

# Making a Difference for SC Moms and Babies

## Group Prenatal Care

CenteringPregnancy, a model for providing prenatal care in a group setting, helps prevent preterm births, very low to low birth weight infants, and neonatal intensive care stays - all desirable outcomes for both mother and baby. The Division of Medicaid Policy Research at the University of South Carolina's Institute for Families in Society, along with research partners at the Greenville Health System and the South Carolina Department of Health and Human Services, looked at the outcomes of women within South Carolina's Medicaid insurance program to ask if these same benefits are seen.



**Q** Is there a difference in birth outcomes between women participating in Centering vs. those receiving individual prenatal care?

**A** **YES.** Centering participation reduced the risk of:

- ❖ premature birth by 34%.
- ❖ very low to low birth weight by 41%.
- ❖ a NICU stay by 30%.

**Q** If participants achieve better birth outcomes, does the number of visits attended matter?

**A** **YES.** Mothers who attended **five or more** Centering visits had a reduction in the relative risk of:

- ❖ premature delivery of 50%.
- ❖ very low to low birth weight infant of 50%.
- ❖ NICU stay of 55%.

### Whose outcomes were studied?

1,263 first-time mothers enrolled in the SC Medicaid program who participated in at least one Centering session between 2009 and 2013. Excluded were women expecting more than one child, or with conditions that included obesity, hypertension, diabetes, and drug addiction.

### Full-term Babies & Cost Savings

The initial hospitalization costs of a preterm infant are nearly always double the cost of a term infant (Petrou, Sach, & Davidson, 2001). Average medical costs through the first year of life were approximately **\$32,000** for preterm infants compared to **\$3,000** for a full-term infant (Kornhauser & Schneiderman, 2010).

## What is Centering?

CenteringPregnancy combines three components of care—health assessment, education, and support—within a group setting. Women at similar due dates meet together, learning care skills, participating in facilitated discussions, and developing a support network with others in the group. To learn more about CenteringPregnancy, visit [centeringhealthcare.org](http://centeringhealthcare.org).

### For more information:

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