



MARCH OF DIMES PREMATURITY UPDATE

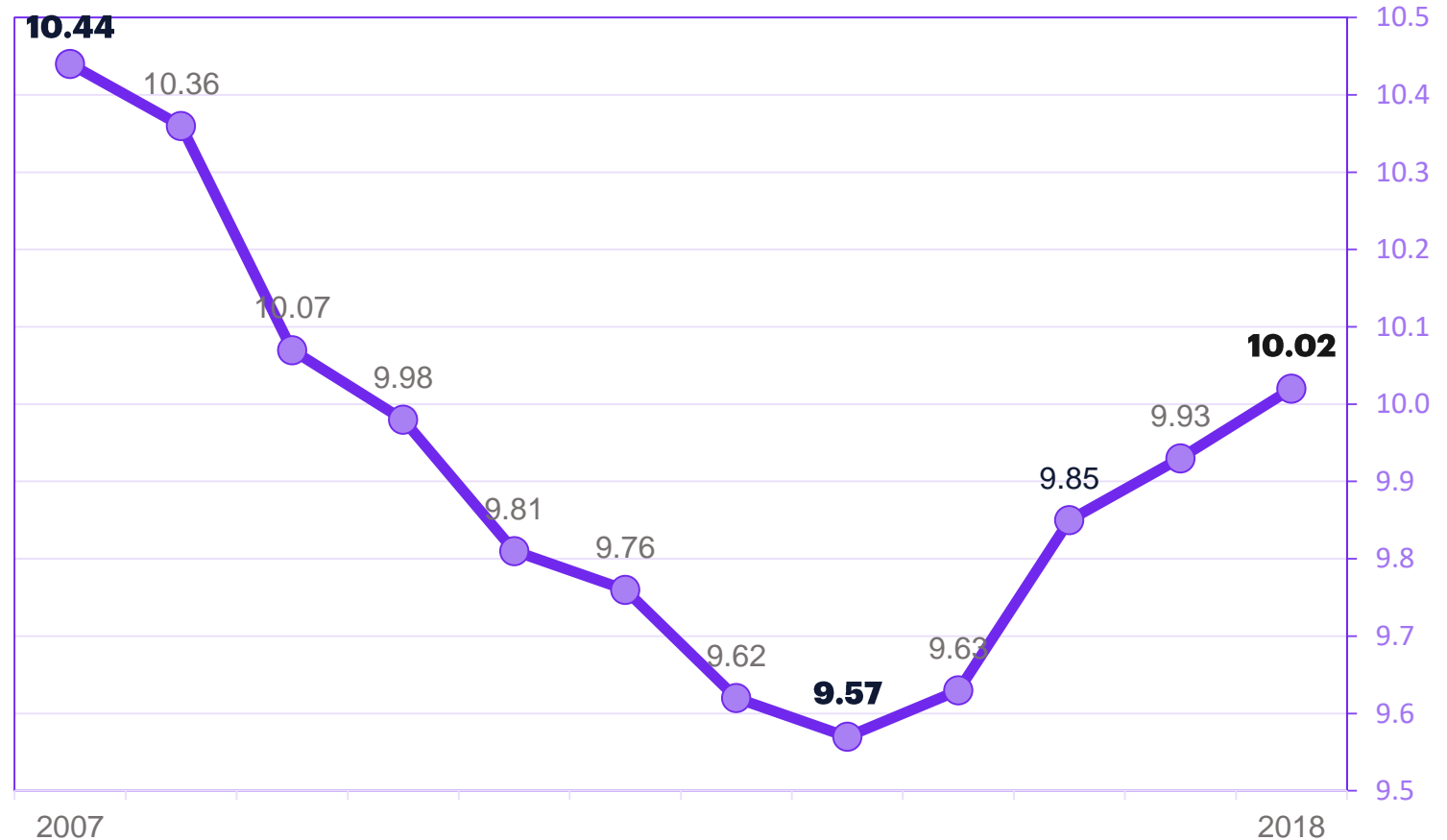
**MARTA BILLS, MPH
MCH DIRECTOR**

PREMATURITY: TRENDS AND IMPLICATIONS

The preterm birth rate increased in 2018, for the fourth year in a row

30 states have worse rates

7 “F” grades in 2019 Report Cards, up from 4 in 2018 Report Cards



Preterm birth rate, United States, 2007-2018

CA 2019 REPORT CARD

CALIFORNIA

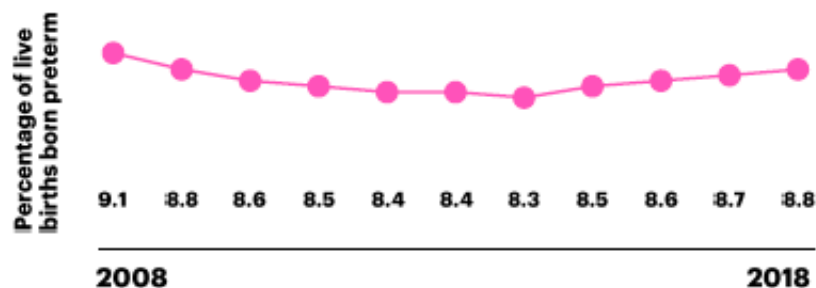
EMBARGOED UNTIL 11/04/2019

PREMATURITY GRADE

B

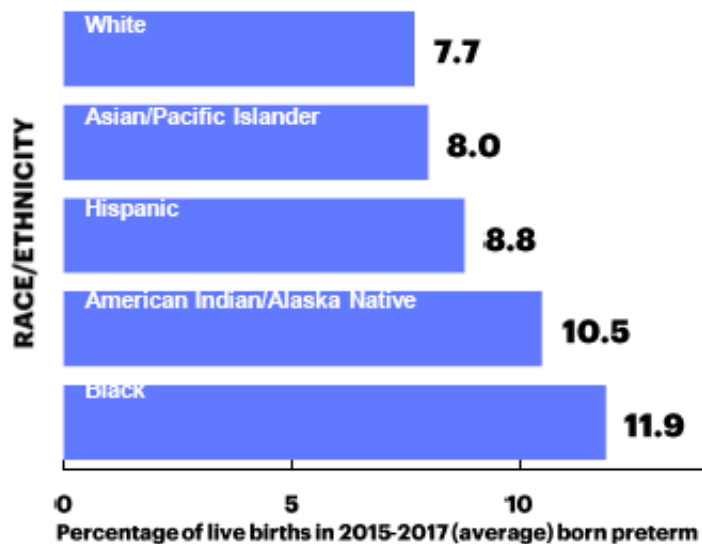
PRETERM BIRTH RATE

8.8%



PRETERM BIRTH RATE BY RACE AND ETHNICITY

The March of Dimes disparity ratio measures and tracks progress towards the elimination of racial/ethnic disparities in preterm birth. It's based on Healthy People 2020 methodology and compares the group with the lowest preterm birth rate to the average for all other groups. Progress is evaluated by comparing the current disparity ratio to a baseline disparity ratio. A lower disparity ratio is better, with a disparity ratio of 1 indicating no disparity.



