RISK FACTORS FOR STILLBIRTH

(LIST IS NOT ALL-INCLUSIVE)

RISK FACTORS THAT CAN BE CHANGED OR MODIFIED:

- Obesity
- Diabetes diagnosed before pregnancy
- Chronic hypertension (high blood pressure before or very early in pregnancy)
- Smoking
- Substance use (alcohol and/or illicit drugs)
- Pregnancies conceived using assisted reproductive technology (i.e. in vitro fertilization, etc.)
- Poor nutrition
- Inadequate prenatal care

RISK FACTORS THAT CANNOT BE CHANGED OR MODIFIED:

- Non-Hispanic black race (risk is nearly 4 times higher than for white birthing people in NJ)
- Past history of stillbirth or other obstetric complication(s)
- Age older than 35 years old
- Unmarried status
- Never having given birth to a live baby
- Multiple gestations such as twins, triplets, etc.
- Baby is male

This does not mean that every individual with risk factors will experience a stillbirth. Other factors that might contribute to disparities in stillbirth rates include health status before the pregnancy, socioeconomic status, access to quality health care, stress, and racism, including institutional bias.

stillbirth
CAN HAPPEN TO ANY PREGNANCY

REFERENCE

American College of Obstetricians and Gynecologists. (2020, reaffirmed in 2025). Obstetric care consensus number 10: Management of stillbirth. Obstetrics & Gynecology, 135(3), e110-e131.