



**HEALTHY
MOMS.
STRONG
BABIES.**

Accelerating Toward a Better Future

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Chief Medical Officer, March of Dimes**

Disclosures

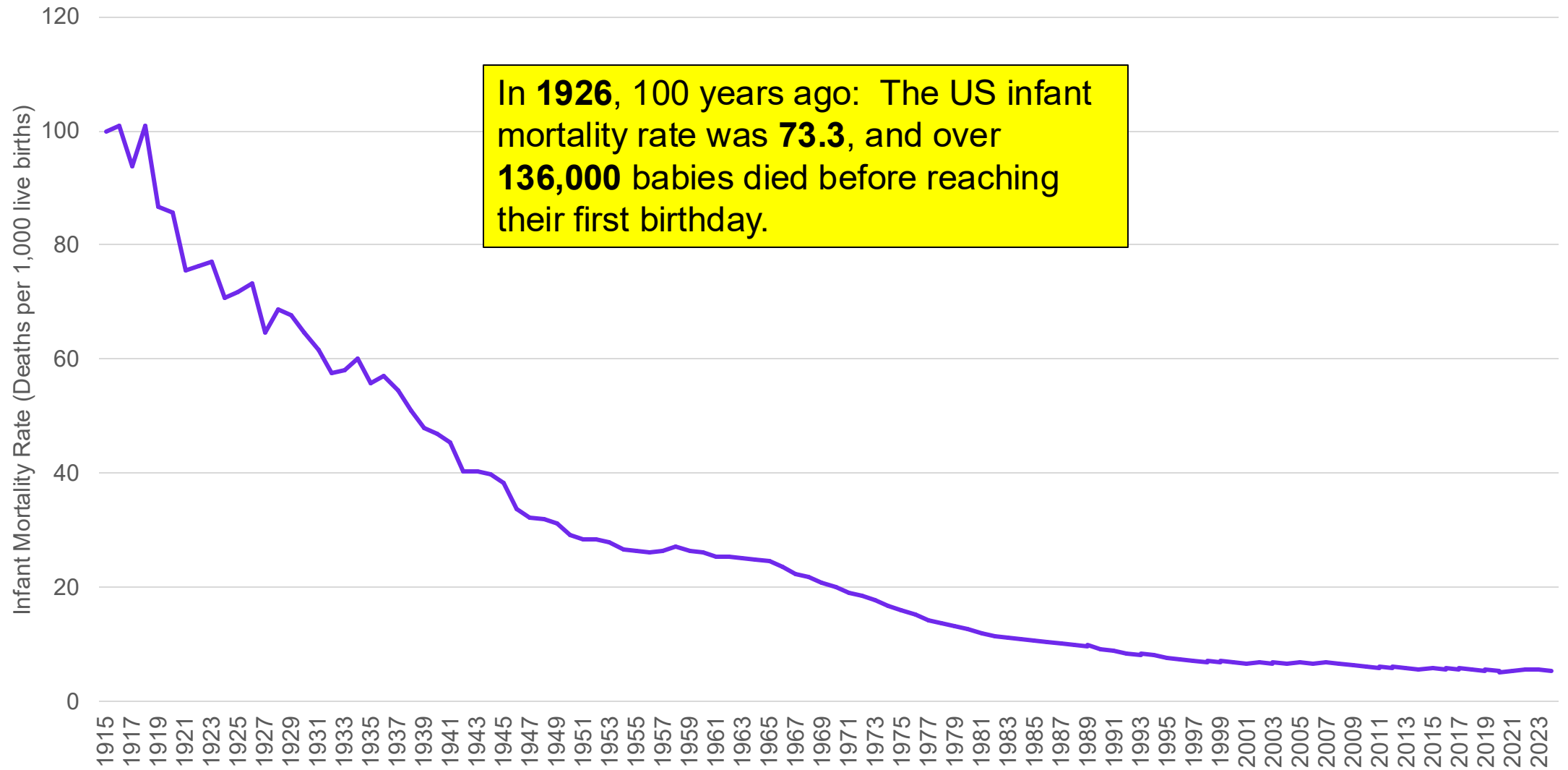
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Objectives

- Describe current birth outcomes in Delaware.
- Identify key public health program and policy strategies for improving birth outcomes.
- Highlight the role of cross-sector partnerships to achieve maternal and child health goals.

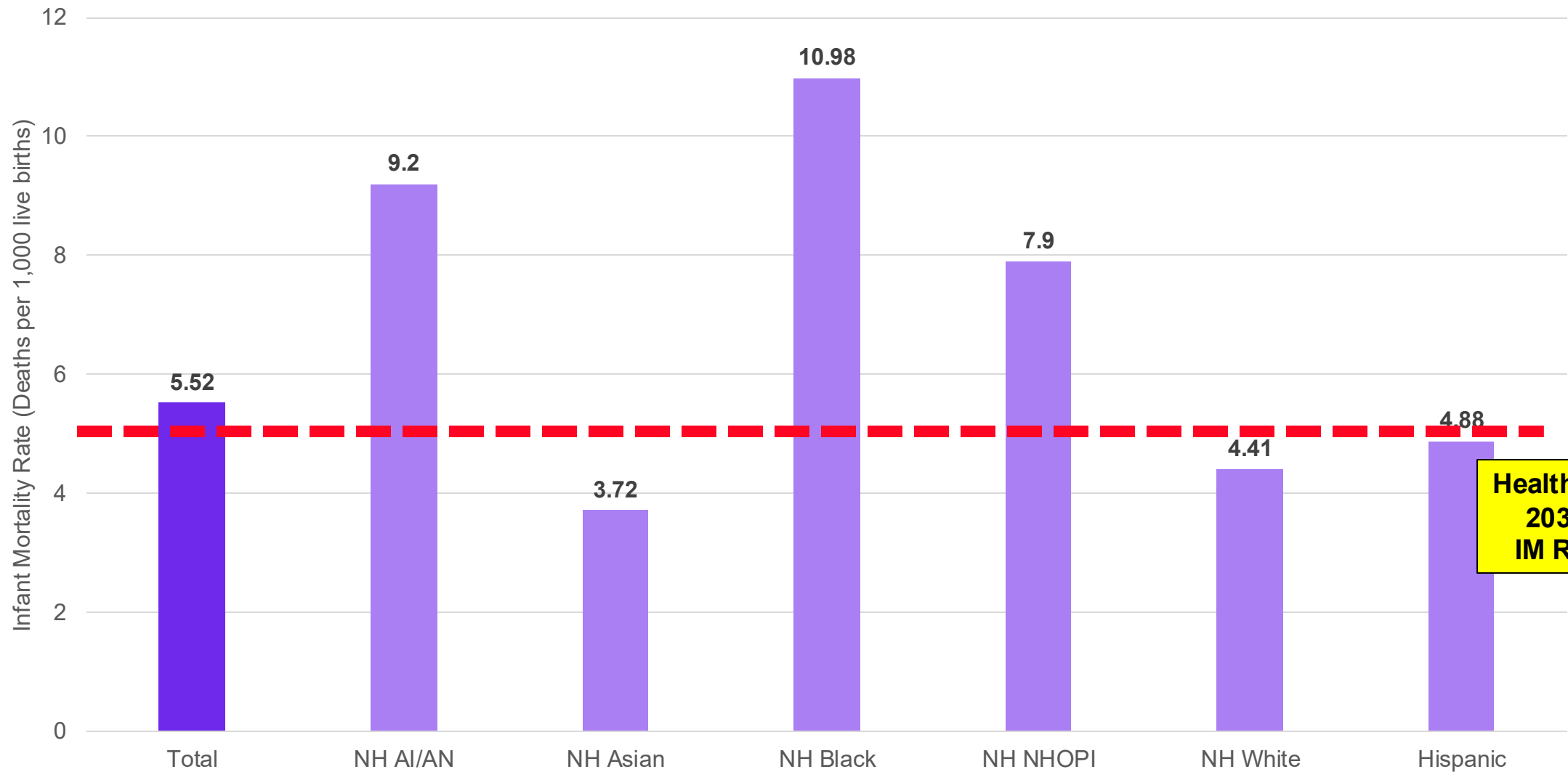
Setting the Stage: Understanding the Data

Infant Mortality Rate (Total) United States, 1915-2024



In **1926**, 100 years ago: The US infant mortality rate was **73.3**, and over **136,000** babies died before reaching their first birthday.

