana Ben-Ari



**THE BUSINESS OF BEING BORN**



**MORE BUSINESS OF BEING BORN**



FROM EXECUTIVE PRODUCERS RICKI LAKE AND FROM DIRECTOR ABBY EPSTEIN  
**MORE BUSINESS OF BEING BORN**

FROM EXECUTIVE PRODUCERS RICKI LAKE AND FROM DIRECTOR ABBY EPSTEIN  
**THE BUSINESS OF BEING BORN**

FROM EXECUTIVE PRODUCERS RICKI LAKE AND FROM DIRECTOR ABBY EPSTEIN  
**Your Best Birth**

**gdiapers**

**MOBY Wrap**  
Baby Carriers & Accessories  
[mobywrap.com](http://mobywrap.com)  
YOGA WELLNESS EDUCATION

- DVD of the original *The Business of Being Born* ([view trailer](#))
- Boxed DVD set including all four episodes of *More Business of Being Born*
- Adorable, 100% cotton Moby Knot Hat for ages 0-6 months in your choice of dark brown, pink, teal, purple, tan, maroon, or orange! ([view colors](#))
- Paperback copy of *Your Best Birth* by Ricki Lake and Abby Epstein
- The National Guide to a Healthy Birth

[www.thebusinessofbeingborn.com/](http://www.thebusinessofbeingborn.com/)

[.org](http://thebusinessofbeingborn.org)

# Organizational Childbirth Advocacy



for Women  
and Families



**CHILDBIRTH  
CONNECTION**  
a program of the  
national partnership for women & families



for Health  
Professionals

For Women

Understanding & Navigating the Maternity Care System

Transforming Maternity Care Partnership

Choosing a Caregiver

Choosing a Place of Birth

Induction of Labor

Labor Support

Labor Pain

Cesarean Section

Preventing Pelvic Floor Dysfunction

VBAC or Repeat C-Section

Planning Pregnancy

Pictures of Your Growing Body & Baby

Milbank Report: *Evidence-Based Maternity Care*

Listening to Mothers Surveys & Reports

Journey to Parenthood  
A Pregnancy Book

The Rights of Childbearing Women

Quotes from Mothers

Best Pregnancy Resources A-Z

Best Pregnancy Books

Best Pregnancy Videos

For Health Professionals

Transforming Maternity Care Partnership

Evidence-Based Maternity Care Resource Directory

Evidence Columns

Systematic Reviews

Milbank Report: *Evidence-Based Maternity Care*

Listening to Mothers Surveys & Reports

Pregnancy Resources for Women

The Rights of Childbearing Women

## Listening to Mothers<sup>SM</sup> III Pregnancy and Birth



Eugene R. Declercq  
Carol Sakala  
Maureen P. Corry  
Sandra Applebaum  
Ariel Herrlich

May 2013

Report of the Third National U.S. Survey of Women's Childbearing Experiences

<https://www.childbirthconnection.org/>



BIRTH  
*by the*  
NUMBERS



[www.birthebythenumbers.org](http://www.birthebythenumbers.org)

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Birth by the Numbers” on Pinterest