In California, the preterm birth rate among black women is 43% higher than the rate among all other women.

DISPARITY RATIO:

1.28

CHANGE FROM BASELINE:

Worsened

CALIFORNIA COUNTIES

PRETERM BIRTH RATES BY COUNTIES AND CITY

COUNTY	GRADE	PRETERM BIRTH RATE	CHANGE IN RATE FROM LAST YEAR	COUNTY	GRADE	PRETERM BIRTH RATE	CHANGE FROM LAST YEAR
Alameda	B	8.7%	Worsened	San Bernardino	C+	9.3%	No change
Contra Costa	B	8.9%	Improved	San Diego	B+	8.4%	Improved
Fresno	B-	9.1%	Improved	San Francisco	A-	7.8%	Improved
Kern	C	9.9%	Worsened	San Joaquin	C-	10.1%	Worsened
Los Angeles	B-	9.0%	No change	San Mateo	A-	7.8%	Improved
Orange	A	7.5%	Improved	Santa Clara	B+	8.4%	Worsened
Riverside	B	8.8%	Worsened	Ventura	A-	7.9%	Worsened
Sacramento	B	8.9%	Worsened				

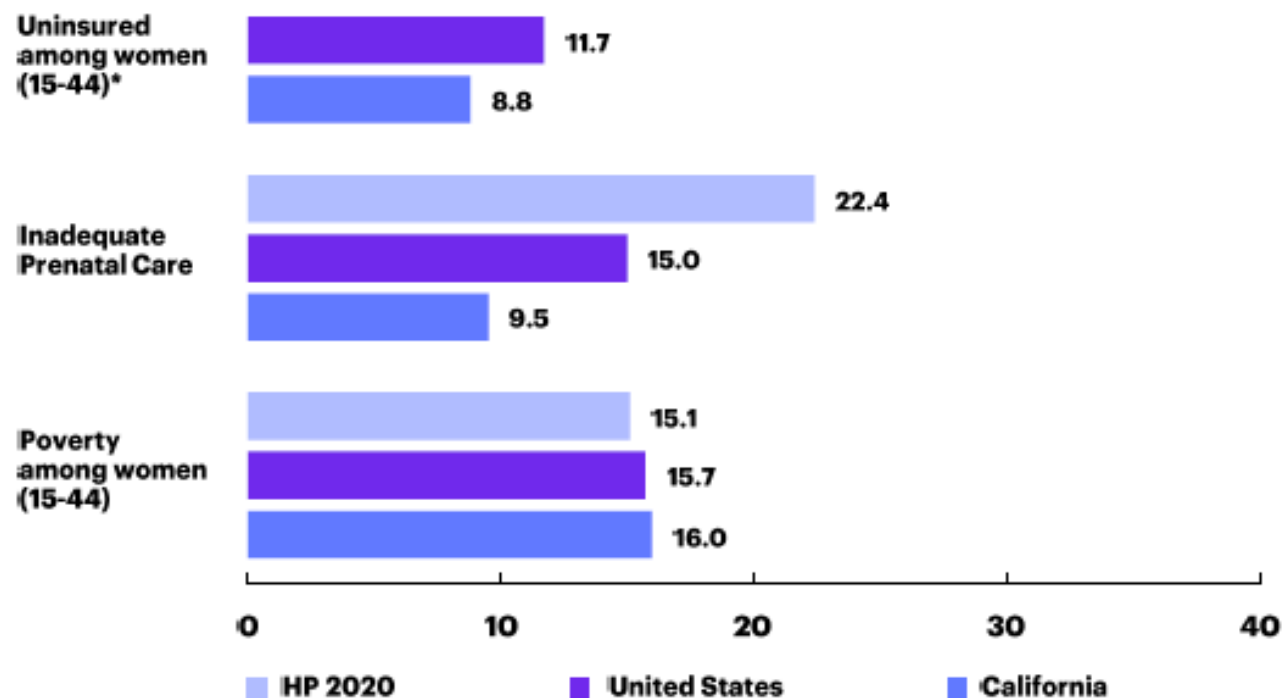
CITY	GRADE	PRETERM BIRTH RATE	CHANGE IN RATE FROM LAST YEAR
Los Angeles	C+	9.6%	Worsened