Infant Mortality Rate (Total and by Race/Ethnicity) United States, 2024 (Provisional)

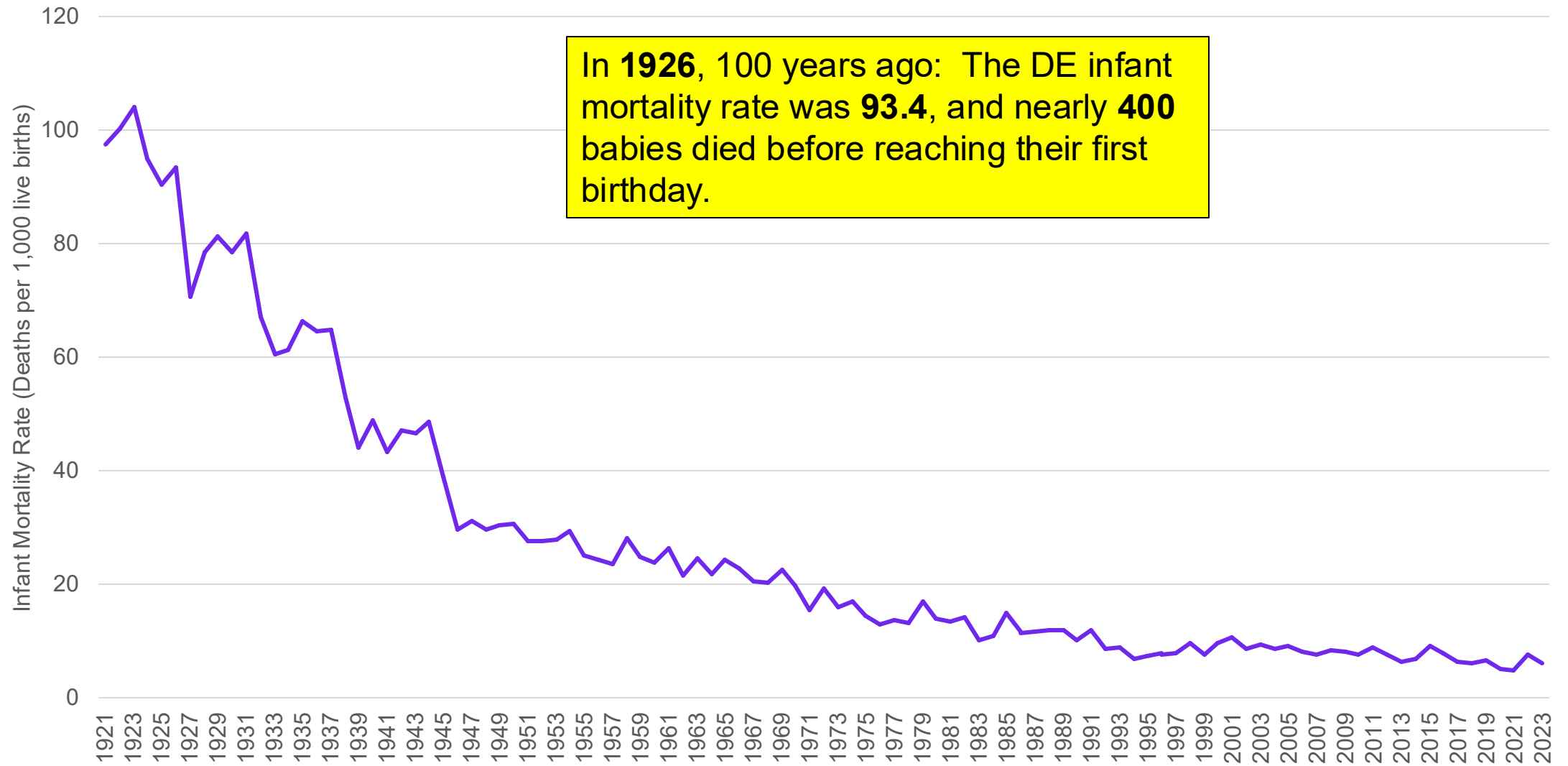


**Healthy People
2030 Goal
IM Rate=5.0**

Leading Causes of Infant Death

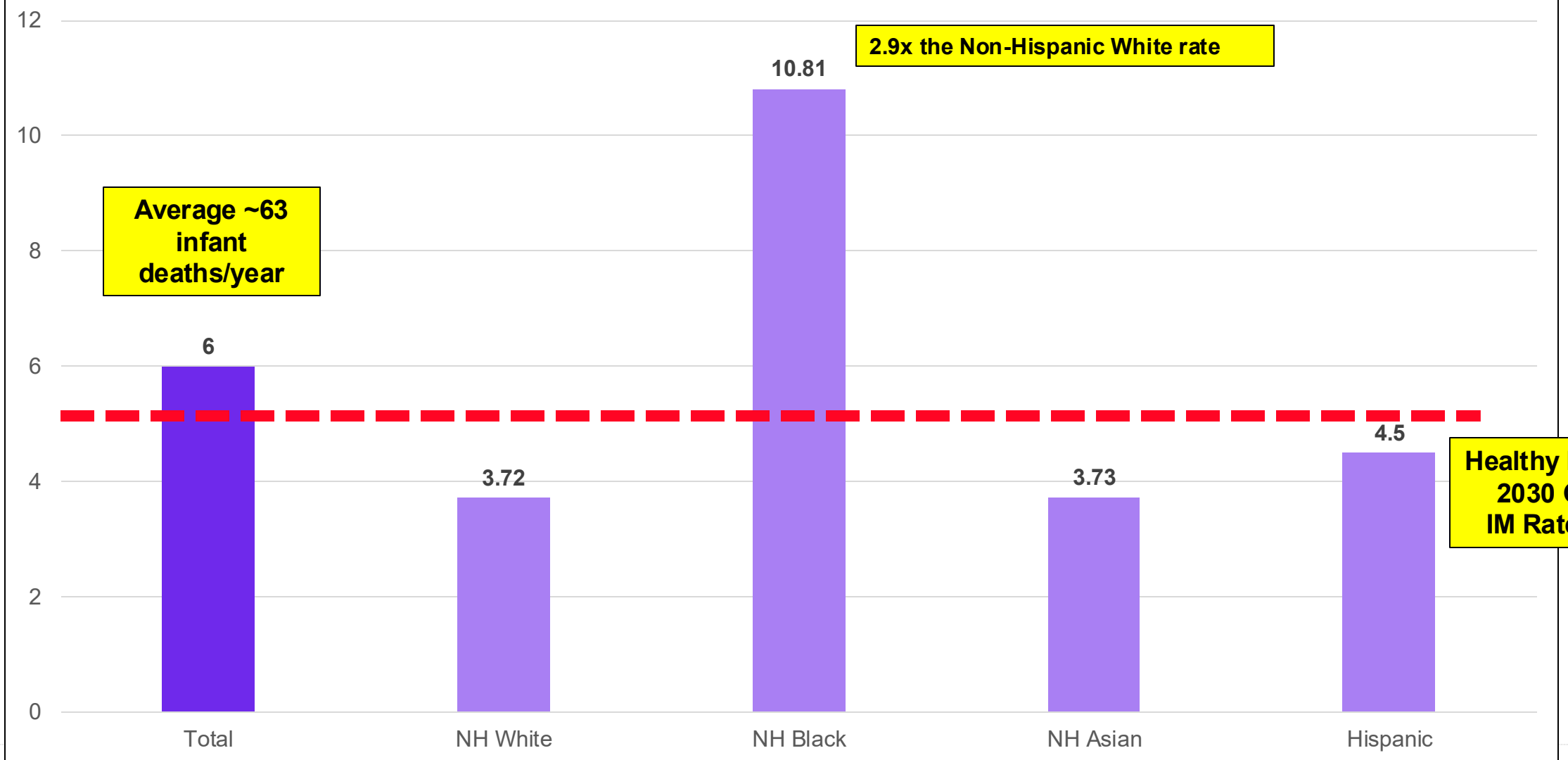
Population Rank	Overall	NH White	NH AI/AN	NH Asian	NH Black	NH NHOPI	Hispanic
1	Congenital malformations, deformations, and chromosomal abnormalities	Congenital malformations, deformations, and chromosomal abnormalities	Congenital malformations, deformations, and chromosomal abnormalities	Congenital malformations, deformations, and chromosomal abnormalities	Short gestation and low birth weight	Congenital malformations, deformations, and chromosomal abnormalities	Congenital malformations, deformations, and chromosomal abnormalities
2	Short gestation and low birth weight	Short gestation and low birth weight	Sudden infant death syndrome	Short gestation and low birth weight	Congenital malformations, deformations, and chromosomal abnormalities	Sudden infant death syndrome	Short gestation and low birth weight
3	Sudden infant death syndrome	Sudden infant death syndrome	Short gestation and low birth weight	Maternal complications of pregnancy	Sudden infant death syndrome		Maternal complications of pregnancy
4	Accidents (unintentional injuries)	Accidents (unintentional injuries)	Accidents (unintentional injuries)	Complications of placenta, cord, and membranes	Accidents (unintentional injuries)		Sudden infant death syndrome
5	Maternal complications of pregnancy	Maternal complications of pregnancy	Maternal complications of pregnancy	Bacterial sepsis	Maternal complications of pregnancy		Accidents (unintentional injuries)

Infant Mortality Rate (Total) Delaware, 1921-2023



Source: Sources: CDC, National Center for Health Statistics. Infant Mortality rates for 1915-1993; 1993-2009; 2009-2017; 2018-2022; 2023; 2024.

