

Texas March of Dimes CenteringPregnancy® Project



The March of Dimes CenteringPregnancy® project provides funding to local clinics to increase access to prenatal care utilizing the CenteringPregnancy® model developed by the Centering Healthcare Institute. CenteringPregnancy® is a model of group care that integrates the three major components of care: **health assessment**, **education**, and **support**, into a unified program within a group setting. Eight to twelve women with similar gestational ages meet together, learning care skills, participating in a facilitated discussion, and developing a support network with other group members. Each Pregnancy group meets for a total of 10 sessions throughout pregnancy and early postpartum. This innovative model of prenatal care shows remarkable progress in reducing preterm birth among women who participate in the program.

Benefits of the CenteringPregnancy® program:

- With CenteringPregnancy®, total face-time spent between provider and patient is 900 minutes compared to 90 minutes spent in the regular prenatal appointment system.
- CenteringPregnancy® brings the most at-risk women out of isolation and into a nurturing group setting where participants can establish lasting connections with other soon-to-be moms.

In 2012, 12.4% of babies born in Texas were preterm. Data from the March of Dimes shows that only 3.4% of babies born to moms enrolled in CenteringPregnancy® were preterm in 2013.

March of Dimes funded CenteringPregnancy® 2014 Project sites:

- CommUnity Care East Austin Clinic • Austin
- CommUnity Care North Central Health Center • Austin
- William Beaumont Army Medical Center • El Paso
- Baylor College of Medicine Teen Health Clinic • Houston
- The Center for Children and Women at Greenspoint • Houston
- Good Neighbor Healthcare Center • Houston
- Carl R. Darnall Army Medical Center at Fort Hood • Killeen
- Texas Tech University HSC SON Combest Wellness Center • Lubbock
- UTMB • Pasadena
- UTMB • Pearland & Texas City
- University Health System • San Antonio
- Waco Center for Women's Health • Waco

Know the Facts

CenteringPregnancy® has made a profound difference for babies! March of Dimes conducted a 3-year study (2006-2009) of the CenteringPregnancy® participants, gathering both qualitative and quantitative data. Results show:

- Women enrolled were diverse in race/ethnicity, age, and socio-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 2009 Texas average of 13.7%.
- Demonstrated medical cost savings based on decrease in preterm birth. Total CenteringPregnancy® study cost savings is \$1,196,025.