SOCIAL DETERMINANTS

CALIFORNIA MATERNAL AND INFANT HEALTH: CONTEXT AND ACTIONS

SELECTED SOCIAL DETERMINANTS OF HEALTH

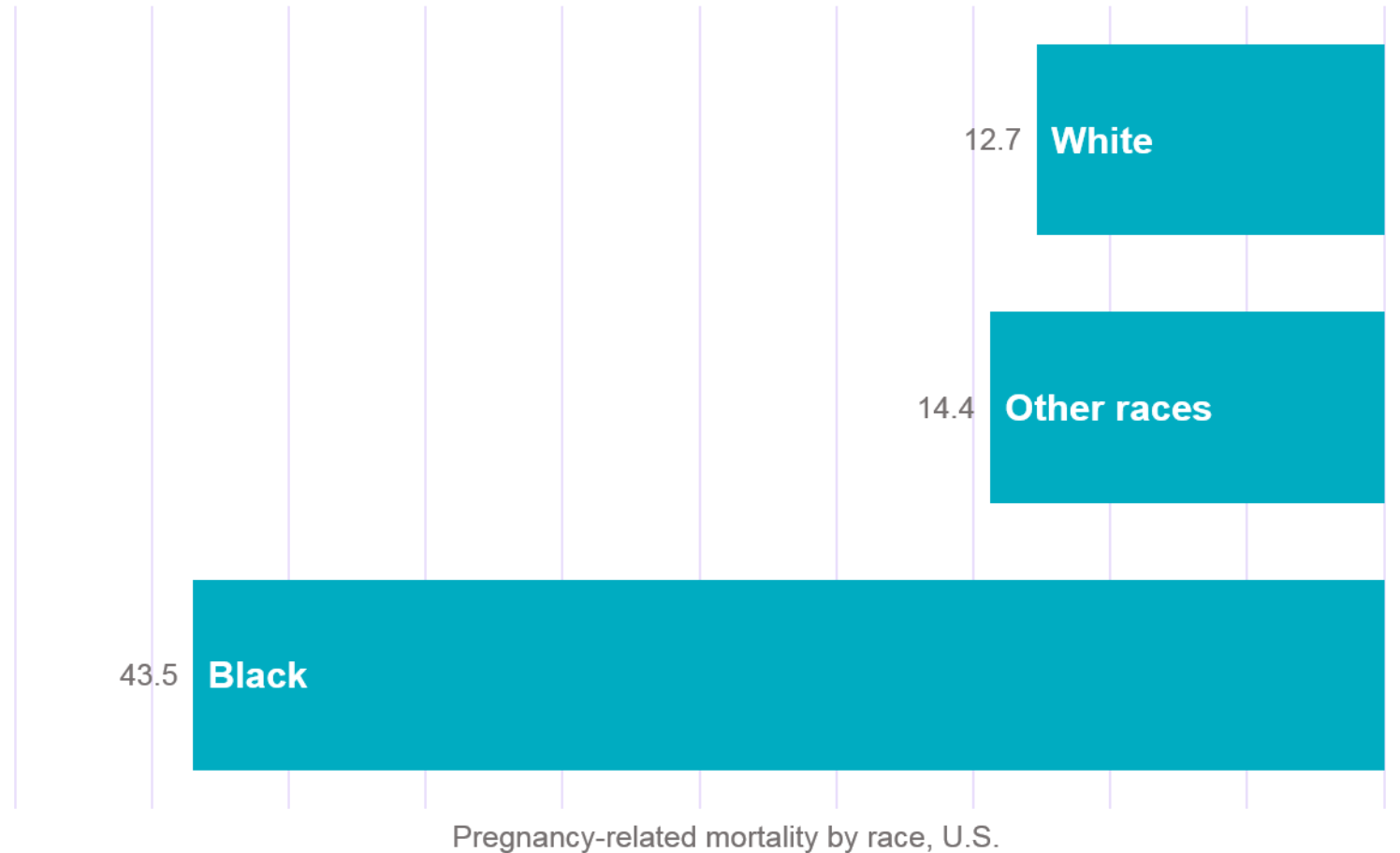
Our unequal society has negative consequences for health. Factors such as these are linked to adverse maternal and infant health outcomes overall. Many other structural factors and inequities influence the health of mothers and babies, especially for Black, American Indian and Alaska Native women. For example, income, health insurance status and prenatal care access are traditionally considered protective factors, but if they are held constant, racial and ethnic disparities persist. March of Dimes is collaborating with others to confront social and structural determinants of health, while identifying solutions that help alleviate the negative impacts of such inequities.



*The Healthy People 2020 goal is for all women (15-44) to be insured.

DISPARITIES IN MATERNAL DEATH

In this country black women have maternal death rates **over three times higher** than women of other races.



A Bold Vision for Moms and Babies

Healthy moms



End Preventable
Maternal Mortality and
Morbidity

Strong babies



End Preventable
Prematurity and Infant
Mortality

End the Equity Gap



MARCH OF DIMES...

SUPPORTS RESEARCH toward solutions that ensure every baby is born healthy.

ADVOCATES for policies that prioritize the health of moms and babies.

PROVIDES RESOURCES and programs to help moms before, during and after pregnancy.

