

### **Background**

Every year approximately 500,000 babies are born in California,<sup>1</sup> and 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)<sup>3</sup> 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.

In 2015, the California Health and Human Services Agency began recognizing hospitals that meet the 23.9% statewide target of c-sections for low-risk births through its Maternity Honor Roll. This year's award reflects calendar year 2020 hospital discharge and birth certificate data from 208 California hospitals that offer maternity services and participate in the California Maternal Quality Care Collaborative's Maternal Data Center (CMQCC's MDC).

- The 2021 Maternity Honor Roll recognizes 124 hospitals that met or surpassed the statewide target aimed at reducing births via c-section in first-time mothers with low-risk pregnancies.
- The 124 hospitals represent 60% of all 208 hospitals that offer maternity services and participate in CMQCC's MDC. The number of hospitals earning Honor Roll status has increased each year since 2015: 141 earned the Honor Roll in 2020, 134 in 2019; 122 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 124 hospitals recognized in 2021, 50 have achieved Honor Roll status five years running.
- Over the past six years, California hospitals have made steady improvement in low-risk c-section rates. As a result of this improvement, an estimated 30,256 low-risk C-sections were avoided during this seven-year period, from 2013 to 2020.
- 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 10% to more than 35%, indicating potential for further improvement
- 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.

## About the 2021 California Maternity Honor Roll

- 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 the California Health Care Foundation 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 multiple languages, including print materials and four, short, animated videos that educate women about c-sections and encourage them to share their birth preferences.
- Starting with the 2022 Maternity Honor Roll, CHC will change the NTSV C-section rate threshold for honor roll hospitals from 23.9% to 23.6% to align with the [Healthy People 2030 goals](#).

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<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](#)

## 2021 Maternity Honor Roll Hospitals

Hospital Name	City
Doctors Hospital of Manteca	Manteca
Santa Paula Hospital	Santa Paula
Barton Memorial Hospital	South Lake Tahoe
Martin Luther King, Jr. Community Hospital	Los Angeles
Sutter Davis Hospital	Davis
Northern Inyo Hospital	Bishop
Banner Lassen Medical Center	Susanville
St. Louise Regional Hospital	Gilroy
San Joaquin General Hospital	French Camp
Hemet Valley Medical Center	Hemet
Marin General Hospital	Greenbrae
Highland Hospital	Oakland
Adventist Health Clear Lake	Clearlake
Adventist Health Ukiah Valley	Ukiah
Desert Valley Hospital	Victorville
Scripps Memorial Hospital - Encinitas	Encinitas
Riverside University Health Systems	Moreno Valley
Tri-City Medical Center	Oceanside
Zuckerberg San Francisco General Hospital and Trauma Center	San Francisco
Sutter Lakeside Hospital	Lakeport
Emanuel Medical Center	Turlock
Contra Costa Regional Medical Center	Martinez
Memorial Hospital Los Banos	Los Banos
St. Bernardine Medical Center	San Bernardino
Ventura County Medical Center	Ventura
Eden Medical Center	Castro Valley
Memorial Medical Center	Modesto
Providence Little Company of Mary Medical Center Torrance	Torrance
Kaiser Permanente Redwood City Medical Center	Redwood City
Santa Clara Valley Medical Center	San Jose
Sutter Delta Medical Center	Antioch
Twin Cities Community Hospital	Templeton
Alta Bates Summit Medical Center - Alta Bates Campus	Berkeley
Kaiser Permanente Santa Rosa Medical Center	Santa Rosa
Arrowhead Regional Medical Center	Colton
Kaiser Permanente South Sacramento Medical Center	Sacramento
Orange County Global Medical Center	Santa Ana
Santa Barbara Cottage Hospital	Santa Barbara
St. Jude Medical Center	Fullerton
PIH Health Hospital - Whittier	Whittier
Corona Regional Medical Center	Corona
Madera Community Hospital	Madera

