



# Stillbirth in Kansas

## Important statistics and action steps

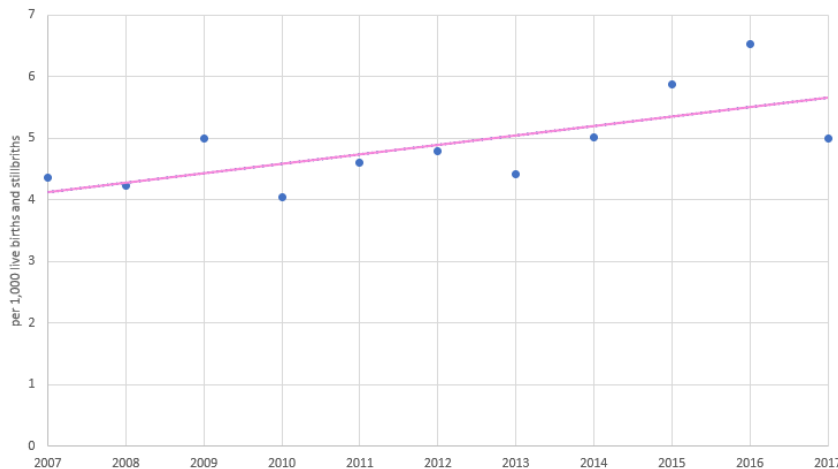
Each year in the United States approximately 24,000 babies are stillborn<sup>1</sup>. That means a baby is born still every 22 minutes. Stillbirth claims more lives than drunk driving, childhood cancer, or HIV/AIDS each year.

The costs of stillbirth are staggering. Direct costs are higher because a stillbirth requires more resources than a live birth. Indirect costs include funeral expenses, loss of income from reduced or delayed employment, and the continuing costs of counselling and medical care in subsequent pregnancies. Healthy Birth Day, Inc. also reports that families who have experienced a stillbirth have higher divorce rates and increased mental health issues.

**Kansas stillbirth rate increased from 4.4 per 1,000 live births and stillbirths in 2007 to 5.0 per 1,000 live births in 2017.**



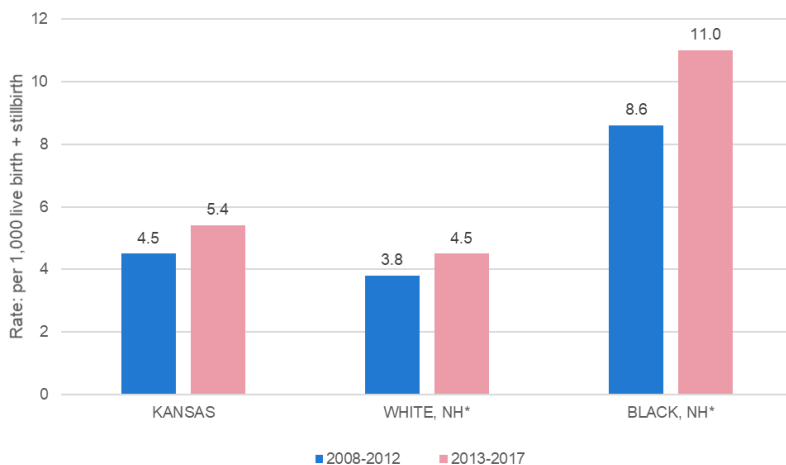
**Stillbirth Rate in Kansas, 2007-2017<sup>2</sup>**



**Figure 1**

The stillbirth rate has been significantly increasing by **3.2%** per year for the past eleven-year period (2007-2017).

**Kansas Stillbirth Rates: race/ethnicity<sup>2</sup>**



**Figure 2**

During the periods of 2008-2012 and 2013-2017, **the stillbirth rates significantly increased in non-Hispanic white and non-Hispanic black women.** The stillbirth rates for non-Hispanic black women were more than two times higher than that of non-Hispanic white women.

\*NH = Non-Hispanic

1. Source: Center for Disease Control 2. Source: Kansas Department of Health and Environment, Bureau of Epidemiology and Public Health Informatics (resident)

# Action Steps

## Health care providers can support stillbirth prevention by:

- Encouraging patients/mothers to [COUNT THE KICKS®](#) by tracking her baby's movements (kicks) daily in the 3<sup>rd</sup> trimester and calling the health care provider right away if there is a change in normal movement patterns.
- Visiting [COUNT THE KICKS®](#) for great videos, tips and resources to implement COUNT THE KICKS® into practice.
- Visiting [COUNT THE KICKS](#) to order FREE educational materials including posters, brochures and COUNT THE KICKS® APP cards.
- Registering for the COUNT THE KICKS implementation webinar on October 28, 2019.
  - Register in advance for this webinar:  
[https://zoom.us/webinar/register/WN\\_XGcn7vwxS2yDDsM-KzEbaw](https://zoom.us/webinar/register/WN_XGcn7vwxS2yDDsM-KzEbaw)

## More way to support stillbirth prevention include:

- Screening patients for smoking and other substance use as well as anxiety and depression early and ongoing during pregnancy and the postpartum period and referring for support and treatment when indicated
- Educating patients/mothers about the importance of:
  - Abstaining from nicotine, alcohol and other substances.
  - Accessing prenatal care and education early.
  - Completing all prenatal care visits/checkups recommended by their health care professional.
  - Scheduling regular check-ups with a dental provider (before, during, after pregnancy), including mental health and substance use counselors and treatment providers as necessary.
  - Spacing children at least 18 months apart and referring for contraception as needed.
- Taking control of their own health by:
  - Accessing vital supports such as food, shelter, transportation and others as needed.
  - Developing personal health and reproductive life plans ([One Key Question®](#)).
  - Knowing personal health and pregnancy history (ask provider about any potential risks).
  - Eating nutritious meals and snacks and engaging in daily physical activity as recommended.
  - Supplementing a healthy diet with vitamin supplements including folic acid.
  - Maintaining a healthy weight and lifestyle.