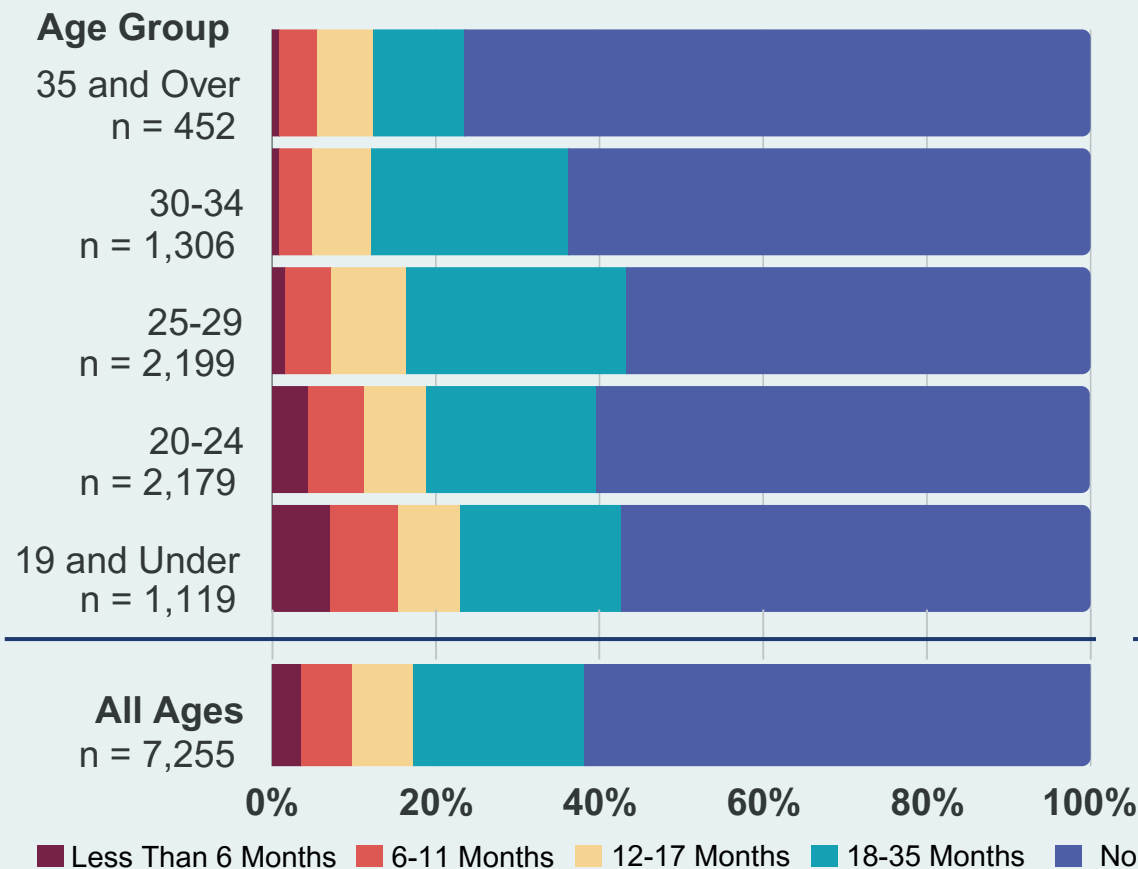


Birth spacing (also known as interpregnancy interval) refers to how soon after a prior pregnancy a subsequent pregnancy is conceived. The recommended spacing from giving birth to conceiving another pregnancy is at least 18 months. Shorter intervals have been associated with increased risk of preterm labor and low birthweight.<sup>1-7</sup> The graph below shows how soon a second pregnancy was conceived among mothers in Northwest Arkansas<sup>a</sup> based on their age at the time of their first birth.<sup>b</sup>

## Time From First Birth (2016-2018) to Next Pregnancy<sup>c</sup>



## Time to Next Pregnancy<sup>d</sup>

Age Group	Less Than 12 Months	Less Than Recommended 18 Months
35 and Over n = 106	24%	53%
30-34 n = 473	14%	33%
25-29 n = 953	17%	38%
20-24 n = 865	29%	48%
19 and Under n = 478	36%	54%
<b>All Ages n = 2,875</b>	<b>23%</b>	<b>43%</b>

<sup>1-7</sup> For references: [achi.net/library/nwa-birth-spacing](https://achi.net/library/nwa-birth-spacing)  
Data source: Arkansas Department of Health birth records.

<sup>a</sup> Benton, Carroll, Madison, and Washington counties.

<sup>b</sup> This analysis includes in-state live births to Arkansas females 14 and older.

<sup>c</sup> "Next pregnancy" is defined as a second conception (indicted by gestational age) occurring within 36 months of a first birth and resulting in a second live birth.

<sup>d</sup> Among mothers who became pregnant again, resulting in a live birth, within 36 months after giving birth.