

# NOVEMBER IS PREMATURITY AWARENESS MONTH!

NOVEMBER 2019  
NEWSLETTER



**HEALTHY**  
**WOMEN &**  
**CHILDREN**  
COALITION

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**WORKING TO ENSURE ALL WOMEN AND  
CHILDREN OF COLOR IN WACO-MCLENNAN  
COUNTY ARE HEALTHY**

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# THE HEALTHY WOMEN & CHILDREN COALITION IS GOING PURPLE FOR PREEMIES THIS MONTH!

## **WHAT IS PREMATUREITY?**

Did you know that 1 in 10 babies in the United States is born prematurely? A baby is premature if born before 37 weeks of pregnancy. When born premature, the baby may exhibit signs such as a lower birth rate, difficulty or slower breathing rate, or a lack of reflexes for suckling and swallowing, and they may face medical complications later in life. Additionally, premature babies will often have a longer stay at the hospital after birth, so that the NICU staff can ensure the best care for your baby.

## **WHAT ARE THE RISKS?**

Women more at risk of having a premature baby may have had a premature delivery previously, have a pregnancy with twins or multiples, have less than 6 months of spacing between pregnancies, smoke cigarettes or use illicit drugs, or have experienced stressful and traumatic events. Based on national statistics, African American women have a greater risk of experiencing premature birth than any other race. Additionally, the rate of premature birth among Hispanic women has increased over the past years.

Although there isn't a specific cause for a premature birth, women can lower their risk of a premature delivery by avoiding drugs, consuming nutritious food, exercising regularly, and being mindful about adequate birth spacing of 18 months or more.

# WHY SHOULD WE CARE ABOUT PREMATURE BIRTH?



**Prematurity is the leading cause of death in children under age 5 worldwide.**



**In Texas, the preterm birth rate among black women is 38% higher than the rate among all other women.**

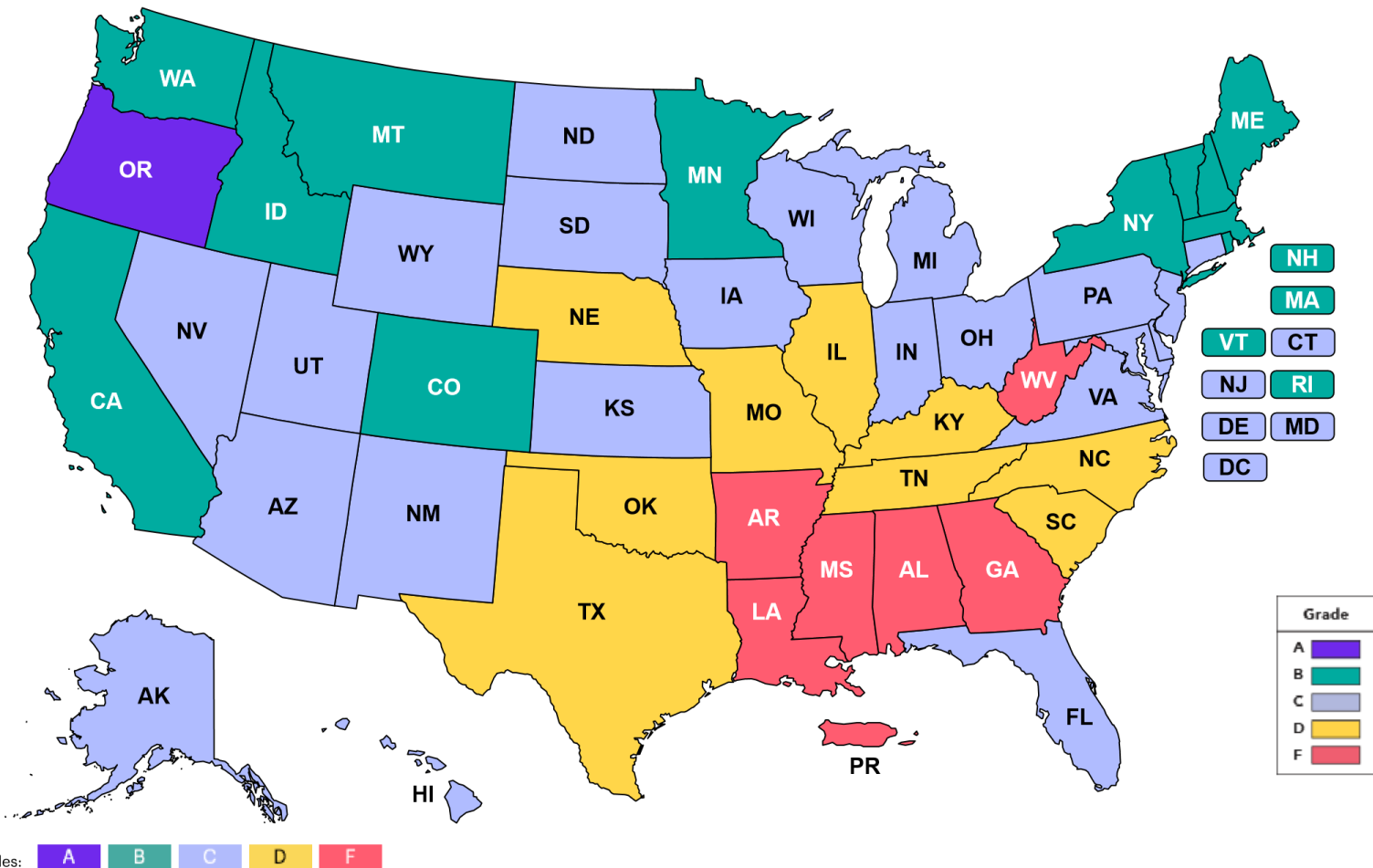


**Texas received a grade D for its preterm birth rate of 10.8% in 2018. This is higher than the national rate of 10%.**

Check out the March of Dimes Premature Birth Report Card for more statistics.

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# MARCH OF DIMES PREMATURE BIRTH REPORT CARDS 2019



The March of Dimes has just released the 2019 Premature Birth Report Cards for both the national and state level.

The new data reveal that the overall U.S. preterm birth rate has **worsened** for the 4th year in a row, now sitting at **10%**, with a grade of **C**.

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# IN AN AVERAGE WEEK IN TEXAS...

7,449



**BABIES ARE BORN**

**BABIES ARE BORN PRETERM**



916

663



**BABIES ARE BORN LATE PRETERM**

**BABIES ARE BORN VERY PRETERM**



142

# WORLD PREMATURETY DAY

Each year, the March of Dimes celebrates World Prematurity Day on November 17th and invites anyone to participate.

You can participate by:

## Wearing Purple to Work

Each year, the Waco-McLennan County Public Health District staff dress up in purple for World Prematurity Day and take a group photo.

Your organization's photo could end up in our newsletter!

Send photos to  
[Healthei2@wacotx.gov](mailto:Healthei2@wacotx.gov)



## Updating Your Social Media

Change your personal or your organization's social media profile picture to a World Prematurity Day one and use the hashtags #givethemtomorrow and #worldprematurityday to raise awareness!