



Maternal and Child Health

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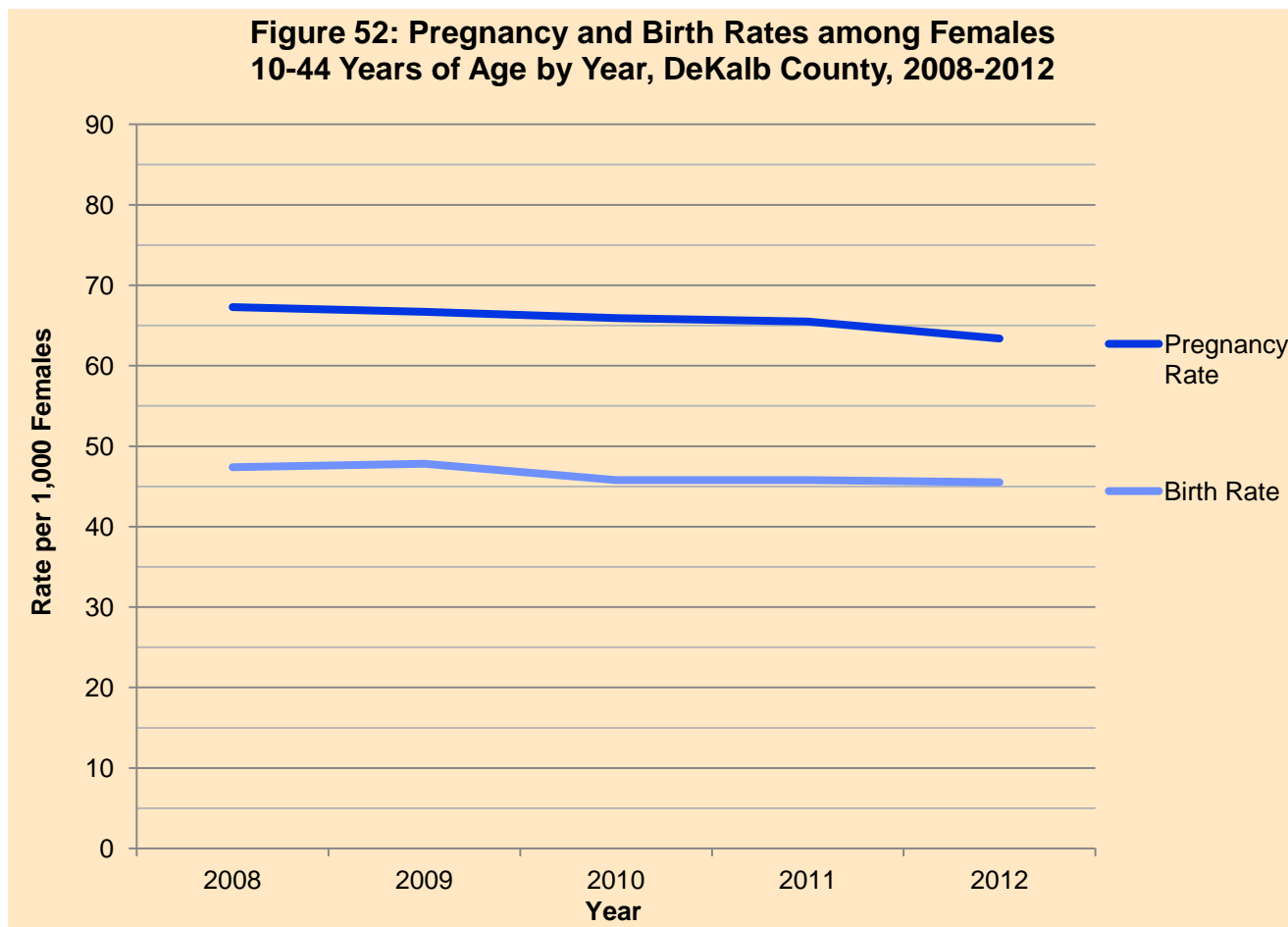
Safe motherhood begins before conception with good nutrition and a healthy lifestyle. It continues with appropriate prenatal care. The ideal is a healthy baby and a healthy infancy that result from a full-term pregnancy without unnecessary interventions. These are fostered by an environment that supports the physical and emotional needs of the mother, baby and family.

