



Preventing Stillbirth in Utah

Utah has the 29th highest stillbirth rate in the country, losing 281 babies a year to stillbirth¹. Within those distressing statistics, racial disparities paint a more startling picture. African American women experience stillbirth at twice the rate of the general pregnant population. Native American and Asian women, and mothers of Hispanic ethnicity, all have elevated rates of stillbirth as well. Parents of all races are ten times more likely to lose their baby to stillbirth than they are to SIDS, yet little prenatal education is dedicated to what can be done to prevent stillbirth.

Count the Kicks is on a mission to change that!

Count the Kicks² is a stillbirth prevention public health campaign that teaches pregnant moms to literally count their babies' movements daily in their third trimester. Our free mobile app makes it easier than ever to count kicks and even records a 21-day history, so a mom can see her baby's own kick patterns. Evidence shows that when moms know what is normal for their baby, they also are more aware of possible signs of distress and are empowered to speak to their medical provider. Count the Kicks has yielded tremendous success in Iowa, where the campaign got its start. In the first five years, Iowa's stillbirth rate decreased 26% and went from the 33rd worst to the 3rd best stillbirth rate in the country.

Utah is fortunate to be the home of one of our volunteer Count the Kicks Ambassadors. Aubrey Neslon, of American Fork, thankfully saved her son Tybault by kick counting and speaking up when she noticed a change from his normal movement pattern. *"I want other moms to know that no movement or even a change in normal movement is one of those things that requires your immediate attention."*

We are on a mission to reduce stillbirth by 26% in every state, just as we did in Iowa. For Utah, that means saving the lives of 73 babies every year. We achieved this in Iowa not only with mom-to-mom sharing, but through a strategic public health awareness campaign aimed at maternity care providers – OB/GYN clinics, birthing hospitals, childbirth education classes, visiting nurses and social service providers. Four states – Iowa, Illinois, Missouri, and Nebraska – have local funding agreements through health departments, foundation grants and/or private donations to ensure all our printed materials are free of charge across their states. Although our educational materials are available for purchase, we would like to see them available free of charge to Utah providers as well. We currently have no funding for dedicated outreach in Utah, but we are actively seeking partners.

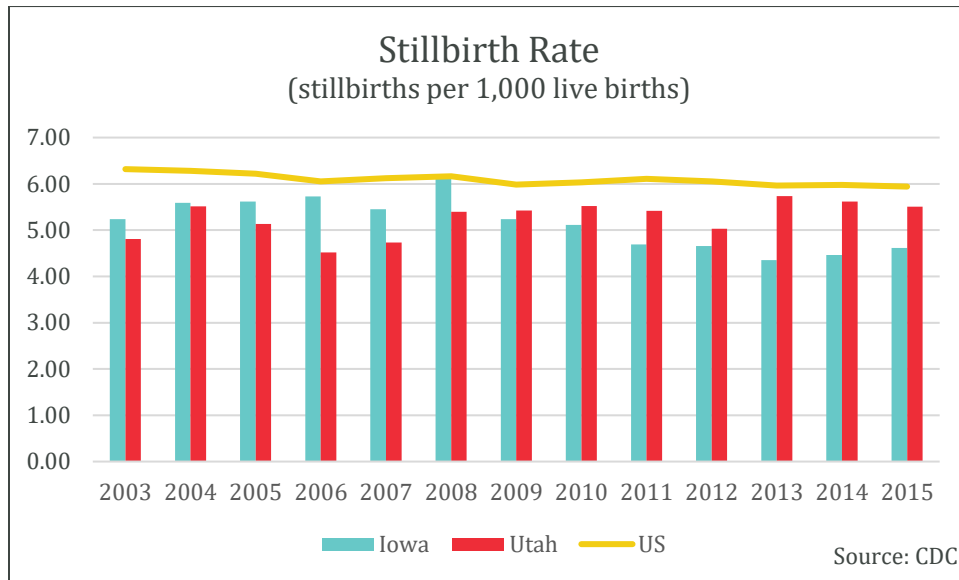
We invite you to save babies with us!

To learn more about Count the Kicks and to order materials, please visit www.CountTheKicks.org.

¹ Centers for Disease Control and Prevention

² Count the Kicks is a stillbirth prevention campaign of Healthy Birth Day, Inc., a 501(c)(3) organization based in Des Moines, IA.

Utah specific data



To fully launch Count the Kicks in Utah, we would:

- Conduct a call and mail campaign with all known maternal health providers and offer our printed educational materials be sent to them for free
- Inform all maternal health providers of our free digital tools they can use to implement Count the Kicks into their practice, such as how-to videos and lesson plans for incorporating kick counting into your prenatal classes
- Strategically place social media ads to expecting Utah moms, encouraging them to download the free Count the Kicks app
- Have a presence at a well-attended baby show for direct mom-to-mom outreach
- Continue to tell Aubrey's story in the media – and the story of the babies we save! – to raise awareness and influence more women to download the free Count the Kicks app

To measure program implementation, we will track:

- Utah provider material orders, broken down by zip code
- Utah Count the Kicks app downloads and use numbers, broken down by zip code
- Social media interaction with Utah moms
- Media attention garnered in Utah, and more

Program success will be measured by actual stillbirth numbers, as tracked by the Utah Department of Health and/or the U.S. Centers for Disease Control and Prevention.

To learn more about how to launch Count the Kicks in Utah, please contact Executive Director, Emily Price, at price.emily@healthybirthday.org or Associate Director of Programs, Lina Tucker Reinders, at reinders.lina@healthybirthday.org. You can also reach us by phone at 515.523.5MOM.