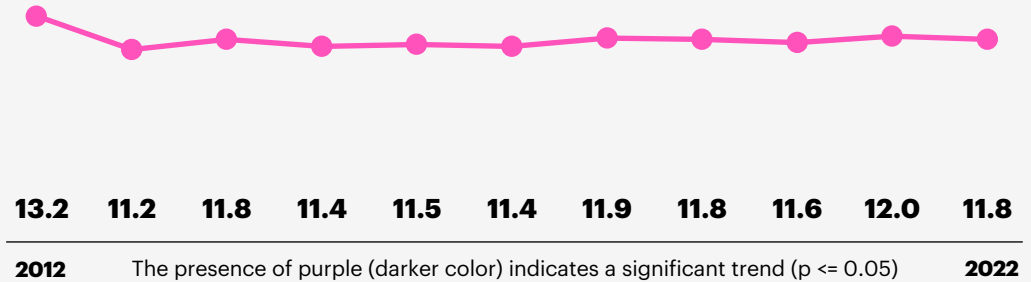


The preterm birth rate in Puerto Rico was **11.8** in 2022, lower than the rate in 2021

## PRETERM BIRTH GRADE



Percentage of live births born preterm



### U.S. RATE

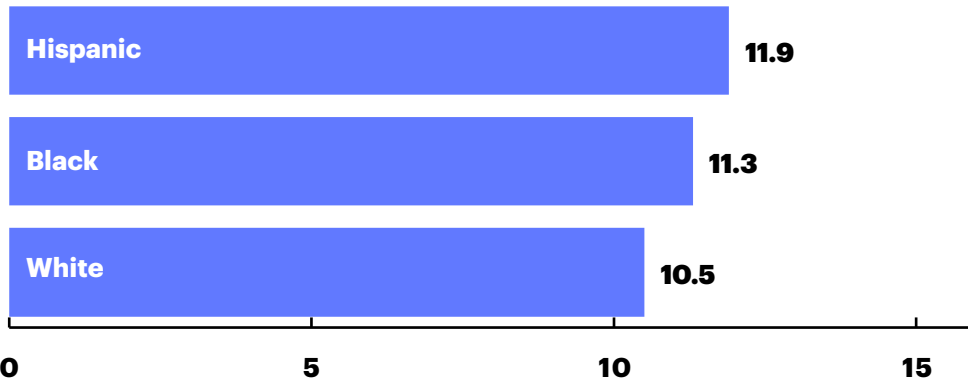


### PR RATE



The preterm birth rate among babies born to Hispanic birthing people is **1.1x** higher than the rate among all other babies

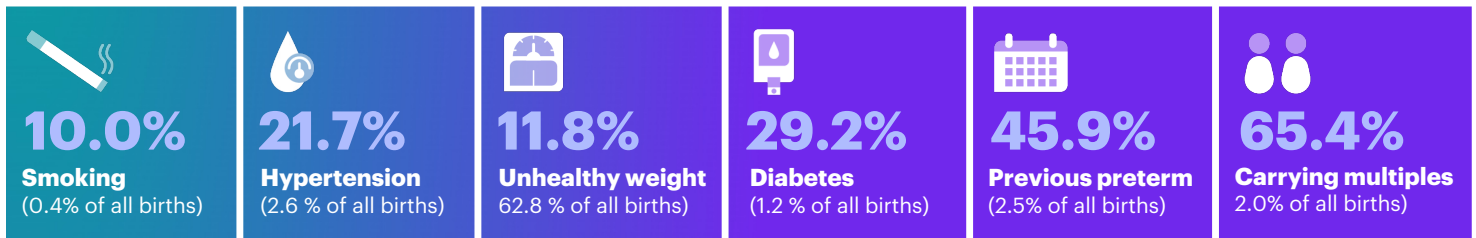
Preterm birth rate by race/ethnicity, 2020-2022



This chart is intended to highlight disparities in data related to race/ethnicity and should serve as a starting point for discussion about addressing systemic racism and inequality.

Many factors make birthing people more likely to have a preterm birth

Preterm birth (PTB) rate among birthing people by maternal factor (blue) and overall prevalence (in parentheses), 2022



**Note:** More than one factor can occur at the same time. Hypertension, diabetes, smoking, and unhealthy weight occur prior to pregnancy. U.S. PTB rates are as follows: smoking: 15%; hypertension: 23%; unhealthy weight: 12%; diabetes: 29%; previous preterm: 30%; carrying multiples: 62%.

