



Helping women and health professionals
make informed maternity care decisions



New Mothers Speak Out: Selected Findings from *Listening to Mothers III* National Survey of Women's Childbearing Experiences

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Using Data to Improve Maternity Care in
California: Research Collaborations and
Future Opportunities

Sacramento, CA

June 19-20, 2014

About us



Childbirth Connection joined forces with and became a core program of the National Partnership for Women & Families in 2014. Together, we are continuing to transform maternity care in the United States.

The **National Partnership** promotes fairness in the workplace, reproductive health and maternity care rights, access to quality, affordable health care, and policies that help women and men meet the dual demands of work and family.

- More information is available at:
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Listening to Mothers III National Surveys: Pregnancy and Birth and New Mothers Speak Out

Listening to Mothers™ III Pregnancy and Birth



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



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May 2013

Listening to Mothers™ III New Mothers Speak Out



Report of National Surveys of Women's Childbearing Experiences
Conducted October – December 2012 and January – April 2013



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Listening to Mothers III National Surveys: Pregnancy and Birth and New Mothers Speak Out

- Nationally representative data from initial survey of 2400 women who had given birth to a single baby in U.S. hospitals from July 2011 through June 2012 and could participate in English, and a follow-up survey of 1072 of the initial participants carried out several months later
- Surveys conducted by Harris Interactive, funded by the W.K. Kellogg Foundation, and guided by a National Advisory Council
- Data adjusted to reflect target population and propensity to be online
- Learn more and access the full initial and follow-up survey reports and related resources at <http://bit.ly/LTM-III>

Today's Topics

- Selected findings: Overall
- Selected findings: Payer Source
- Conclusions and Recommendations

Mothers' Assessment of Value of Selected Online Resources as Sources of Information About Pregnancy and Birth

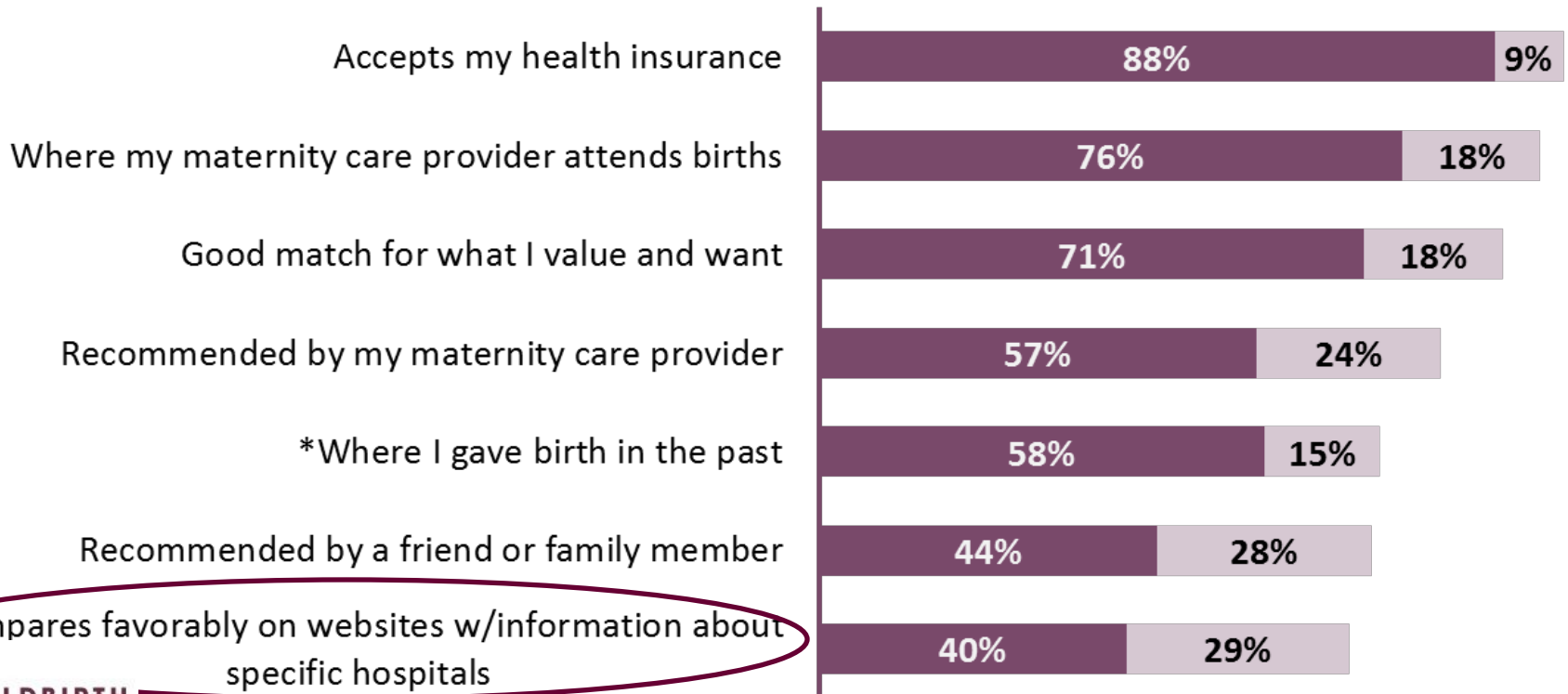
	Base: used specific resources for information about pregnancy and childbirth <i>n varies</i>			Did not use for this purpose
	Very valuable	Somewhat valuable	Not valuable	
Pregnancy and childbirth-related blogs	47%	40%	13%	22%
Online forums, chat rooms, and group discussion lists (Yahoo! Groups, Google Groups, etc.)	36%	41%	24%	31%
Online video sites (YouTube, Vimeo, etc.)	35%	34%	32%	39%
Facebook	31%	36%	33%	33%
Other social media (Twitter, Google Plus, etc.)	31%	28%	41%	45%
Wikipedia	30%	37%	33%	41%
Social news sites (Digg, Reddit, del.icio.us, RSS, etc.)	26%	27%	46%	48%