PREGNANCY AND BIRTH RATES

Pregnancy rate is the total number of pregnancies (including live births, abortions and fetal deaths) per 1,000 women of a population. Birth rate is the number of live births per 1,000 women of a population.

From 2008 through 2012 in DeKalb County, there were 79,419 pregnancies and an average pregnancy rate of 65.8. There were 56,119 births and an average birth rate of 46.5.

Figure 52 shows pregnancy and birth rates in DeKalb County from 2008 through 2012.

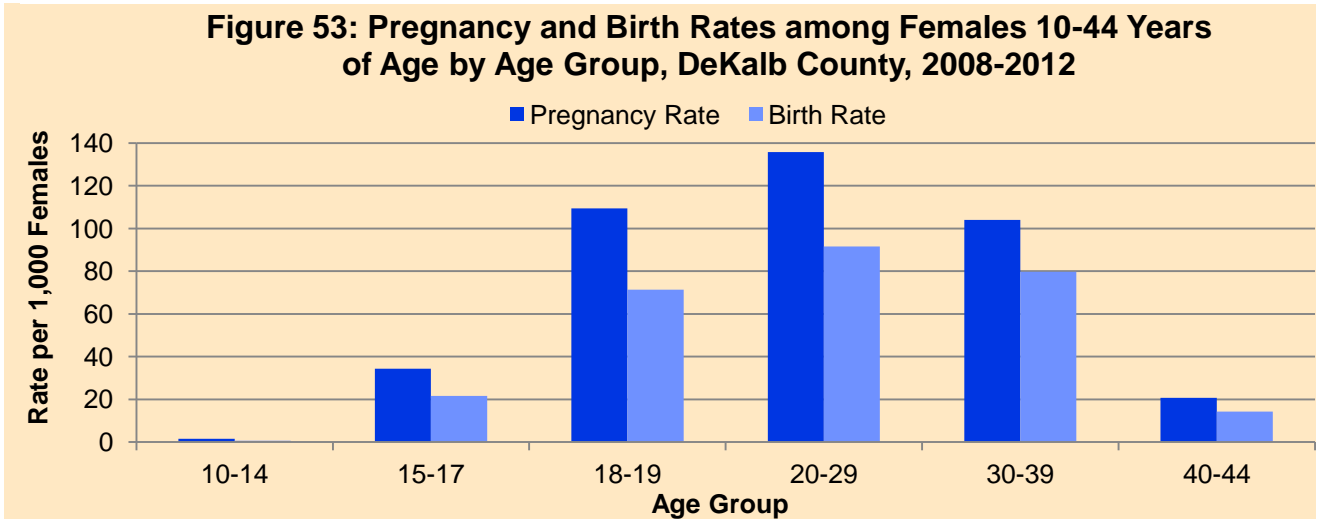


Source: *Pregnancies and Births*, Online Analytical Statistical Information System, Office of Health Indicators for Planning, Georgia Department of Public Health, 2014.

Figure 53 shows the average pregnancy and birth rates in DeKalb County from 2008 through 2012 by age group for females 10 through 44 years of age.

The data reveal that:

