

PERINATAL CONDITIONS-RELATED INFANT DEATHS

Loving Brown Babies interviewer:

What advice would you give to other first time pregnant moms who may be scared?

Tiashi: *Don't be ashamed or scared to ask for help.*

Da'Shanae: *Everything will be ok. Always find help and resources to help you. Never be scared to ask.*

Premature birth (before 37 weeks), low birth weight (below 5.8 pounds) and other conditions that cause a baby to die before reaching one year are called perinatal conditions. Perinatal conditions are often related to the mother's health during and before pregnancy. Stress, smoking or other substance abuse, and chronic disease, such as diabetes, are linked to perinatal conditions that lead to the death of an infant. Many of the deaths caused by perinatal conditions can be prevented or the risk of death reduced.

In 2014, African American children died at a rate almost three times higher than that of other children in Sacramento County. The Black Child Legacy Campaign is the community-driven movement raising visibility and strengthening collective impact efforts of the Steering Committee on Reduction of African American Child Deaths (RAACD) to reduce the number of black mortalities due to homicide, child abuse and neglect, infant sleep-related conditions, and perinatal conditions.

In Sacramento County, African American babies are almost twice as likely to die of perinatal conditions than all other ethnic groups.

PERINATAL CONDITIONS-RELATED DEATH IN SACRAMENTO

Perinatal conditions are the primary cause of death among children in Sacramento County. In 2014, there were 43 deaths in Sacramento County caused by perinatal conditions. Out of these, 10 (23%) were African American children.

PERINATAL CONDITIONS PREVENTION | WHAT WE KNOW

The best way to prevent perinatal conditions-related infant deaths is by making sure that the mother has the care and resources she needs to take good care of herself. There are multiple ways a mother can support a healthy pregnancy, including:

- Start prenatal care in the first three months of pregnancy and attend prenatal visits throughout the pregnancy.
- See a dentist before and during the pregnancy.
- Take prenatal vitamins.
- Ask the prenatal care provider before taking any over-the-counter or prescription medications.
- Manage chronic conditions, such as diabetes and high blood pressure.
- Do not drink alcohol, smoke any type of cigarettes or use illicit drugs.
- Find ways to reduce stress.
- Exercise regularly and eat healthy foods.



**BLACK CHILD
LEGACY**
C A M P A I G N

Uniting Families and Communities
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WWW.BLACKCHILDLEGACY.ORG

Perinatal Conditions Prevention | Resources

In Sacramento, there are many resources to help reduce infant deaths due to perinatal conditions.

BLACK INFANT HEALTH PROGRAM

A program to empower women to make healthy life choices for themselves and their families by building on their strengths.

<http://www.dhhs.saccounty.net/PUB/Pages/Black-Infant-Health-Program/SP-Black-Infant-Health-Program.aspx>
(888) 824-2229

BLACK MOTHER'S UNITED

A program that provides education, resources and support to pregnant African-American women in Sacramento County to help ensure a smooth and safe pregnancy, and a healthy baby.

www.blackmothersunited.org
(916) 558-4812

NURSE FAMILY PARTNERSHIP

A free evidence-based community health program that serves income-eligible women pregnant with their first child. Each new mom is partnered with a registered nurse early in her pregnancy and receives ongoing home visits.

<http://www.dhhs.saccounty.net/PUB/Pages/Nurse-Family-Partnership/The-Nurse-Family-Partnership-Program.aspx>
(916) 875-BABY

SAC HEALTHY BABY

A web site with local resources to support a health pregnancy and answer questions related to pregnancy.

www.SacHealthyBaby.com

TEXT4BABY

A free, easy way to get important information. Pregnant women just text BABY to 511411 to receive free text messages three times a week, timed to a due date or a baby's birth date, through pregnancy and up until the baby's first birthday.

WELLSPACE HEALTH, CULTURAL BROKER PROGRAM

A prenatal care program that provides education, resources and support to pregnant African-American women.

www.wellspacehealth.org/birth_and_family.htm
(916) 550-5428