

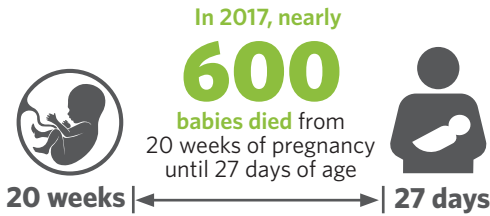
Key findings from the PMMRC's 13th annual report

Ngā kitenga matua mai i te pūrongo ā-tau 13 o te PMMRC

Stillbirths

The rate of stillbirths is decreasing, largely driven by a reduction in stillbirths in babies of Māori and New Zealand European women; there was no significant change in any other ethnic group.

Perinatal death prevention

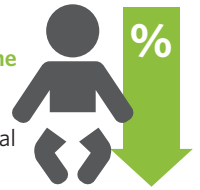


Congenital abnormalities are the leading cause of death in babies.



We are asking for mandatory fortification of bread and flour with **folic acid**, as occurs in many other countries around the world.

This has been shown to reduce the number of neural tube defects (a type of congenital abnormality).



Many deaths could be prevented

Early engagement with high-quality, equitable care could prevent many deaths. We need to provide care that is accessible, facilitates all women booking early, and meets the individual needs of the woman and her whānau and family. Groups whose needs are not being met by our current services include Māori, Pacific and Indian women, and mothers under the age of 20 years.



Women who become smokefree prior to 16 weeks gestation are shown to have the same outcomes of spontaneous premature birth and small for gestational age, as non-smokers. **Smoking cessation programmes with incentives have been shown to be effective in pregnancy and should be widely utilised.**¹

After-death care

Me mihi aroha nui ki a koe me to whānau whānui, my love to you and to your entire family.

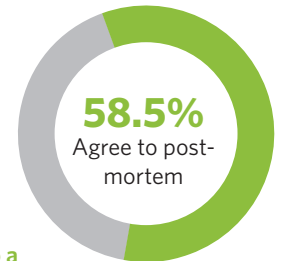
Engāpēpē, moe mai rā. Ki ngā huia kaimanawa kua ngaro ki te pō moe mai koutou

To our precious ones who have disappeared into the night, rest in peace. I acknowledge our precious babies, our grief and our journey.

- Lisa Paraku, bereaved māmā

About half of the babies who died had a post-mortem or karyotype performed to see why they died.

A New Zealand study reported on interviews with 169 mothers who gave birth to a stillborn baby after 28 weeks of pregnancy.



0% No mother (0 of 99) who agreed to a post-mortem regretted her decision.²



We are working with other organisations to make the grief journey as gentle as it can be through the development of a national bereavement care pathway.

Maternal death

Causes of death in 2006 to 2017

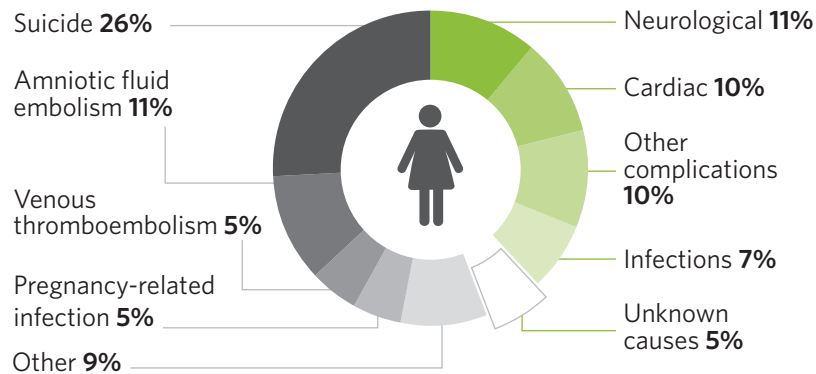


On average nearly **10** women die

each year either during pregnancy, or soon after the baby is born.

Directly due to pregnancy and delivery

Caused by illnesses that already existed, that were made worse by pregnancy or delivery



We are asking for better support for mothers at all stages of pregnancy and afterwards, to make care better and easier to access.

We are also asking for better support if things don't go to plan.

1. McCowan L, Dekker GA, Chan E, et al. 2009. Spontaneous preterm birth and small for gestational age infants in women who stop smoking early in pregnancy: prospective cohort study. *BMJ* 338: b1081 doi: 10.1136/bmj.b1081.

2. Cronin R, Li M, Wise M, et al. 2018. Late stillbirth post mortem examination in New Zealand: maternal decision-making. *Aust NZ J Obstet Gyn* 58(6): 667-73.