EDUCATES medical professionals on known solutions to improve the care that moms and babies receive.

UNITES local communities across the nation through events and collaboratives.

PARTNERS with organizations and companies committed to helping moms and their families.



March of Dimes Resources for California Partners

- Patient and Consumer Education
- Professional Education
- Collaboratives, Resources and Care Models



Patient and Consumer Education



MARCH OF DIMES EDUCATIONAL RESOURCES

Website for before, during and after baby: marchofdimes.org and nacersano.org

News Moms Need Blog: newsmomsneed.marchofdimes.org and blog.nacersano.org

Free Apps: [My NICU Baby™ App](#)

Print Materials: marchofdimes.org/catalog

Healthy Babies, Healthy Business: www.marchofdimes/hbhb

MARCH OF DIMES HEALTH ACTION SHEETS

marchofdimes.org/professionals/information-for-your-patients.aspx

Share our bilingual health action sheets with your patients to help them have a healthy pregnancy and a healthy baby:

- Are progesterone shots right for you?
- Are you taking any of these prescription painkillers?
- Neonatal abstinence syndrome
- How long should you wait before getting pregnant again?
- Premature birth
- Low-dose aspirin to prevent preeclampsia and premature birth
- Signs and symptoms of preterm labor
- Zika and pregnancy fact sheet

BLOGS

FORUMS

GROUPS

GALLERIES


ABOUT


▼ MORE

MY NICU BABY APP


Answers, helpful tools and support at your fingertips


Today

 [Kabin90](#) and 8 others joined [Share Your Story](#).



🕒 20 hours ago

 [Giddy78](#) and 4 others joined the group [Profiles](#).



🕒 20 hours ago

 [Brock Larkan](#) in [Blogs](#)

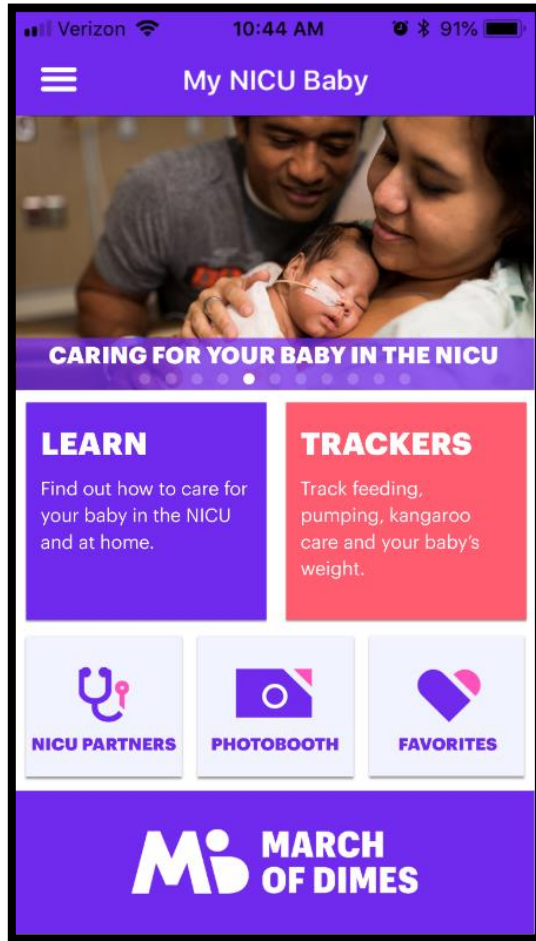
[My Birth](#)
Hello Everyone, My name is Brock, I have recently turned 17. However, I possibly could have

JOIN OUR COMMUNITY!

Join a supportive space where you can share your story, connect with others, and offer support to families with similar experiences – like journeys around infertility, to pregnancy, to the heartbreak of loss.

[Learn more](#)
[Community guidelines](#)

My NICU Baby™ App Free for your NICU moms!



Use the app to:

- Learn about caring for your baby in the NICU and at home through videos and text
- Track your baby's feeding and weight
- Track pumping and kangaroo care sessions
- Take photos and add filters
- Get ready to take your baby home with a customizable checklist
- Manage your own health with a postpartum visit questionnaire
- Keep track of health providers, your to-do list and questions with a notes feature
- Connect with other families through the App



FACEBOOK NICU MOMS MENTORSHIP PROGRAM

To sign up, interested moms (mentors and mentees) can visit <http://po.st/j3vK1e>

March of Dimes is excited to be part of an exciting new digital mentorship program. We would love for NICU graduate moms to join us in this opportunity.

Goal: to connect newly graduated NICU moms with support around positive self-care.

Details:

- Length: 7-weeks.
- Time Commitment: Approximately 1-2 hours per week.
- Content: Guided self-care curriculum developed by March of Dimes.
- Platform: Facebook Mentoring Group and Facebook Messenger.

Mentor Expectations:

- Offer support to a mom going through a similar NICU experience
- Follow the March of Dimes curriculum outlined in each step
- Commit to reach out to your mentee each week during the 7-week program
- Reach out to March of Dimes if mentee needs additional support or information.



