

2025 ACNM BENCHMARKING BEST PRACTICES

How do you become a “best practice”?

Best practices are named based on the data reported by the practice being one of the top three practices in that category. The purpose of naming “best practice” is to recognize practices that are performing well. Perhaps more importantly, it gives ACNM members the opportunity to know which practices to contact to discuss how to improve performance. By networking with “best practices”, you can learn how to modify your practice processes to achieve better outcomes on quality indicators.

To provide a fair comparison, practices are compared based on practice volume by number of births per year: Low: ≤ 50 , Low Moderate: 51 -199, High Moderate: 200-499, High: ≥ 500 births/ year.

Note: For some volume groups, it is impossible to determine best practice for certain indicators. In the low-volume group there are many practices achieving 100% breastfeeding rates and 0% cesarean birth rates.

How do I know which indicator to select for improvement?

When looking at the benchmarking report, the outcomes should fall within the appropriate range of colleagues in similar volume practices. For example, if your practice is above the 75th percentile of your comparison group in episiotomy, there is a practice variance that suggests need for improvement. This indicates overuse of the procedure when compared to midwifery practices attending a similar number of births/year. Similarly, if your practice is within the lowest 25% of your cohort in spontaneous vaginal birth or breastfeeding, the data suggests an opportunity to improve performance. The ACNM Division of Standards and Practice, Quality Section functions to support quality improvement activities of ACNM member practices.

Please note- there are mixed risk status and mixed models within EVERY “best practice” category (e.g. high volume birth centers and low volume, high risk practices). Please avoid the initial temptation to assume “my practice” is different or unique. By contacting best practices, you may find that there is a similar practice achieving better outcomes.

Congratulations to the 2025 ACNM Best Practices!

Labor and Birth Outcomes

Variable	Low Volume ≤ 50 births/year (n=11)	Low Moderate Volume 51 -199 births/year (n=30)	High Moderate Volume 200-499 births/year (n=44)	High Volume ≥ 500 births/year (n=62)
Spontaneous Vaginal Birth Rate	<i>No Best Practice</i>	•Mt. Eaton Midwifery •MidwifeSunday Wellness & Birth Center •Family Birth & Women's Health	•Twin Cities Birth Center •Estrella Midwifery •Beginnings Birth Center	•CMG Women's Center •Providence Medical Group Women's Services Everett •Wren Obstetrics, Midwifery & Gynecology
Primary Cesarean Rate	<i>No Best Practice</i>	<i>No Best Practice</i>	•Beginnings Birth Center •Estrella Midwifery •Mountain Miracles Midwifery	•CMG Women's Center •Providence Medical Group Women's Services Everett •University Nurse-Midwives
VBAC Success Rate	<i>No Best Practice</i>	<i>No Best Practice</i>	<i>No Best Practice</i>	•Mayo Clinic Health System- Eau Claire •Mayo Clinic Health System-La Crosse •CMG Women's Center
Rate of Cesarean Birth among Nulliparous women with a Term, Singleton baby in a Vertex position (NTSV)	<i>No Best Practice</i>	•Holistic Heritage Homebirth •Family Birth & Women's Health •Mt. Eaton Midwifery	•Twin Cities Birth Center •Estrella Midwifery •Beginnings Birth Center	•CMG Women's Center •University Nurse-Midwives •University of Rochester Midwifery Group

Rate of Postpartum Hemorrhage	• <i>No Best Practice</i>	•Lehigh Valley Health Network-Schuylkill •Fika Midwifery •Wichita Falls Birth & Wellness Center	•WMMC Women's Health Center •Estrella Midwifery •Southridge Midwives	•Lehigh Valley Health Network-Pocono •Midwives at Magee •Oakland Macomb OB-GYN
<i>No Best Practice:</i> Unable to establish a “Best Practice” as all practices in the birth volume sub-category reported “0” or 100% per the variable.				

Perineal Outcomes				
Variable	Low Volume ≤ 50 births/year (n=11)	Low Moderate Volume 51 -199 births/year (n=30)	High Moderate Volume 200-499 births/year (n=44)	High Volume ≥ 500 births/year (n=62)
Rate of women with intact perineum (perineum is intact or only small laceration(s) not requiring repair)	•Full Circle Wellness & Birth Center •Prattville Midwifery •Graceful Beginnings Midwifery	•Bravely Women's Health •MidwifeSunday Wellness & Birth Center •Black Hills Midwifery	•Mountain Miracles Midwifery •Providence Women's Clinic Portland •Gifford OB-GYN	•UNC Midwives •Capital Region Midwifery •Bronson Obstetrics, Gynecology and Midwifery Specialists
Rate of episiotomies	<i>No Best Practice</i>	<i>No Best Practice</i>	<i>No Best Practice</i>	•Aurora UW Medical Group Midwifery & Wellness Center •Wren Obstetrics, Midwifery & Gynecology •University Nurse-Midwives (Colorado)
3rd or 4th degree laceration rate	<i>No Best Practice</i>	<i>No Best Practice</i>	•Estrella Midwifery •Kansas City Women's Clinic •Advocate Illinois Masonic Medical Center Nurse-Midwives	•Wren Obstetrics, Midwifery & Gynecology •Texas Health Nurse-Midwife Care •CMG Women's Center
<i>No Best Practice:</i> Unable to establish a “Best Practice” as all practices in the birth volume sub-category reported “0” or 100% per the variable.				

