



Forsyth County Infant Mortality Reduction Coalition

Infant Mortality Rate – Our community and how we compare to others

North Carolina State Center for Health Statistics, 2016 (2015 data)

Rates are based upon deaths per 1,000 live births

2016 Fact Sheet

Forsyth County – 2015 Data

Total infant mortality rate: **7.1 (2nd lowest in history)**: • Total births: **4,340** • Total deaths: **31**

↑ White: **6.8** ▲ ↓ African American: **8.0** ↑ Hispanic: **8.1**

(↑ or ↓ denotes change from previous year)

Infant mortality five-year average rate 2011-2015: ↓ **8.4**

• Total infant mortality rate trends: **10.0** (2011), **10.2** (2012), **8.2** (2013), **6.4** (2014), 7.1 (2015)

Forsyth County ranks 2nd in overall infant mortality rate of the **five most populated NC counties** in 2014.

• Percent born preterm (<=36 weeks gestation): ↑ **11.9%** • Percent born low birth weight (<=2500 grams): ↑ **12.6%** (5-yr. trend data)

***Forsyth County, like much of the state and nation, has a history of inequity in birth outcomes. African-American infants have historically died more frequently, been born prematurely more often, and presented with lower birth weights more routinely than White infants. Data for 2015 indicates that this trend is on the down-swing with the lowest disparity ratio reported in the county's history of 1.88. ***

North Carolina – 2015 Data

Total infant mortality rate: ↑ 7.3 • Total births: 120,826 • Total deaths: 1843

• White (unchanged): ↑ 5.7 African American: ↓12.5 ↓ Hispanic: ↓ 5.4

Infant mortality five-year average rate 2010-2014: ↓7.1

• Total infant mortality rate trends: **7.2** (2011), **7.4** (2012), **7.0** (2013), 7.1 (2014), 7.3 (2015)

• Percent born preterm (<=36 weeks gestation): ↓**10%** • Percent born low birth weight (<=2500 grams): ↑ **10.7%**

• **The infant death rate in NC has decreased 42% from 12.6 deaths / 1000 live births since 1988 when the states' rate was among the country's worst.**

United States

- The U.S. infant death rate is **5.9** infant deaths per 1,000 live births (2014). (CDC.gov)
- The Healthy People 2020 target is **6.0** infant deaths per 1,000 live births.
- The U.S. ranks **169/222 countries** in the world in infant mortality. (CIA World Factbook 2015)



Why are our babies dying?

Leading causes of NC infant death in 2015:

- Birth defects: **20.5%**
- Prematurity and low birth weight: **15.6%** (birth before 37 weeks gestation or birth weight less than 5½ pounds)
- Other conditions originating in the perinatal period: **12.5%**
- Sudden Infant Death Syndrome (SIDS): **2.3%**



The FCIMR Coalition is a community partnership housed within the:



Forsyth County
Department of Public Health

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www.HelpOurBabies.org

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Factors that contribute to premature labor

Smoking

- Pregnant women who smoke cigarettes are almost **twice as likely to have a low birth weight baby** as women who do not smoke. Smoking slows fetal growth and increases the risk of premature delivery (March of Dimes, 2015).
- In North Carolina, **13.3 %** of pregnant women smoked during the last 3 months of pregnancy (NC State Center for Health Statistics (SCHS), NC-PRAMS 2015).
- Secondhand smoke hurts a developing baby and causes health problems in infants; **92.2%** NC women do not allow smoking in the same room with their new baby. (SCHS, NC-PRAMS 2015)
- **10%** of infant deaths in this country could be prevented by eliminating maternal smoking (Centers for Disease Control and Prevention)

Stress

- Women under stress produce corticotropin-releasing hormone (CRH), which can prompt the body to release chemicals triggering contractions leading to preterm birth and low birth weight babies. (March of Dimes, 2013)
 1. **Stress related to pregnancy** – pregnancy-related discomfort, concerns over the health of the baby or how the labor and delivery will go, and added financial burden (March of Dimes 2013).
 2. **Chronic stress** lasting long periods of time, often existing before women become pregnant. These stressors can include food insecurity, unemployment, living in poverty, or interpersonal violence (March of Dimes 2013).
 3. **Racism** – African American women experience chronic stress from racism throughout their lifetime, increasing their risk for premature birth and low birth weight more than women of other racial/ethnic groups (March of Dimes 2013) Approximately **10 %** of women in NC felt emotionally upset due to race based treatment during the 12 months prior to pregnancy (SCHS, NC-PRAMS 2014)

Other factors

- A variety of infections in pregnant woman can increase an infant's risk of preterm birth, low birth weight, long-term disability or death.
- Genital and urinary tract infections (UTI) including bacterial vaginosis (BV) and sexually transmitted infections (STI) contribute to preterm birth.
- Consuming alcoholic beverages during pregnancy increases the risk of preterm birth, low birth weight, or miscarriage.
- Fetal Alcohol Syndrome is **the leading cause of birth defects and developmental disorders in the U.S.** (Centers for Disease Control, 2014).
- Birth defects, domestic violence, teen pregnancy, single parenthood, poverty, late or no prenatal care are all factors that contribute to poor birth outcomes.

Prevention is the key!

Working to help women be healthy over their entire lifespan is the best way to save babies' lives and improve the health of our community.3How can we help families "get back to basics" in our community?

- **Healthy Environments** – Women need to be healthy across their lifespan in order for babies to be born healthy and thrive. Communities need to assure that all women have access to healthy foods, opportunities for physical activity, quality housing, and good jobs with paid sick leave.
- **Access to Family Planning / Contraception** – **42.7%** of pregnancies among NC women ages 18-44 were unintended (SCHS, NC-PRAMS 2011, 2006-2008 data). Communities can prevent unintended pregnancies by assuring that all sexually active males and females have access to affordable family planning / contraception services and counseling.
- **Build social capital** – family and community support can reduce isolation, prevent depression, and alleviate stress.
- **Breastfeeding friendly community** – **74.9%** of NC babies have been breastfed (ever breastfed), but only **48.5%** are still breastfeeding by 6 months of age. (CDC, 2014). Employers, public agencies, faith communities, child care centers, and health care providers all play a pivotal role in supporting breastfeeding. Breastfeeding confers lifelong physical and mental health benefits to moms and babies. Breastfeeding is **ORGANIC, LOCAL, and SUSTAINABLE.**

The FCIMR Coalition, housed within the Forsyth County Department of Public Health, is a partnership of organizations and individuals working together to reduce infant mortality in our community.