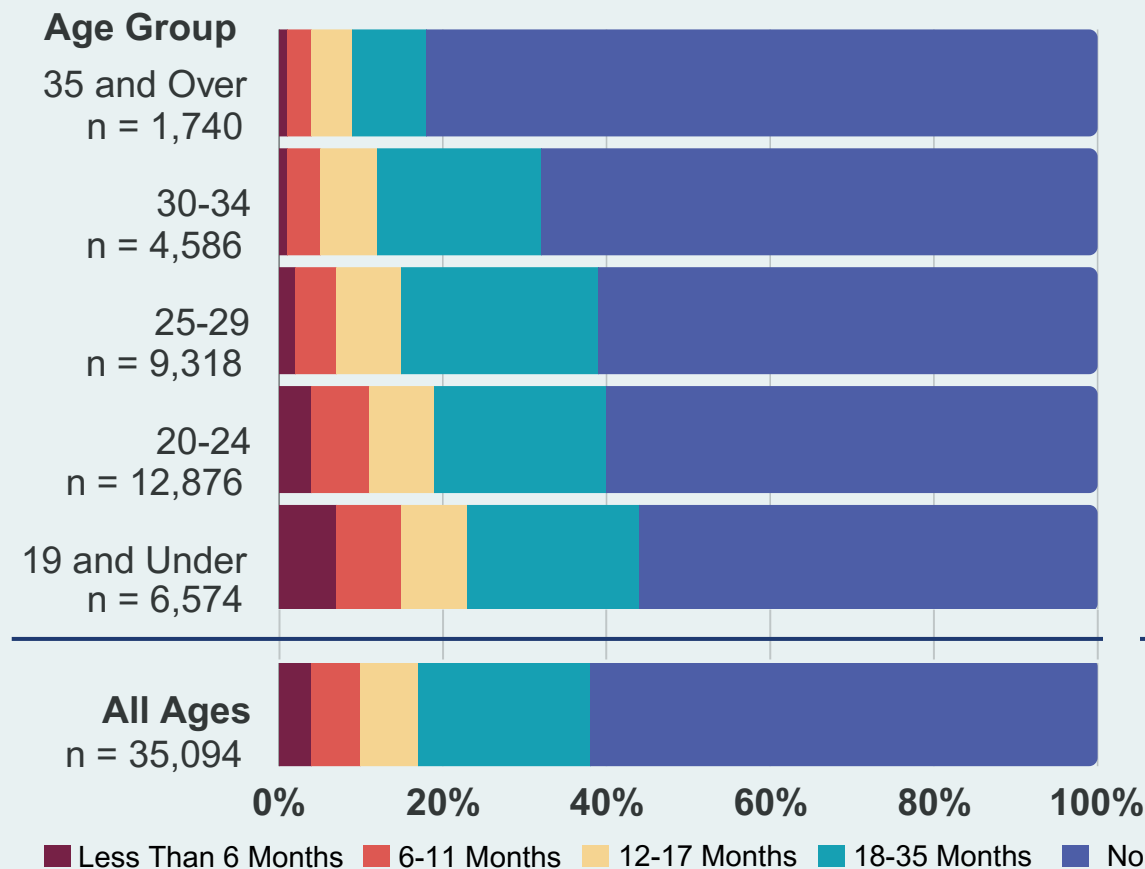


Birth spacing (also known as interpregnancy interval) refers to how soon after a prior pregnancy a subsequent pregnancy is conceived. The recommended spacing from giving birth to conceiving another pregnancy is at least 18 months. Shorter intervals have been associated with increased risk of preterm labor and low birthweight.¹ The graph below shows how soon a second pregnancy was conceived among mothers in Arkansas based on their age at the time of their first birth.^a

Time From First Birth (2016-2018) to Next Pregnancy^b



Time to Next Pregnancy^c

Age Group	Less Than 12 Months	Less Than Recommended 18 Months
35 and Over n = 312	23%	49%
30-34 n = 1,504	17%	38%
25-29 n = 3,608	18%	38%
20-24 n = 5,096	29%	48%
19 and Under n = 2,887	34%	53%
All Ages n = 13,407	26%	45%

¹ For references: achi.net/library/birth-spacing
Data source: Arkansas Department of Health birth records.

^a This analysis includes in-state live births to Arkansas females 12 and older.

^b "Next pregnancy" is defined as a second conception (indicated by gestational age) occurring within 36 months of a first birth and resulting in a second live birth.

^c Among mothers who became pregnant again, resulting in a live birth, within 36 months after giving birth.