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## Walk for Moms and Midwives Event – October 9<sup>th</sup> in Raleigh Area

RALEIGH, NC (Sept 29, 2010) – North Carolina Friends of Midwives (NCFOM) is organizing a Triangle Walk for Moms and Midwives that begins at 10:00 am on Saturday, October 9 at Lake Benson Park in Garner. The walk is to help raise community awareness about the important role midwives play in maternity care in North Carolina. The walk will benefit NCFOM's efforts to increase access to evidence-based midwifery care for North Carolina's pregnant moms. The specific focus for 2011 is introducing and passing legislation in North Carolina to license and regulate Certified Professional Midwives (CPMs), who are trained as specialists in out-of-hospital maternity care, as 27 other states have done. Currently, only Certified Nurse Midwives (CNMs) may be licensed in North Carolina.

North Carolina midwives serve pregnant women in hospitals, a free-standing birth center, and homes. More pregnant women are seeking out midwives for care in all birth settings because of the lower rates of intervention, significantly lower c-section rates, and the high degree of patient satisfaction. NCFOM strongly supports increasing the autonomy and number of midwives as a key to the serving the needs of North Carolina families and improving infant and maternal health outcomes.

“There is a crisis in maternal and child health in the United States and in North Carolina, especially,” says Nancy Harman, CNM, and one of three Triangle area licensed midwives who delivers babies at home. “Access to safe care during pregnancy and birth is what midwives provide with a high level of expertise and compassion. In order to improve health care outcomes and stem the rising maternal and infant mortality rates, we must increase the number of midwives practicing in North Carolina. The countries that use more trained and licensed midwives than the United States have better outcomes than we do. Even in resource poor areas, midwives provide a level of excellence that drastically improves the health of moms and babies.”

“Now more than ever it is crucial that North Carolina's families that choose to have a home birth have access to trained midwives,” said Erin Henry, Triangle Walk Co-Coordinator. “Homebirths have increased dramatically in North Carolina in the past few years. Each year, more North Carolina families choose out-of-hospital birth for religious, cultural, philosophical or financial reasons. These families deserve safe and affordable maternity care, and the midwives who provide it need legal recognition.”

The Triangle Walk for Moms and Midwives is being sponsored by Birth Transforms – Kate Katahdin, LMBT, CIMI, Birthright Services – Audrey Trepiccione, CPM, Birthwise of Central NC – Nancy Harman, CNM, Carrboro Midwifery – Deb O'Connell, CNM, The Diapering Doula – Karissa Binkley, Dynamis Homeopathic Healing – Hart Matthews, Farm to Fork Meat – Niti Bali, Gray Family Chiropractic, PLLC – Dr. Alisha Davis, DC, DACCP, Healthy Steps NC – Christina Hagan, FCCI, LMBT, Hillsborough Yoga and Healing Arts/Whole Beginnings – Paula Huffman, Journey of Motherhood – Joanne Dahill, LMBT, Karuna Acupuncture - Tamara Cox, LAc, Keystone Chiropractic - Donna J. Hedgepeth, DC, DACCP, Monarch Midwifery – Donna Galati, CNM, North Carolina Midwives Alliance, Precious Arrows – Kelley O'Briant, The Village Deli & Grill, Triangle Birth Network, UNC Department of Family Medicine – Maternal and Child Health – Barbara A. Hotelling, BSN, NP, and Women's Birth & Wellness Center.

North Carolina Friends of Midwives is a grassroots organization of midwife advocates dedicated to promoting, supporting, and protecting midwifery in North Carolina. For more information on the walk, visit: [www.WalkforMomsandMidwives.com](http://www.WalkforMomsandMidwives.com).

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