



Texas March of Dimes CenteringPregnancy® Project

Imagine prenatal care with no waiting; a community of friends; relaxed time with your provider; an opportunity to talk about pregnancy, birth, parenting,...even to set personal goals; refreshments and fun! CenteringPregnancy® is this kind of prenatal care. CenteringPregnancy® was developed by Sharon Schindler Rising, CNM, Executive Director of the Centering Healthcare Institute. The March of Dimes is providing funding to sixteen clinics in Texas to provide this innovative model of prenatal care that shows remarkable progress in reducing preterm birth. Expectant women enrolled in CenteringPregnancy® receive their prenatal care in a group setting. They don't wait in a waiting room; they come directly to group. They weigh themselves, take their own blood pressure, chart their results, listen to their baby's heartbeat, talk with their provider for a few minutes, enjoy some refreshments, visit with the other mothers-to-be, then circle up with the provider and eight to twelve women due near the same time for over an hour of discussion on the topic of the day. There is sharing, laughter, wisdom, advice—empowerment as women learn from each other and support one another. Not only is the prenatal care different; the outcomes are different. In 2007, 13.7% of babies born in Texas were preterm. Data from the March of Dimes shows that only 6.5% of babies born to moms enrolled in the CenteringPregnancy® project were preterm.



March of Dimes CenteringPregnancy® Project sites:

- Texas Tech University Health Sciences Center Dept. of OB/GYN—Amarillo
- CommUnity Care Rosewood Zaragosa Clinic—Austin
- People's Community Clinic—Austin
- University of Texas Medical Branch—Beaumont



March of Dimes CenteringPregnancy® Project sites continued:

- Golden Cross Clinic—Dallas
- Texas Tech University Health Sciences Center Dept. of OB/GYN El Paso
- William Beaumont Army Medical Center at Fort Bliss—El Paso
- Acres Home Community Health Center—Houston
- Aldine Health Center—Houston
- Casa de Amigos Health Center—Houston
- Good Neighbor Healthcare Center—Houston
- Lyons Clinic—Houston
- Carl R. Darnall Army Medical Center at Fort Hood—Killeen
- Longview Wellness Center—Longview
- Texas Tech University Health Sciences Center Dept. of OB/GYN—Lubbock
- Wilford Hall Medical Center at Lackland AFB—San Antonio

The Results are In:

CenteringPregnancy® has made a profound difference for babies!

March of Dimes conducted a 3-year study of the CenteringPregnancy® participants, gathering both qualitative and quantitative data. Results show:

- Women enrolled were diverse in race/ ethnicity, age, and social economic status
- CenteringPregnancy® groups provided women with **increased social support**. Women enrolled say:
 - ❖ The “group taught me a lot and prepared me for childbirth.”
 - ❖ “I have four children and learned more this time than in any other pregnancy.”
- CenteringPregnancy® achieved better birth outcomes than those reported for Texas women: CenteringPregnancy® participants had a **preterm birth rate of 6.5%, well below the Texas average of 13.7%**.
- Demonstrated medical cost savings based on decrease in preterm birth. Total Centering Pregnancy® study **cost savings = \$1,196,025**.

For more information or to learn how you or your agency can become involved in CenteringPregnancy® model of prenatal care,

contact Amy Johnson Rubio at ajrubio@marchofdimes.com