

## Introduction

- Childbearing education classes (CEC) were started in 1960 to empower and educate women<sup>1</sup>
- Benefits of CEC<sup>2</sup>
  - Increased confidence
  - Increased likelihood of breastfeeding
  - Better communication between the patient and their care team
  - Increased labor and delivery satisfaction
  - Decreased analgesic use
  - 58% of women had less fear after attendance
- Attendees are mainly white, educated with a college degree, and are not in poverty<sup>3</sup>
- South Dakota's Population<sup>4</sup>
  - 19.2% not white
  - 70% of population does not have a bachelor degree or higher
  - 12.3% considered poor
  - SD has highest birth rate per 1,000 people in nation<sup>5</sup>

## Methods

- List of counties in SD and clinic locations in each county was created
- Each clinic was contacted and inquired about nearest CEC, unless information about CEC was available online
  - Clinics that did not offer classes were asked for a referral
- No patients were contacted throughout this process

Class Locations	Next closest location to offer childbearing education classes	Distance (in miles)	2nd closest location to offer childbearing education classes	Distance (in miles)
Aberdeen	Sisseton	83.1	Huron	91.1
Brookings	Watertown	50.8	Sioux Falls	57.3
Huron	Mitchell	52.4	Aberdeen	91.1
Milbank	Watertown	46.5	Sisseton	50.9
Mission	Winner	42.6	Pierre	98.9
Mitchell	Parkston	22.9	Huron	52.4
Mobridge	Aberdeen	100.2	Pierre	108.5
Parkston	Mitchell	22.9	Yankton	61.5
Pierre	Winner	91.8	Mission	98.9
Rapid City	Spearfish	47.8	Pierre	172.5
Sioux Falls	Brookings	57.3	Vermillion	62.8
Sisseton	Milbank	50.9	Watertown	59.5
Spearfish	Rapid City	47.8	Pierre	193.0
Vermillion	Yankton	26.1	Sioux Falls	62.8
Watertown	Milbank	46.5	Brookings	50.8
Winner	Mission	42.6	Pierre	91.8
Yankton	Vermillion	26.1	Parkston	61.5

Figure 2. Table of class locations and distance to next two nearest classes

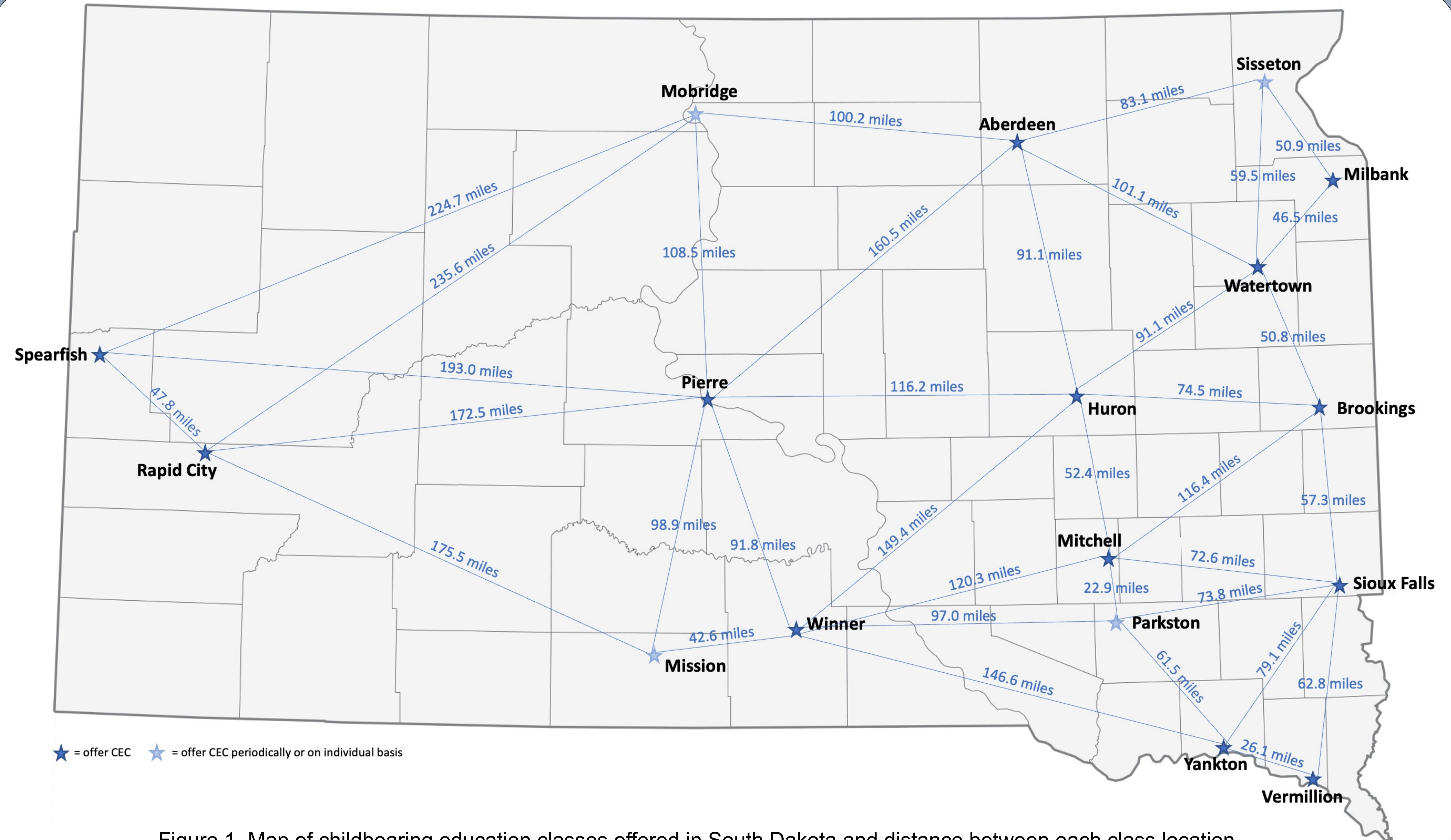


Figure 1. Map of childbearing education classes offered in South Dakota and distance between each class location

## Results

- We found only 17 CEC exist in SD
  - 13 offered full time
  - 4 offered periodically or individual basis
- Average distance between CEC is 50.49 miles
  - Minimum distance 22.9 miles
  - Maximum distance 100.2 miles
- 4 clinics did not have a referral location

## Conclusions

- South Dakota has the highest birth rate per 1,000 people in the nation, yet there are parts of the state that lack childbearing education classes
- Limitations: Avera and Sanford offer online CEC and this data was not included in our location data and class availability was self-reported by each clinic

## Bibliography

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5. Birth rate by state 2023. <https://worldpopulationreview.com/state-rankings/birth-rate-by-state>

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