

### **Background**

Every year approximately 500,000 babies are born in California.<sup>1</sup> In fact, childbirth is the number one reason for hospitalization in the U.S. and California.<sup>2</sup> For mothers, overuse of cesarean sections (C-sections) can result in higher rates of complications like hemorrhage, transfusions, infection, and blood clots. The surgery also brings risks for babies, including higher rates of infection, respiratory complications, neonatal intensive care unit stays, and lower breastfeeding rates.<sup>2</sup>

Beginning in 2015, the California Health and Human Services Agency has recognized hospitals that meet the 23.9% statewide target through its Maternity Honor Roll.<sup>4</sup> The award reflects the most recent hospital discharge and birth certificate data from 235 California hospitals that offer maternity services. Calendar Year 2018 data was used for 212 hospitals participating in the California Maternal Quality Care Collaborative's Maternal Data Center and Calendar Year 2017 data for the 25 hospitals listed [here](#) from California's Office of Statewide Health Planning and Development.

- The 2019 Maternity Honor Roll recognizes 134 hospitals that met or surpassed the statewide target aimed at reducing births via C-section in first-time mothers with low-risk pregnancies.
- The 134 hospitals represent more than half of all 235 hospitals that offer maternity services in California. The number of hospitals earning Honor Roll status has increased each year since 2015: 122 earned the Honor Roll in 2018; 111 in 2017; 104 in 2016. The increasing number of hospitals making the Honor Roll demonstrates that collaborative action can lead to positive change.
- Reducing C-section rates starts with the culture of the hospital, involving changes to physician practice patterns, education of nurses, support staff and families, and implementation of new policies within the facility. Collaboration and communication among members of the clinical team are essential.
- Of the 134 hospitals recognized in 2019, 60 have achieved Honor Roll status four years running.
- Over the past five years, California hospitals have made steady improvement in low risk C-Sections rates. As a result, an estimated 18,000 low risk C-Sections were avoided during the five-year period from 2013 to 2018.
- Of note, there continues to be substantial variation among individual hospital rates of low-risk, first-birth C-sections. In California, these rates range from less than 15% to more than 40%, indicating potential for further improvement

<sup>1</sup>[National Center for Health Statistics: State & Territorial Data. Centers for Disease Control and Prevention, Mar. 2017. Accessed Nov. 2019.](#)

<sup>2</sup>[Reducing Unnecessary C-Sections in California. California Health Care Foundation, Jul. 10, 2018. Accessed Nov. 2019.](#)

<sup>3</sup>[C-section rates for low-risk, first births is defined by the Joint Commission as nulliparous women with a term, singleton baby in a vertex position delivered by cesarean birth](#)

<sup>4</sup> The C-section statewide target is based on the historical Healthy People 2020 target of 23.9%. This target has been used to drive and measure hospital improvement from 2015 to present.

## Tools and Resources

- CMQCC, released a [toolkit](#) in 2016 to assist hospitals and clinicians in promoting vaginal birth and reducing unnecessary C-sections. In addition, CMQCC has worked with California hospitals and their clinical teams to implement this toolkit through an 18-month [Supporting Vaginal Birth](#) quality improvement collaborative.
- Aligning payment and purchaser requirements to support clinical teams in providing only medically necessary C-section is also important. Smart Care California developed a [menu of payment and contracting options](#) that gives payers specific strategies to align payment with desired outcomes.
- Consumer education is also critical to the above efforts. As part of efforts to advance improvements in health care, CMQCC, Consumer Reports and CHCF have partnered to launch [My Birth Matters](#), a statewide campaign designed to educate expectant mothers about C-section deliveries and encourage conversations between them, their doctor, and their care team. The campaign offers free educational materials in English and Spanish, including print materials and four short animated videos that educate women about c-sections and encourage them to share their birth preferences.

## 2019 Maternity Honor Roll Hospitals

Hospital Name	City	Hospital Name	City
Adventist Health Bakersfield	Bakersfield	MemorialCare Long Beach Medical Center	Long Beach
Adventist Health Clear Lake	Clearlake	MemorialCare Miller Childrens and Women's Hospital	Long Beach
Adventist Health Hanford	Hanford	MemorialCare Orange Coast Medical Center	Fountain Valley
Adventist Health Lodi Memorial	Lodi	MemorialCare Saddleback Medical Center	Laguna Hills
Adventist Health Rideout Memorial Hospital	Marysville	Mercy Hospital of Folsom	Folsom
AHMC Anaheim Regional Medical Center	Anaheim	Mercy Medical Center Merced	Merced
Alta Bates Summit Medical Center - Alta Bates Campus	Berkeley	Mercy Medical Center Redding	Redding
Anaheim Global Medical Center	Anaheim	Mercy San Juan Medical Center	Carmichael
Arrowhead Regional Medical Center	Colton	Mills-Peninsula Medical Center	Burlingame
Bakersfield Memorial Hospital	Bakersfield	Mission Hospital - Mission Viejo	Mission Viejo
Barton Memorial Hospital	South Lake Tahoe	Montclair Hospital Medical Center	Montclair
California Hospital Medical Center	Los Angeles	Natividad Medical Center	Salinas
California Pacific Medical Center – Mission Bernal Campus	San Francisco	NorthBay Medical Center	Fairfield
Centinela Hospital Medical Center	Inglewood	Northern Inyo Hospital	Bishop
Citrus Valley Medical Center - Queen of the Valley Campus	West Covina	Northridge Hospital Medical Center	Northridge
Community Memorial Hospital	Ventura	Olive View - UCLA Medical Center	Sylmar
Contra Costa Regional Medical Center	Martinez	Palo Verde Hospital	Blythe
Corona Regional Medical Center	Corona	Palomar Medical Center - Poway-Pomerado Hospital	Poway
Desert Regional Medical Center	Palm Springs	Palomar Medical Center Downtown Escondido	Escondido
Doctors Hospital of Manteca	Manteca	Parkview Community Hospital Medical Center	Riverside
Doctors Medical Center of Modesto	Modesto	Petaluma Valley Hospital	Petaluma
Eden Medical Center	Castro Valley	PIH Health Hospital - Downey	Downey
El Camino Hospital Los Gatos	Los Gatos	PIH Health Hospital - Whittier	Whittier
Emanuel Medical Center	Turlock	Plumas District Hospital	Quincy
Enloe Medical Center - Esplanade Campus	Chico	Pomona Valley Hospital Medical Center	Pomona

