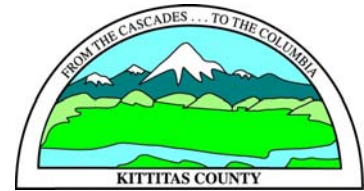


The Health Status of Kittitas County: Maternal and Child Health



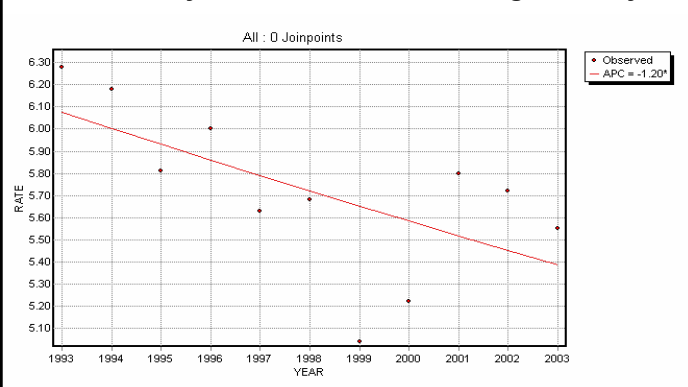
Maternal and child health indicators encompass the health of mothers, pregnant women, infants and children and are generally examined as a predictor of the health of the next generation. Key indicators include infant mortality, pregnancy rates, abortion rates, child dental caries, low birth weight, access of prenatal care, and breast feeding rates, among others.

Symbol Key:

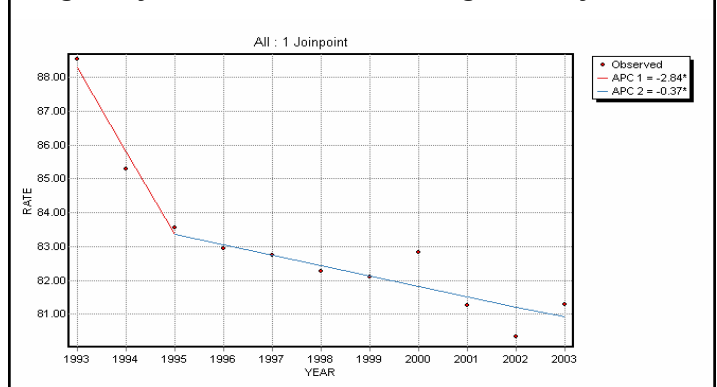
- improving from previous years
- worsening from previous years
- neither worsening nor improving
- 😊 Healthy People 2010 Target met
- ☹️ Healthy People 2010 Target unmet

| | Kittitas County Rate | Washington State Rate | HP 2010 target |
|--|----------------------|-----------------------|----------------|
| Infant mortality rate per 1,000 | ● 11.70 | ● 5.52 | ☹️ 4.5 |
| Pregnancy rate per 1,000 | ● 57.30 | ● 81.3 | N/A |
| Abortion rates per 1,000 | ● 13.13 | ● 19.33 | N/A |
| Pre-term births | ● 7.96% | ● 10.00% | 😊 7.6% |
| Unintended pregnancy | ● 56.2% | ● 52.8% | ☹️ 30% |
| Dental caries in school-aged children (cavities) | ● 61.7% | ● 59% | ☹️ 11% |
| Alcohol use during pregnancy | N/A | ● 51% | ☹️ 6% |
| Low birth weight (<2500g) | ● 5.79% | ● 6.06% | ☹️ 5% |
| Maternal smoking | ● 12.17% | ● 10.87% | ☹️ 2% |
| Overweight (youth) | ● 25.4% | ● 22.5% | ☹️ 5% |
| Adequate prenatal care | ● 90.03% | ● 80.77% | 😊 90% |
| Breastfeeding rates | ● 98% | ● 82.27% | 😊 75% |

Infant mortality rates have decreased significantly



Pregnancy rates have decreased significantly



Being a baby in Kittitas County

Infant mortality is comparatively high in Kittitas County and one possible reason for this could be low birth weight. Despite the fact that the prevalence of mothers who smoke in Kittitas is declining, it is still a whopping 12%. Maternal smoking has been linked to increased risk for numerous disease factors in children, in addition to the cost in terms of the health of the mother herself. Low birth weight is also associated with infant mortality, and for those babies who survive, it has been shown to be associated with lower cognitive outcomes and poorer general health. Otherwise, babies in Kittitas County are pretty lucky. Our county leads the state in breastfeeding rates. Breastfeeding of babies has been linked to subsequent child weight status, with breastfed babies being less likely to be overweight children and adults.

