



## 2008 Premature Birth Report Card

**District of Columbia**  
Preterm Birth Rate: **15.9%**  
U.S. Rank: **48th**  
Grade: **F\***

The District of Columbia's preterm birth rate is more than twice the Healthy People 2010 objective of 7.6% despite having decreased by 14% between 1995 and 2005. Disparities exist among population subgroups. While research continues on the causes of preterm birth, the nation can address some contributing factors and prevention opportunities. Three of these are below.

Selected Contributing Factors	Rate (%)	Comments
Uninsured Women	11.9%	About 1 in 8 women of childbearing age in District of Columbia has no health insurance coverage. Health care access before and during pregnancy can help identify and manage conditions that contribute to premature birth.
Women Smoking	15.8%	About 1 in 6 women of childbearing age in District of Columbia is a smoker. Smoking cessation programs can reduce the risk of premature birth.
Late Preterm Births	10.4%	About 1 in 10 live births in District of Columbia is late preterm (34-36 weeks gestation). The rise in late preterm births has been linked to rising rates of early induction of labor and c-sections.

### March of Dimes Call for Action

1. We urge the federal government to increase support for prematurity-related research and data collection as recommended by the Institute of Medicine and the Surgeon General's Conference on the Prevention of Preterm Birth, to: (a) identify the causes of premature birth; (b) test strategies for prevention; (c) improve the care, treatment and outcomes of preterm infants; and (d) better define and track the problem of premature birth.
2. We urge federal and state policymakers to expand access to health coverage for women of childbearing age and to support smoking cessation programs as part of maternity care.
3. We call on hospitals and health care professionals to voluntarily assess c-sections and inductions which occur prior to 39 weeks gestation to ensure consistency with professional guidelines.
4. We call on the business community to create workplaces that support maternal and infant health.
5. We invite all concerned citizens to sign the 2008 "Petition for Premies" at [marchofdimes.com/petition](http://marchofdimes.com/petition) and learn how you can help.

\* Grade based solely on preterm birth rate, not on rates of contributing factors.