## 2021 Maternity Honor Roll Hospitals

California Pacific Medical Center - Mission Bernal Campus	San Francisco
Kaiser Permanente West Los Angeles Medical Center	Los Angeles
Bakersfield Memorial Hospital	Bakersfield
Palomar Medical Center Escondido	Escondido
Scripps Mercy Hospital - Chula Vista	Chula Vista
Adventist Health Bakersfield	Bakersfield
Kaiser Permanente Roseville Medical Center	Roseville
Northridge Hospital Medical Center	Northridge
Henry Mayo Newhall Hospital	Valencia
Pomona Valley Hospital Medical Center	Pomona
Community Memorial Hospital	Ventura
Desert Regional Medical Center	Palm Springs
Sharp Grossmont Hospital	La Mesa
St. Mary Medical Center - Apple Valley	Apple Valley
UCLA Medical Center - Santa Monica	Santa Monica
Kaiser Permanente Orange County - Anaheim Medical Center	Anaheim
Valley Presbyterian Hospital	Van Nuys
AHMC Anaheim Regional Medical Center	Anaheim
Community Hospital of San Bernardino	San Bernardino
Kaiser Permanente San Jose Medical Center	San Jose
Mercy Medical Center Redding	Redding
Watsonville Community Hospital	Watsonville
Kaiser Permanente Vacaville Medical Center	Vacaville
Mad River Community Hospital	Arcata
St. Francis Medical Center	Lynwood
St. Mary Medical Center Long Beach	Long Beach
El Camino Hospital Los Gatos	Los Gatos
Salinas Valley Memorial Healthcare System	Salinas
Loma Linda University Children's Hospital	Loma Linda
St. Elizabeth Community Hospital	Red Bluff
Adventist Health Simi Valley	Simi Valley
Montclair Hospital Medical Center	Montclair
Kaiser Permanente Downey Medical Center	Downey
Kaiser Permanente Panorama City Medical Center	Panorama City
Scripps Mercy Hospital	San Diego
St. Joseph Hospital, Orange	Orange
Kaiser Permanente Antioch Medical Center	Antioch
Kaiser Permanente Fontana Medical Center	Fontana
Kaiser Permanente Riverside Medical Center	Riverside
Queen of the Valley Medical Center	Napa
Ridgecrest Regional Hospital	Ridgecrest
Mills-Peninsula Medical Center	Burlingame

## 2021 Maternity Honor Roll Hospitals

Garfield Medical Center		Monterey Park
Sutter Coast Hospital		Crescent City
Sutter Solano Medical Center		Vallejo
Sutter Medical Center - Sacramento		Sacramento
Kaiser Permanente Moreno Valley Medical Center		Moreno Valley
Kaiser Permanente Vallejo Medical Center		Vallejo
Doctors Medical Center of Modesto		Modesto
Mission Hospital - Mission Viejo		Mission Viejo
Providence Tarzana Medical Center		Tarzana
UC Irvine Health		Orange
UCSF Mission Bay/ Betty Irene Moore Women's Hospital		San Francisco
Doctors Hospital of Riverside		Riverside
Sutter Tracy Community Hospital		Tracy
Kaiser Permanente Santa Clara Medical Center		Santa Clara
LAC+USC Medical Center		Los Angeles
California Pacific Medical Center - Van Ness Campus		San Francisco
Community Regional Medical Center		Fresno
Kaiser Permanente Baldwin Park Medical Center		Baldwin Park
Mercy San Juan Medical Center		Carmichael
San Gabriel Valley Medical Center		San Gabriel
Mercy Medical Center Merced		Merced
Woodland Healthcare		Woodland
Mercy Hospitals Southwest		Bakersfield
Natividad Medical Center		Salinas
Rancho Springs Medical Center		Murrieta
California Hospital Medical Center		Los Angeles
Community Hospital of the Monterey Peninsula		Monterey
MemorialCare	Long Beach Medical Center	Long Beach
	Miller Children's and Women's Hospital	Long Beach
Huntington Hospital		Pasadena
Lucile Packard Children's Hospital Stanford		Palo Alto
NorthBay Medical Center		Fairfield
Sutter Maternity & Surgery Center of Santa Cruz		Santa Cruz
Kaiser Permanente San Diego		San Diego
St. Joseph's Medical Center - Stockton		Stockton
Kaiser Permanente Orange County - Irvine Medical Center		Irvine
Sutter Roseville Medical Center		Roseville
Hoag Memorial Hospital Presbyterian		Newport Beach
Loma Linda University Medical Center - Murrieta		Murrieta
Redlands Community Hospital		Redlands
UC San Diego Health	Hillcrest, UC San Diego Medical Center	San Diego
	LA Jolla, Jacobs Medical Center, and Sulpizio Cardiovascular Center	La Jolla