Provider Education and Resources



CONTINUING EDUCATION FOR PERINATAL, NICU & HEALTHCARE STAFF

Training Institute:

High quality, interactive, engaging webinars, archived videos, and on-site hospital trainings

Session Titles

- Caring for the Caregiver: Resiliency for the Healthcare Professional
- Child with Medical Complexities: Designing a Better Path from Hospital to Home
- Communication in a Social Media Age: Understanding Your Multigenerational Workforce
- Creating a Culture of Respect: Understanding the Impact of Health Disparities to Your Patient
- Easing Trauma at the Bedside: Supporting Families in Crisis
- Experiencing Loss in the NICU: Caring for Families and Staff through Difficult Times
- Overheard: What We Say, What We Mean and What Families Hear
- The Impact of Prenatal Drug Use: Managing the Consequences of Opioid and Marijuana Use (AVAILABLE OCTOBER 2018)
- Tell Me and I Forget. Teach Me and I Remember. Involve Me and I Learn: Ensuring Successful Learning and Positive Experiences for Patients
- Partnering with Parents to Improve Safety: Engaging Families beyond the Advisory Council
- Skin to Skin Holding: The Journey towards Best Practice in the NICU
- Shorter Stays: Developing Targeted Education for the Family in the NICU Less Than Two Weeks

[go](#)
[About us](#)
[CNE activities](#)
[Resources](#)
[Q&A](#)
[CNE home](#) > [CNE activities](#) > CNE activities list

CNE activities

[About CNE activities](#)
[Accreditation](#)
[List of CNE activities](#)
[Partner resources](#)
[NCC maintenance codes](#)
[Earn CNE credit](#)
[Lead a group study](#)
[Take your test online](#)
[Print your certificate](#)

NCC maintenance codes now available





Use March of Dimes CNE activities to maintain your certification.

CNE activities

List of continuing nursing education (CNE) activities

Become a March of Dimes Nurse Champion!

Only \$60 includes unlimited online CNE for one year. Additional benefits include a March of Dimes collectible pin. [Click here to learn more.](#)

Title	Format	Nursing care for
Birth Spacing: An Evidenced-based strategy to reduce prematurity (2018) \$15 fee to read and take test online 1.6 contact hours are available for this activity through 6/1/2021. Access content and test ■ Learn more		Preconception
Caring for the caregiver Resiliency for the health care professional (2017) \$15 fee to read and take test online 1.6 contact hours are available for this activity through 11/15/2020. Access content and test ■ Learn more		Every perinatal nurse
The Child with Medical Complexities: Designing a Better Pathway from Hospital to Home \$15 fee to read and take test online 1.0 contact hours are available for this activity through 08/1/2022. Access content and test ■ Learn more		Neonates
Communication in the social media age: Exploring the benefits and challenges in the NICU setting (2016) \$15 fee to view presentation and take test online 1.6 contact hours are available for this activity through 9/30/2019. Access content and test ■ Learn more		Every perinatal nurse

Creating a culture of respect - Archived Webinar

BECOMING A MOM™/ COMENZANDO BIEN® FREE TRAININGS

is a bilingual curriculum designed for pregnant women to learn about having a healthy pregnancy and healthy baby in a supportive group setting. This group education model has proven to have a measurable impact on knowledge, beliefs and behaviors related to prenatal and postpartum health.

Our **FREE webinars** have trained hundreds of health professionals to lead curriculum sessions. The free training recordings can be accessed here in [English](#) and [Spanish](#).

The hard copy curriculum can be purchased at marchofdimes.org/catalog. Download our curriculum patient handouts in [English](#) and [Spanish](#).



FREE 3-Hour On-Demand
Pharmacy Continuing Education Program

Pharmacologic Interventions for Healthy Pregnancies

Preterm Birth | Preeclampsia | Birth Spacing

www.birthcontrolpharmacist.com/healthypreg



PRETERM BIRTH PREVENTION TOOLKIT

Weekly progesterone injections (17P) for at-risk women are proven to reduce preterm birth in women with a prior preterm birth, but only 1/3 of eligible women in California receive it.

March of Dimes is coordinating a statewide effort to improve access and utilization of 17P. We are currently developing a toolkit to maximize use of progesterone and low dose aspirin for preeclampsia prevention (a contributor to preterm birth) in California clinics.

California Birth Equity Summit

November 18, 2019



**Center at Cathedral Plaza
555 W. Temple Street, Los Angeles
8:00 am - 5:00 pm**

Join colleagues and community partners for a day of learning, collaboration and action to achieve birth equity.

Agenda Highlights

- Uplifting voices of Black mothers to create change
- Collective impact and anti-racism initiatives
- Community doula programs and legislation
- Models of community engagement and mobilization
- Systems change strategies
- Addressing social and structural barriers
- Cultural humility in health care settings
- Clinical interventions to prevent preterm birth