Mothers' Reasons for Choosing Hospital for Giving Birth

Base: all mothers $n=2400$

*Base: had one or more prior pregnancies $n=1423$

■ Major Factor ■ Minor Factor



Mothers' Attitudes Toward Maternity-Related Tests and Treatments

Base: all follow-up LTM III mothers n=1072	Strongly agree	Agree	Not sure	Disagree	Strongly disagree
Newer maternity tests and treatments are generally improvements over older ones	29%	45%	15%	9%	1%
Women can be confident that care recommendations from maternity care providers are based on up-to-date medical evidence about what works best	28%	54%	8%	8%	2%
In general, getting more maternity tests and treatments is better quality care than getting fewer tests and treatments	23%	40%	15%	18%	4%
Maternity tests and treatments that work the best usually cost more than those that don't work as well	22%	30%	22%	23%	4%
Too many women do not get the maternity tests and treatments they need	20%	40%	16%	18%	5%
Too many women get maternity tests and treatments that they don't really need	14%	29%	18%	29%	11%

Mothers' Views on What Information They Want from Maternity Care Providers

Women want information from their providers about risks associated with maternity care tests, treatments, or procedures; the option of not intervening; and the cost of each option:

- 91% wanted their provider to tell them about risks associated with each birth option
- 88% would prefer their provider to always discuss the option of not receiving a test or treatment
- 86% want information on costs to themselves of each option
- 65% however, said they preferred “to rely on their maternity care provider to make the best decisions for me”

