

2026

Biennial Report on the Status of Doulas

August 31, 2026

Executive summary

Oregon has covered doula services through the Oregon Health Plan (OHP) since 2014. Doulas provide non-medical physical, emotional and informational support during pregnancy, birth and the postpartum period. Oregon has since made changes intended to expand access, including increasing reimbursement, simplifying billing requirements and strengthening support for the doula workforce.

The 2026 Biennial Report on the Status of Doulas is the first report required under ORS 414.671. It establishes a baseline for Oregon's registered doula workforce, use of the OHP doula benefit, implementation, equitable access and birth outcomes. The report draws on OHP and Traditional Health Worker (THW) Registry data, previous Oregon reports and studies, and input from Oregon doulas and the Traditional Health Worker (THW) Commission.



Key findings

Oregon's registered doula workforce and use of the OHP benefit have grown substantially. New birth doula certifications increased from 22 in 2022 to 236 in 2025, and 581 birth doulas were listed on the THW Registry as of July 2026. The percentage of OHP members with a delivery who had a doula service billed increased from 0.6 percent in 2020 to 14.8 percent in 2025.

Available information about the characteristics of the registered workforce is limited. Among THW Registry records, 85.9 percent of birth doulas listed English and 26 percent listed Spanish. Race and ethnicity information is missing for 92.4 percent, limiting what can be reported about the racial and ethnic composition of the workforce.

More doula claims are being submitted and reimbursed, although challenges remain. Claims submitted to OHP increased from 181 in 2020 to 9,135 in 2025, while the percentage reimbursed increased from 74.6 percent to 91.6 percent. However, doulas continue to report challenges with credentialing, different billing requirements, correcting claims and getting help when problems occur.

Growth in the THW Registry does not necessarily mean doula services are available to all OHP members who want them. The number of unique doulas that submitted claims for reimbursement increased from 37 in 2020 to 309 in 2025. However, the THW Registry does not show how many of the 581 doulas are actively practicing, serving OHP members or their capacity to take clients.

Training, mentorship and administrative support can help doulas participate in OHP. As of 2026, OHA identified 10 approved birth doula training programs, including two offering training in Spanish. Access to training is uneven across the state. Mentorship, peer support, doula hubs, Coordinated Care Organizations (CCO) THW liaisons and other supports can help doulas move from training and certification into practice and navigate OHP requirements.

Available information cannot show whether OHP members can access doulas who meet their cultural, language and geographic needs. Oregon law supports access to culturally and linguistically responsive doula services, including services from a member's community when available. Doulas and previous reports emphasize the value of care that reflects a member's language, culture, community or lived experience, but limitations in workforce information make it difficult to determine where gaps remain.

Available birth outcome data provides an initial baseline. In 2025, cesarean births made up 24.5 percent of OHP births with billed doula services and 29.9 percent without. NICU stays were similar between the groups: 2.5 percent with billed doula services and 2.3 percent without. These data show differences between the groups, but they cannot tell us whether doula services caused those differences.

Recommendations on achieving cultural specificity goals for doula services

ORS 414.671 requires recommendations on achieving cultural specificity goals for doula services. Findings from this report support three priorities:

- Expand access to culturally specific and multilingual doula training, mentorship and workforce support, particularly in communities where these opportunities are limited.
- Support community-based organizations that recruit, train, mentor and support doulas from the communities they serve.
- Reduce geographic and financial barriers that may limit doulas from culturally and linguistically specific communities from entering and participating in the OHP doula workforce.

Looking ahead

This first biennial report establishes a baseline as Oregon's OHP doula benefit continues to develop. Future reports may provide opportunities to better understand the active OHP doula workforce and its capacity to meet community needs, learn from implementation across CCOs and communities, and examine OHP member experiences and birth outcomes in relation to doula services over time. Recent legislative changes under Senate Bill 692 (2025) and Senate Bill 1568 (2026) are still being implemented, and future reports can help show how these changes are working in practice.

This document is the executive summary of the 2026 Biennial Report on the Status of Doulas report to the Legislature. [The full report is available online.](#)

Other formats and languages

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200-1849150b_26 (09/2026)