

From the California WIC Association Flash e-Newsletter, July 19, 2016:

Episiotomies Still Performed at Troubling Rates at Some Hospitals

Episiotomies [were once a routine procedure](#) during childbirth (used in more than 60 percent of births in the U.S. at one time), but have been discouraged for at least a decade; in 2006, the American College of Obstetricians and Gynecologists (ACOG) recommended [against the routine use of episiotomy](#), and in 2008, the [National Quality Forum](#) also endorsed [limiting the routine use](#) of episiotomies.

As a result, the use of episiotomies has dropped significantly across the country, yet they are still performed at much higher than recommended rates by certain doctors and in certain hospitals. While the majority of California's hospitals now have episiotomy rates under 10 percent, the technique's use at individual hospitals can be five or six times as high. Some hospitals in the southern California area have episiotomy rates as high as 30-60 percent. By contrast, Kaiser, through a peer-education program among their OBGYNs, has reduced their rate to about 3 percent.