

# Preterm Births in Tennessee

Preterm birth is **when a baby is born too soon**, before 37 weeks of pregnancy have been completed.

## Why does preterm birth matter?

Babies who are born too soon may have more health problems or need to stay in the hospital longer than babies born later. These preterm babies may need special medical care in a newborn intensive care unit. They are less likely to survive their first year of life, and if they do they may have long term health affects such as intellectual and developmental disabilities and problems with their lungs, brain, eyes and other organs.

In 2019, 11% of infants born in Tennessee were preterm. That's **one** out of every **nine** births.



Tennessee has the **10<sup>th</sup>** highest preterm birth rate among the fifty states.

Together, preterm and low birthweight are the **2<sup>nd</sup>** leading cause of infant death in Tennessee.

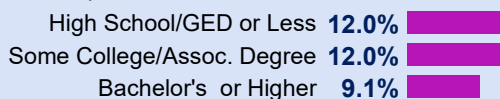
## Maternal Race and Ethnicity

Black non-Hispanic women are more likely to have a preterm birth.



## Maternal Education

Women with a college degree are less likely to have a preterm birth.



## Maternal Age

Women aged 35 years and older are more likely to have a preterm birth.



## Payment Source for Birth

Women on TennCare are more likely to have a preterm birth.



## Prevention Opportunities



Quit smoking



Avoid alcohol and drugs



Start prenatal care during the first trimester and keep appointments throughout pregnancy



Talk to your doctor about the use of progesterone treatment if you have had a previous preterm birth



Seek medical attention for any warning signs of preterm labor



Wait at least 18 months between pregnancies