

OVERCOMING DISPARITIES IN AFRICAN AMERICAN INFANT AND MATERNAL MORTALITY:

PRETERM BIRTH

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Disclosures

I have no financial relationships to disclose.



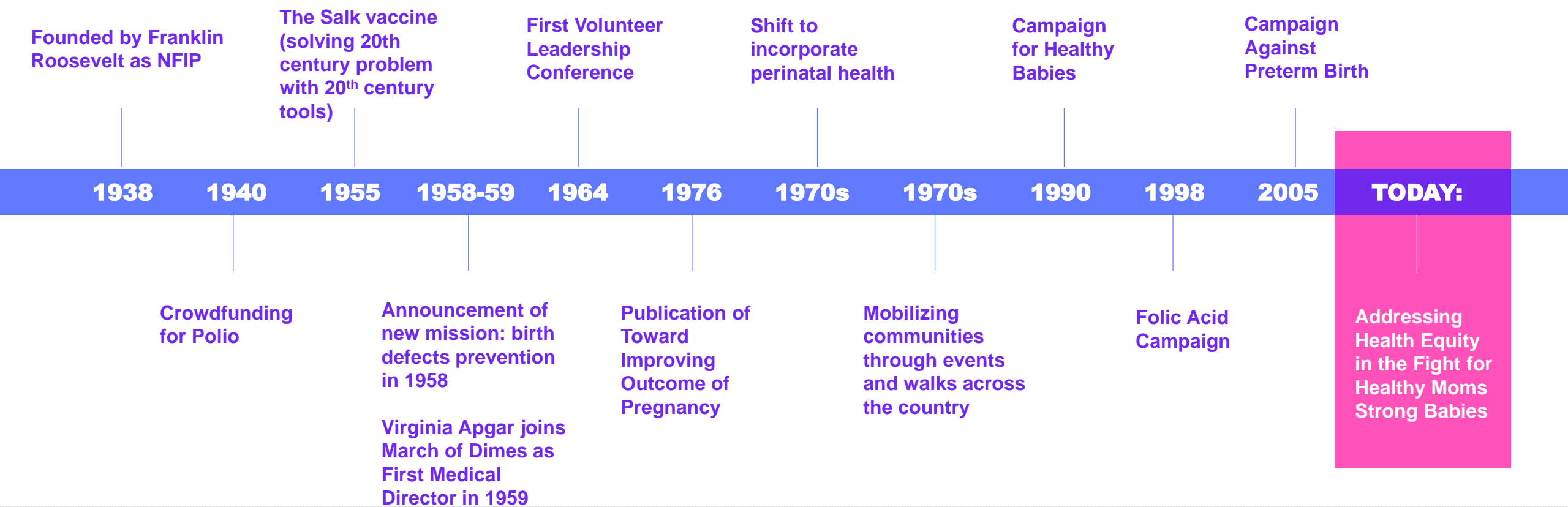
OBJECTIVES

- Identify interventions to reduce preterm birth
- Identify March of Dimes programs to support families impacted by preterm birth
- Discuss key patient education points to increase understanding and strategies to better