Mothers' Knowledge of Labor Induction Complications

Mothers' knowledge of labor induction complications

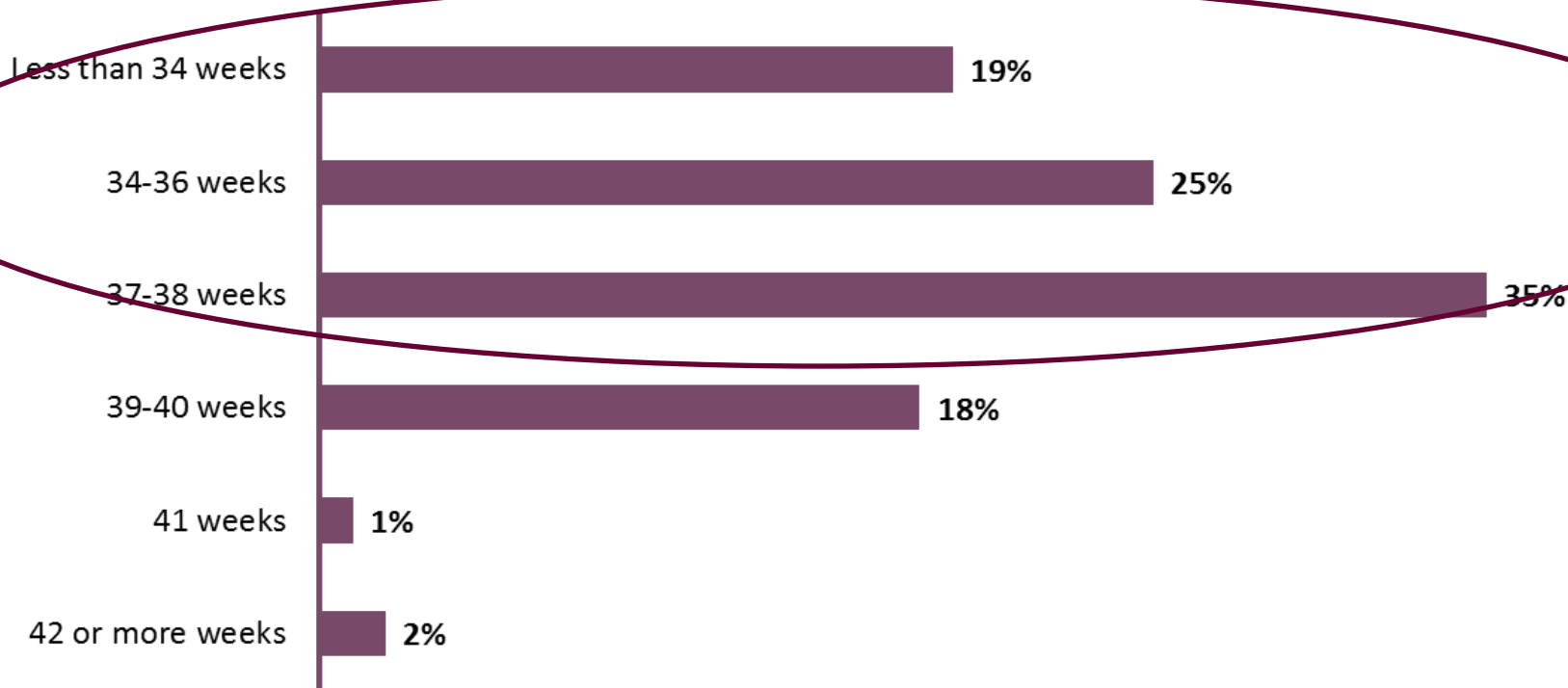
How much do you agree or disagree with each of the following statements concerning medical induction of labor, that is, using drugs or other methods to try to cause labor to begin?

<i>n=1200</i>	Disagree Strongly	Disagree Somewhat	Agree Somewhat	Agree Strongly	Not sure
If a baby appears to be large at the end of pregnancy, it make sense to induce labor	12%	17%	32%	24%	15%
Labor induction lowers the chance that a woman will give birth by cesarean	18%	24%	21%	11%	26%

Note: each participant was randomly presented either cesarean knowledge (Table 17) or labor induction knowledge (this table) questions.

Mothers' Identification of Earliest Week in Pregnancy When It Is Safe for Baby to be Born Absent Complications Requiring Earlier Delivery

Base: all mothers $n=2400$



Mothers' Knowledge of Cesarean Complications

A cesarean section...

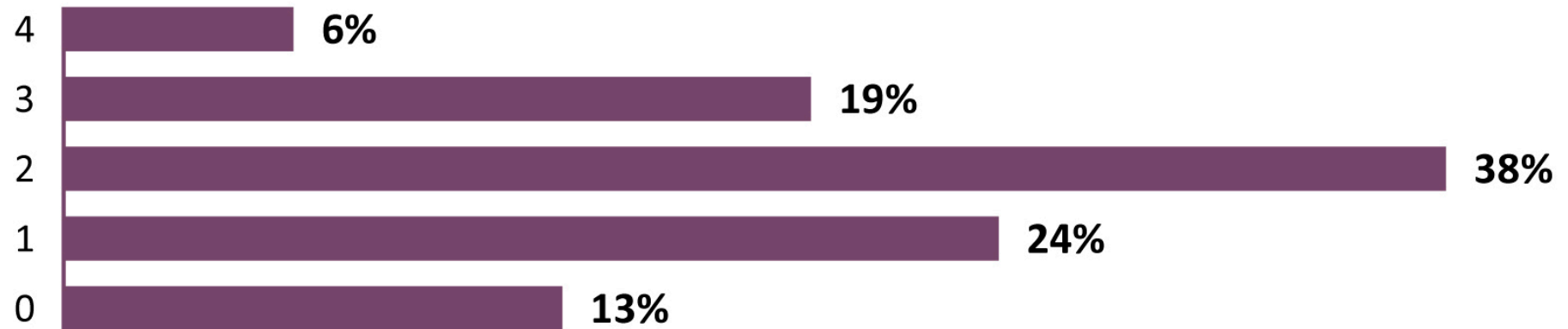
	Increases the chance of serious problems with the placenta in any future pregnancies <i>n=1200</i>	Lowers the chance that a baby will have breathing problems at the time of birth <i>n=1200</i>
Disagree strongly	8%	14%
Disagree somewhat	15%	18%
Not sure	38%	37%
Agree somewhat	24%	18%
Agree strongly	15%	12%

