

# Stillbirth in Australia

4 November 2022

Stillbirth is when a baby dies after 20 weeks of pregnancy, or weighing 400 grams or more. It is a tragedy with significant and far-reaching impacts on Australian families.

## NATIONAL DATA



**6 babies**  
are stillborn every day  
**which means**  
**1 in every 140**  
pregnancies



More than  
**2000 families**  
are affected by  
stillbirth  
every year

## RATES OF STILLBIRTH

**7 stillbirths** all women  
**11 stillbirths** Aboriginal and  
Torres Strait Islander women

Per 1000 births after 20 weeks gestation

Australia's late-term  
stillbirth rate is

**50%  
higher**

than other high-  
income countries

AUSTRALIA	2.7
NETHERLANDS	1.8
FINLAND	1.8
DENMARK	1.7

Per 1000 births after  
28 weeks gestation

## UNDERSTANDING LOSS

### Common causes of stillbirth:

- abnormalities with the baby
- premature birth
- health conditions of the mother



MORE THAN  
**20%**  
of stillbirths  
are preventable

ALMOST  
**1 IN 5**  
stillbirths, are  
unexplained

## HOW TO REDUCE RISK OF STILLBIRTH

**1 QUIT SMOKING**  
Smoking during pregnancy is a significant contributor to stillbirth. The earlier you quit, the better for your baby's health.

**2 SLEEP ON YOUR SIDE FROM 28 WEEKS**  
Going to sleep on your side from 28 weeks of pregnancy (last trimester) can halve your risk of stillbirth.

**3 KNOW YOUR BABY'S MOVEMENTS**  
Your baby's movements during pregnancy are a sign of their wellbeing. If you are concerned, contact your midwife or doctor.

**4 CARE DURING PREGNANCY**  
Have regular checkups during pregnancy with your maternity care provider.



All families who experience the loss of a baby should be offered support and bereavement care that respects their individual needs and culture.

FIND OUT MORE AT: [safetyandquality.gov.au/stillbirth-ccs](https://safetyandquality.gov.au/stillbirth-ccs)