OUR MISSION

**MARCH OF
DIMES LEADS
THE FIGHT FOR
THE HEALTH
OF ALL MOMS
AND BABIES.**

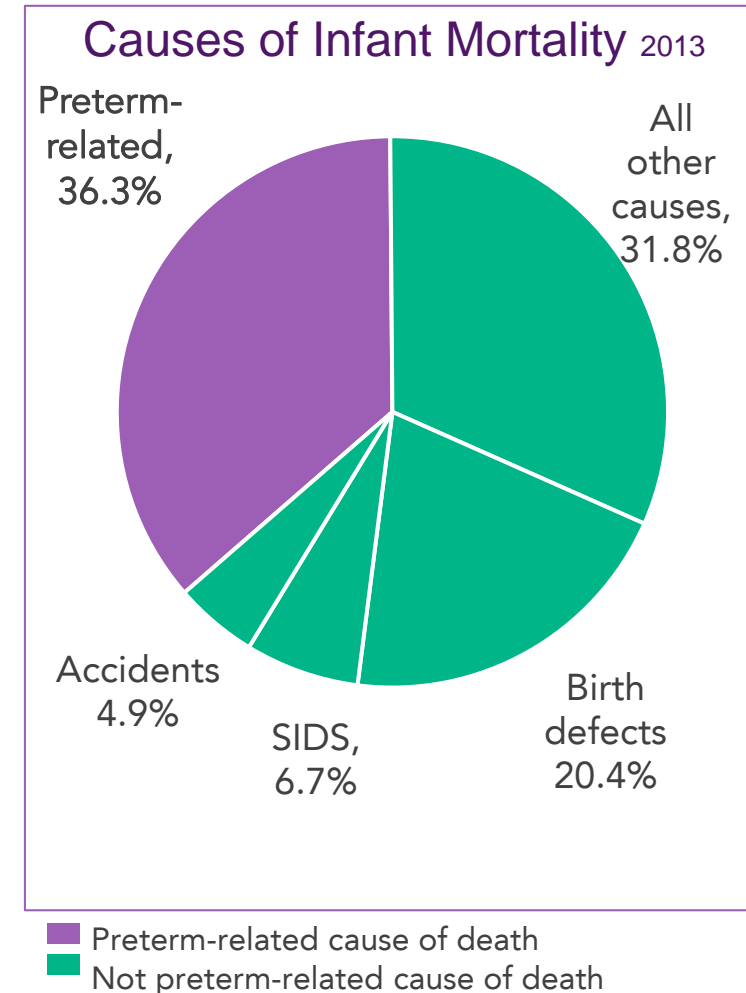
AN 80+ YEAR LEGACY



THE URGENCY OF PRETERM BIRTH IN THE U.S.

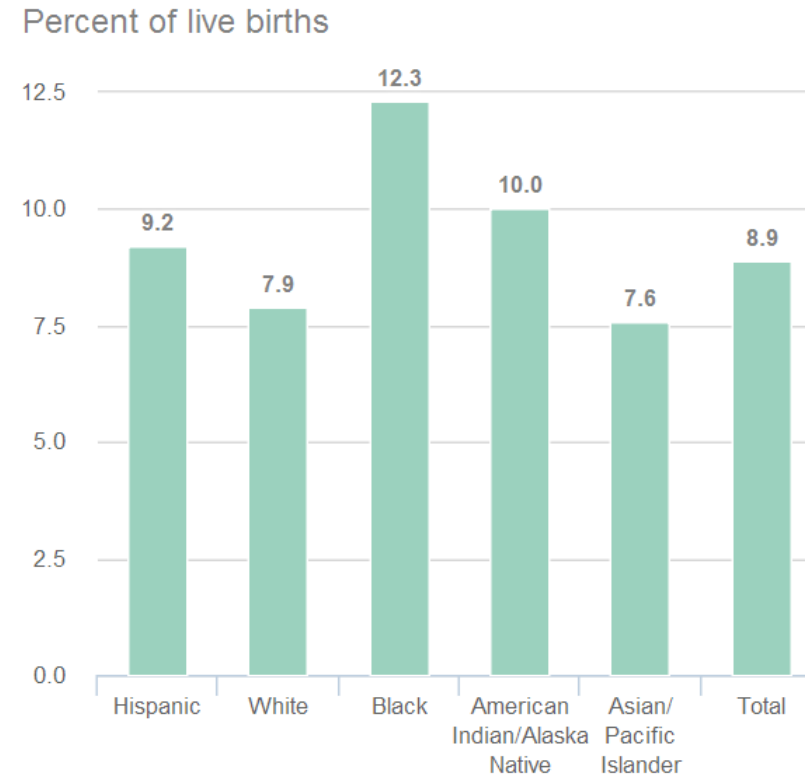
#1 CAUSE OF INFANT DEATH, CAUSE OF LONG-TERM HEALTH PROBLEMS

- 4 million babies born each year
- 380,000 are premature
- 1 in 10 are premature
- \$25.1 billion excess annual health and societal costs in the U.S.
- \$3.6 billion in CA annually
- \$75k per birth annually
- Long term complications can include cerebral palsy, intellectual disabilities, chronic lung disease, blindness, and hearing loss



PRETERM BY RACE/ETHNICITY

Los Angeles county, 2015-2017 Average



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All race categories exclude Hispanics. Preterm is less than 37 weeks of pregnancy.

Source: National Center for Health Statistics, final natality data. Retrieved July 9, 2020, from www.marchofdimes.org/peristats.

WHAT CAN WE DO TO ACHIEVE EQUITY AND IMPROVE THE HEALTH OF MOMS AND BABIES?