**Source:** National Center for Health Statistics, 2012-2022 natality data. Puerto Rico Department of Health, 2022.

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# PUERTO RICO

## The infant mortality rate decreased in the last decade; 134 babies died in Puerto Rico in 2021

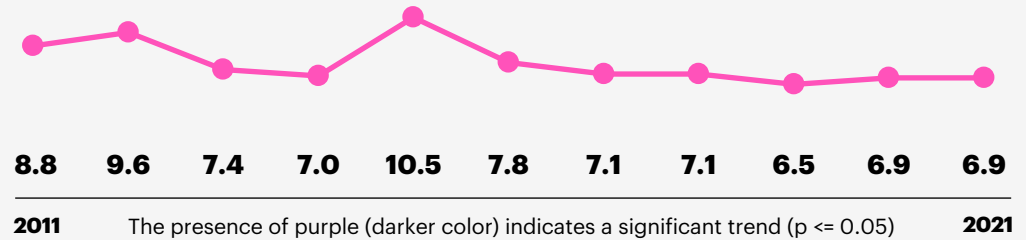
### INFANT MORTALITY RATE

6.9

### U.S. RATE



Rate per 1,000 live births

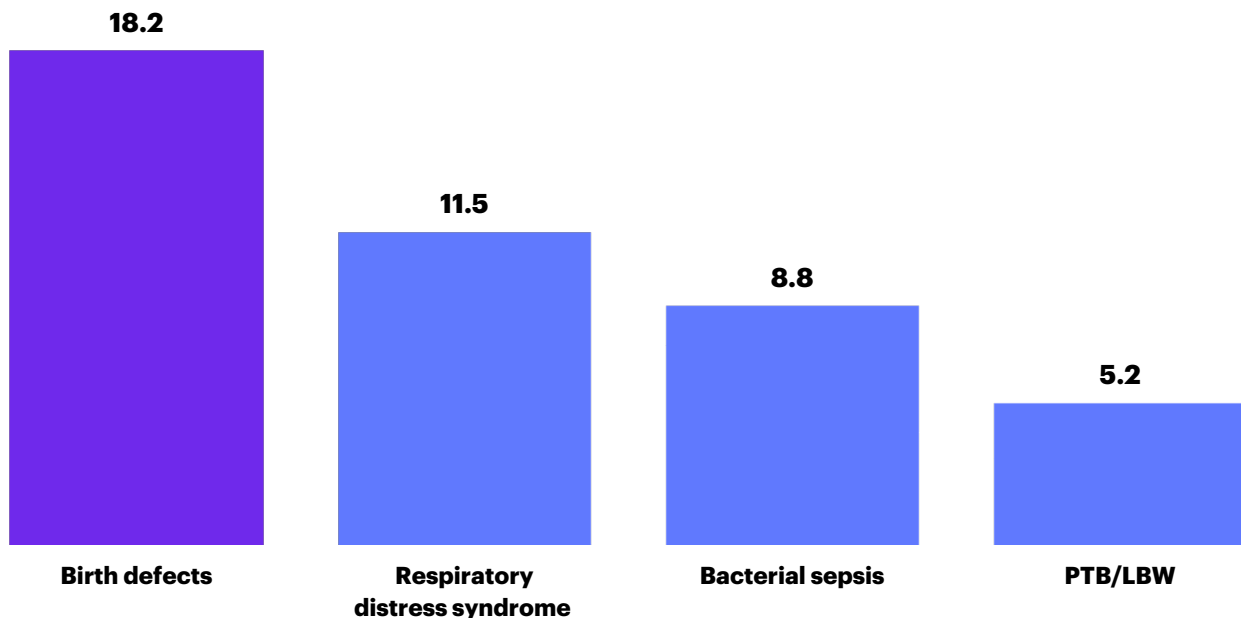


Source: National Center for Health Statistics, Period Linked Birth/Infant Death data, 2011-2021.

## In Puerto Rico, about one fifth of all infant deaths are caused by birth defects

### Leading causes of infant death

Percent of total deaths by primary cause, 2019-2021



Notes: PTB/LBW = preterm birth and low birth weight.

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# PUERTO RICO

## The measures below are important indicators for how Puerto Rico is supporting the health of birthing people

**51.1**

PER 100,000 BIRTHS

### MATERNAL MORTALITY

The death rate of birthing people from complications of pregnancy or childbirth that occur during the pregnancy or within 6 weeks after the pregnancy ends cannot be shown due to unreliable estimates and concerns with confidentiality.



**48.5**

PERCENT

### LOW-RISK CESAREAN BIRTH

This shows Cesarean births for first-time moms, carrying a single baby, positioned head-first, and at least 37 weeks pregnant.



**7.0**

PERCENT

### INADEQUATE PRENATAL CARE

Percent of birthing people who received care beginning in the fifth month or later or less than 50% of the appropriate number of visits for the infant's gestational age.



**Source:** National Center for Health Statistics, Mortality data, 2018-2021. Puerto Rico Department of Health, 2022.

## Adoption of the following policies and sufficient funding in Puerto Rico is critical to improve and sustain maternal and infant healthcare



### MATERNAL MORTALITY REVIEW COMMITTEE

State has a federally funded MMRC committee, which is recognized as essential to understanding and addressing the causes of maternal death.



### FETAL AND INFANT MORTALITY REVIEW

State has a Fetal and Infant Mortality Review team or teams to identify and review causes of death.

#### Legend



State has the indicated funding/policy



State does not have the indicated funding/policy



### PRETERM BIRTH IS AT AN ALL-TIME HIGH IN AMERICA—BUT HERE'S HOW ONE COLLEGE STUDENT WHO WAS AFFECTED BY IT IS FIGHTING FOR CHANGE.

When Ismael Torres-Castrodad's mom was pregnant with him in Puerto Rico, she knew something wasn't right and was forced to advocate for herself and her baby. Ismael was born five weeks too soon, and the experience shaped his life—from him serving as the 2016 March of Dimes Ambassador to meeting President Obama to studying political science today so he can make real change. "Sharing my story, giving others hope, and the fact that we were able to make the Ambassador Program bilingual for the first time was so important to me," Ismael says.

The U.S. preterm birth rate remains at a crisis level, and rates are significantly higher among Hispanic, Black, and American Indian/Alaskan Native families. That's why we advocate for policies outlined in the 2023 March of Dimes Report Card to improve the health of all moms and babies.

#### THE 2023 MARCH OF DIMES REPORT CARD: THE STATE OF MATERNAL AND INFANT HEALTH FOR AMERICAN FAMILIES

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