



Healthy Blue of Missouri Continues Doula Pilot Program in Central Missouri to improve Maternal Health and Birth Outcomes in Rural Areas

Beni Births, LLC

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Healthy Blue of Missouri is partnering with Beni Births, LLC to expand their Maternal Health and Wellness Program. Beni Births, LLC, will service Cole, Calloway, Osage, Boone, Morgan, Miller and Moniteau counties, offering Doula services to a limited number Medicaid beneficiaries at no cost through this grant funded initiative.

This partnership will expand Birth Doula service access to additional rural communities in Central Missouri. Beni Births, LLC, offers Birth Doula, Childbirth education and Apprentice Midwifery services. As a sole proprietor business, Beni Births, LLC, is well incorporated into the Jefferson City community and partnered with the Capital City Diaper Bank. The owner and sole provider of Beni Births, LLC, Angela D. Buckhall, is a National training instructor/site for the American Heart Association and a member of the National Black Midwives Alliance. She also currently volunteers in nearby Amish/Mennonite communities and is has a strong commitment to serving the rural and underserved populations.

According to the [Journal of Perinatal Education](#), studies show that mothers living in underserved communities who are paired with a community-based doula have better birth outcomes. Doula-assisted mothers are four times less likely to have a low-birth-weight baby, two times less likely to experience birth complications, and significantly more likely to initiate breastfeeding. Research also indicates doula-assisted mothers have lower healthcare costs, reduced cesarean sections and fewer preterm births.