## TALK TO YOUR HEALTHCARE PROVIDER ABOUT HOW TO AVOID UNNECESSARY SURGICAL BIRTHS



When necessary, surgical birth (cesarean or "C-Sections") can save lives. But too many unnecessary surgical births are performed in New Jersey.<sup>1</sup>

Benefits of vaginal births include:



Shorter lengths of hospital stays for moms and babies



Lower blood clot risk



Less post-birth recovery time



Less blood loss



Fewer infants born with difficulty breathing



**Reduced infection rates** 



Lower rates of life-threatening placenta abnormalities in future pregnancies



Less pain after childbirth



Fewer abdominal adhesions



Fewer infants born with breastfeeding problems

Overall, New Jersey's rate of surgical births is 30.3%, which is 26.8% higher than the national target.<sup>2</sup>

## New Jersey can reduce the surgical birth rate.

<sup>2.</sup> National target of 23.9% NTSV rate established in Healthy People 2020. NTSV means Nulliparous (first time mother), Term (37 or more completed weeks of gestation), Singleton (one fetus) and Vertex (head-first presentation of the fetus).





<sup>1.</sup> Spontaneous labor and birth is "the initiation of labor without the use of pharmacological and/or mechanical interventions, resulting in a non-operative vaginal birth!" (ACOG).