

**Engaging Mothers and Babies—Reimagining Antenatal Care for Everyone**

**(EMBRACE) Study**

**What is premature birth and why is it a problem?**

In the United States, about 10% of babies are born premature – before 37 weeks of pregnancy. Being born premature can cause serious problems – about 2/3 of babies who die in their first year of life were born premature, and premature babies who survive may have physical, mental, and neurodevelopmental problems. Low-income women, as well as Black, Latina, Pacific Islander or Native American women, are more likely to have a premature baby than other women. Some studies suggest that chronic stress associated with institutional and interpersonal racism, depression, anxiety, other forms of stress and disrespectful care may increase a woman’s chances of having a premature baby.

**What’s happening in Fresno?**

Fresno County has one of the highest rates of premature birth in California. Currently, Fresno has two prenatal care programs to help women get support and services to help ensure a healthy pregnancy and baby. The “Glow: Group Prenatal Care and Support” program consists of prenatal care among a group of women with similar due dates, plus wrap-around services. The Comprehensive Perinatal Service Program provides assessments and education to women who are receiving prenatal care in the usual one-on-one format.

**What is the EMBRACE Study?**

The purpose of the EMBRACE study is to compare the two programs of enhanced prenatal care to determine which one is most effective at reducing rates of premature birth, decreasing depression and anxiety, and increasing satisfaction with prenatal care. About 2600 women who enroll in the study will be assigned to one of the two enhanced prenatal care programs and asked to complete surveys at enrollment, during the third trimester, and at 3 months postpartum. We will look at their medical records to find out whether their baby was born premature. This study is being funded by the Patient-Centered Outcomes Research Institute and is a collaboration between the UCSF California Preterm Birth Initiative, the Central Valley Health Policy Institute at CSU Fresno, and a number of community partners in Fresno.

**What do we hope to learn?**

We hope the study results will help future patients decide which approach is best for them, and help providers and policy makers decide which program is best suited to address high rates of prematurity, depression and anxiety, and disrespectful care.

**You may qualify to join the EMBRACE study if you are:**

* Receiving prenatal care at a participating site in Fresno
* Less than 24 weeks pregnant
* English- or Spanish-speaking
* Medi-Cal eligible

**If you are interested or want more information:**

Call/Text: (559) 549-4977 or

Email us at: EMBRACE@mail.fresnostate.edu