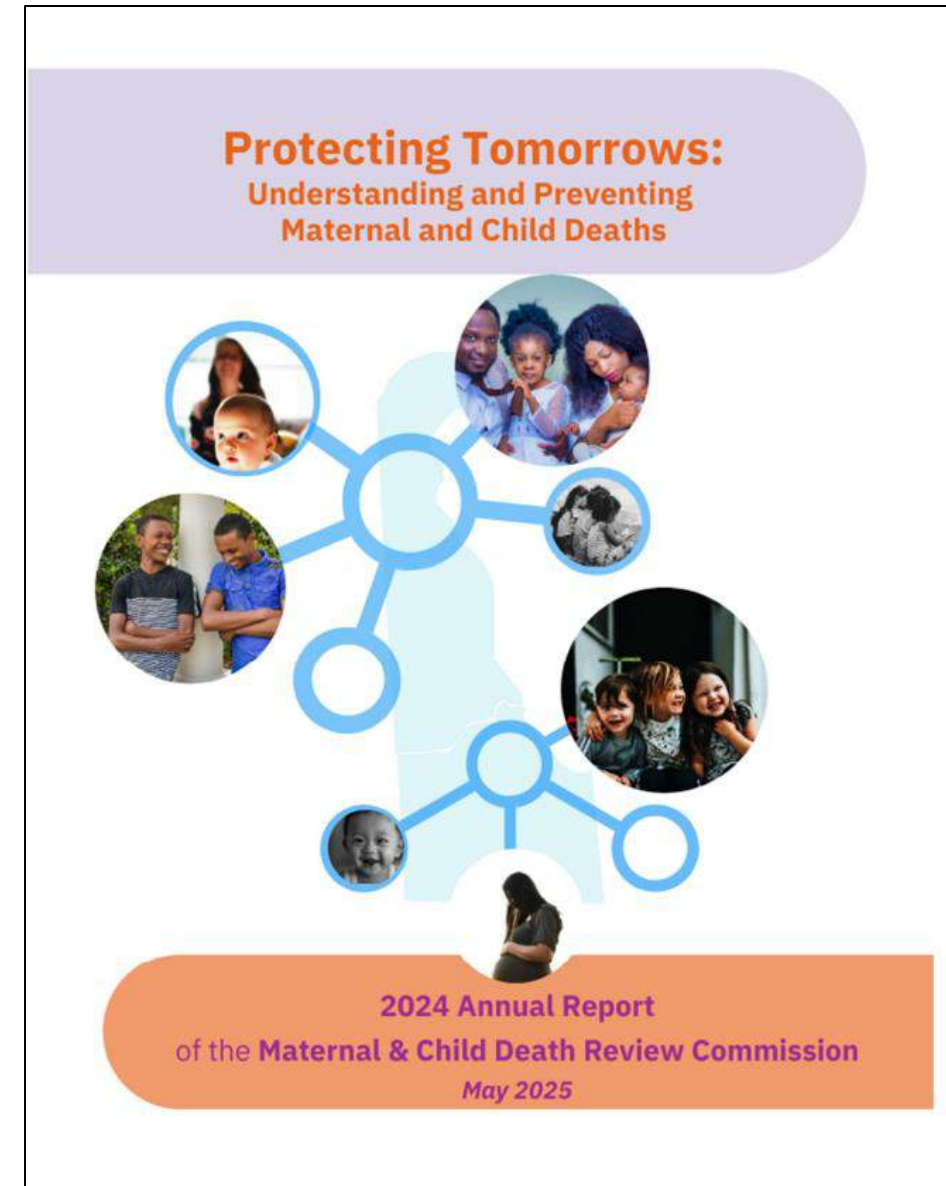
Infant Mortality Rate (Total and by Race/Ethnicity) Delaware, 2019-2023



Infant Mortality in Delaware

Key Data Points

- Among deaths reviewed, prematurity and sudden unexpected infant deaths (SUID) were leading causes
 - Many infant deaths occurred within first day of life
 - Extremely premature infants at greatest risk of death
 - Most SUIDs were in unsafe sleep environments and many occurred to parents who were impaired
- Complications during pregnancy are common
 - Preterm labor
 - Infection
 - Cervical insufficiency
- Significant variability in access to timely prenatal care by county and insurance type
- Women are not getting care in interconception period



The preterm birth rate in Delaware was **10.6%** in 2024, higher than the rate in 2023

PRETERM BIRTH GRADE **D+**

U.S. RATE



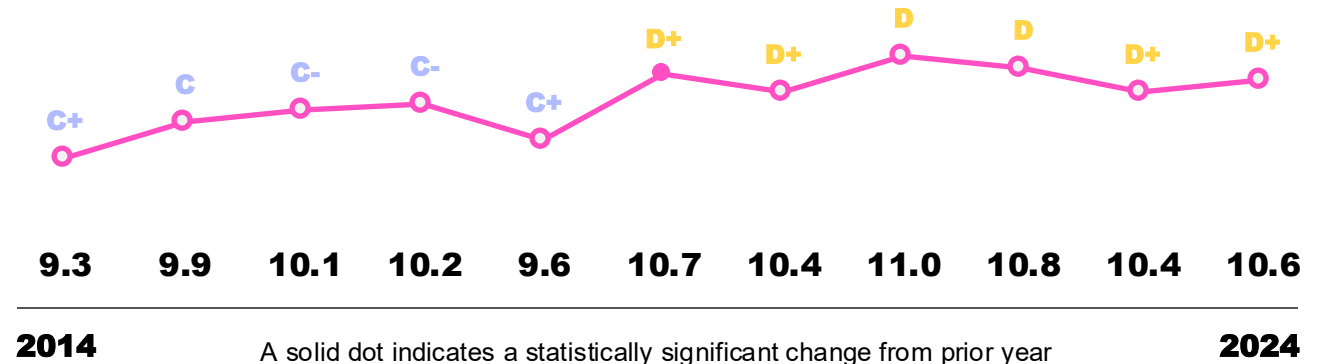
DE RATE

10.6

DE RANK

30

Percentage of live births born preterm

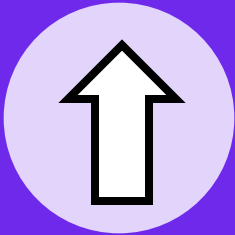


**Unpacking the data:
How do we address the problem?**

Paradigm for Reducing Infant Mortality



ACCELERATE



UPSTREAM



TOGETHER

Paradigm for Reducing Infant Mortality



ACCELERATE

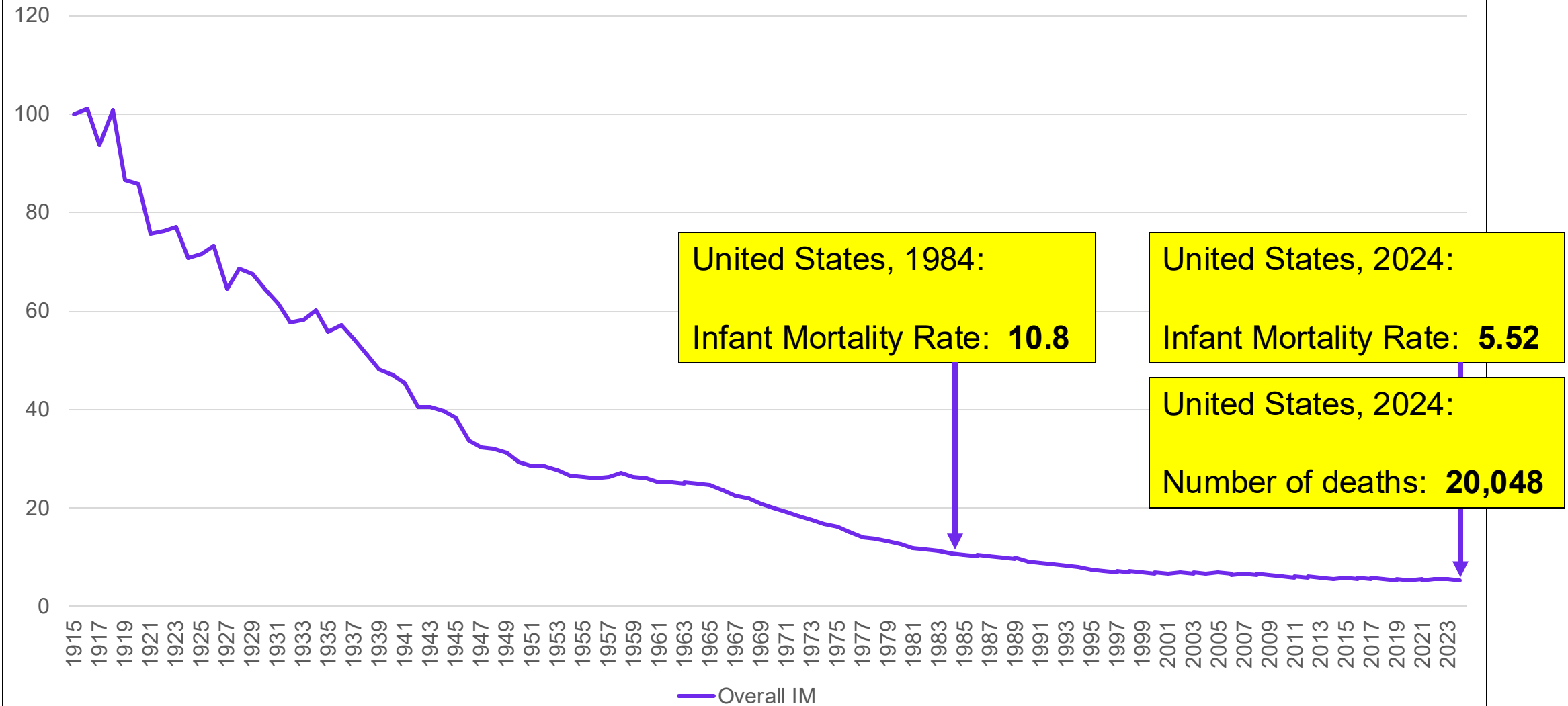


UPSTREAM



TOGETHER

Infant Mortality Rate United States, 1915-2024

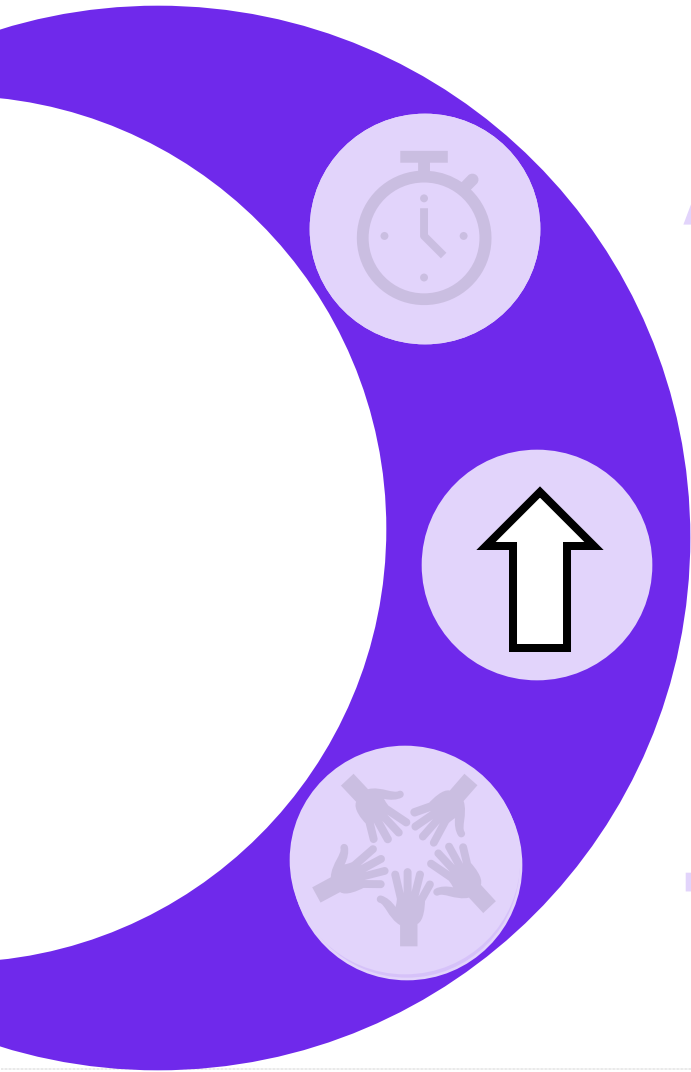






The annual number of infant deaths in the United States is roughly equivalent to the number of deaths if a jet plane crashed, killing everyone on board, once a week for an entire year.

