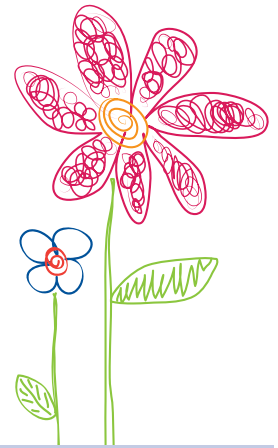


# Franklin County Fetal-Infant Mortality Review 2022 Community Report



## What is FIMR?

The Fetal-Infant Mortality Review (FIMR) is part of a community-wide effort to decrease fetal and infant deaths in Franklin County. The FIMR team reviews fetal and infant deaths in Franklin County and listens to the unique stories of those who have lost a child. From this process, we learn about our community's strengths and needs, and get information to help improve systems impacting the health of pregnant families and our community.

**Bereavement Services:** We offer support to all Franklin County parents grieving the loss of a pregnancy or the death of an infant. We also can help them find confidential services during this difficult time.

**Support Group for Moms:** A virtual monthly support group for moms who have experienced a fetal or infant loss to share their stories and receive emotional support from others going through a similar experience. The group meets virtually on the first Wednesday of the month from 1-2:30 p.m.

## Franklin County Facts

- ~3 babies die every week in Franklin County.
- Black babies die at 2.5 times the rate of white babies.
- Over 100 fetal deaths were reported in 2022.
- Fetal and infant losses combined in 2022 amount to losing about one kindergarten class each month.

## The Impact of Fetal and Infant Loss on Families

### "I was really in pain.

Having a C-section and giving birth and having a baby die, it's kind of hard. I was hurt, I was really hurting."

"I was sad, I didn't want to be there anymore. After he passed, it was hard for me to determine where the pain was because I was in so much pain and sad."

"I wasn't going to work. I wasn't going anywhere. I was just home bedresting. I was home for a week, then the following week I had to go back to the hospital for bedresting."

### "I was lost my entire pregnancy.

And after I had her because of the COVID stuff, I was even more lonely."

"I got pregnant with my first son and so the job was a bit difficult. So I had to quit with it."

"I was a little out of control with my emotions. Not taking my anxiety meds and stuff while I was pregnant added fuel to every emotion I was feeling during that time."

"I don't have any transportation and it's hard to get places. If I'm lucky, I can get a ride, but if I don't, I'm not big on the bus with everything that's going."

## Share your story.

Losing a baby is a very hard time for families. We offer a listening ear and invite you to share your story. Sharing is voluntary and private. Scan the QR code to learn more or contact Hannah at 614-645-5261 or [hlsenska@columbus.gov](mailto:hlsenska@columbus.gov).

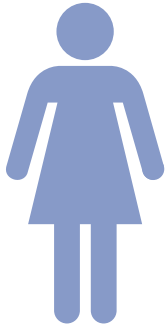
### Reasons to Share Your Story or Attend a Support Group:

- Share about your loss and grief journey with a listening ear.
- Access a referral for grief resources.
- Help mothers and babies in the future.
- Peer support from mothers with similar experiences.



# Preventing Pregnancy Loss and Infant Death

There are three crucial times in your life to make sure you stay healthy to support a pregnancy: preconception, pregnancy and post-partum.



## Preconception (before pregnancy)

When you are not yet expecting a baby. You could be trying or not trying to have a baby.

- Find a doctor you trust and visit them every year for routine gynecological care and to plan for pregnancy.
- Talk to your doctor, share concerns and plans openly and honestly.
- Begin using folic acid at the start of childbearing age. You can take a supplement or eat dark, leafy greens.
- Get your COVID-19 vaccination during pregnancy or before pregnancy if you are of childbearing age.



## Pregnancy (during pregnancy)

When you are expecting a baby. Pregnancy usually lasts about 40 weeks or just over nine months as measured from the last menstrual period to delivery.

- Join a home visiting program and think of them as part of your care team to help navigate different systems, like counseling, transportation, child care, or communicating medical information and instructions.
- See a family doctor in addition to a prenatal care provider to learn about any chronic diseases you may have, like high blood pressure, diabetes, mental health, or substance use and how they could affect your pregnancy.
- Learn about your Medicaid-managed care plans, prenatal case management programs and services, and reach out with questions on the services available to you.
- Get help and support from your partner or another caregiver. Make sure they learn how to help with prenatal and infant care.



## Post-partum (after pregnancy)

When you have delivered your baby.

- Follow the vaccination schedule as recommended by the American Academy of Pediatrics.
- Talk to a community health worker experienced with postpartum care after a birth or loss.
- Learn about the importance of birth spacing for healthy pregnancies. Before you leave after your delivery, make a decision with your doctor about birth control.

## Learn More

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