

# ALL-BLACK CENTERINGPREGNANCY<sup>®</sup> GROUP

## What are CenteringPregnancy<sup>®</sup> Groups?

All Black CenteringPregnancy<sup>®</sup>, is group prenatal care bringing birthing persons similar due dates together for monthly prenatal visits in a culturally-affirming setting with providers with shared cultural background and lived experiences. In addition, to 1-on-1 time with providers, the participants are empowered by learning to take and record their own vitals. The time concludes with discussions about overall health information and concerns creating stress for the birthing person.

## The Benefits of All Black CenteringPregnancy<sup>®</sup> Group



Better Health Outcomes



Self-Care



Self-Confidence



More Time With Your Provider



Support & Friendship



Learning & Fun

## What Does the Data Tell Us?

- Black birthing persons who participated in group prenatal care are less likely to have a preterm birth. There is a 10% preterm birth rate for group prenatal care participants vs. a 15.8% preterm birth rate for non-participating birthing persons.
- Participants in group prenatal care are more likely to breastfeed (66.5%) vs. non-participants (54.6%).