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Hospital Name	City	Hospital Name	City
Fountain Valley Regional Hospital and Medical Center	Fountain Valley	Rancho Springs Medical Center	Murrieta
French Hospital Medical Center	San Luis Obispo	Redwood Memorial Hospital	Fortuna
Garfield Medical Center	Monterey Park	Regional Medical Center of San Jose	San Jose
George L. Mee Memorial Hospital	King City	Ridgecrest Regional Hospital	Ridgecrest
Greater El Monte Community Hospital	So. El Monte	Riverside University Health Systems	Moreno Valley
Harbor - UCLA Medical Center	Torrance	Salinas Valley Memorial Healthcare System	Salinas
Henry Maho Newal Hospital	Valencia	San Geronio Memorial Hospital	Banning
Highland Hospital	Oakland	San Joaquin General Hospital	French Camp
John Muir Medical Center - Walnut Creek Campus	Walnut Creek	Santa Clara Valley Medical Center	San Jose
Kaiser Permanente Antioch Medical Center	Antioch	Santa Paula Hospital	Santa Paula
Kaiser Permanente Downey Medical Center	Downey	Scripps Memorial Hospital - Encinitas	Encinitas
Kaiser Permanente Fontana Medical Center	Fontana	Scripps Mercy Hospital	San Diego
Kaiser Permanente Fresno Medical Center	Fresno	Scripps Mercy Hospital - Chula Vista	Chula Vista
Kaiser Permanente Modesto Medical Center	Modesto	Sharp Chula Vista Medical Center	Chula Vista
Kaiser Permanente Orange County - Anaheim Medical Center	Anaheim	Sharp Grossmont Hospital	La Mesa
Kaiser Permanente Panorama City Medical Center	Panorama City	Sierra Nevada Memorial Hospital	Grass Valley
Kaiser Permanente Redwood City Medical Center	Redwood City	St. Bernardine Medical Center	San Bernardino
Kaiser Permanente Riverside Medical Center	Riverside	St. Elizabeth Community Hospital	Red Bluff
Kaiser Permanente Roseville Medical Center	Roseville	St. Joseph Hospital, Eureka	Eureka
Kaiser Permanente San Diego	San Diego	St. Joseph's Medical Center - Stockton	Stockton
Kaiser Permanente San Jose Medical Center	San Jose	St. Louise Regional Hospital	Gilroy
Kaiser Permanente San Leandro Medical Center	San leandro	St. Rose Hospital	Hayward
Kaiser Permanente Santa Clara Medical Center	Santa Clara	Stanford Health Care - ValleyCare - Pleasanton	Pleasanton
Kaiser Permanente Santa Rosa Medical Center	Santa Rosa	Sutter Davis Hospital	Davis
Kaiser Permanente South Sacramento Medical Center	Sacramento	Sutter Delta Medical Center	Antioch

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Kaiser Permanente Vacaville Medical Center	Vacaville	Sutter Lakeside Hospital	Lakeport
Kaiser Permanente Vallejo Medical Center	Vallejo	Sutter Maternity & Surgery Center of Santa Cruz	Santa Cruz
Kaiser Permanente Walnut Creek Medical Center	Walnut Creek	Sutter Medical Center - Sacramento	Sacramento
Kaiser Permanente West Los Angeles Medical Center	Los Angeles	Sutter Roseville Medical Center	Roseville
Kaiser Permanente Woodland Hills Medical Center	Woodland Hills	Sutter Santa Rosa Regional Hospital	Santa Rosa
Kern Medical	Bakersfield	Sutter Solano Medical Center	Vallejo
LAC+USC Medical Center	Los Angeles	Tri-City Medical Center	Oceanside
Loma Linda University Children's Hospital	Loma Linda	UC Davis Medical Center	Sacramento
Loma Linda University Medical Center - Murrieta	Murrieta	UC Irvine Health	Orange
Mad River Community Hospital	Arcata	UC San Diego Health - Hillcrest, UC San Diego Medical Center	La Jolla
Madera Community Hospital	Madera	UC San Diego Health - La Jolla, Jacobs Medical Center and Sulpizio Cardiovascular Center	San Diego
Mammoth Hospital	Mammoth Lakes	UCLA Medical Center - Santa Monica	Santa Monica
Marian Regional Medical Center	Santa Maria	UCSF Mission Bay/ Betty Irene Moore Women's Hospital	San Francisco
Marin General Hospital	Greenbrae	Ventura County Medical Center	Ventura
Martin Luther King, Jr. Community Hospital	Los Angeles	Watsonville Community Hospital	Watsonville
Memorial Hospital Los Banos	Los Banos	Woodland Healthcare	Woodland
Memorial Medical Center	Modesto	Zuckerberg San Francisco General Hospital and Trauma Center	San Francisco