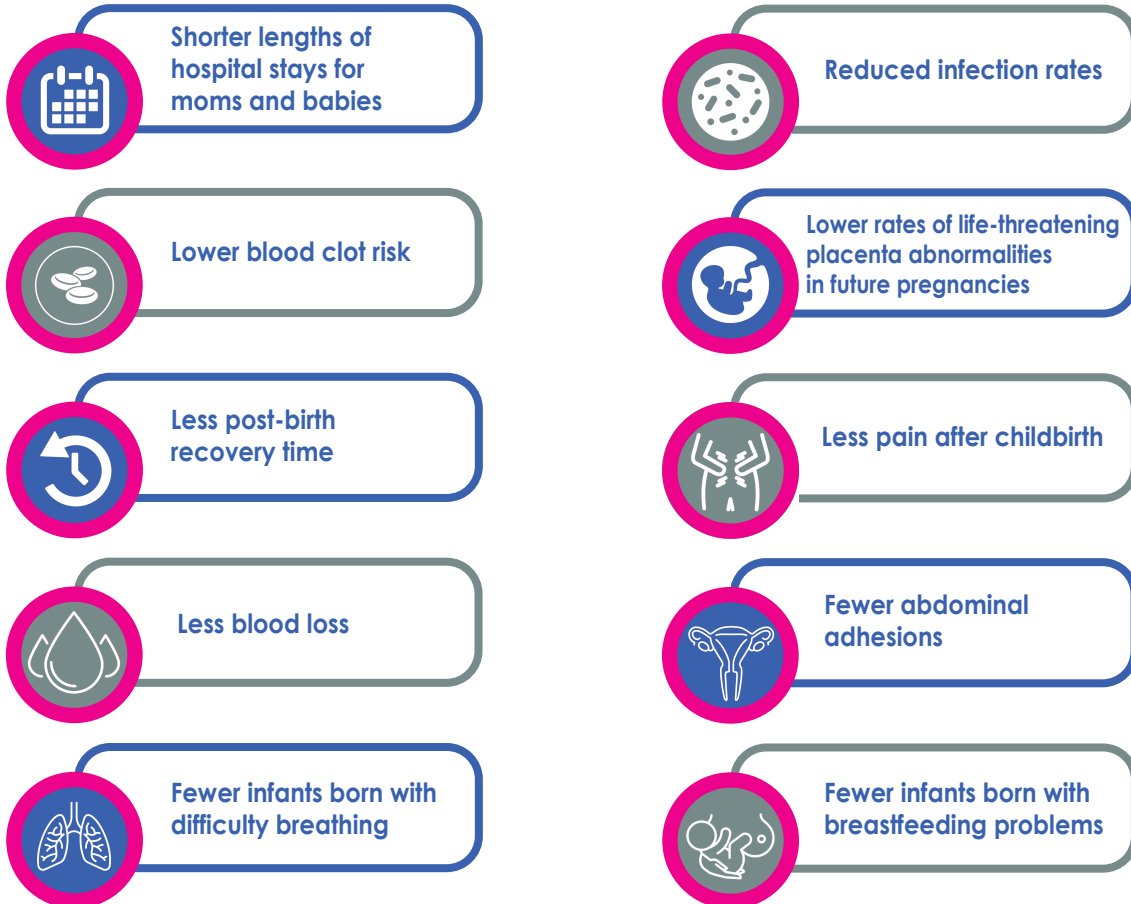


TALK TO YOUR HEALTHCARE PROVIDER ABOUT HOW TO AVOID UNNECESSARY SURGICAL BIRTHS

Why?

When necessary, surgical birth (cesarean or “C-Sections”) can save lives. But too many unnecessary surgical births are performed in New Jersey.¹

Benefits of vaginal births include:



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

New Jersey can reduce the surgical birth rate.

1. 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).

2. 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).