



# 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 MINNESOTA



**68,595**

babies are born



**6,111**

babies are born prematurely



**2,070**

babies are born with a birth defect



**358**

babies die before their first birthday



**80,000**

women live in a maternity care desert



**\$315 MILLION**

is the societal cost of preterm birth

# In Minnesota, 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 Minnesota, 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 Minnesota. In 2018 March of Dimes secured a legislative win by advocating for legislation to improve and strengthen the state's Birth Defects Information System.

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

## 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.

## UNITE

March of Dimes is a supporting member of the Minnesota Perinatal Quality Collaborative (MPQC) to improve outcomes for moms and babies. The MPQC brings together experts from across Minnesota to create better outcomes through education, advocacy and policy development. In addition to state-level initiatives like the MPQC, March of Dimes supports efforts to improve health equity to improve the outcomes for every mom and baby.

## PARTNER

March of Dimes is partnering with indigenous communities across Minnesota to implement group prenatal care programs. This 'gold standard' of prenatal care improves outcomes for both moms and their babies by combining medical care with social support and educational opportunities. By partnering with home visiting programs, treatment facilities, and doula programs, March of Dimes reaches the most vulnerable women in Minnesota, ensuring that every baby has a healthy start.

## 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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