



## Best Start Birth Center

"Your Birth Your Way"

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

### Fact Sheet:

- Best Start Birth Center is a good example of a functioning free standing birth center. The birth center is situated outside of a hospital and care in the birth center is provided by Certified Nurse-midwives. Women who develop risk factors are transferred to nearby physicians and hospitals.
- The State of California State Department of Health Services used Best Start Birth Center as its model when the department created licensing for free standing birth centers in California.
- It meets the Standards for Accreditation of the Commission for Accreditation of Birth Centers and has been accredited for nearly two decades.
- Maternity care for low risk women and babies is of particularly high quality. Best Start Birth Center consistently exceeds the goals for Healthy Families 2010. (Please go to our website for further study details. <http://beststartbirthcenter.com/personalbests.html>)
- Women of all social, economic, and ethnic groups enjoy access for maternity care and low income women and their families comprise 50% of the birth center's childbearing population and over 90% of the women desiring contraception.
- Certain quality measurements translate into remarkable cost savings:  
The *Primary* cesarean section rate at Best Start Birth Center is under 5% compared to the national rate of 31%. Los Angeles Times May 15, 2009.  
<http://www.childbirthconnection.org/pdf.asp?PDFDownload=evidence-based-maternity-care>.  
The lower cesarean section rate at Best Start Birth Center means that the cost for cesareans for every 100 women giving birth at the birth center is only \$43,000. The cesarean section cost for 100 women giving birth in a hospital would be \$284,200. This is figured using the average cost of cesarean section at \$14,000. Giving birth in a Birth Center with a 3.1% C-section rate can save \$241,200 per 100 births. This is a tremendous savings for Medi-Cal, MediCare, Military Insurance- Tricare, and Commercial Insurances.
- 100% of mothers and babies are breast feeding upon discharge from the birth center, 89% at 6 months, and 65% are still breast feeding at one year. Please go to our website for further study details on how we measure up. <http://beststartbirthcenter.com/personalbests.html>
- Women consistently and significantly give high marks for satisfaction with services of the birth center. (Discharge Evaluation Sheets and [www.birthcenters.org](http://www.birthcenters.org).)
- In 2007 Best Start Birth Center participated in the Center for Disease Control's PINC Survey of Maternity Care Practices and Infant Feeding. Over 2,500 facilities participated. The composite score for the birth center was 98 out of a possible high score of 100. We placed in the 99th percentile for facilities in the Nation and State of California having less than 250 births per year. This means that we are performing better than 99% of all of these facilities. A particularly interesting observation is that the Best Start Birth Center is able to achieve this stellar rank simply by having the staff and environment that supports normal birth and post partum behaviors for the mother, baby, and family. In other words, all we do is respect the mom and her baby and trust them to be healthy and behave in ways to promote their own health. If hospitals could do the same outcomes in the US would improve across the board. You can go to [www.cdc.gov/mpinc](http://www.cdc.gov/mpinc) to see more about the survey.
- A system of health care that supports free standing birth centers will enhance optimal utilization of services by directing higher risk women to hospitals and allowing low risk women to enjoy low intervention (low tech) and high individualization (high satisfaction) childbearing care in birth centers. (Your birth your way) This will lower costs, raise consumer satisfaction, lower cesarean section rates and increase breast feeding rates in the US.
- For more evidence based statistics on Birth:  
<http://www.childbirthconnection.org/pdf.asp?PDFDownload=evidence-based-maternity-care>