- Accelerate use of interventions
- Address social determinants
- Advance research
- Advocate for policies and legislation
- Partner for collective impact



Research breakthroughs:

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 (cell-free RNA) 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.



ADVOCACY

- Black Infant Health & CPEI
- AB 577: Postpartum Medicaid extension to 12-months for maternal mental health conditions
- SB 1383: Paid Family Leave
- SB 464: Dignity in Pregnancy and Childbirth
- MOMNIBUS Act
- CDC Hear Her Campaign to improve patient/provider communication
 - <https://www.cdc.gov/hearher/>

www.marchofdimes.org/advocacy/federal-advocacy.aspx

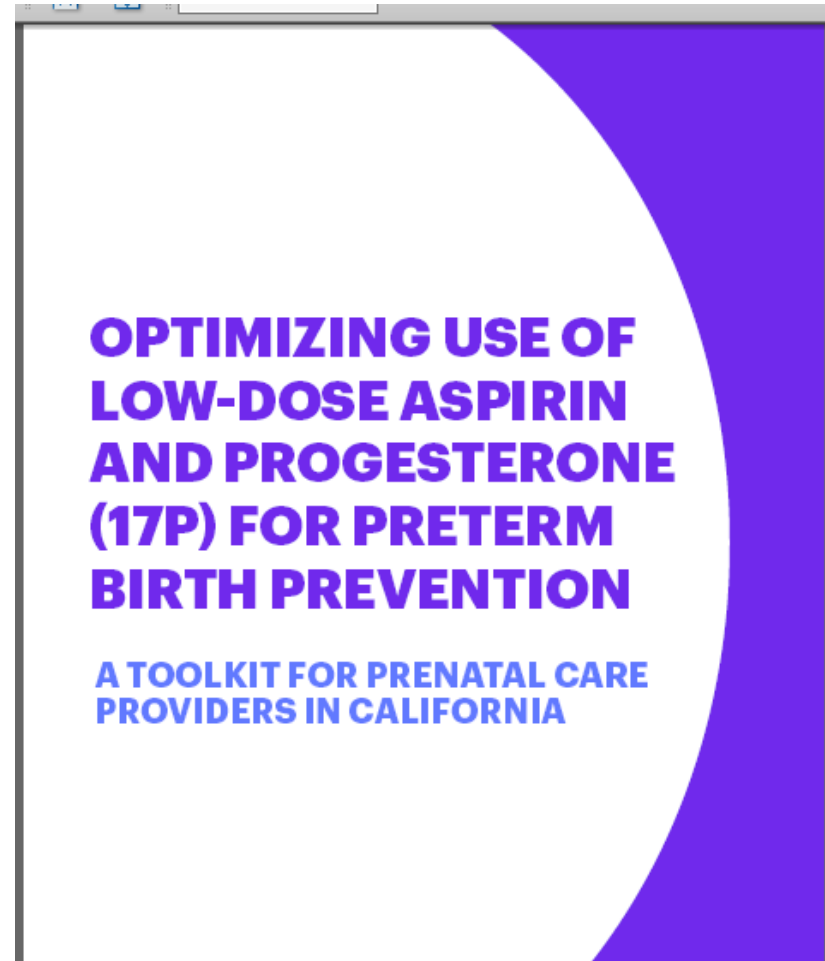


INTERVENTIONS TO PREVENT PREMATURITY

and improve the health of moms and babies

- 1. Optimize birth spacing/interconception care and pregnancy intentionality**
- 2. Low-dose aspirin to prevent preeclampsia**
- 3. Access to progesterone shots for women with a previous preterm birth**
- 4. Group prenatal care**
- 5. Eliminate non-medically indicated early elective deliveries (inductions and c-sections)**
- 6. Smoking cessation**
- 7. Vaginal progesterone and cerclage for short cervix**
- 8. Reduce multiple births conceived through Assisted Reproductive Technology**

PRETERM BIRTH PREVENTION TOOLKIT COMING SOON!



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

March of Dimes *Breaking Through Bias in Maternity Care*

Implicit Bias Training
for hospitals, clinics and health plans
available:

<https://www.marchofdimes.org/implicitbias>



**GUIDING PRINCIPLES
TO ACHIEVING EQUITY
IN PRETERM BIRTH**

NICU Family Support Program

March of Dimes NICU Family Support Program is currently in 68 hospitals nationwide and seeks to educate NICU Families, NICU Staff and improve the NICU experience.

