

2/23/21

Dear Chair Prusak and Members of the House Health Committee:

I am writing in support of access to midwifery care in all settings and for HB 2388 Equitable Access to Birth Options and Midwifery Care.

I am a mother who had 2 successful home births in Portland, OR and I feel inordinately fortunate to have done so. When I was pregnant with my 1st baby, I made a lot of phone calls to try to find a midwife that both accepted my insurance *and* did home births. I was literally giving up when I finally got a call back from the small midwifery team that would deliver both babies. It shouldn't be as hard as finding a needle in a haystack and hitting the jackpot, but that's how it is. This option should be available and accessible, and passage of this bill would help.

Midwifery care and home births are cheaper than hospital births, so it seems like such a no-brainer! Money saved for families as well as insurance companies! Help support small birthing center businesses.

The reduction in interventions is so critical to ensuring a birth with as few complications as possible. I am certain that if I were in a hospital, I would have asked for drugs, and one intervention often cascades to further interventions and the likelihood of C-sections and negative outcomes. I toughed it out through the pain of labor and delivery at home and we had 2 very healthy, unmedicated births. My midwives were an incredible team and they managed the complications that arose very professionally, making me feel safe and cared for and keeping me out of the hospital setting.

I think most people don't realize the INCREDIBLE value of the continuity of care you get from having a midwifery team give your prenatal care, be at your birth *and* do home visits for weeks and even months after the baby is born. Regular MDs are not doing house calls, but this is standard practice for midwives, and it keeps babies at home with their families, out of the hospitals.

Thank you for your time and I hope you pass this commonsense legislation. My experience should be accessible to all pregnant mothers.

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