The preterm birth rate in New Hampshire was 8.2% in 2022, lower than the rate in 2021.

Percentage of live births born preterm

**PRETERM BIRTH GRADE**

<table>
<thead>
<tr>
<th>U.S. RATE</th>
<th>NH RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.4</td>
<td>8.2</td>
</tr>
</tbody>
</table>

The presence of purple (darker color) indicates a significant trend (p <= 0.05)

The preterm birth rate among babies born to Black birthing people is 1.4x higher than the rate among all other babies.

Preterm birth rate by race/ethnicity, 2020-2022

- **White**: 8.3%
- **Asian/Pacific Islander**: 8.4%
- **Hispanic**: 9.0%
- **Black**: 11.8%

Many factors make birthing people more likely to have a preterm birth

Preterm birth (PTB) rate among birthing people by maternal factor (blue) and overall prevalence (in parentheses), 2022

- **Smoking**: 13.5% (5.1% of all births)
- **Hypertension**: 14.8% (2.6% of all births)
- **Unhealthy weight**: 9.7% (32.0% of all births)
- **Diabetes**: 21.2% (1.2% of all births)
- **Previous preterm**: 30.2% (3.0% of all births)
- **Carrying multiples**: 48.8% (3.2% of all births)

**Note**: More than one factor can occur at the same time. Hypertension, diabetes, smoking, and unhealthy weight occur prior to pregnancy. U.S. PTB rates are as follows: smoking: 15%; hypertension: 23%; unhealthy weight: 12%; diabetes: 29%; previous preterm: 30%; carrying multiples: 62%.

**Source**: National Center for Health Statistics, 2012-2022 natality data.
NEW HAMPSHIRE

The infant mortality rate decreased in the last decade; In 2021, 50 babies died before their first birthday

INFANT MORTALITY RATE

4.0

U.S. RATE

5.4

Rate per 1,000 live births

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.2</td>
<td>5.6</td>
<td>4.1</td>
</tr>
<tr>
<td>4.1</td>
<td>3.7</td>
<td>4.2</td>
</tr>
<tr>
<td>4.2</td>
<td>3.5</td>
<td>3.2</td>
</tr>
<tr>
<td>4.4</td>
<td>4.0</td>
<td>4.0</td>
</tr>
</tbody>
</table>


The infant mortality rate among babies born to Hispanic birthing people is 1.2x the state rate

Infant mortality rate per 1,000 live births

Rate per 1,000 live births, 2019-2021

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Rate 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>3.6</td>
</tr>
<tr>
<td>Hispanic</td>
<td>4.9</td>
</tr>
</tbody>
</table>

Leading causes of infant death

Percent of total deaths by primary cause, 2019-2021

<table>
<thead>
<tr>
<th>Cause</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth defects</td>
<td>16.7</td>
</tr>
<tr>
<td>PTB/LBW</td>
<td>14.4</td>
</tr>
</tbody>
</table>

Notes: API = Asian/Pacific Islander; AIAN = American Indian/Alaska Native; PTB/LBW = preterm birth and low birth weight; SUID = sudden unexpected infant death.
NEW HAMPSHIRE

Birthing people in New Hampshire have a very low vulnerability to poor outcomes and are most vulnerable due to mental health and substance use.

MVI by county in New Hampshire

Factors related to maternal vulnerability

Higher scores indicate higher vulnerability

- Socioeconomic Determinants: 2
- Physical Environment: 2
- Physical Health: 6
- Reproductive Healthcare: 12
- General Healthcare: 22
- Mental Health and Substance Abuse: 66

Notes: The Maternity Vulnerability Index (MVI) is a tool used to understand where birthing people in each state may be more likely to have poor outcomes, including preterm birth and maternal death, due to clinical risk factors and other social, contextual, and environmental factors. Visit https://mvi.surgoventures.org/.


The measures below are important indicators for how New Hampshire is supporting the health of birthing people

N/A

MATERNAL MORTALITY

The death rate of birthing people from complications of pregnancy or childbirth that occur during the pregnancy or within 6 weeks after the pregnancy ends cannot be shown due to unreliable estimates and concerns with confidentiality.


LOW-RISK CESAREAN BIRTH

27.9 PERCENT

This shows Cesarean births for first-time moms, carrying a single baby, positioned head-first, and at least 37 weeks pregnant.

INADEQUATE PRENATAL CARE

9.0 PERCENT

Percent of birthing people who received care beginning in the fifth month or later or less than 50% of the appropriate number of visits for the infant’s gestational age.

Adoption of the following policies and sufficient funding in New Hampshire is critical to improve and sustain maternal and infant healthcare

**NEW HAMPSHIRE**

* MEDICAID EXPANSION
  State has extended coverage for women to one year postpartum.

** MEDICAID EXPANSION
  State has adopted this policy, which allows birthing people greater access to preventative care during pregnancy.

* PAID FAMILY LEAVE
  State has required employers to provide a paid option while out on parental leave.

** DOULA REIMBURSEMENT POLICY
  State Medicaid agency is actively reimbursing doula care.

** MATERNAL MORTALITY REVIEW COMMITTEE
  State has a federally funded MMRC committee, which is recognized as essential to understanding and addressing the causes of maternal death.

** FETAL AND INFANT MORTALITY REVIEW
  State has a Fetal and Infant Mortality Review team or teams to identify and review causes of death.

** PERINATAL QUALITY COLLABORATIVE
  State has a federally funded PQC to identify and improve quality care issues in maternal and infant healthcare.

** Legend**

- ✔️ State has the indicated funding/policy
- + State reimburses up to $1,500
- ✗ State is progressing legislation but not yet active
- ✗ State does not have the indicated funding/policy

OVER 380,000 BABIES WERE BORN PRETERM IN 2022. EVERY DATA POINT REPRESENTS A PERSON WITH A UNIQUE STORY – HERE’S JUST ONE.

At 37 years old, Ashley Taylor got pregnant after her first round of IVF. The pregnancy went smoothly until, at 18 weeks, her water broke. She was put on bed rest in the hospital to help save the pregnancy. Ashley remained there for five weeks of excruciating back pain and uncertainty—until she went into labor. Julia was born at 23 weeks and six days, weighing 1 pound, 2.3 ounces. “I knew that I loved her more than anything from the very beginning when she came into this world and they asked me, ‘What do you want to do?’ And I said, ‘Everything possible.’ And now she’s an amazing little girl with so much personality.”

Far too many families are affected by prematurity. We advocate for policies outlined in this year’s 2023 March of Dimes Report Card to prioritize the health of all families—especially moms and babies of color.