NFS Programs in Southern California:

- Miller Children's Hospital, Long Beach
- Children's Hospital Los Angeles
- Children's Hospital of Orange County



www.marchofdimes.org/complications/the-nicu.aspx

MARCH OF DIMES ONLINE SUPPORT



FIND COMFORT AND SUPPORT ONLINE

Every mom and baby deserve the best possible start. But hundreds of thousands of families all across the country are impacted by preterm birth, a NICU stay or loss. Find a supportive online environment that's just right for you with trusted information and advice, helpful resources and caring people who want to connect.

MARCH OF DIMES COMMUNITY FACEBOOK GROUP

Families everywhere join the March of Dimes Community group on Facebook to find support, comfort and friendship. Get advice from a caring group on the challenges you're experiencing and also learn about all the resources available through March of Dimes and local initiatives. Join today at www.facebook.com/groups/marchofdimes

MARCH OF DIMES FACEBOOK MENTORSHIP

This mentorship program connects families from our community so they can offer advice and provide support for moms and babies. Members can share with others who've had similar experiences and can get reliable information and helpful resources from March of Dimes. For more information, go to www.facebook.com/groups/marchofdimes

NEWS MOMS NEED

We created this blog to empower moms to help their pregnancies and babies be as healthy and strong as possible. It covers such topics as becoming a mom, pregnancy, pregnancy complications and premature birth, among others. Visit www.newsmomsneed.org

UNSPOKEN STORIES

#UnspokenStories is a community where stories of pregnancy, parenting and loss—the ones that often go unshared—are told honestly. There's strength in our collective voice! Hear the stories of others and learn how to host your own Unspoken Conversation by visiting unspokenstories.org



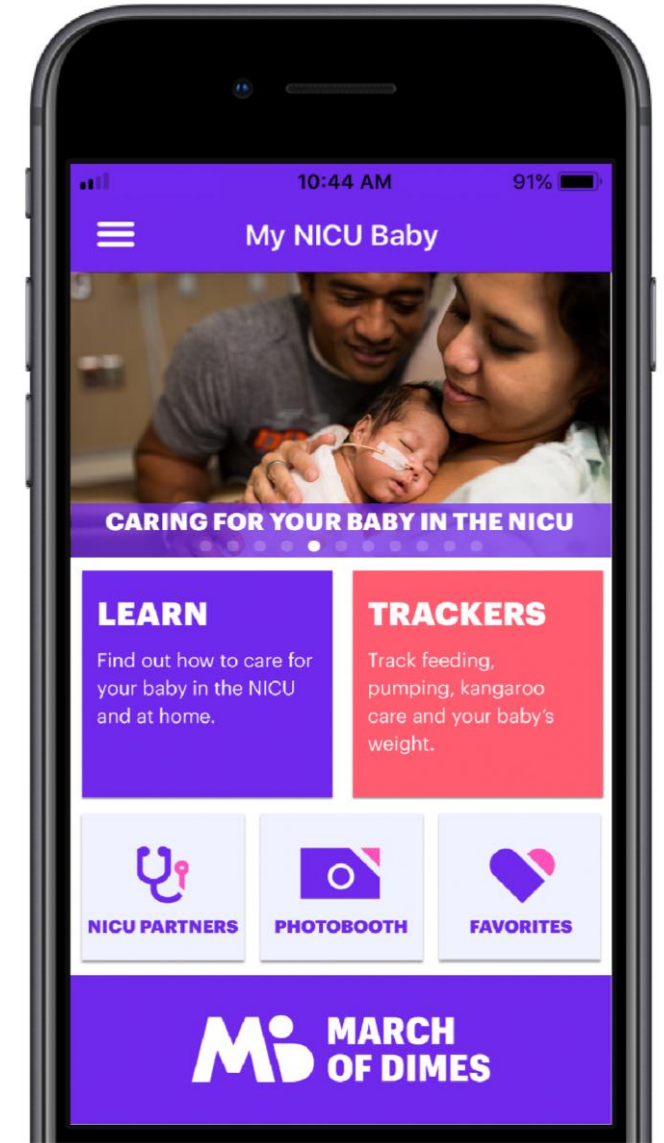
MORE INFO

MARCHOFDIMES.ORG



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MY NICU BABY™ APP



Use the free app to:

- Learn about caring for your baby in the NICU and at home
- 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
- Connect with other families

Available in Spanish: **Mi Bebé en la NICU**





SHARE YOUR STORY

[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](#)

Hallo 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](#)

PATIENT EDUCATION MATERIALS

HEALTH
ACTION
SHEET

Signs and symptoms of preterm labor


Even if you do everything right, you can still have preterm labor. Preterm labor is labor that happens too early, before 37 weeks of pregnancy.

