

JOINT RESOLUTION NO. 3

A JOINT RESOLUTION designating March 22 to March 28 of each year as “Doula Appreciation Week” in New Jersey.

WHEREAS, Doulas are trained professionals who provide continuous physical, emotional, and informational support to mothers before, during, and shortly after childbirth; and

WHEREAS, Thousands of doulas are currently practicing in more than 50 countries worldwide, including in all 50 U.S. states; and

WHEREAS, Leading professional societies such as the American College of Obstetrics and Gynecology, the Society for Maternal-Fetal Medicine, and agencies including the federal Centers for Disease Control and Prevention, the federal Health Resources and Services Administration, and the federal Centers for Medicare and Medicaid Services have recognized the well-established benefits of doula services; and

WHEREAS, Research has demonstrated that support from a doula is associated with lower cesarean section rates, fewer obstetric interventions, fewer complications during and after childbirth, decreased use of pain medication, shorter labor hours, and higher scores on the APGAR test, which indicates how well the baby is doing outside the womb; and

WHEREAS, Since 2011, World Doula Week has taken place annually from March 22 to March 28 to empower doulas all over the world to improve the physiological, social, emotional, and psychological health of women, newborns, and families in birth and in the postpartum period; and

WHEREAS, It is altogether fitting and proper, and within the public interest, to designate March 22 to March 28 of each year as “Doula Appreciation Week” in New Jersey and to encourage the citizens of this State to join the observance of this week and express appreciation for the doulas who provide support to mothers in this State; now, therefore,

BE IT RESOLVED *by the Senate and General Assembly of the State of New Jersey:*

C.36:2-346 “Doula Appreciation Week,” March 22 to March 28; designated.

1. March 22 to March 28 of each year shall be designated “Doula Appreciation Week” in New Jersey.

C.36:2-347 Annual observance.

2. The Governor is respectfully requested to annually issue a proclamation calling upon public officials and citizens of this State to observe “Doula Appreciation Week” with appropriate activities and programs.

3. This joint resolution shall take effect immediately.

Approved March 28, 2019.