

Healthy Babies, Healthy Futures: Preventing Prematurity



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Purpose

- ✝ To empower African American women to have the healthiest pregnancy possible
- ✝ To decrease the number of African American babies that die everyday





What you will learn today

- † The Prematurity issue
- † How Prematurity affects the African American population
- † Risk Factors associated with Prematurity
- † Steps to take to reduce the number of babies born too soon

Prematurity

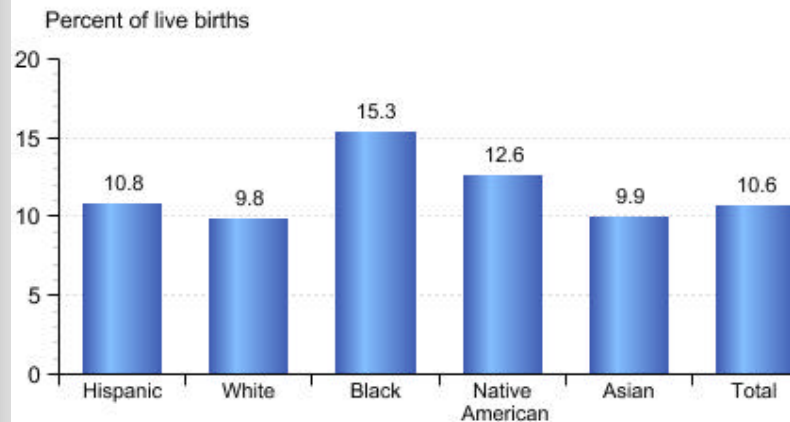


It's a bigger problem than you think...

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Facts about prematurity

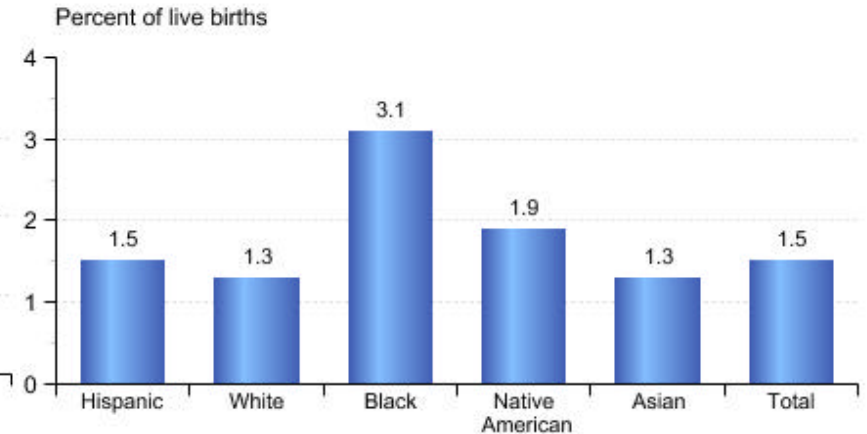
PRETERM (less than 37 weeks)



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African Americans have the highest rate of preterm births in CA (15.3%)

VERY PRETERM (less than 32 weeks)



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African Americans have the highest rate of very preterm birth in CA (3.1%)

Source: National Center for Health Statistics, final natality data, 2003 - 2005.

Respiratory Distress Syndrome



Problems Feeding



Vision & Hearing Problems



Consequences to Mom

- † Increases her risk for a second preterm delivery
- † Increases stress for the family and mom





Risk Factors

† Obstetrical

- Previous preterm birth
- Multiples (twins, triplets)
- Abnormal uterus/cervix

† Medical

- Diabetes, high blood pressure, infections
- Extremes of weight, age, severe stress

† Behavioral

- Smoking, alcohol/drugs, domestic violence



Steps to Take

- † Healthy Lifestyle
 - STOP Alcohol use
 - STOP Tobacco use
 - STOP Drug use
 - Limit your caffeine intake or avoid it
 - Manage your weight
 - Incorporate physical activity
 - Practice stress reduction



Safe Planning for a Baby

- † Begin taking Folic Acid
- † Control your Blood Pressure
- † Control your Diabetes, (blood sugar)
- † Know your risk for Sickle Cell Anemia
- † Know your history of preterm birth
- † Get tested for other health problems (STD, anemia, asthma, Urinary Tract Infection)
- † Control your Weight extremes
- † Know your family history of birth defects



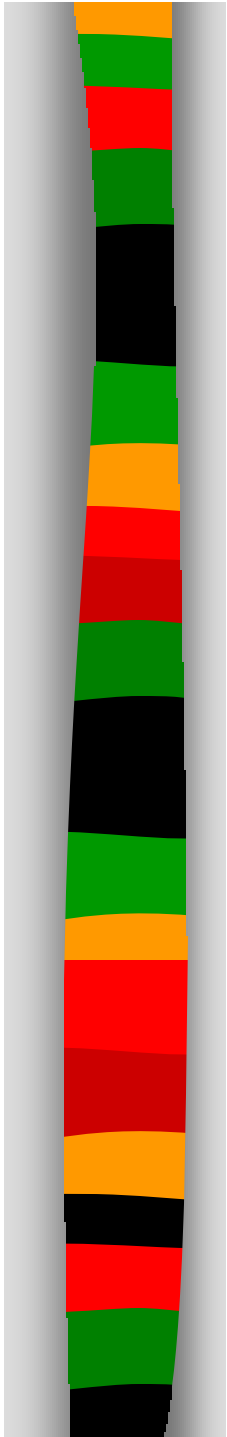
Early Prenatal Care

- † GET Health Insurance
- † FIND a health provider
- † TELL the health care team EVERYTHING!



Empower Yourself

- † TELL your history
- † ASK Questions
- † CHOOSE
 - to be good to yourself
 - to see the best health care provider
 - to have the best father for your baby
 - to have a strong support system



**Be selective.
Your baby deserves the best!**





Recognize the Signs & Symptoms of Preterm Labor

- † Contractions every 10 minutes or more often
- † Urge to urinate
- † Cramps with or without diarrhea
- † Cramps that feel like your period
- † The feeling that your baby is pushing down
- † Clear, pink or brownish fluid (water) leaking from your vagina
- † Low, dull backache



ACT Quickly

- † Call your health provider immediately, if you have any of the warning signs
- † Stop what you are doing. Rest on your left side for one hour
- † Drink 2-3 glasses of water or juice (not coffee or soda)
- † If the symptoms get worse or do not go away after one hour, call your provider again or go to the hospital.



Where to get more information

† www.marchofdimes.com

March of Dimes Website

† www.marchofdimesbaby.org

Answers the questions women have about preconception, pregnancy and newborn health

† www.marchofdimes.com/share

Parents of Preemies Online Support Network

† www.lapublichealth.org/mch

Black Infant Health Programs

† www.LABestBabies.org

LA Best Babies Network