Paradigm for Reducing Infant Mortality



ACCELERATE

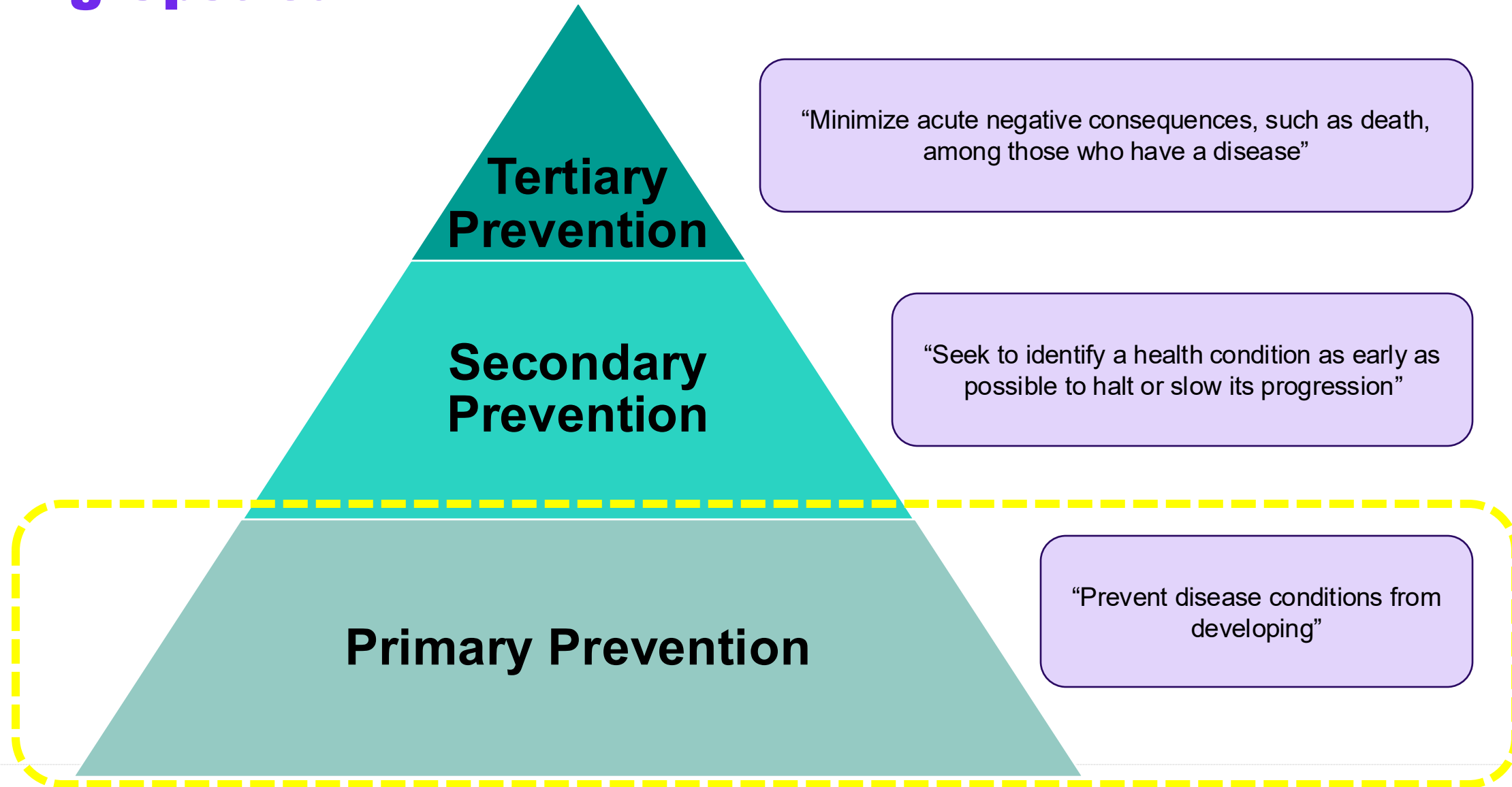
UPSTREAM

TOGETHER

Thinking Upstream

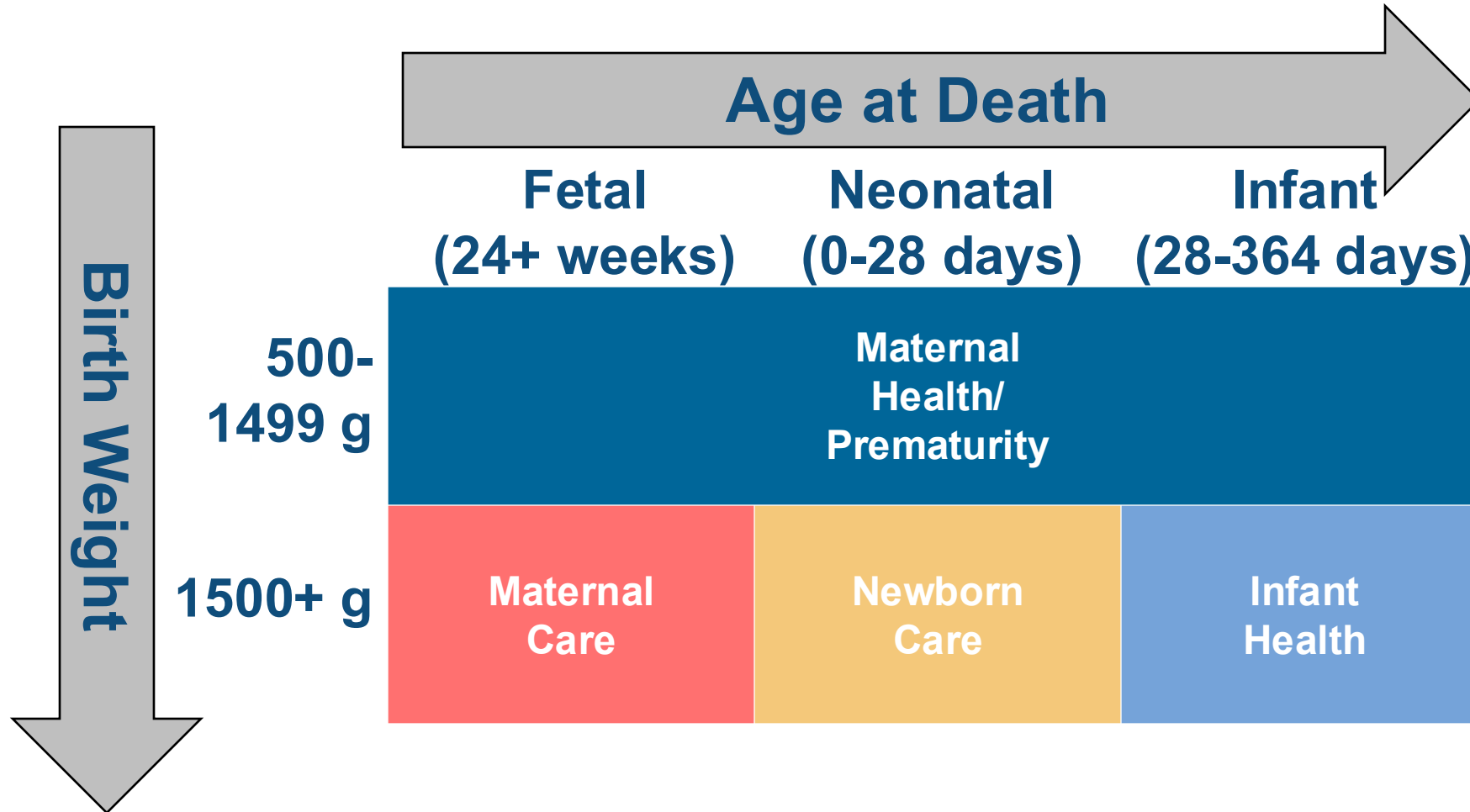


Thinking Upstream

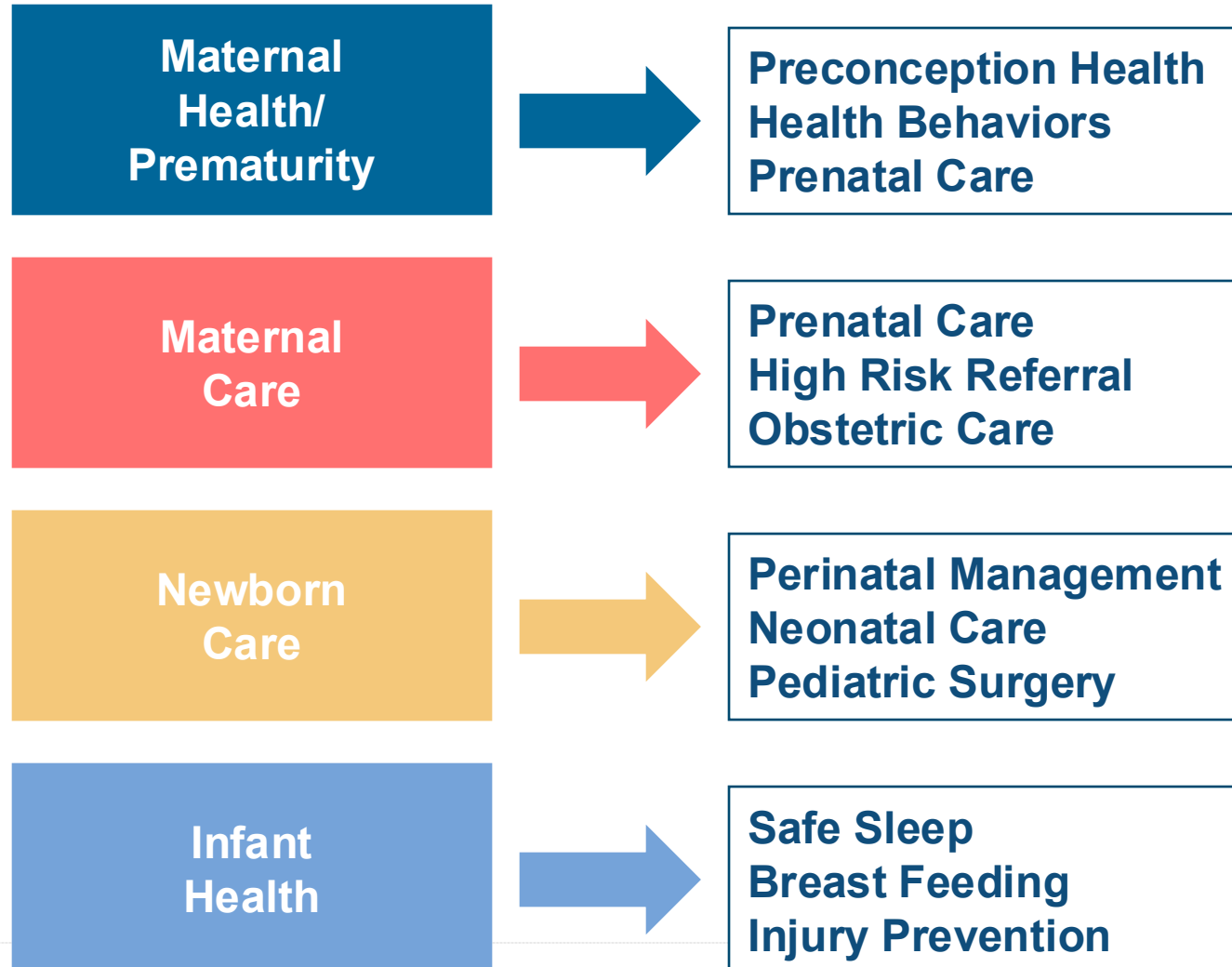


Thinking Upstream

Perinatal Periods of Risk (PPOR)

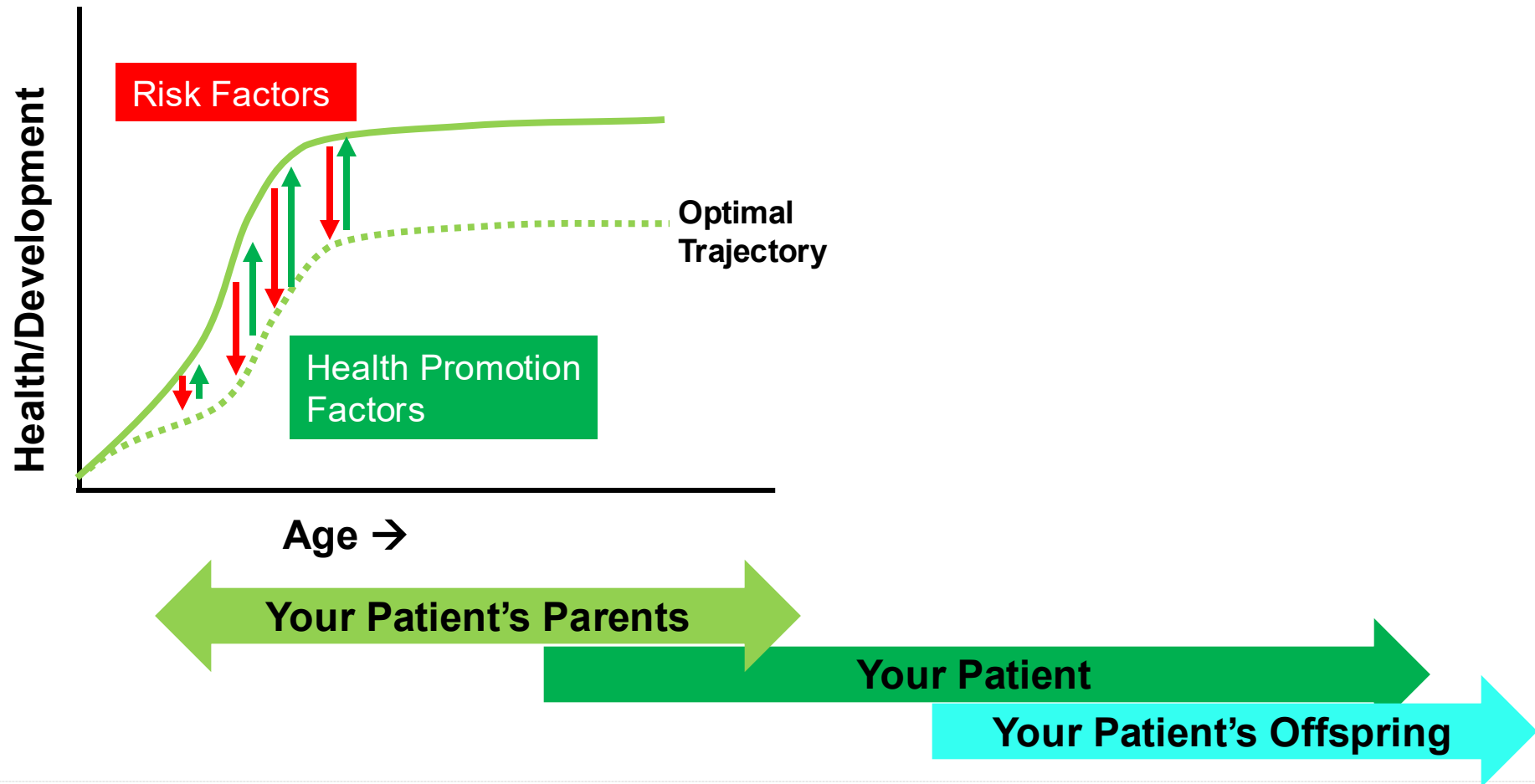