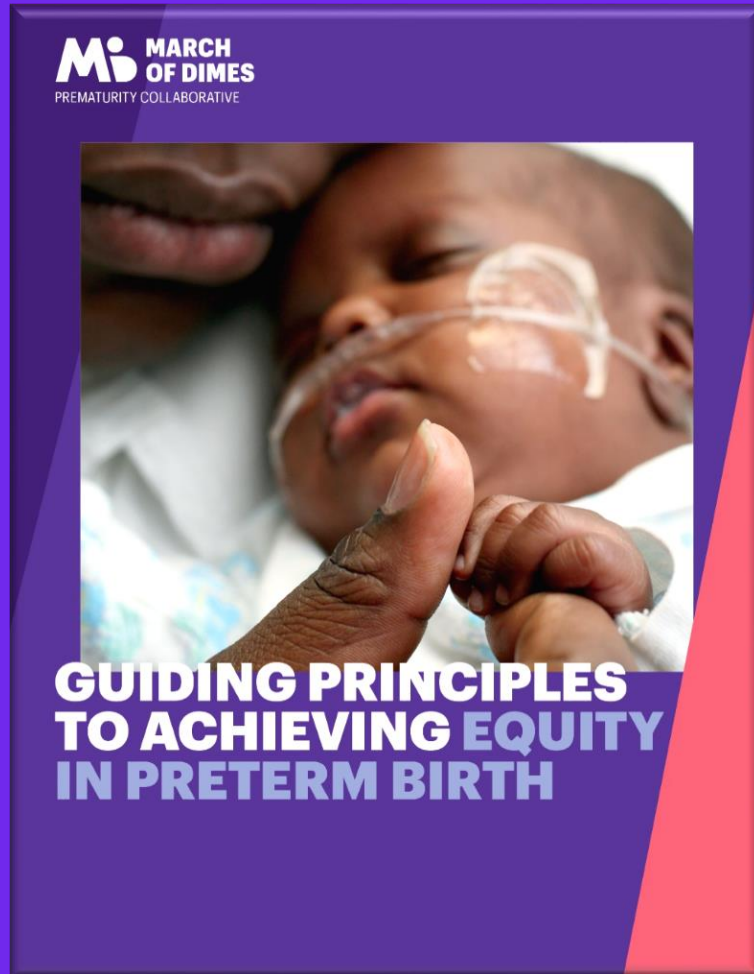
\$40 Early Bird Registration (by October 7th)

**Continuing education credits (CME, CEU, LCSW, LMFT and CHES)
will be provided by PAC/LAC.***

marchofdimes.org/events/cabirthequitysummit

For more information, email: caprofed@marchofdimes.org

March of Dimes Implicit Bias Training for Maternity Care Providers - coming in 2020



Four key training components include:

1. Overview of implicit bias
2. Historical overview of structural racism in the United States
3. Strategies to mitigate racial bias in maternity care
4. Commitment to creating a culture of equity

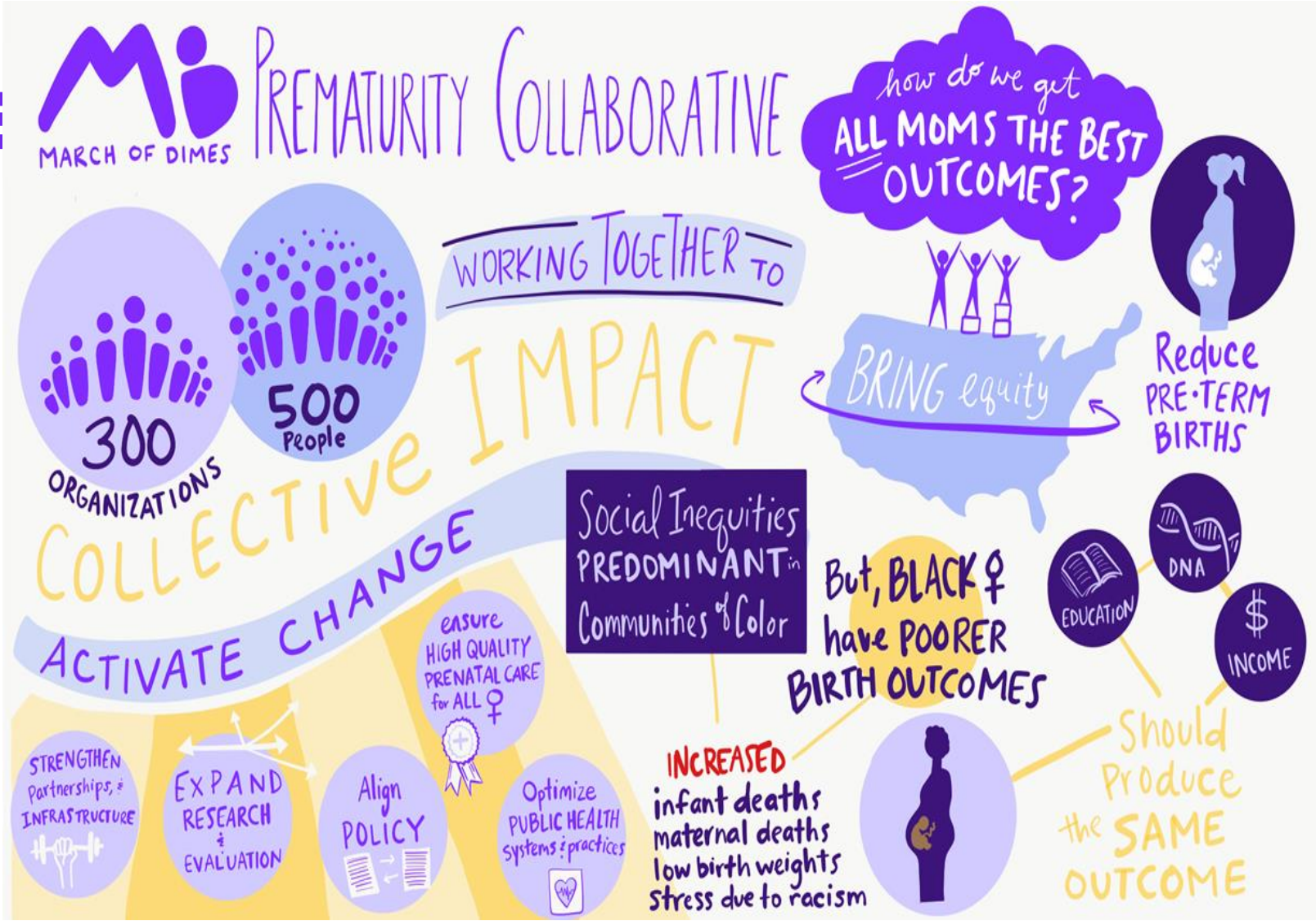


**COLLABORATIVES,
RESOURCES AND
CARE MODELS**

PREMATURITY COLLABORATIVE

GOAL: To achieve equity and demonstrated improvements in preterm birth.

