



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 WASHINGTON



87,562

babies are born



7,334

babies are born prematurely



2,650

babies are born with a birth defect



391

babies die before their first birthday



39,000

women live in a maternity care desert



\$378 MILLION

is the societal cost of preterm birth

In Washington, 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 Washington, 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.

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 Washington co-organized the Tri-state Tribal Pregnancy Health Summit to identify promising practices and opportunities for collaborative work across Native populations in Washington, Oregon and Idaho.

ADVOCATE

March of Dimes is a powerful voice for the needs of pregnant women, infants, children and families in Washington. In 2018, March of Dimes successfully advocated to allow employees who are sick or temporarily disabled due to a pregnancy disability the use of shared leave to bond with their newborn, adoptive or foster child. Washington advocates also secured funding to identify opportunities to expand home visiting statewide and helped secure funding in the Medicaid budget to increase payment to pediatric primary care providers for evaluation, management and vaccine administration.

UNITE

March of Dimes Washington brings together many maternal and child health partners throughout the state. These key stakeholders include: healthcare systems, providers, community-based organizations and coalitions. Together we work to improve the the health of moms and babies.

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 NICU Family Support® program in **Seattle** and our Training Institute for health care professionals.

PARTNER

In Washington we partnered with several key stakeholders and community organizations to promote system-level changes that positively affect maternal and infant health and address the social determinants of health. For example, we served on the Healthy Pregnancies Senate Council to advance legislative recommendations regarding best practices and supports for women before, during and after pregnancy. These partnerships provide the opportunity to strategically align our mission work with partner organizations for greater impact.

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

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