



## \*\*\*NEWS RELEASE\*\*\*

**FOR IMMEDIATE RELEASE**

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### **UNIVERSITY HOSPITAL NAMED ONE OF THE BEST MATERNITY HOSPITALS IN THE COUNTRY BY NEWSWEEK MAGAZINE**

*List Recognizes Hospitals That Have Excelled in Providing Quality Care to Mothers, Newborns and their Families, according to 2020 Leapfrog Hospital Survey*

**NEWARK, N.J.** — For the first time, University Hospital, located in Newark, New Jersey, was designated as one of *Newsweek's* Best Maternity Care Hospitals 2021. The list was posted online this morning and will appear in print later this month. This distinction, which recognizes hospitals that have excelled in providing quality care to mothers, newborns and their families, as measured in part by the 2020 Leapfrog Hospital Survey, is part of *Newsweek's* Best Health Care series and powered by data from The Leapfrog Group.

Approximately 1,600 babies are born each year at University Hospital, an average of more than four births per day. In addition to the number of births, the Hospital hosts more than 24,000 prenatal patient visits per year and has a staff of 30 board-certified physicians from Rutgers New Jersey Medical School and experienced labor and delivery registered nurses serving new mothers, babies, and their families.

University Hospital proudly ranks among the lowest Cesarean-section rates of all hospitals in New Jersey, has the most successful rates of Vaginal Birth after Cesarean (VBAC), in addition to having one of lowest episiotomy rates in the state. Also, University Hospital is the first and only hospital in Essex County to be designated as a Baby Friendly Hospital by Baby-Friendly USA, a global program of the World Health Organization and UNICEF. The program encourages mothers to nourish newborns with breast milk and promotes a rooming-in policy where babies can spend most of the time in moms' hospital rooms to increase skin to skin contact, which is very important for the baby. This provides for ease of access to the baby for breastfeeding and promotes skin-to-skin contact.

University Hospital's Regional Perinatal Center is well known for handling some of the state's most complicated pregnancies and medically fragile newborns. The Center offers ancillary services such as counseling for women with chronic health conditions, evaluation and prevention for moms at high risk for pre-term births, and care for pregnant women with significant high-risk medical problems like hypertension, heart disease, immunodeficiency conditions, substance use disorder, and diabetes.

“Being included on *Newsweek's* Best Maternity Care Hospitals list is quite a testament to our doctors, nurses and maternity staff, who work so hard to make sure every mother and newborn

baby receives outstanding care,” said **Shereef Elnahal, MD, MBA, President and CEO of University Hospital**. “Throughout 2020, urban hospitals that serve majority-minority communities have faced serious challenges in so many areas. At the same time, our maternity program has thrived and continued to serve expectant mothers throughout the public health emergency with high quality care. Our community values the fact that University Hospital is a safe and welcoming space for childbirth, and a safe destination for the essential care expectant mothers need leading up to the birth of their child and postpartum.”

“The fact that we deliver healthy, beautiful babies with superb outcomes that exceed national benchmarks, truly illustrates that our interdisciplinary teams of doctors and nurses are committed to providing the highest level of care with a focus on the individual needs of our moms and babies,” said **Lisa Gittens-Wiliams, MD, Director of Obstetrics at University Hospital and Professor of Obstetrics, Gynecology and Reproductive Health at Rutgers New Jersey Medical School**. **Mark Einstein, MD, MS, Chief of Service Obstetrics and Gynecology at University Hospital** adds, “Being included on *Newsweek's* Best Maternity Care Hospitals is a gratifying honor and testament to the dedication and commitment of each member of our team. Even more satisfying is seeing one beautiful, healthy baby after another leaving University Hospital after their safe birth.”

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### **About University Hospital**

University Hospital is one of the nation’s leading academic medical centers and is the Level 1 Trauma Center for Northern New Jersey. Located at University Heights in Newark, University Hospital is a principal teaching hospital of Rutgers New Jersey Medical School and a regional resource for advanced services across many medical specialties. For more information about University Hospital, please visit [www.uhnj.org](http://www.uhnj.org).

### **About Rutgers New Jersey Medical School**

Founded in 1954, Rutgers New Jersey Medical School is the oldest school of medicine in the state. Today it is part of Rutgers, The State University of New Jersey and graduates approximately 170 physicians a year. In addition to providing the MD degree, the school offers MD/PhD, MD/MPH and MD/MBA degrees through collaborations with other institutions of higher education. Dedicated to excellence in education, research, clinical care and community outreach, the medical school comprises 20 academic departments and works with several healthcare partners, including its principal teaching hospital, University Hospital. Its faculty consists of numerous world-renowned scientists and many of the region’s “top doctors.” Home to the nation’s oldest student-run clinic, New Jersey Medical School hosts more than 50 centers and institutes, including the Public Health Research Institute Center, the Global Tuberculosis Institute and the Neurological Institute of New Jersey. For more information please visit: [njms.rutgers.edu](http://njms.rutgers.edu).

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