PURPOSE: To engage and convene a wide array of organizations, drawing on their unique expertise to problem solve together, create solutions and drive improvements in preterm birth and equity using our collective action and shared strategy and metrics.



PREMATURITY COLLABORATIVE STRATEGIC MAP

ACHIEVE EQUITY AND DEMONSTRATED IMPROVEMENTS IN PRETERM BIRTH

	A	B	C	D	E
	Increase effective use of evidence-informed clinical and public health practice	Expand discovery and accelerate translation and innovation	Align multi-level support to improve health equity	Develop and implement messaging, policy & practice strategies	Secure the funding and resources required for success
	The Clinical and Public Health Practice Workgroup has the following objectives:	The Research Workgroup has the following objectives:	The Health Equity Workgroup has the following objectives:	The Policy and Communications Workgroups have the following objectives:	The Funding and Resources Workgroup has the following objectives:
1	Optimize public health systems and strategies to improve the health of women and adolescents	Implement public health/community-based research and program evaluation	Foster and support community/place-based leadership and engagement	Tell the right story to each audience in a compelling way	Align and strengthen staffing and infrastructure
2	Optimize clinical practices to improve the health of women and adolescents	Expand basic, translational, clinical and health services research	Foster and support population-based solutions	Coalesce partners to support common messaging	Identify, cultivate relationships and prioritize potential funders/resources
3	Support strategies to increase the intentionality of pregnancy	Research effective adaptation and implementation of evidence to improve precision	Align federal, tribal, state, territorial, local and community policy initiative	Integrate messaging with other campaigns/efforts	Improve "asks" to secure funding and coordinate where appropriate
4	Ensure all women receive high quality prenatal care	Provide career support for multi-level/multi-degree investigators	Partner across sectors to impact the root causes of inequity	Engage partners to advocate policies supporting preterm birth goals	Provide appropriate funder and partner recognition
5	Ensure appropriate care for all women with prior preterm birth	Foster collaborative community learning		Establish a federal home for preterm birth efforts	Align payment/funding with desired outcomes
F	Emphasize the health of women and adolescents				
G	Engage families, communities and other strategic partners across sectors through a collaborative infrastructure				
H	Optimize the use of data and evaluation to drive learning and success				

BIRTH EQUITY FOR MOMS & BABIES CONSENSUS STATEMENT



CONSENSUS STATEMENT

BIRTH EQUITY FOR MOMS AND BABIES

Advancing social determinants pathways for research, policy and practice

BACKGROUND

Founded by President Franklin D. Roosevelt in 1938 to drive the discovery of a polio vaccine, March of Dimes succeeded in this mission and provided all children with access to this lifesaving therapy. Throughout his 12 years in the White House, President Roosevelt continued his crusade to improve the lives of children by proposing economic solutions across the nation to ensure fair wages, decent housing, appropriate medical care and quality education (Franklin D. Roosevelt Presidential Library and Museum, no date). President Roosevelt's pursuit of economic and social equality and the human rights work of First Lady Eleanor Roosevelt offer critical insight for the current work of March of Dimes (Glendon, 2001).

The mission of March of Dimes today is to lead the fight for the health of all moms and babies. Nearly half a million babies in the U.S. are born prematurely each year. Women of color are up to 50 percent more likely than white women to give birth prematurely, and their children can face a 130 percent higher infant death rate than children born to white women (March of Dimes Perinatal Data Center, 2018). In this country, black women have maternal death rates over three times higher than women of other races (Callaghan, 2012). In addition to the human toll, the societal cost of premature birth is at least \$26 billion per year (Institute of Medicine, 2007).

APPROACH TO GENERATING CONSENSUS

In response to the rising rates of preterm birth as well as persistent racial and ethnic disparities, the March of Dimes Prematurity Collaborative (Collaborative) was formed in 2017 to achieve equity and demonstrated improvements in premature birth. Equity is justice and fairness (Braveman, Arkin, Orleans, Proctor & Plough, 2017; March of Dimes, 2018).



It implies equal rights, but it is not the same as equality. Equity requires directing more resources to groups that have greater needs due to a history of exclusion or marginalization (March of Dimes, 2018). In 2018, the Collaborative expanded its focus to include the health of moms because strategies used to address premature birth and its associated disparities can help prevent other maternal health problems.