Mothers' Experience of Pressure from a Provider to Have Three Interventions

Intervention	Experience of pressure among mothers who did not have intervention	Experience of pressure among mothers who had intervention	Experience of pressure among all mothers
Labor induction	8%	25%	15%
Epidural analgesia	19%	13%	15%
Cesarean section	8%	25%	13%
Primary cesarean	7%	28%	11%
Repeat cesarean	28%	22%	23%

Mothers' frequency of experiencing major interventions around the time of labor and birth

Base: all mothers *n*=2400



Enumerated interventions are attempted medical induction, epidural analgesia, labor augmentation, assisted delivery, and cesarean section

Mothers' Concerns About Errors in Course of Maternity and Pediatric Care

Concern about errors in the course of maternity and pediatric care

How concerned are you, if at all, about a serious error or mistake leading to injury or harm happening when...?

Base: all follow-up <i>LTM III</i> mothers <i>n</i> =1072	Very concerned	Somewhat concerned	Not at all concerned or not too concerned	Not sure
You go to a maternity care provider's office or clinic for prenatal care	16%	14%	65%	5%
You are in a hospital for giving birth and the early period after birth	19%	24%	52%	6%
You go to a maternity care provider's office or clinic for postpartum care	14%	16%	64%	6%
Your baby goes to his/her care provider's office or clinic for care	19%	16%	59%	6%

Mothers' Ratings of U.S. Maternity Care and Health Care Quality

	Maternity care in the United States Base: all initial <i>LTM III</i> mothers <i>n</i> =2400	Health care in the United States Base: all follow-up <i>LTM III</i> mothers <i>n</i> =1072
Excellent	36%	19%
Good	49%	43%
Fair	14%	33%
Poor	2%	5%

$p < .01$ for differences between maternity care and health care generally

Mothers' openness to birth center and home births for any future pregnancies

For any future births, how open would you be to giving birth...?

Base: would like more children among follow-up <i>LTM III</i> mothers <i>n=744</i>	In a birth center that is separate from a hospital	At home
Definitely would <u>want</u> this	25%	11%
Would consider this	39%	18%
Definitely would <u>not</u> want this	27%	64%
Not sure	5%	5%
I don't want to have any more biological children	4%	3%

Mothers' Reasons for Choosing Maternity Care Provider by Payer

How much of a factor was each of the factors below in your choice of the maternity care provider or group for your recent prenatal care?

	Medicaid or CHIP		Private insurance	
	Major factor	Minor factor	Major factor	Minor factor
Top 3 Factors				
Accepts my health insurance	83%	14%	90%	8%
Was a good match for what I value and want	70%	19%	71%	18%
Attends births at a hospital I like	66%	20%	71%	19%
Greatest difference, by payer				
Was assigned to me as my maternity care provider	46%	25%	28%	22%

Trustworthiness of Information Sources by Payer

In general, how trustworthy would you rate the following as possible sources of information on pregnancy and childbirth?