Infant Outcomes

Variable	Low Volume ≤ 50 births/year (n=11)	Low Moderate Volume 51 -199 births/year (n=30)	High Moderate Volume 200-499 births/year (n=44)	High Volume ≥ 500 births/year (n=62)
Preterm Birth Rate (infants from a singleton birth born at less than 37weeks gestation)	<i>No Best Practice</i>	<i>No Best Practice</i>	•CU Center for Midwifery Lone Tree •Twin Cities Birth Center •Midwives at VCU Health	•Park Nicollet-Methodist •Oakland Macomb OB/GYN •Mercy Birthing Center
Rate of Low Birth Weight (infants from a singleton birth born weighing less than 2500 grams)	<i>No Best Practice</i>	<i>No Best Practice</i>	•Twin Cities Birth Center •Natural Beginnings Birth and Wellness •New Horizons Women’s Care	•Legacy Medical Group- Midwifery at Emanuel •Lehigh Health Network Cedar Crest •Oakland Macomb OB/GYN
Rate of NICU Admissions of infants born from a singleton birth. (any admission to a level 2 or level 3 nursery for any length of time)	<i>No Best Practice</i>	•MidwifeSunday Wellness and Birth Center •TN Deliveries •Fika Midwifery	•Estrella Midwifery •Mountain Miracles Midwifery •Natural Beginnings Birth and Wellness	•Lehigh Valley Health Network- Cedar Crest •UMHS Nurse-Midwifery Service •Oakland Macomb OB/GYN
Exclusive Breastfeeding Rate first 48 hours	<i>No Best Practice</i>	<i>No Best Practice</i>	•Women OB •Twin Cities Birth Center •Minnesota Birth Center	•UNC Midwives •Oregon Health &Science University Nurse-Midwives •LMG Midwifery

Postpartum Outcomes

Variable	Low Volume ≤ 50 births/year (n=11)	Low Moderate Volume 51 -199 births/year (n=30)	High Moderate Volume 200-499 births/year (n=44)	High Volume ≥ 500 births/year (n=62)
Rate of Women who Attended their 6 week Postpartum Visit.	<i>No Best Practice</i>	<i>No Best Practice</i>	•Gentle Birth Care, Inc. •Beginnings Birth Center •Women OB	•Vanderbilt School of Nursing Nurse Faculty Midwives •CMG Women's Center •Bronson Obstetrics, Gynecology and Midwifery Specialists
Rate of Women Breastfeeding at their 6week Postpartum Visit.	<i>No Best Practice</i>	<i>No Best Practice</i>	•Gentle Birth Care, Inc. •Mountain Miracles Midwifery •Minnesota Birth Center	•Midwifery Center at TMC El Rio Health •Park Slope Midwives •Vanderbilt School of Nursing Nurse Faculty Midwives

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Resource Utilization Outcomes				
Variable	Low Volume ≤ 50 births/year (n=11)	Low Moderate Volume 51 -199 births/year (n=30)	High Moderate Volume 200-499 births/year (n=44)	High Volume ≥ 500 births/year (n=62)
Rate of Inductions	<i>No Best Practice</i>	<i>No Best Practice</i>	•Beginnings Birth Center •Mountain Miracles Midwifery •Estrella Midwifery	•Mercy Birthing Center •Lehigh Valley Health Network-Pocono •Park Slope Midwives
Rate of epidurals used for pain relief during labor (not including epidurals placed only for anesthesia for operative delivery)	•Graceful Beginnings Midwifery •Charlottesville Midwifery •Full Circle Wellness & Birth Center	•Black Hills Midwifery •MidwifeSunday Wellness and Birth Center •Birth Center of Denver	•Twin Cities Birth Center •Natural Beginnings Birth and Wellness •Mountain Miracles Midwifery	•Mercy Birthing Center •Capital Region Midwifery •Vanderbilt School of Nursing Faculty Midwives
<i>No Best Practice:</i> Unable to establish a “Best Practice” as all practices in the birth volume sub-category reported “0” or 100% per the variable.				