

ASSESSING RISK AND BENEFIT BY BIRTH SETTING

All places of birth carry risks and benefits. Given that there is no risk-free birth setting, the National Academies of Sciences, Engineering, and Medicine (NASEM) committee recognized a birthing person's right to choose where and with whom they give birth.

MATERNAL OUTCOMES

All available research finds that birth in community settings (planned home or birth center) carries **reduced risks** for the person giving birth.



MATERNAL SAFETY

People who birth in community settings have **lower rates of intervention-related maternal morbidities**, such as infection and genital-tract trauma.



EXPERIENCE OF CARE

Those who birth in community experience **less mistreatment and disrespectful care**.



INTERVENTIONS

People who birth in community settings have **fewer cesareans, labor inductions, augmentation of labor, and episiotomies**.



SATISFACTION

Families supported in choosing the birth setting of their choice typically have the **highest satisfaction**.

INFANT OUTCOMES

Based on data with significant limitations, **hospital settings** appear to have fewer risks for infant safety.

More research needed on INFANT SAFETY



Current research either shows a **small increase in relative risk of a neonatal death or no difference**, depending on whether the data was gathered in birth certificates or registry, and the risk profile of the person giving birth.



LACTATION

Infants born in the community setting are **more likely to receive human milk**, which carries lifelong health benefits for nursing parents and babies.

INDIVIDUAL FAMILIES MAKE CHOICES based on their values and preferences.

Every family wants a safe birth. Every family has the right to balance the priorities and values that matter most to their unique circumstances, including care that is:

SAFE

Care that prioritizes both **physical and psychosocial safety**.

EQUITABLE

Care that reduces the impact of racism/**support for cultural needs**.

EFFECTIVE

Care that is **appropriate** for their condition and **timely**.

RESPECTFUL

Care that is **respectful** and responsive to **individual choices**.

AFFORDABLE

Care that is **high quality and affordable**.

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