



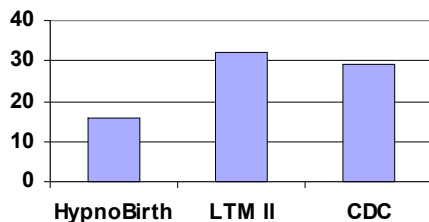
## HypnoBirthing® Outcomes 2006

Between October 2005 and November 2006, 596 parents' birth reports were sent to the HypnoBirthing Institute. Of the 596 birth reports, 99 were from outside the United States. The information presented here was derived from the 497 birth reports from HypnoBirthing® couples in the US.

The most comprehensive data currently available on birthing in the United States are from Listening to Mothers II Report of the First National U.S. Survey of Women's Childbearing Experiences. New York: Maternity Center Association, October 2006. [www.maternitywise.org/listeningtomothers/](http://www.maternitywise.org/listeningtomothers/) (hereafter abbreviated as LTM II.) Limited data is also available from the Center for Disease Control and Prevention, 2004 (CDC.) Therefore, data from those reports were used in order to have a comparison for the data from HypnoBirthing couples.

**HypnoBirthing® mothers experienced surgical birth (Cesarean section) at a much lower rate than that reported by LTM II or the Centers for Disease Control and Prevention.**

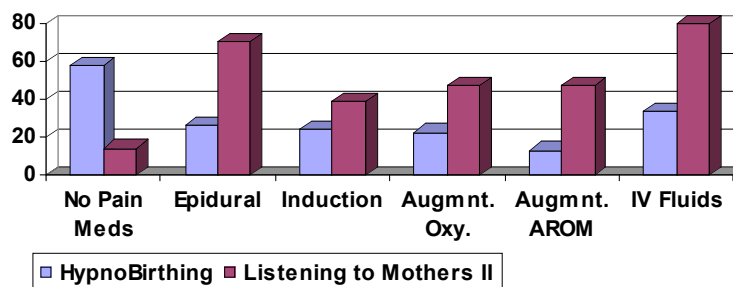
Incidence of Surgical Birth



**17% of HypnoBirthing® (HB) mothers birthed via Cesarean section, compared to 32% of the mothers in LTM II.** The CDC reported the Cesarean rate for all births in 2004 was 29.1%. HB data does not differentiate between primary and repeat Cesareans.

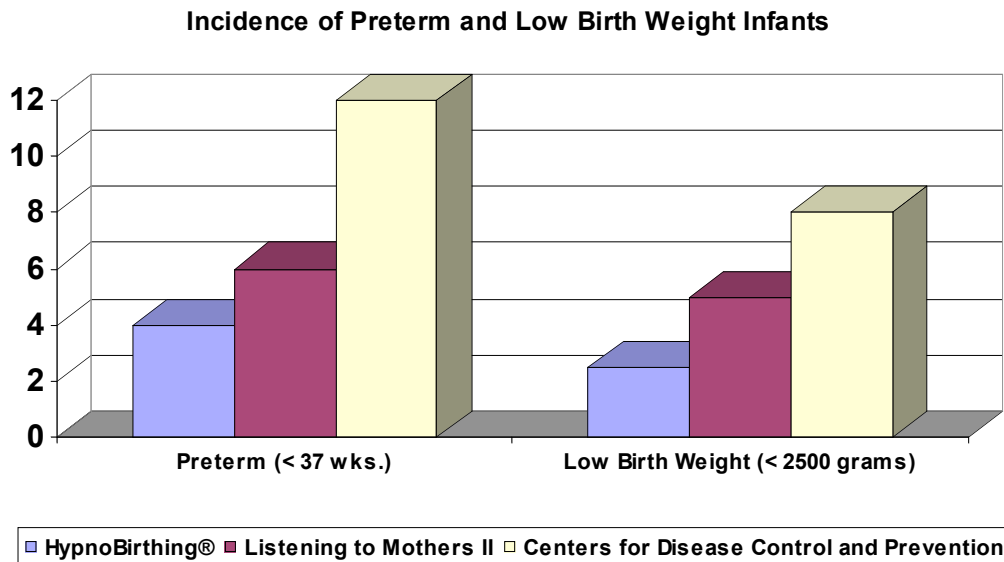
**Labor interventions:** HypnoBirthing® mothers used far fewer interventions during their labors than other mothers.

Incidence of Labor Interventions, Percent of Total Births



- ☼ "Induction" refers to the induction of labor via medications or artificial rupture of membranes
- ☼ "Augmnt. Oxy." refers to augmentation of labor with oxytocin
- ☼ "Augmnt. AROM" refers to augmentation of labor via artificial rupture of membranes

**Incidence of preterm and low birth weigh infants:** HypnoBirthing mothers reported a lower incidence of preterm births and low birth weight infants than either LTM II or the CDC.



**Choice of Care Provider:** While HypnoBirthing® mothers chose obstetricians and certified nurse midwives equally, 79% of the respondents to LTM II were attended by obstetricians.

**Birth Place:** LTM II reported less than one percent of births took place at home or in a free-standing birth center. Twelve percent of HypnoBirthing® mothers birthed at home and 6% chose a free-standing birth center.

**Satisfaction:** Nearly all HypnoBirthing® mothers were highly satisfied with HypnoBirthing®; 80% were highly satisfied with their care provider.

**Sense of Well-being:** Ninety-four percent of HypnoBirthing® mothers reported feeling very healthy after the birth.

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