



# PEI Tip Sheet



## BIRTH SPACING

### What You Need to Know



**34.5%** of Black/African American parents will experience short birthing intervals compared to 28.7% of all parents in San Bernardino County

For more information, access the Maternal Health Data Snapshot on the MHN Website: [www.maternalhealthnetworksb.com](http://www.maternalhealthnetworksb.com)

Approximately 8% of preterm births among Black/African Americans and 4% of births among Whites in the USA can be attributed to inter-pregnancy intervals of less than 12 months. Almost twice as many African American as White women have intervals less than 6 months and about 1/4 of African American inter-pregnancy intervals are less than 12 months (vs. 18.5% of non-Hispanic white intervals). This means that even without an interaction between race and inter-pregnancy interval, an intervention that could extend inter-pregnancy intervals to the optimum 18-23 months would not only decrease preterm birth rates overall but also decrease the black-white gap in preterm births. Providing culturally safe counseling and support can help increase the understanding and need for birth spacing.

Racial Disparities in Preterm Birth Rates and Short Inter-agency Pregnancy Interval: An Overview. Downloaded on February 8, 2023 from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5575735/pdf/nihms897909.pdf>

## Additional Resources on the Topic

For more information on this topic, please follow these resource links:



<https://www.chcf.org/program/advancing-black-health-equity/birth-equity/>

The California Health Care Foundation has committed to investing in birth equity. They have established a CHCF Birth Equity Advisory Group composed of leaders in the field from whom they seek input regarding investment options.



<https://youtu.be/shX335XiPK4>

This March of Dimes YouTube video on Birth Spacing provides a brief overview that can be shared with birthing families (eg: in the waiting room, on social media, etc.).



<https://www.frontlinedoulahotline.com/>

The Frontline Doula "Hotline" offers Black/African American pregnant and postpartum individuals (and their partners) free emotional and informational support on topics like: developing a birth plan, anxiety about birthing during Covid 19, caring for newborn, breastfeeding and more. To schedule a call visit [frontlinedoulahotline.com](http://frontlinedoulahotline.com)

## Sharing Our Message

Download and customize the following messages from our website:

[www.maternalhealthnetworksb.com](http://www.maternalhealthnetworksb.com)



### Referring to Programs

The following programs can assist Black and African American families in San Bernardino County

#### Black Infant Health

Group-based services where Black/African American women can connect, learn and prepare for the birth of their child.

For more information, please call: 1-844-352-3985

#### Fatherhood Partnership

The 24-7 Dad program offers fathers who are partners of African American birthing people the opportunity to learn and grow together.

For more information, please email: 1-909-567-9508

#### Sankofa Community Doula Program

Doulas are available to Black and African American birthing people during their birthing experience.

For more information, please visit: [www.sankofabirthworkers.com/getadoula](http://www.sankofabirthworkers.com/getadoula)