UAMS Launches CenteringPregnancy® Program for Northwest Arkansas mothers

FAYETTEVILLE — The University of Arkansas for Medical Sciences (UAMS) Office of Community Health and Research and the UAMS Family Medical Center in Fayetteville are working together to provide soon-to-be moms with additional resources, group education and supplies through a new centering program.

CenteringPregnancy® is a prenatal care program that includes a woman’s regular prenatal health checkup, along with extra time for group learning and sharing. Participants build bonds with other moms, are more involved in their health care and are better prepared for the birth of their child. The program is available to pregnant patients of the UAMS Family Medical Center.

“The CenteringPregnancy program® is a great way for moms to bond during pregnancy and develop a strong support system that will benefit them through birth and after,” said Krista Langston, Community Health and Research’s senior director of community programs. Pregnancy can be incredibly challenging, and we’re excited to help mothers navigate their care so they can have healthier pregnancies.”

Moms who participate in a Centering group are less likely to have a premature baby and have higher breastfeeding rates. They also feel more confident about making healthy decisions for their families and themselves. Because Centering includes the mom’s prenatal check-ups, they also have more time with their family while getting extra attention from their doctor and care team.

“Group prenatal care programs like Centering allow moms to spend more time learning about important topics, like healthy weight gain, breastfeeding and the birthing process,” said Sharon Reece, M.D., a physician with the UAMS Family Medical Center in Fayetteville. “Moms in group prenatal care tend to have lower rates of gestational diabetes, greater success with breastfeeding and lower rates of excessive weight gain.”

Participants also are provided a Pack ‘n’ Play, a stroller, a diaper bag, a car seat and more.
Centering Pregnancy® is available in English, Spanish and Marshallese. To learn more about the program or to fill out an interest form, visit https://nwa.uams.edu/chr/centeringpregnancy/.

The UAMS Office of Community Health and Research offers free Family Wellness programs for mothers, fathers and families that include clinical navigation, education, case management and home-visiting services. Programs are available in English, Spanish and Marshallese at no cost and are offered to anyone living in Benton, Carroll, Madison, and Washington counties. For more information, visit nwa.uams.edu/chr/familywellness.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; a hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS' clinical enterprise. UAMS is the only adult Level 1 trauma center in the state. U.S. News & World Report recognized UAMS Medical Center as a Best Hospital for 2021-22; ranked its ear, nose and throat program among the top 50 nationwide for the third year; and named five areas as high performing — colon cancer surgery, diabetes, hip replacement, knee replacement and stroke. Forbes magazine ranked UAMS as seventh in the nation on its Best Employers for Diversity list. UAMS also ranked in the top 30% nationwide on Forbes' Best Employers for Women list and was the only Arkansas employer included. UAMS has 3,047 students, 873 medical residents and fellows, and six dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's, the VA Medical Center and Baptist Health.

The UAMS Northwest Regional Campus includes 288 medical, pharmacy, nursing and health professions students, 64 medical and pharmacy residents, two sports medicine fellows, and 1,000 community-based faculty. The campus has nine clinics including a student-led clinic and physical, occupational and speech therapy. Faculty conduct research to reduce health disparities. Visit www.uams.edu or www.uamshealth.com. Find us on Facebook, Twitter, YouTube or Instagram.

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