



# 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 DELAWARE



**10,855**

babies are born



**1,108**

babies are born prematurely



**320**

babies are born with a birth defect



**86**

babies die before their first birthday



**\$57 MILLION**

is the societal cost of preterm birth

# In Delaware, 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 Delaware, 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 Delaware. 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 Delaware 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 Delaware provided funding to train Preconception Peer Educators to engage high-school-age adolescents to develop individualized life plans that focus on healthy behaviors, pregnancy intentionality and healthy relationships. The program, facilitated by nurses from the University of Delaware, addresses the high rate of unplanned pregnancies and infant mortality in Delaware. Each student receives a "My Life My Plan" booklet, which provides developmentally appropriate content for adolescents.

## UNITE

Delaware March of Dimes collaborated with the State Healthy Mother and Infant Consortium to facilitate preconception and perinatal health education for clinicians at practice sites across the state. A nurse educator developed educational content in response to challenges identified by the Statewide Perinatal Quality Cooperative, and implemented Continuous Quality Improvement initiatives to increase adherence to perinatal best practices.

## PARTNER

March of Dimes understands that addressing complex challenges in maternal and infant health requires the collective impact of many stakeholders. For this reason, we partner with organizations and individuals that share our goal of healthy moms and strong babies to leverage expertise, resources and influence to advance health equity.

## 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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