Babies born before 37 weeks of pregnancy are called premature. Premature babies can have serious health problems at birth and later in life. Learning the signs of preterm labor may help keep your baby from being born too early.

What are the signs and symptoms of preterm labor?

- Change in your vaginal discharge (watery, mucus or bloody) or more vaginal discharge than usual
- Pressure in your pelvis or lower belly, like your baby is pushing down
- Constant low, dull backache
- Belly cramps with or without diarrhea
- Regular or frequent contractions that make your belly tighten like a fist. The contractions may or may not be painful.
- Your water breaks

Watch a video about preterm labor at: marchofdimes.org/pretermlabor



If you have even one sign or symptom of preterm labor, call your health care provider right away.

When you see your provider, she may check your cervix to see if you're in labor. The cervix is the opening to the uterus (womb) that sits at the top of the vagina (birth canal). If you're in labor, your provider may give you treatment to help stop labor or to improve your baby's health before birth.

If you have preterm labor, getting help is the best thing you can do.

Fill this out with your provider so you know when labor is preterm:

Example
Due date August 25
Preterm labor August 3
(3 weeks or more before your due date)

Your pregnancy
Your due date.....
Preterm labor.....

www.marchofdimes.org/complications/preterm-labor-and-premature-baby.aspx

marchofdimes.org/birthplan



TAKE ACTION

Make a birth plan.

While the COVID-19 pandemic continually changes, March of Dimes knows that every day babies are still being born. This document has been designed for you to assess the preferences you'd like based on the policies of your chosen place of birth. At the end you'll find a series of questions that you should ask your provider as you prepare for your baby's birth.

Your name

Your provider's name and contact information

Your baby's due date

Your baby's provider's name and contact information

1 Where do you plan to have your baby?

2 Can a support person be present during labor and birth? If yes, who is your primary support?

Name

Phone

This person is:

- ☐ Your partner ☐ Your baby's father
☐ A family member ☐ Your friend
☐ Clergy ☐ Your doula

3 Is there an option to have virtual support during labor and birth?

Virtual options:

- ☐ By phone ☐ Skype
☐ FaceTime ☐ Facebook
☐ Zoom ☐ WhatsApp

4 Can you bring your own device (phone/iPad)?

☐ Yes ☐ No

Does the hospital have WIFI access?

☐ Yes ☐ No

Will the hospital provide a device for virtual support?

☐ Yes ☐ No

5 What support do you want during labor?

- ☐ Help with breathing
☐ Help working through contractions
☐ Massage
☐ Help to move around
☐ Use of labor tools (birth ball, peanut ball)
☐ Sensory (lights, music)
☐ Other _____

When preparing for birth, call your facility to ask:

1 Can I bring a partner or support person with me?

2 If I'm not permitted to have a support person present, what are the facility's policies about having a virtual support person?

3 If I'm not permitted to have a support person present, how will your staff support me and help manage my emotional and physical needs during labor and delivery?

4 How will my baby and I be protected from COVID-19 during labor and delivery, and what are the policies about wearing a mask for pregnant and post-partum women?

5 Do you have a virtual hospital tour to prepare for my labor and delivery?

6 What am I permitted to bring to the facility with me?

7 Will I be tested for COVID-19?

8 What will happen if I test positive for COVID-19?

9 What will happen if my baby tests positive for COVID-19?

10 What is the average time frame for post-partum discharge for mom and baby?

11 What is your facility's policy around visitors after I have my baby?

12 Are there any other facility-specific labor and delivery policies that I should be aware of?

When you arrive, ask:

1 Have there been any changes in the facility's labor and delivery policies?

2 While in labor, where am I permitted to move around?

3 What are the policies around eating and drinking during labor?

March of Dimes materials are for information purposes only and are not to be used as medical advice. Always seek medical advice from your health care provider. Our materials reflect current scientific recommendations at the time of publication. Check marchofdimes.org for updated information.

#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.

Free webinar series-November 17-18, 2020



Thank you!!

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