Perinatal Periods of Risk (PPOR) Opportunities for Intervention

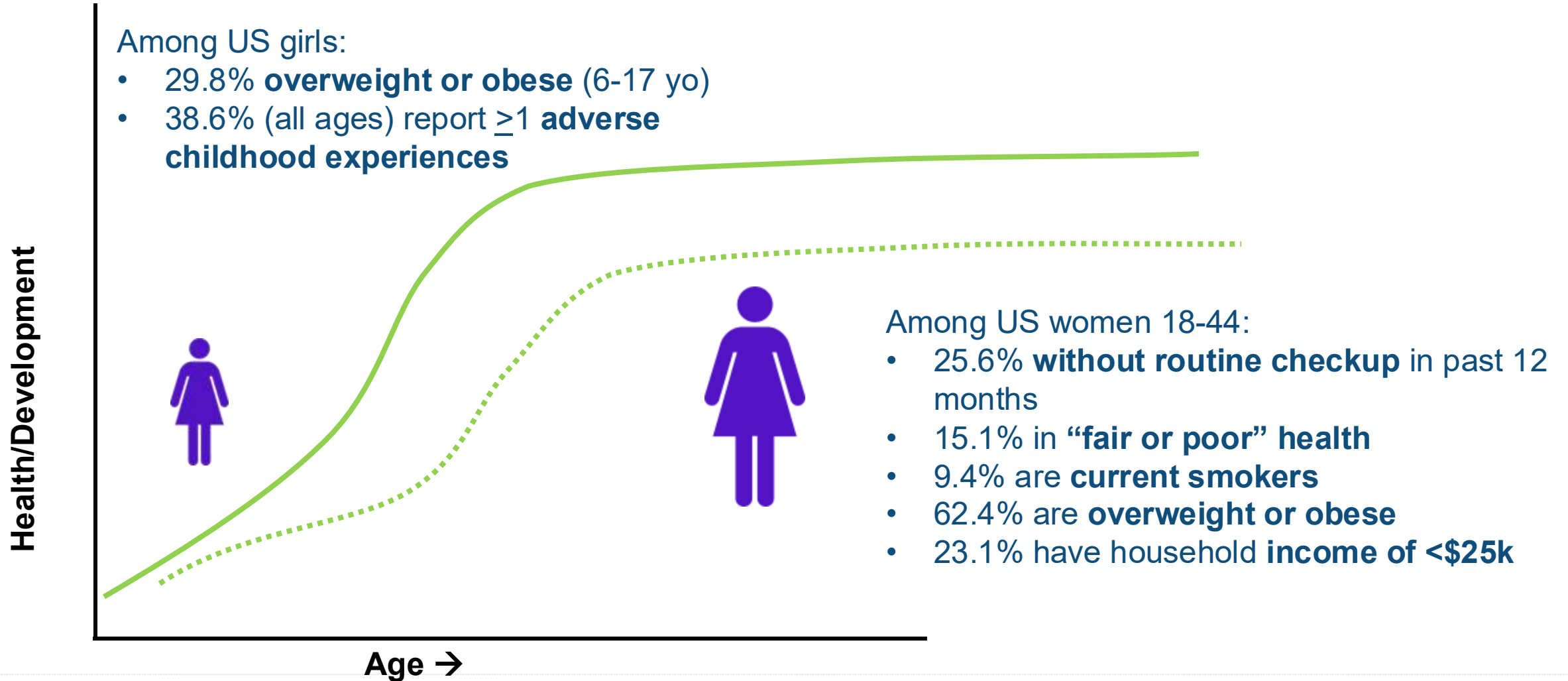


Source: Peck MG, Sappenfield WM, Skala J. Perinatal Periods of Risk: A Community Approach for Using Data to Improve Women and Infants' Health. *Maternal and Child Health Journal*. 2010. 14: 864–874.

