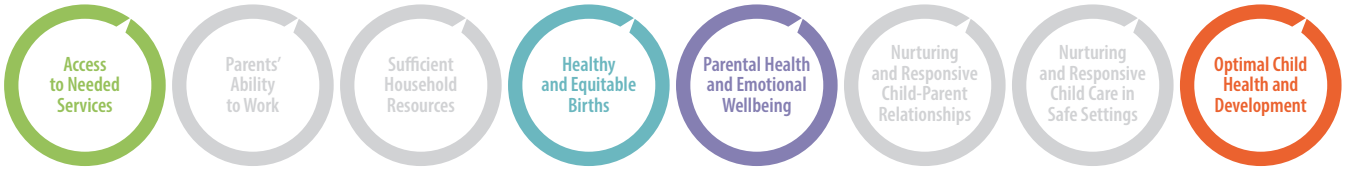
STRATEGY

GROUP PRENATAL CARE

Group prenatal care is an effective state STRATEGY to impact:



Participation in group prenatal care:

- increases the likelihood that mothers receive adequate prenatal care;
- improves mothers' physical and emotional health; and
- has mixed impacts on healthy and equitable births and optimal child health and development.

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states support the implementation of group prenatal care financially through enhanced reimbursements for group prenatal care providers.

WHAT IS GROUP PRENATAL CARE?

Group prenatal care (GPNC) is a model of prenatal care facilitated by a trained healthcare provider, but delivered in a group setting, integrating health assessments, education and skills building, and peer social support. GPNC provides pregnant women (typically with low-risk pregnancies not requiring individual monitoring) with approximately 20 hours of prenatal care over the course of their pregnancies, compared to approximately 2 hours in traditional individual care.

Strong Causal Studies Show That Group Prenatal Care Impacts Four Prenatal-to-3 Policy Goals

Examples of Impact:

- Group prenatal care led to a 10% increase in receipt of adequate prenatal care (G)
- Group prenatal care led to 1.8 more prenatal visits among participating Black women with high-risk pregnancies (L)

- Group prenatal care had both positive and null impacts on the rate of preterm (G, F) and low birthweight births (A, O)

- Group prenatal care decreased the likelihood of excessive weight gain (M, P)
- Group prenatal care reduced depressive symptoms, especially among high-stress women (C, H)

- Group prenatal care had both positive (twice the odds) and null impacts on breastfeeding initiation (G, N, I, J)

Note. Results are based on comprehensive reviews of the evidence. Letters in parentheses in the table above correspond to a strong causal study in the comprehensive evidence review of group prenatal care. Each strong causal study reviewed has been assigned a letter. A complete list of causal studies, as well as more details about our standards of evidence and review method, can be found in the Prenatal-to-3 Policy Clearinghouse at pn3policy.org.

Excerpt from the **2020 Prenatal-to-3 State Policy Roadmap**
found at http://pn3policy.org/roadmap

pn3policy.org
pn3policy@austin.utexas.edu
Twitter: @pn3policy #pn3policy

prenatal-to-3 policy IMPACT CENTER
The University of Texas at Austin
LBJ School of Public Affairs