	Medicaid or CHIP			Private insurance		
	Completely/ Very	Somewhat/ Moderately	Not at all	Completely/ Very	Somewhat/ Moderately	Not at all
My maternity care provider	78%	19%	3%	87%	11%	1%
State Medicaid programs (Medicaid, MediCal, MassHealth, etc.)	56%	39%	5%	37%	54%	9%
Childbirth education class	50%	39%	11%	62%	34%	4%
My health plan (plan website, leaflets, videos)	48%	46%	6%	53%	44%	3%
Other state or federal government agencies (DoH, health.gov, CDC.gov, etc.)	47%	42%	10%	45%	49%	6%
General medical or health websites (WebMD, MayoClinic, healthline, etc.)	41%	49%	10%	52%	46%	2%
Electronic health record or patient health record	39%	49%	13%	45%	50%	6%
Non-profit/advocacy/.org Internet websites focused on pregnancy and childbirth	37%	51%	12%	45%	50%	5%
“Apps” with pregnancy and childbirth information	36%	48%	16%	36%	56%	9%
For-profit/commercial/.com Internet websites focused on pregnancy and childbirth	30%	52%	18%	31%	60%	9%
My employer (company website, leaflets, educational programs, etc.)	27%	42%	31%	37%	47%	16%

Mothers' Use of Electronic Devices During Pregnancy by Payer

Which of the following electronic devices do you use at least once during a typical week? (please select all the apply)

	Medicaid or CHIP	Private insurance
Laptop or desktop computer with internet access	78%	88%
Smartphone with internet access	61%	66%
Regular mobile phone with text message capability and internet access	36%	30%
Tablet computer (iPad, Kindle, etc.) with internet access	24%	43%
iPod Touch with internet access	18%	22%

Mothers' Need and Use of Special Services by Payer

During your recent pregnancy, did you feel you needed, and (among those who did) did you receive any of the following services?

	Medicaid or CHIP		Private insurance	
	Needed	Received	Needed	Received
Food stamps, WIC food vouchers, or money to buy food	77%	93%	22%	81%
Counseling for nutrition	25%	83%	21%	79%
Treatment for depression	21%	67%	10%	78%
Help to quit smoking	15%	59%	7%	66%

Mothers' Participation in Childbirth Education by Payer

Did you take any childbirth education classes during your recent pregnancy?

	Medicaid or CHIP	Private insurance
Yes	28%	38.5%
No	72%	61.5%

Mothers' Attitudes Toward Medical Interventions by Payer

How much do you agree or disagree with the following statement?
Giving birth is a process that should not be interfered with unless medically necessary. Do you...

	Medicaid or CHIP	Private insurance
... agree strongly?	39%	32%
... agree somewhat?	21%	30%
... neither agree nor disagree?	28%	22%
... disagree somewhat?	6%	11%
... disagree strongly?	7%	6%

Mode of Birth by Payer

	Medicaid or CHIP	Private insurance
Total vaginal birth	69%	68%
vaginal birth, no prior cesarean	66%	67%
vaginal birth after cesarean (VBAC)	3%	2%
Total cesarean	31%	32%
primary cesarean	15%	15%
repeat cesarean	16%	17%

Induction of Labor by Payer

Did your maternity care provider try to induce your labor? That is, did your provider try to cause your labor to begin by the use of drugs or some other technique?

	Medicaid or CHIP	Private insurance
Yes	46%	36.5%
No	54%	63.5%

Reasons for Medical Induction by Payer

Why did your maternity care provider try to cause your labor to begin? (please select all that apply)

	Medicaid or CHIP	Private insurance
Baby was full term/it was close to my due date	44%	45%
A care provider was concerned that I was “overdue”	19%	18%
I had a health problem that required quick delivery of the baby	16%	17%
I wanted to get the pregnancy over with	15%	19%
A care provider was concerned that the amniotic fluid around the baby was low	14%	8%
A care provider was concerned about the size of the baby	13%	18%
My water had broken and there was a fear of infection	12%	11%
A care provider was concerned that baby was not doing well and needed to be born soon	12%	8%
I wanted to control the timing for work or other personal reasons	10%	12%
I wanted to have birth with a specific provider	9%	9%
Other reason	9%	10%



Shared Decision Making after Cesarean by Payer

Base: had 1-2 past cesareans & caregiver mentioned having repeat cesarean	Medicaid or CHIP	Private insurance
Talked with maternity care provider about the reasons to schedule another cesarean “some” or “ a lot”	74%	81%
Talked with maternity care provider about the reasons <i>not to</i> schedule another cesarean “some” or “ a lot”	35%	41%
Maternity care provider explained that there were choices in how to give birth after a previous cesarean	62%	81%
Talked with maternity care provider about the option of planning a vaginal birth after cesarean (VBAC) “some” or “a lot”	38%	37%
Maternity care provider expressed an opinion about whether or not to schedule another cesarean	75%	73%
Maternity care provider thought you should schedule another cesarean (among those who expressed opinion)?	87%	91%
Maternity care provider asked you whether or not you <u>wanted</u> to schedule another cesarean	73%	79%
Made the final decision whether or not to schedule another cesarean (% mother’s decision/% provider’s/% shared decision)	38/30/32	41/9/50
Knowing then what you know now, would definitely make the same decision about whether or not to schedule another cesarean	57%	73%
Percent of mothers in series who gave birth by repeat cesarean	83%	93%