Thinking Upstream Life Course Approach

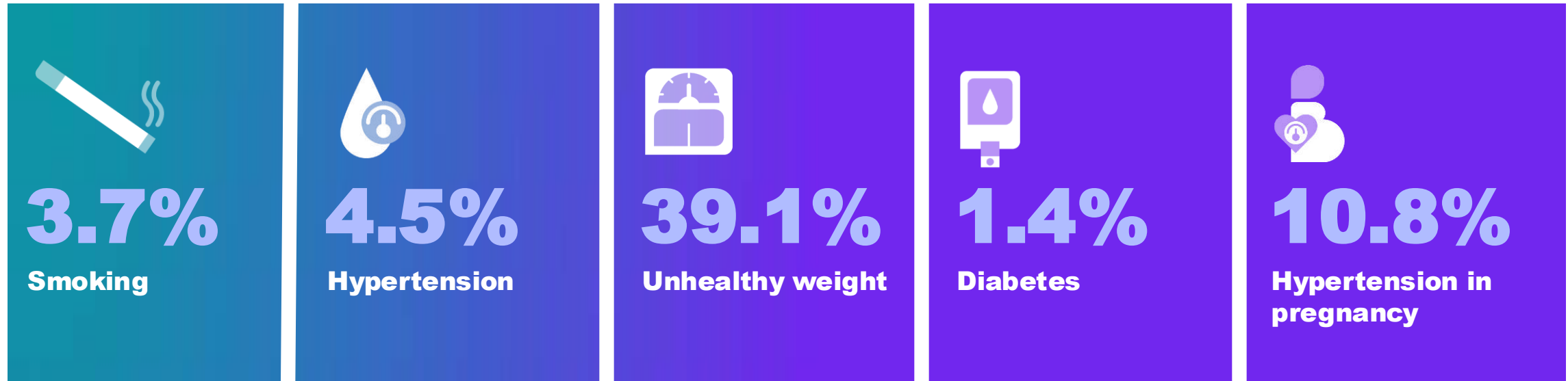


Thinking Upstream Life Course Approach



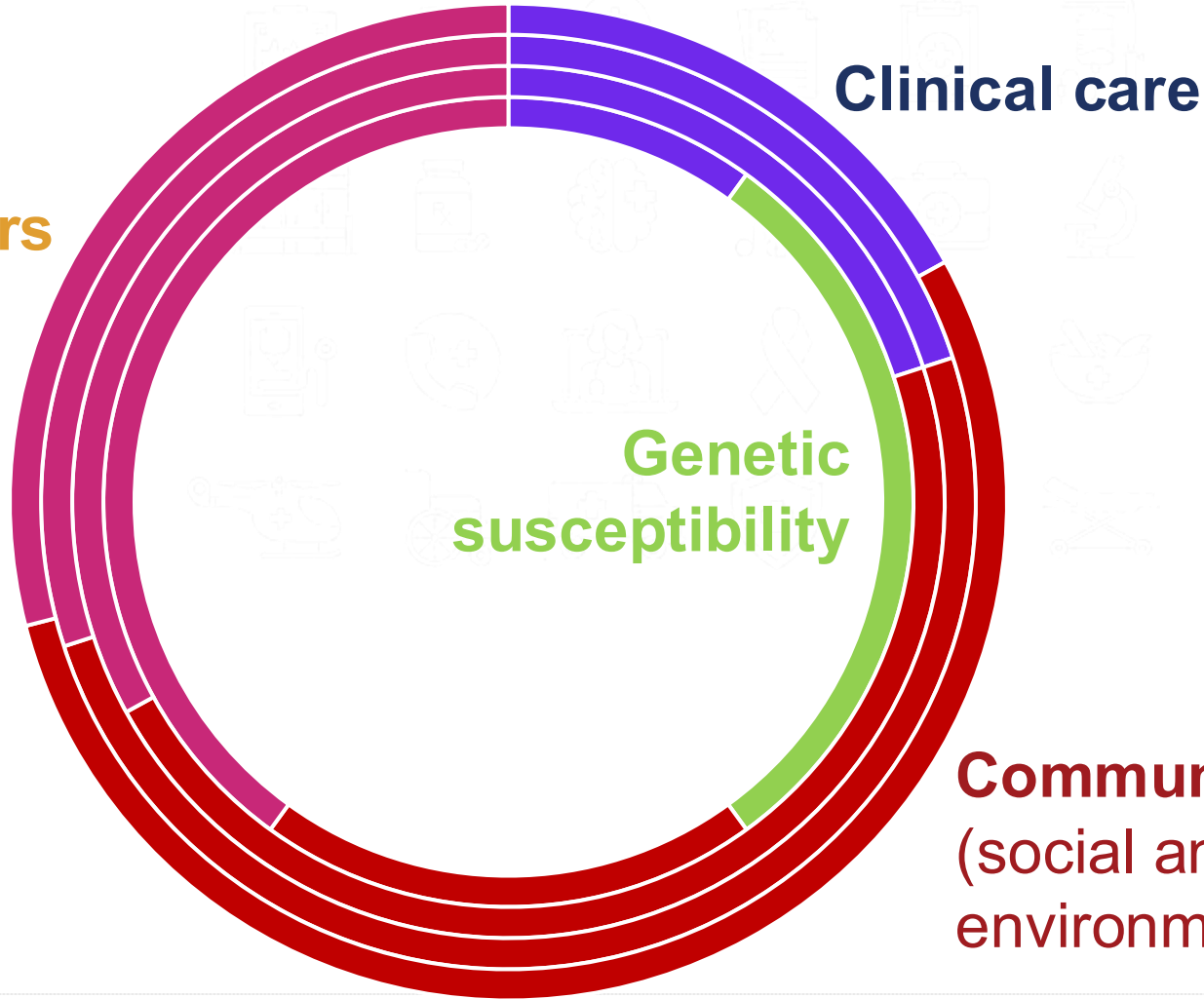
Some health conditions make people more likely to have a preterm birth or experience other poor birth outcomes

The tiles display the percentage of all live births exposed to each condition in 2024.



What Determines Health?

