

# The Perinatal Services Update

News, Announcements, Trainings, Resources & Opportunities to Get Involved  
2025

November 14,

## November is Prematurity Awareness Month



This year's World Health Organization (WHO) [World Prematurity Day 2025](#) theme is Healthy beginnings, hopeful futures because every baby deserves a fair chance at life.

Bringing awareness to end preventable preterm births is not only an important global issue but a Fresno County issue. In Fresno County the overall preterm birth rate in Fresno County in 2024 was 10.0. This rate remains above the Healthy People (HP) 2030's objective to bring the preterm birth rate to below 9.4. Except for White, all other race/ethnic groups remain above HP 2030's objective. Disparities exist among locations in the County (see attachment) Visit [March of Dimes](#) to learn how we can educate people to focus on how to support a healthier pregnancy and reduce the risk of preterm birth.

March of Dimes also has information about knowing the signs of preterm labor. Visit [know the signs of preterm](#)

[labor](#) and share the information with your patients/clients.

In partnership with the March of Dimes, California Maternal Quality Care Collaborative (CMQCC) has a toolkit, [CMQCC Low-dose Aspirin to Prevent Preeclampsia and Preterm Birth Initiative](#), where resources for pregnant women/people and prenatal health care clinicians can be accessed.

### [How to get involved](#)

**Wear purple on Monday November 17, 2025, to show your support for prematurity awareness and take a picture. Email photos to [yvolopez@fresnocountyca.gov](mailto:yvolopez@fresnocountyca.gov) by November 19, 2025, and a collage of all our Fresno County participants will be shared.**

## November is also Diabetes Awareness Month



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

A time to raise awareness of all types of diabetes including gestational diabetes (GDM). Gestational diabetes is a type of diabetes that develops during pregnancy.

Per the [Maternal Child and Adolescent Health \(MCAH\) Maternal Health Conditions at Delivery](#) dashboard, in

# The Perinatal Services Update

News, Announcements, Trainings, Resources & Opportunities to Get Involved November 14, 2025

2023, Fresno County had 1,597 (12.4%) of deliveries with any diabetes.

---

Untreated Gestational Diabetes can include the following complications:

- Difficult delivery
- High blood pressure
- Cesarean section (c-section)
- Macrosomia (babies weighing more than 9 pounds at birth)
- Newborn hypoglycemia (low blood sugar)
- Birth injury to the arm or shoulder of baby
- Jaundice (yellowing of the skin) of baby
- Respiratory problems (breathing problems) of baby
- Premature birth (baby born before 37 weeks of pregnancy)
- Stillbirths (baby dies before birth)

Visit [California Department of Public Health \(CDPH\) Information for Pregnant Individuals with Gestational Diabetes Mellitus](#) to learn more.

Find information for providers, resources and for managing Gestational diabetes at [CDHP Gestational Diabetes and Postpartum Care](#).

If you are interested in becoming part of the gestational diabetes prevention change in Fresno County, please join our Maternal and Preventive Care Committee.

Reach out to Guadalupe Manzano at [GManzano@healthcollaborative.org](mailto:GManzano@healthcollaborative.org).

---



BLACK Wellness & Prosperity Center's Pregnancy Care Support Groups offer 10 weekly sessions that provide pregnancy education, sisterhood, health assessments, wraparound referrals, and social support through a person-centered approach.

The program is based on the Centering Pregnancy® and Glow! models.

The program is free and open to pregnant individuals living in Fresno who can attend the sessions in person. A virtual option is available in certain circumstances.

Online interest form:

[https://black.qualtrics.com/jfe/form/SV\\_6mJTh0nE6ipwxFQ](https://black.qualtrics.com/jfe/form/SV_6mJTh0nE6ipwxFQ)

In office: 2201 Calaveras St, Fresno 93721

Email: [bdn@black-enterprises.com](mailto:bdn@black-enterprises.com)

Website:

<https://www.blackwpc.org/pregnancy-support>

---



Black Infant Health (BIH) is a unique program that provides support within a culturally affirming environment, honoring the unique history of African American women. Women can be referred by their doctors, school nurses, Fresno County outreach workers, public health nurses or self-referral.

Provider Referral:

Public Health Nursing Referral Form

Fill out form and fax to (559) 455-4705 or email to [phnfax@fresnocountyca.gov](mailto:phnfax@fresnocountyca.gov) .

# The Perinatal Services Update

News, Announcements, Trainings, Resources & Opportunities to Get Involved November 14, 2025

Self-Referral:  
In office: 142 E. Cesar Chavez Blvd,  
Fresno, CA 93706

By phone: (559) 600-1021  
Email: [bih@fresnocountyca.gov](mailto:bih@fresnocountyca.gov)  
[Facebook Fresno Black Infant Health](#)

---

## Fresno County Resources:

### Mom and Kids Hotline of Fresno County

**1-800-640-0333 or 559-600-7191**

Toll-Free hotline can connect individuals with resources for the following issues: domestic violence, Black Infant Health, breastfeeding, childcare, substance use disorder, applying for Medi-Cal and finding a doctor. Please ensure that your patients and clients are familiar with this resource.

[Schedule an appointment online](#)  
(available by appointment only)  
[First Fruits Market-Fresno's First Free Grocery Store!](#)

Location: City Center Fresno,  
2025 E Dakota Ave  
Fresno CA 93726

---

### Department of Health Care Services (DHCS) Medi-Cal Doula Directory

Doulas are an important part of pregnancy. They are dedicated to empowering birthing journeys. You can view a list of doulas in Fresno County by clicking [here](#).

---

### Fresno County Perinatal Services Coordinator (PSC)/Maternal Child Adolescent Health (MCAH) Coordinator

In Fresno County one way we are bringing awareness to maternal health issues is via our Perinatal Services Coordinator (PSC) roundtables. Mark your calendars to attend our next roundtable which will be in January 2025.

### Available Food Resources in Fresno County:

#### [United Way Fresno Madera](#)

Dial 2-1-1 or visit the link above to connect with local food pantries, meal programs, and other essential services. Available 24/7 and in multiple languages

#### [Central California Food Bank Food Distribution Map & Calendar](#)

Find a food distribution near you on a day that is convenient for your schedule.

[Groceries2Go](#) is available by appointment only through Central California Food Bank and 5 satellite locations throughout Fresno County.

### Contact Information:

Yvonne Lopez, RN, PHN, CLC  
MCAH/Perinatal Services Coordinator (PSC)  
County of Fresno  
Main: 559-600-3330  
Direct: 559-600-6387  
Email: [yvolopez@fresnocountyca.gov](mailto:yvolopez@fresnocountyca.gov)

# The Perinatal Services Update

News, Announcements, Trainings, Resources & Opportunities to Get Involved  
2025

November 14,