VBAC – Interest and Access by Payer

(Base: recent birth cesarean and one or more past cesarean)	Medicaid or CHIP	Private insurance
Was interested in option of VBAC	44%	45%
Had option of VBAC	40%	45%

What was the reason that you didn't have the option of a vaginal birth after cesarean (or VBAC)? (please select all that apply)

(Base: did not have option of VBAC)	Medicaid or CHIP	Private insurance
A medical reason for this cesarean other than or in addition to my prior cesarean	39%	48%
My caregiver was unwilling to do a VBAC	27%	20%
My hospital was unwilling to allow a VBAC	14%	15%
Other	19%	22%
Not sure	7%	10%

Use of Doula Care, Knowledge of Doula Care, Interest in Having a Doula, by Payer

	Medicaid or CHIP	Private insurance
Used doula	6%	6%
Had clear understanding of this type of care and caregiver (base: did not use a doula)	51%	66%
Had never heard about this type of caregiver (base: did not use a doula)	36%	19%
Would have like to have had care of doula (base: did not use a doula and had a clear understanding of doula care)	35%	21%

Breastfeeding Intention and Infant Feeding One Week After Birth by Payer

As you came to the end of your pregnancy, how had you hoped to feed your baby?

	Medicaid or CHIP	Private insurance
Breast milk only	47%	61%
Formula only	23%	15%
Both breast milk and formula	31%	24%

One week after you gave birth, how were you feeding your baby?

	Medicaid or CHIP	Private insurance
Breast milk only	42%	57%
Formula only	30%	18%
Both breast milk and formula	28%	25%

Hospital Support for Breastfeeding by Payer

Did the nurses and other staff at the hospital ... (please select all that apply)

Base: intended exclusive or partial breastfeeding	Medicaid or CHIP	Private insurance
... help you get started breastfeeding when you and your baby were ready?	78%	81%
... encourage you to feed whenever your baby was interested (on demand)?	64%	69%
... Show you how to position your baby to limit nipple soreness?	64%	64%
... give you any free formula samples, coupons, or other offers?	55%	54%
... tell you about breastfeeding support resources in the community?	47%	53%
... give your baby a pacifier?	46%	38%
... provide formula or water to supplement your breast milk?	39%	35%
... none of these?	3%	2%

New-Onset Physical Problems in First Two Months and at Six or More Months After Birth by Payer

	Medicaid or CHIP			Private insurance		
	... in 1st 2 months after birth?		... still a problem now?	... in 1st 2 months after birth?		... still a problem now?
	Minor problem	Major problem	(persisting to time of survey)	Minor problem	Major problem	(persisting to time of survey)
Pain at site of cesarean incision (base: cesarean birth)	36%	20%	32%	44%	15%	20%
Infection at site of cesarean incision (base: cesarean birth)	19%	7%	21%	14%	7%	18%
Infection from cut or torn perineum (base: vaginal birth)	13%	5%	26%	9%	5%	27%

Listening to Mothers III: Concerning Survey Findings

- Maternity care is technology-intensive: concerns about overuse of interventions that may expose women and babies to avoidable harm and underuse of beneficial practices that could improve outcomes
- Too many women lack the support and knowledge needed to make informed decisions and effectively navigate their maternity care.
- Pressure to have unwanted procedures, a lack of awareness about their downsides, & unqualified trust in health care providers are a potent combination, making men/babies vulnerable to poor quality care.

Listening to Mothers III: Recommendations to Help Accelerate Improvement

- Close gaps between actual and more optimal experiences through policy, practice, research and education.
- Expand clinical, public health, performance measurement, QI, and family support policies at all levels.
- Enhance ability of maternity care system to promote, support, and protect physiologic childbirth for this largely healthy population of women and their fetuses/newborns.
- Engage and activate childbearing women to become informed, understand their rights, and make wise decisions; mothers need access to skills and tools to take these steps forward, including knowledge about quality maternity care, high-quality decision aids and shared decision making, critical appraisal skills, and help in navigating the maternity care system.

Thank you!



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