Health behaviors



Across four studies, clinical care accounted for only 10-20% of overall health

Structural and Social Determinants of Health

STRUCTURAL DETERMINANTS

GOVERNING PROCESSES

ECONOMIC AND SOCIAL POLICIES

RACISM, DISCRIMINATION, BIAS, AND SEGREGATION



EXPERIENCE OF SOCIAL DETERMINANTS

INCOME/POVERTY/WEALTH

EDUCATION

EMPLOYMENT

TRANSPORTATION

HOUSING

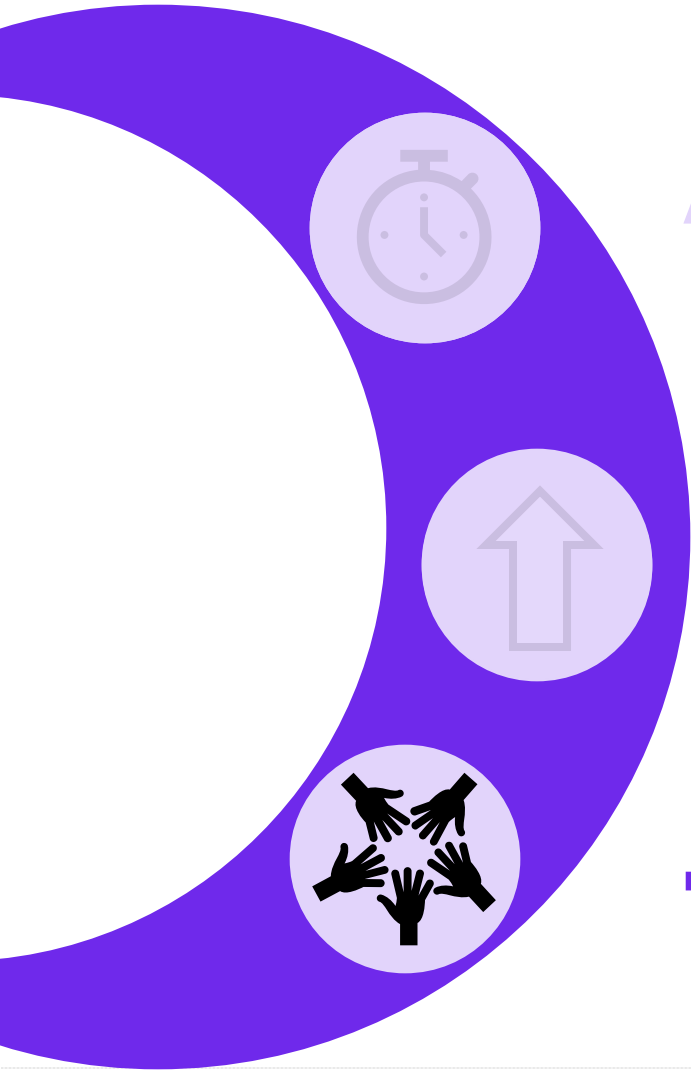
FOOD SECURITY

EXPOSURE TO TOXINS

HEALTH INSURANCE

DISTANCE TO SERVICES

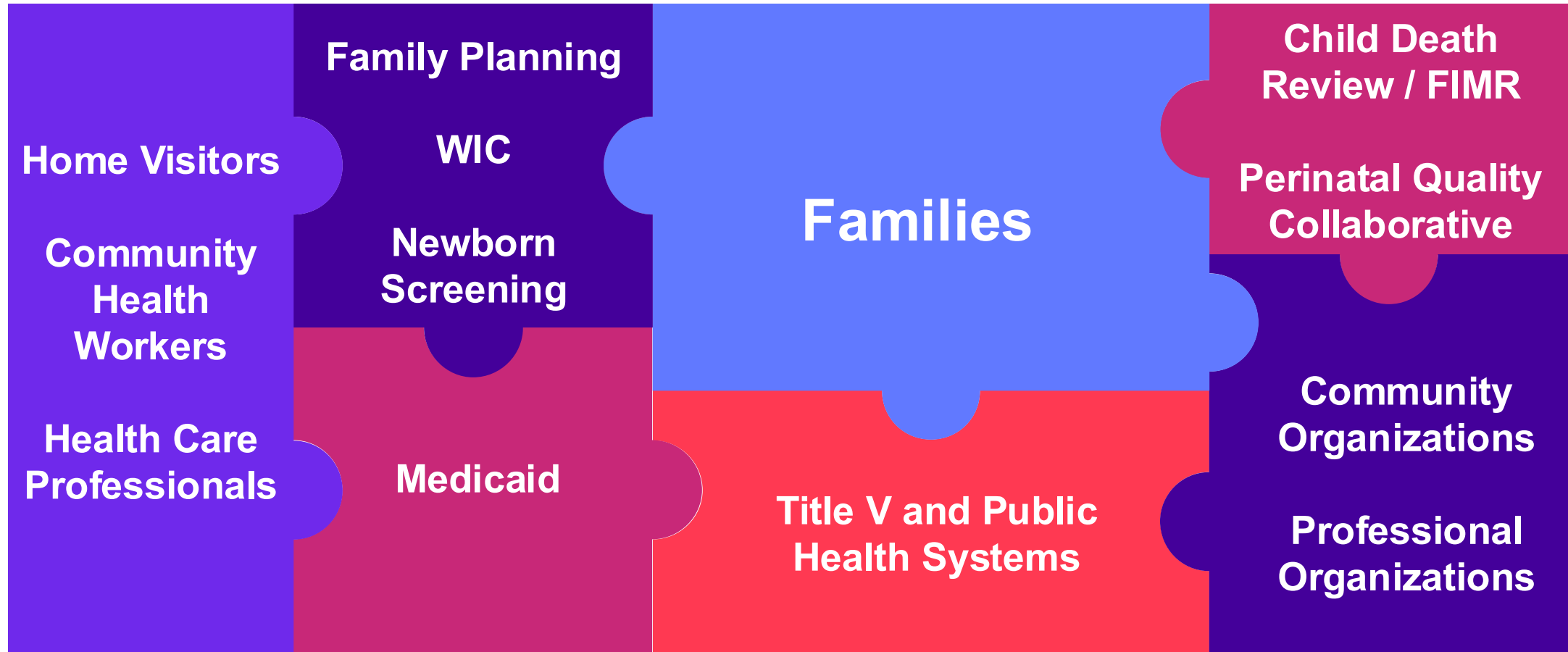
Paradigm for Reducing Infant Mortality



ACCELERATE

UPSTREAM

TOGETHER



March of Dimes Resources

March of Dimes Perinatal Data Center



PERISTATS



**DATA
REPORTS**



**RESEARCH AND
PUBLICATIONS**

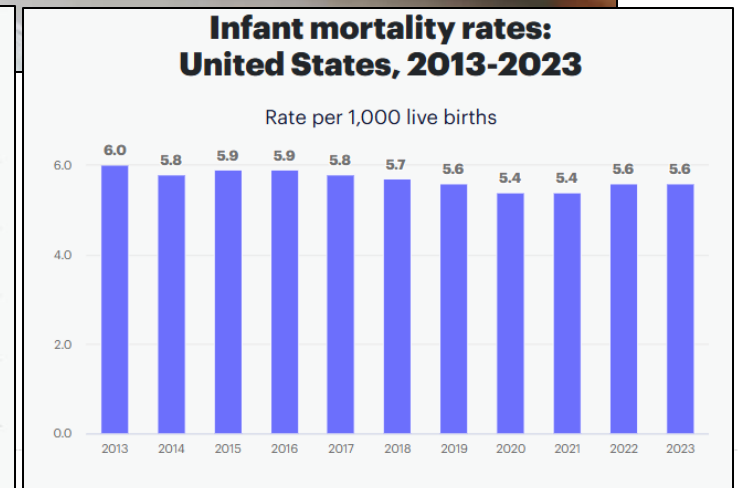
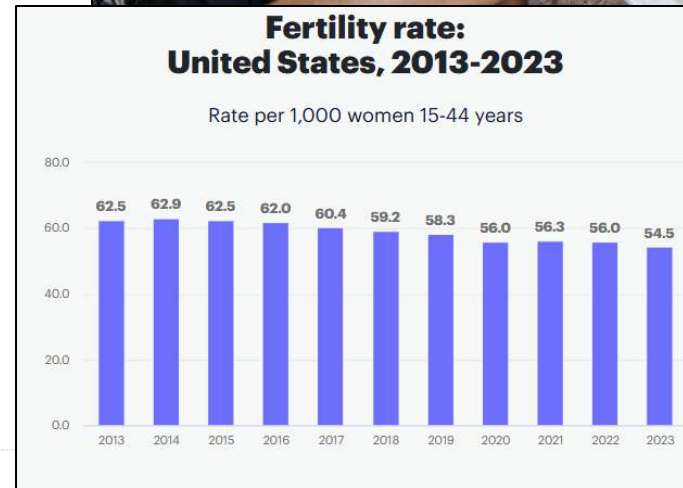
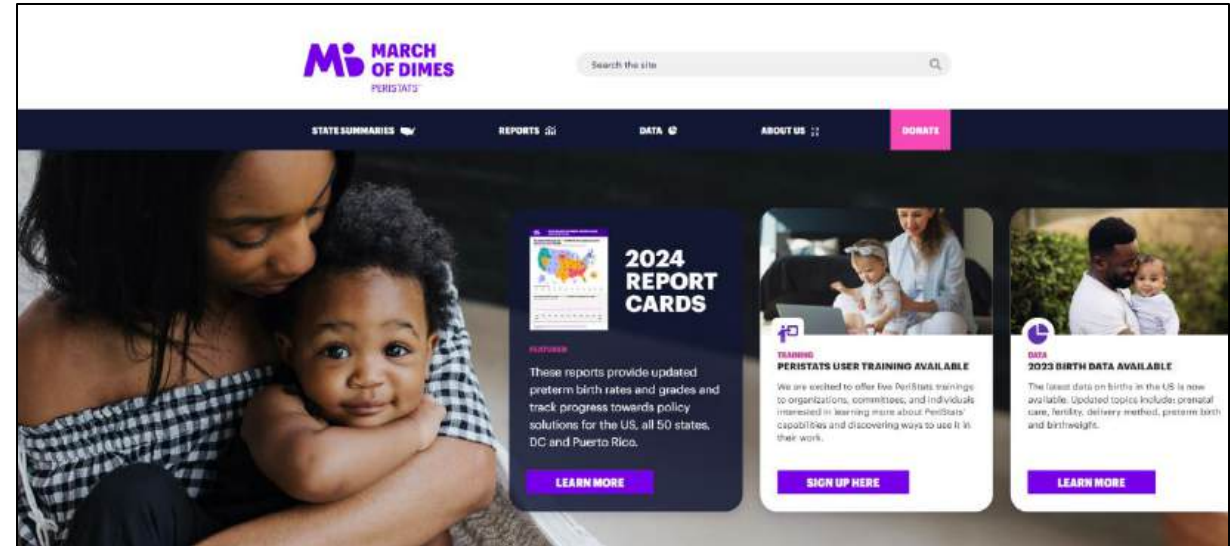


**DATA ANALYSIS
AND SUPPORT**

March of Dimes PeriStats™ Perinatal Database



- Over 60,000 graphs, maps, and tables available
- Maternal and infant health statistics on topics such as preterm birth, infant mortality, tobacco use, cesarean births, and health insurance coverage
- Information by race, ethnicity, and maternal age for many indicators is also available.



March of Dimes Report Cards

- The **March of Dimes Report Card** highlights key indicators to describe the **current state of maternal and infant health**
- Includes a **US report** and reports for all **50 states, District of Columbia, and Puerto Rico**



2023 MARCH OF DIMES REPORT CARD UNITED STATES

2023 MARCH OF DIMES REPORT CARD

2023 MARCH OF DIMES REPORT CARD

2023 MARCH OF DIMES REPORT CARD

2023 MARCH OF DIMES REPORT CARD MATERNAL HEALTH IN THE U.S.

2023 MARCH OF DIMES REPORT CARD PROGRESS IN POLICIES

Adoption of the following policies and sufficient funding for all states is critical to improve and sustain maternal and infant healthcare

MEDICAID EXTENSION
37 STATES & D.C. HAVE FULLY EXTENDED

MEDICAID EXPANSION
ADOPTED in 39 STATES & D.C.

