

## **MBC BACKGROUNDER**

Multiple Births Canada (MBC) is the only national support organization and registered charity supporting multiple-birth individuals and families in Canada. We represent the interests of approximately 150,000 Canadian multiple-birth children and their families - a population that is increasing by over 12,000 multiple-birth infants annually.

The birth of two or more infants at the same time often presents overwhelming physical, emotional and financial strains that can reduce a family's ability to cope. As they grow, multiples and their families may face special challenges academically, socially, and sometimes medically. As a result, MBC exists to provide education, information and support to multiple-birth individuals, multiple-birth families and professionals engaged in their care (i.e. health, childcare, education, etc.).

### **Mission**

MBC's mission is to improve the quality of life for multiple-birth individuals and their families in Canada.

### **Facts and Figures**

- Multiple births represent just over 3% of all Canadian births but account for 28% of the low birth weight infant population.
- Prenatal education and information about multiple pregnancies are difficult to find.
- About 58% of twins and 96% of higher order multiples (triplets or more) are born prematurely, accounting for 22% of all Canadian preterm births.
- Over half of multiple-birth babies are born weighing less than 2,500 grams (5.5 pounds)
- The fetal death rate among multiples is 17.4 per 1,000. The national average is 6.0 per 1,000 births.
- Disabilities and birth defects are over five times higher for multiples as compared to single babies.
- Multiple-birth babies are at a higher than average risk for both immediate and long-term health problems.
- Multiple-birth children with special needs require expensive medical and educational support.
- There are more than 125,000 multiple-birth children in Canada under age 13 and 50,000 multiple-birth children under age 6.

### **Multiple Births Canada offers:**

- Local connections and support from 17 Affiliate Chapters across Canada.
- *Multiple Moments*: The Canadian Multiple-Birth Family, an online magazine.
- Fact Sheets, articles and other information resources on the issues that are of most concern to families and individuals with a personal or professional interest in multiple births.
- Support Networks: Preterm Birth, Post Partum Depression & Anxiety, Breastfeeding, Fathers, LGBTQ+, Loss, Francophone, Higher Order Multiples, Special Needs, Lone Parenting, Adult Multiples and Chapter Support.
- An extensive website providing access to educational resources and support.
- Networking and peer support through the MBC Facebook Support Groups.
- Access to information and support from a Professional Advisory Board via the National MBC Office.
- Access to national and international information through partnerships with other organizations such as the International Council of Multiple Birth Organizations (ICOMBO) and the International Society for Twin Studies (ISTS).
- For more information about Multiple Births Canada and the educational resources offered, please visit the national website [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org).