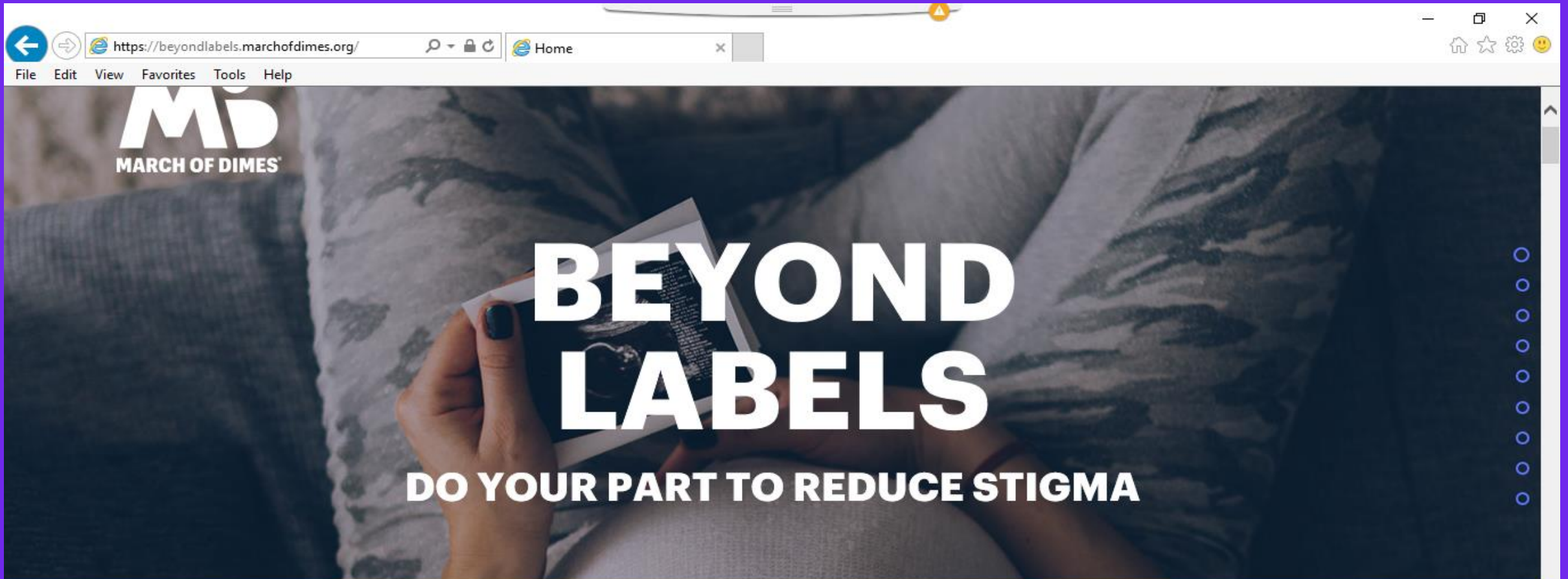
Recent trends in prematurity and maternal death demand a deeper examination into causes and contributors of disparities for Native American and African-American women, the groups of women with the most disparate birth and maternal outcomes (Centers for Disease Control and Prevention, 2018 a,b). Psychosocial and economic factors, along with physical environments that affect maternal and birth outcomes, should be considered in any examination into root causes of birth and maternal disparities (Schroeder, 2007). This consensus statement examines social factors that contribute to birth and maternal health outcomes, including prematurity and offers guidance to:

Please endorse online here:

<https://www.marchofdimes.org/professionals/Birth-Equity-for-Moms-and-Babies-Consensus-Statement.aspx>

STIGMA REDUCTION TOOLKIT

[BEYONDLABELS.MARCHOFDIMES.ORG](https://beyondlabels.marchofdimes.org)



Discover how you can help reduce stigma among all moms and babies so they can get the support and care they need.



SUPPORTIVE PREGNANCY CARE (SPC)

A new cost-effective model of group prenatal care that health systems and care providers can customize to fit their local needs and resources.

Multiple research studies have demonstrated that group prenatal care:

- Reduces preterm birth
 - 41% reduction among Black women
 - 33% reduction among all races/ethnicities
- Reduces health care costs by avoiding adverse outcomes and NICU admissions
- Improves psychological outcomes
- Decreases rates of small-for-gestational age babies
- Empowers women and increases patient and provider satisfaction with care
- Increases breastfeeding initiation rates



#PrematurityAwarenessMonth is more important than ever before as we face an urgent maternal and infant health crisis, with unacceptably high rates of preterm birth, maternal death and severe pregnancy complications.

March of Dimes is shining a spotlight on this maternal and infant health crisis. **The U.S. preterm birth rate has increased for the fourth year in a row.**

With your support, we can advance the understanding of premature birth, by working hand-in-hand with researchers, policymakers, community leaders and families.



marchofdimes.org/prematurityawarenessmonth

[#WorldPrematurityDay](https://twitter.com/marchofdimes) is
November 17!

Help [@marchofdimes](https://twitter.com/marchofdimes) light the U.S.
purple - your office lobby, outside
of your workplace or home. If you
can wear it, make it purple!

Visit [thesocialpresskit.com/march-
of-dimes](https://thesocialpresskit.com/march-of-dimes) to easily post messages
of support on social media.



**HEALTHY
MOMS.
STRONG
BABIES.** 

**WORLD PREMATURETY DAY
NOVEMBER 17**

#WORLDPREMATURETYDAY

The future...

A NEW BLOOD TEST FOR PREGNANT WOMEN

Researchers at the **March of Dimes Prematurity Research Center at Stanford University** developed a blood test using biomarkers in maternal blood that accurately identified **75 to 80 percent** of pregnant women who would deliver babies up to two months prematurely. This finding may help predict, and prevent, premature birth.



#UnspokenStories Launch

Honest stories of pregnancy, parenthood and loss

UN SPOKEN
STORIES

STORIES

SUBMIT

CONVERSATIONS

CONNECT

UNSPOKEN STORIES PODCAST




1: JULY 16, 2019

The Family You Always Dreamed Of

Petina always dreamed of being a mom, but her family had a history of pregnancy-related complications. After losing her twins Ava and Cole during childbirth, Petina courageously goes on to have the family she's always dreamed of.

 Listen

 Share

 Transcript

THANK YOU!

Marta Bills

mbills@marchofdimes.org

951-892-7924