PAID FAMILY LEAVE
10 STATES & D.C. PROVIDE 12 WEEKS OF PAID LEAVE

DOULA REIMBURSEMENT
11 STATES & D.C. REIMBURSE FOR DOULA CARE

MATERNAL MORTALITY REVIEW COMMITTEE
44 STATES ARE FEDERALLY FUNDED

FETAL AND INFANT MORTALITY REVIEW
28 STATES & D.C. REVIEW FETAL AND INFANT DEATHS

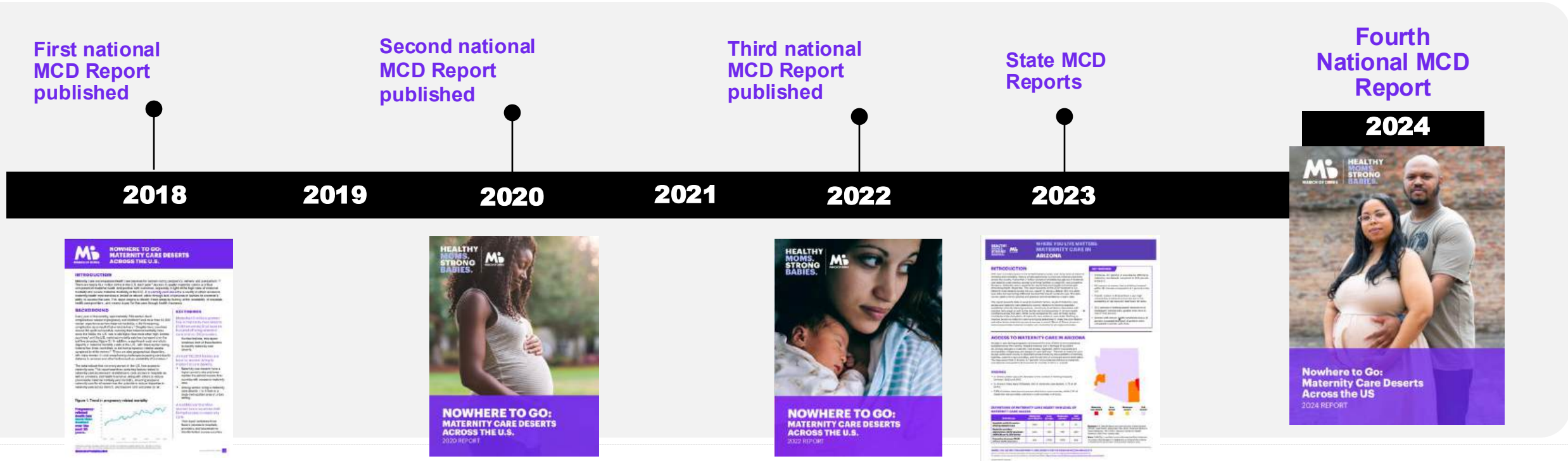
PERINATAL QUALITY COLLABORATIVE
47 STATES ARE FEDERALLY FUNDED

To see more information about each policy, see our Policy Booklet document [here](#).

March of Dimes Maternity Care Deserts Report



Since 2018, March of Dimes has explored access to maternity care in America through our maternity care deserts reports. With each launch, the report has evolved to include more comprehensive data and dig deeper into factors related to access.



March of Dimes Professional Education Offerings

We champion healthy outcomes for moms and babies by empowering the professionals who care for them. Elevate your practice with accredited continuing education, evidence-based programs that support expectant families, and resources to optimize care and outcomes.



Scan the QR code to learn more.

Maternal/ Newborn

- Beyond Labels: Reducing Stigma Related To Maternal Mental Health and Substance Use Disorder*
- Preventing Prematurity: Preconception, Prenatal and Postpartum Considerations and Care
- Maternal Mental Health: It's Not Just postpartum. It's Not Just Depression*
- Perinatal Loss: Supporting Parents and Staff Through Difficult Times*
- Family Centered Care for Newborns with Substance Exposure*
- Resources and Strategies to Empower Women to Improve Maternal Health in the Fourth Trimester*
- Skin to Skin: Implementation of Best Practices*
- Social Media and a Multigenerational Workforce*

NICU


- Easing Parent Trauma in the NICU: Trauma-Informed Care for the NICU*
- From Hospital to Home: Improving the Transition for Families with Children with Medical Complexities*
- Overheard: What We Say, What We Mean, and What Families Hear*
- Shorter Stays in the NICU: Impact and Implications for Care*
- Partnering with Families to Prevent Infection in the NICU*
- Improving the Patient Experience in the NICU by Enhancing Parent Education*
- Caring for the Caregiver: Support for Health Care Professionals*

**AWARENESS TO ACTION:
DISMANTLING BIAS IN MATERNAL
AND INFANT HEALTH CARE™**

March of Dimes Free Continuing Education via E-Learning




Prenatal Screenings: Communicating Key Benefits for Maternal and Infant Health

 *Free training with 1.0 CME and ANCC contact hours*



Low Dose Big Benefits: Raising Awareness of Low Dose Aspirin to Reduce the Negative Impacts of Preeclampsia

 *Free training with 1.0 CME, CPE, and CNE*



March of Dimes Toolkits



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

Stigma Reduction Toolkit

Stigma can impact the healthcare and support women need, seek and receive.



Vaccine Toolkit

Vaccination is a safe and effective strategy for keeping moms and babies healthy.



Low Dose Aspirin Toolkit

Prescribing low dose aspirin (based on risk) can help reduce the risk of preeclampsia.



March of Dimes Programs

Becoming a Mom (BAM)/ Comenzando Bien®

- Bilingual childbirth education curriculum (group or facilitated)
- Nine comprehensive lessons
- Topics include nutrition, labor and delivery, breastfeeding, and postpartum care



Supportive Pregnancy Care® (SPC)

- Education and resource framework to implement group prenatal care
- Helps achieve equity in birth outcome
- Traditional prenatal care plus perinatal education, all in group setting



Join our March of Dimes Advocacy Network



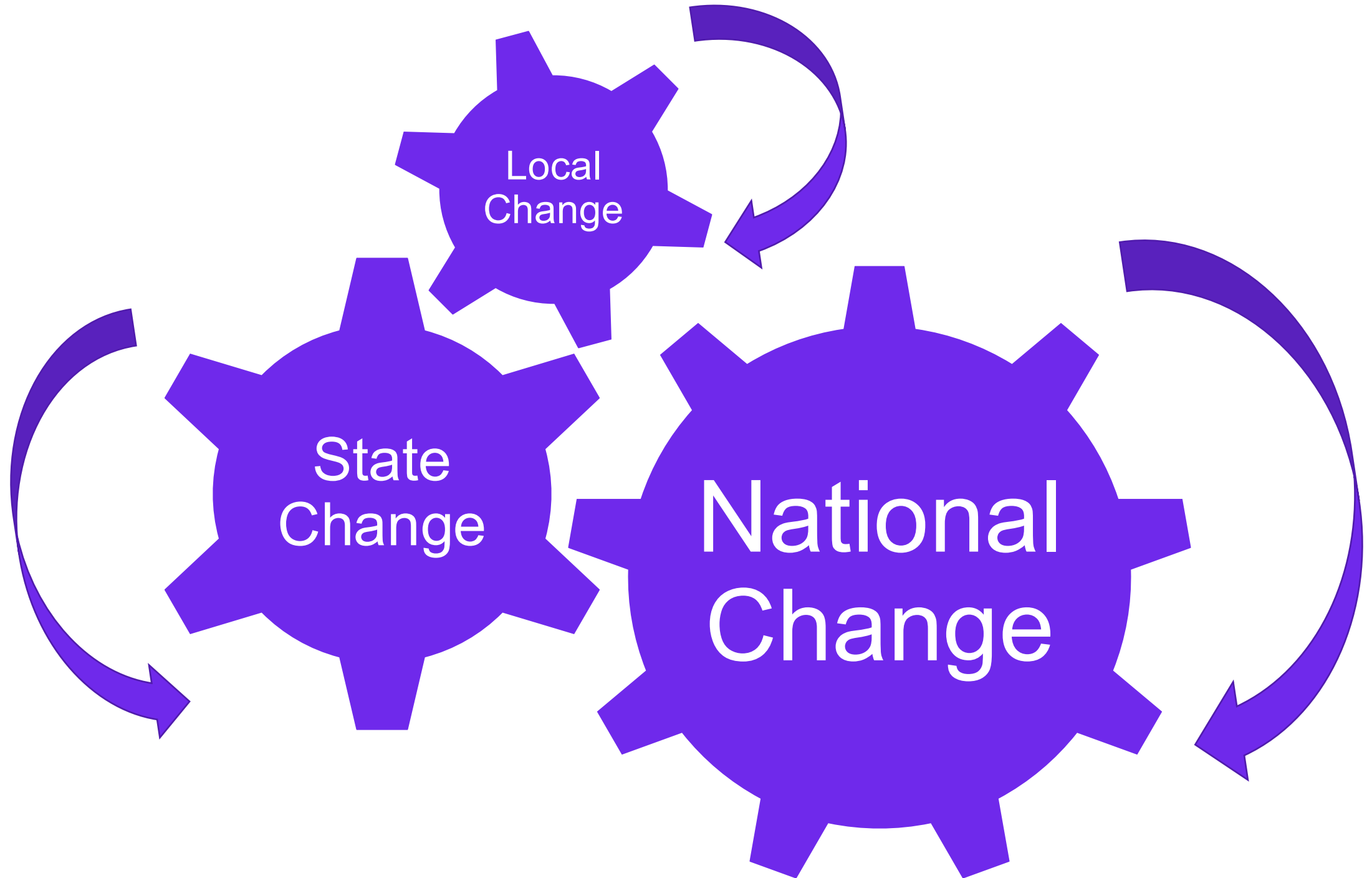
- As an Advocate, you will receive updates about important issues facing moms and babies throughout the nation and invitations to exclusive events.
- Sign up using the QR code.



Summary

Summary

- Over 60 babies die each year in Delaware before their first birthday. Marked disparities exist by race and place.
- Prematurity contributes significantly to Delaware's infant mortality rate.
- Working together, we can accelerate progress and help more babies reach their first birthday.



Acknowledgements

- Leah Jones, MPA

THANK YOU!



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