



# 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 CALIFORNIA



**471,658**

babies are born



**40,907**

babies are born prematurely



**14,290**

babies are born with a birth defect



**2,063**

babies die before their first birthday



**23,000**

women live in a maternity care desert



**\$2.1 BILLION**

is the societal cost of preterm birth

# In California, 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 California, throughout the United States and across the globe. At our **six Prematurity Research Centers** teams of scientists look for answers and share discoveries to transform our understanding of preterm birth, including causes and preventions. In 2011 March of Dimes opened its first PRC in partnership with Stanford University School of Medicine. The University of California, San Francisco is a collaborating institution. The California Institute of Technology partners with the Prematurity Research Center at Washington University in St. Louis. 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 California. In 2018 March of Dimes secured **12 legislative wins**. Highlights include supporting breastfeeding policies; securing workplace accommodations for pregnant and nursing women; and advocating to establish the CalWORKS Home Visiting Initiative, which will provide home visitation services for low-income, pregnant women and families. March of Dimes also supported legislative efforts to improve mental health for pregnant women and moms and to increase funding for programs to close the disparities gap in birth outcomes in California.

## 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 **four NICU Family Support®** programs operating in California hospitals and our Training Institute for health care professionals.

## 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. Partnering with the California Department of Public Health and the Preconception Health Council of California, March of Dimes reaches over **100,000 consumers and professionals** through [EveryWomanCalifornia.org](http://EveryWomanCalifornia.org), an online portal of health education and tools to promote women's health before and between pregnancies.

## UNITE

With the Los Angeles Department of Public Health, the California Department of Public Health and **20 other partnering organizations**, March of Dimes is developing a Community Birth Plan Toolkit to reduce preterm birth in the African-American community. The toolkit, which started in Los Angeles, will be disseminated broadly, focusing on communities with higher numbers of preterm birth, such as Fresno and Sacramento. We are engaging Black women who have had a premature birth to develop strategies to increase interventions for prematurity prevention. In the High Desert of San Bernardino County, we collaborate with **35 partners** through our Healthy Babies are Worth the Wait Program™ to reduce preterm birth in the region.

## PARTNER

March of Dimes coordinates statewide efforts to improve utilization of progesterone shots for pregnant women who've had a prior premature birth. Progesterone is proven to lower the risk of another preterm birth, yet only about one-third of eligible women in California receive it. Our efforts have the potential to prevent over 5,400 premature births each year in California. March of Dimes has convened **35 leaders** from health plans, hospitals, clinics and the public health sector to develop an action plan to increase use of progesterone.

**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. Women living in maternity care desert -- "Nowhere to Go", March of Dimes, 2018. Cost of preterm birth — Institute of Medicine report, 2007.

## JOIN THE FIGHT

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

JOIN US

[MARCHOFDIMES.ORG](http://MARCHOFDIMES.ORG)

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