

Better Birthing In Bim Registered Charity # 1144

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Better Birthing in Bim - about us

We are in the midst of very important times. Awareness is spreading on issues that affect us all, women and children's rights, environmental concerns, and the alarming worldwide increase in Non communicable Diseases (NCD's) are just a few.

Better Birthing In Bim is a charity that is creating a national movement towards positive change in childbirth.



Established by a group of concerned individuals and health professionals in October 2014, we feel a certain sense of urgency is needed in addressing how very medicalized birth has become, with cesarean section rates now well above that stated by the WHO to be safe or optimum, in most industrialized nations.

New research is indicating a shocking correlation between routine practices in how we now give birth (elevated cesarean sections) and the growing rate of NCD's.

Birthing has become more and more like a medical procedure that many women are afraid to go through, and less like the natural empowering and life affirming experience it is intended to be.

The World Health Organization (WHO) states that optimal/safe rates for caesarean section are 5-15% but rates in Barbados are currently upwards of 24 %, In the U.S. it is 30-50% and in Brazil rates reach 95% in some private practices. Cesarean births are obviously a necessary life-saving procedure but the disparity reflected in these statistics is a clear indication that the majority could be avoided.

Better Birthing in Bim aims to facilitate public awareness and discussion about these concerns. We feel that these statistics are far too important to be ignored or overlooked, particularly in view of the possible correlation with NCD's.

One of Better Birthing in Bims' aims is to act as a resource of evidence based maternity care information both on and offline, with a view to increasing public awareness on how routine interventions and cesareans can be safely lowered. This should result in the best outcomes for mother, baby, the family and the nation.

We are returning the elements of love, trust and respect back to childbirth, with full knowledge that the process of birth **IS** important for the health of all humankind.