



# HEALTHY MOMS. STRONG BABIES.

## Here's how March of Dimes leads the fight for the health of all moms and babies:

### RESEARCH

We fund and support research at our Prematurity Research Centers and in promising areas to find solutions and make lifesaving breakthroughs.

### EDUCATE

We offer resources and programs that help moms before, during and after pregnancy and give medical professionals the tools and best practices they need.

### ADVOCATE

We fight for policies in the halls of government that prioritize the health of moms and babies.

### UNITE

We bring together organizations and professionals from diverse backgrounds to identify and act on solutions to improve equity and preterm birth prevention.

### SUPPORT

We comfort and assist moms and families throughout every stage of the pregnancy journey, even when things don't go according to plan.

### PARTNER

We partner with community organizations and health care providers to ensure moms and families have access to programs and services that support healthy pregnancies.

## EACH YEAR IN PUERTO RICO



**24,310**

babies are born



**2,783**

babies are born prematurely



**730**

babies are born with a birth defect



**215**

babies die before their first birthday



**\$144 MILLION**

is the societal cost of preterm birth

# In Puerto Rico, March of Dimes is a champion for families, focusing on communities with the greatest need and fighting for the best possible care for all moms and babies.

## RESEARCH

In 2018 March of Dimes invested nearly **\$20 million** in research to understand, treat and prevent the serious health problems that threaten babies. This research improves the care of mothers and babies in Puerto Rico, throughout the United States and across the globe. At our **six Prematurity Research Centers** teams of brilliant minds from a range of disciplines look for answers and share discoveries to transform our understanding of preterm birth, including causes and preventions. Learn more at [marchofdimes.org/research](http://marchofdimes.org/research).

## ADVOCATE

March of Dimes is a powerful voice for the needs of pregnant women, infants, children and families in Puerto Rico. In 2019 top March of Dimes priorities include advocating to prevent preterm birth, protect moms from dying from pregnancy-related causes, and address the impact of the opioids crisis on moms, babies and families.

## SUPPORT

March of Dimes helps families when a pregnancy doesn't go according to plan. In 2018 we launched the My NICU Baby™ app, providing free, easy to use information for all NICU families. Through the online Share Your Story® site and Facebook mentoring program, we bring together families impacted by the biggest health threats to mom and baby. We also educate families and staff and improve the NICU experience through our **two NICU Family Support® programs** operating in Puerto Rico hospitals and our Training Institute for health care professionals.

**SOURCES AND NOTES:** Births and preterm births — National Center for Health Statistics, final natality 2017. Preterm is less than 37 weeks gestation. Birth defects — Based on CDC estimate that 1 in 33 babies is born with one or more birth defect. Infant mortality — NCHS, infant mortality, 2016. Cost of preterm birth — Institute of Medicine report, 2007.

## EDUCATE

March of Dimes helps all women have healthy pregnancies and strong babies by providing the latest health information in English and Spanish on preconception, prenatal, postpartum and newborn care. We communicate this information through our websites, social media, and community and workplace programs. In 2018 March of Dimes trained **35 Puerto Rican facilitators** on the prenatal education curriculum, Comenzando bien®, for pregnant women.

## UNITE

March of Dimes Puerto Rico brings together leaders from the Department of Health, Puerto Rico Hospital Association, local businesses, hospitals and community organizations to address risk factors related to premature birth. Through its leadership of the island's Prematurity Task Force, March of Dimes has galvanized this leadership to drive down rates of early elective deliveries and to maximize utilization of progesterone therapy (17P) to prevent subsequent premature births in women with a prior early birth.

## PARTNER

March of Dimes Puerto Rico partners with several key organizations to promote our mission of healthy moms and strong babies. March of Dimes and the Puerto Rico Hospital Association promoted the use of the hard-stop policy and quality improvement initiatives to end early elective deliveries. This partnership has impacted all **32 birthing hospitals** in Puerto Rico resulting in better birth outcomes.

## JOIN THE FIGHT

Because of friends like you, we can provide programs, tools and support for all moms and babies.

JOIN US

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