All places of birth carry risks and benefits. Given that there is no risk-free birth setting, the National Academies of Sciences, Engineering, and Medicine (NASEM) committee recognized a birthing person’s right to choose where and with whom they give birth.

### MATERNAL OUTCOMES
All available research finds that birth in community settings (planned home or birth center) carries **reduced risks for the person giving birth**.

#### MATERNAL SAFETY
People who birth in community settings have **lower rates of intervention-related maternal morbidities**, such as infection and genital-tract trauma.

#### EXPERIENCE OF CARE
Those who birth in community experience **less mistreatment and disrespectful care**.

#### INTERVENTIONS
People who birth in community settings have **fewer cesareans, labor inductions, augmentation of labor, and episiotomies**.

#### SATISFACTION
Families supported in choosing the birth setting of their choice typically have the **highest satisfaction**.

### INFANT OUTCOMES
Based on data with significant limitations, **hospital settings appear to have fewer risks for infant safety**.

More research needed on **INFANT SAFETY**

Current research either shows **a small increase in relative risk of a neonatal death or no difference**, depending on whether the data was gathered in birth certificates or registry, and the risk profile of the person giving birth.

#### LACTATION
Infants born in the community setting are **more likely to receive human milk**, which carries lifelong health benefits for nursing parents and babies.

### INDIVIDUAL FAMILIES MAKE CHOICES
Based on their values and preferences.

Every family wants a safe birth. Every family has the right to balance the priorities and values that matter most to their unique circumstances, including care that is:

#### SAFE
Care that prioritizes both **physical and psychosocial safety**.

#### EQUITABLE
Care that reduces the impact of racism/support for cultural needs.

#### EFFECTIVE
Care that is **appropriate for their condition and timely**.

#### RESPECTFUL
Care that is **respectful and responsive to individual choices**.

#### AFFORDABLE
Care that is **high quality and affordable**.

---