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Table

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Table. Childbirth outcomes¹¹

Outcome	Centering rate	U.S. rate
Preterm birth	7.1%	9.6%
Low birthweight	6.2%	8%
Breastfeeding	87.2%	79%

Centering care is a model of prenatal care that focuses on providing comprehensive, individualized care to pregnant women and their families. It typically involves group prenatal visits, where women and their partners receive education, support, and encouragement from healthcare providers and other pregnant women.

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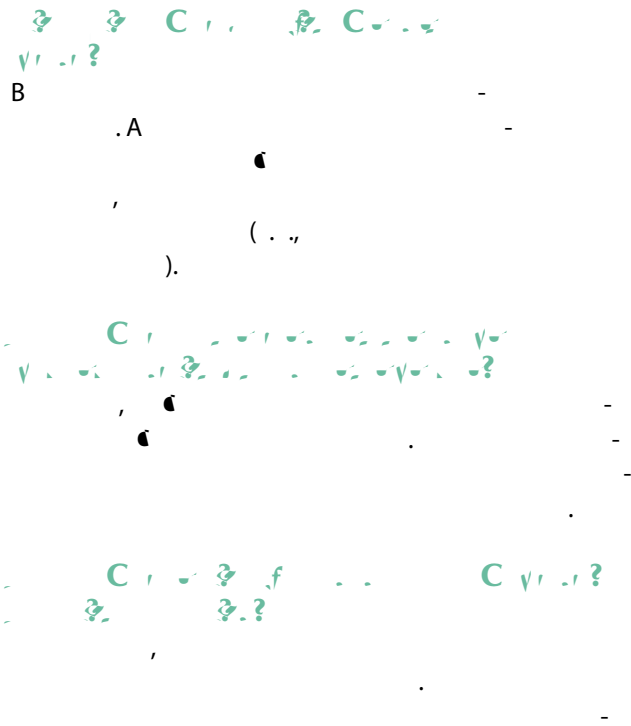
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The wisdom is usually

found within the group.



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Kathryn Trotter is Associate Professor and Lead Faculty, Women's Health Nurse Practitioner Major, at Duke University School of Nursing in Durham, North Carolina. The author states that she is a trainer for the CenteringPregnancy model but not an employee of Centering Healthcare Institute.

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