Data Sources and Statistics

Infant Mortality: Infant mortality is measured as infant and fetal deaths during perinatal period (28 weeks of gestation to 7 days or more after birth). Kittitas County has consistently had a higher rate of infant mortality than the state, and there was a slight increase in 2004 from prior years. However, small numbers in Kittitas County make this measure very sensitive to small changes. The Healthy People 2010 Target is 4.5 deaths/1000 live births. (Source: Linked Birth/Death Certificate Data: Washington State Department of Health, Center for Health Statistics.)

Pregnancy Rates: This measures the number of pregnancies, excluding fetal deaths, per 1,000 women 15-44 years old. The state rate has been slowly decreasing, while the rate in Kittitas County has remained steady. (Source: 1990-2003 Population Estimates: Population Estimates for Public Health Assessment, Washington State Department of Health.)

Abortion Rates: The rate of abortions in Washington State has been relatively stable 1999-2002. In 2003 the state abortion rate for women 15-44 years of age was 19.33 abortions/1000 women. In Kittitas County the rate declined steadily over the same years and in 2003 was 13.13 abortions/1000 women. (Source: Washington State Department of Social and Health Services, Research and Data Analysis Division County Profiles 2004.)

Pre-term Births: Kittitas County has consistently had a lower rate of pre-term births than the state, and at 7.96% is only slightly higher than the Healthy People target of 7.6%. (Source: Birth Certificate Data: Washington State Department of Health, Center for Health Statistics; and 1990-2003 Population Estimates: Population Estimates for Public Health Assessment, Washington State Department of Health.)

Unintended pregnancy: The rate of unintended pregnancies has remained stable in Kittitas County; in 2001 56.2% of pregnancies were unintended. This rate is slightly higher than Washington State (52.8%). The Healthy People 2010 Target is for 30%. (Source: Washington State Department of Social and Health Services, Research and Data Analysis Division County Profiles 2004; <http://www1.dshs.wa.gov/pdf/ms/rda/research/9/70.pdf>.)

Dental caries in school aged children: 59% of school aged children in Washington state have experienced decay requiring fillings in 2005. In Kittitas County this rate is 61.7%. The Healthy People 2010 target for the proportion of children and adolescents with dental caries in their primary or permanent teeth is 11%. (Source: Washington State Smile Survey 2005.)

Alcohol Use during pregnancy: 49% of new mothers in Washington State report using alcohol during the three months prior to learning they were pregnant. This measure is taken for 3 months prior to knowledge of pregnancy because often women will not know they are pregnant for several weeks. This means that 51% of women abstained from alcohol prior to and during pregnancy. The Healthy People 2010 target for alcohol use during pregnancy is 6% of pregnant women. (Source: 2001-2003 Pregnancy Risk Assessment Monitoring System (PRAMS))

Low Birth Weight (<2500g): The percentage of low birth weight babies in Kittitas County has been consistently lower than the state rate. Both have increased slightly in the last 10 years. The Healthy People 2010 target for low birth weight is 5% of all births. (Source: Birth Certificate Data: Washington State Department of Health, Center for Health Statistics; and 1990-2003 Population Estimates: Population Estimates for Public Health Assessment, Washington State Department of Health.)

Maternal smoking: Maternal smoking prevalence has declined in Kittitas County and in Washington State over the past decade, although Kittitas County still holds a higher rate of maternal smoking (12.17%) than the state (10.87%). The Healthy People 2010 target for prenatal smoking prevalence is 2%. (Source: Birth Certificate Data: Washington State Department of Health, Center for Health Statistics; and 1990-2003 Population Estimates: Population Estimates for Public Health Assessment, Washington State Department of Health.)

Indicator: Obesity in children: The Health Youth Survey calculates the BMI of 10th graders by asking their weight and height. In Kittitas County, 25.4% of 10th graders are either overweight or obese, or at risk for becoming overweight/obese. The state rate is slightly lower at 22.5%. The Healthy People 2010 target for the proportion of children 6-19 years of age who are overweight or obese is 5%. (Source: Healthy Youth Survey 2004)

Indicator: Prenatal care: The Healthy People 2010 target for the proportion of pregnant women who receive early and adequate prenatal care is 90%. The rate of pregnancies for which care was begun in the 1st trimester in Kittitas County has been around 90% since 2000, while the state has been lower at about 80%. (Source: Birth Certificate Data: Washington State Department of Health, Center for Health Statistics; and 1990-2003 Population Estimates: Population Estimates for Public Health Assessment, Washington State Department of Health.)

Indicator: Breastfeeding rates: 82.27% of WIC mothers in Washington State initiate breast feeding immediately after birth. Kittitas County has the highest rate in the state with 98% of new mothers initiating breastfeeding. The Healthy People 2010 target for breast feeding in the early postpartum period is 75% of all mothers. (Source: Washington WIC program, 2004, 2005.)



For more information, please contact Sara at the Kittitas County Public Health Department:
sara.burnet@co.kittitas.wa.us or 509-933-8265