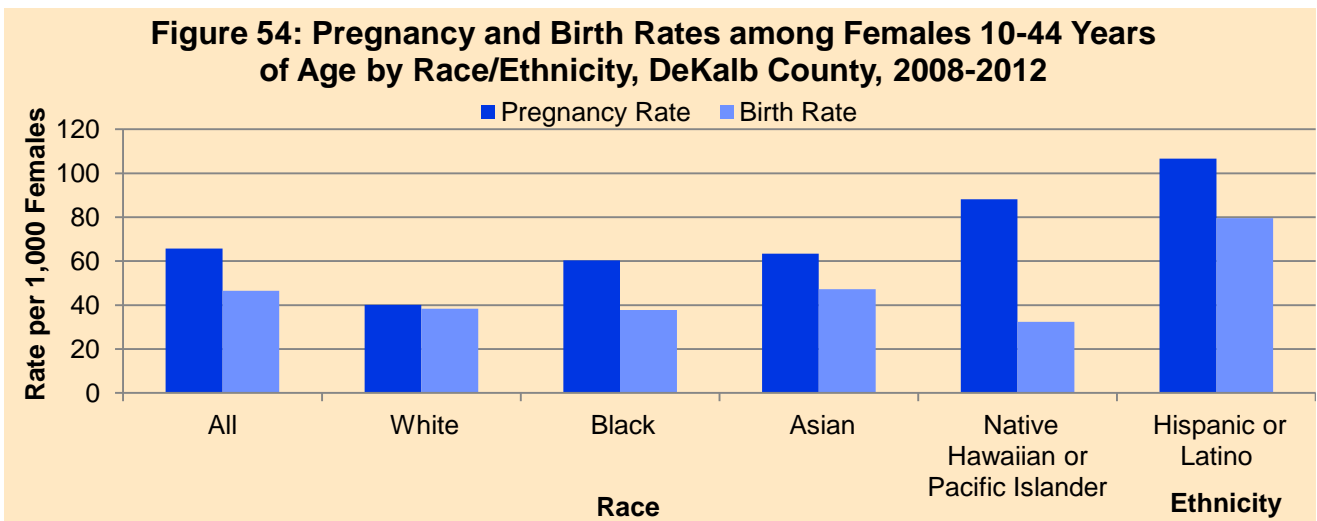
- The highest pregnancy and birth rates were among females 20 through 29 years of age.
- The second highest pregnancy rate was among teens 18 through 19 years of age.



Source: *Pregnancies and Births, Online Analytical Statistical Information System, Office of Health Indicators for Planning, Georgia Department of Public Health, 2014.*

Figure 54 shows the average pregnancy and birth rates by race and ethnicity in DeKalb County from 2008 through 2012. The figure shows that:

- Hispanic/Latino women had the highest pregnancy rate, followed by Native Hawaiian/Pacific Islander, Asian, black and white women.
- Although Native Hawaiian/Pacific Islander females had the second highest pregnancy rate, they had the lowest birth rate of all racial and ethnic groups.



Source: *Pregnancies and Births, Online Analytical Statistical Information System, Office of Health Indicators for Planning, Georgia Department of Public Health, 2014.*

What can you do to have a healthy pregnancy?

- Begin seeing your doctor before conceiving or early during your pregnancy.
- Take folic acid every day, before and during pregnancy.
- Do not smoke cigarettes or use other tobacco-related products.
- Do not drink alcohol.
- Talk to your doctor or pharmacist about any medications you are taking.

LOW BIRTH WEIGHT BABIES

Babies delivered weighing less than 5.5 pounds are considered low birth weight. They are at an increased risk for illness and death compared to other babies. From 2008 through 2012, there were 5,658 low birth weight babies born in DeKalb County. Tables 25 and 26 show the numbers and percentages of low birth weight babies in DeKalb County by maternal age and race/ethnicity.

In DeKalb County from 2008 through 2012:

- Women ages 45 through 55 had the highest percentage of low birth weight babies compared to other maternal age groups, while women ages 30 through 39 had the lowest percentage of low birth weight babies (see Table 25).
- Black women had the highest percentage of low birth weight babies compared to other races and ethnicities (see Table 26).

Table 25: Numbers and Percentages of Low Birth Weight Births by Age Group, DeKalb County, 2008-2012		
Age Group	Number	Percentage
10-14	8	10.7
15-19	507	11.0
20-29	2,662	10.1
30-39	2,169	9.4
40-44	271	14.1
45-55	41	25.0
All ages	5,658	10.1

Table 26: Numbers and Percentages of Low Birth Weight Births by Race/Ethnicity, DeKalb County, 2008-2012		
Race	Number	Percentage
White	1,003	7.5
Black	3,526	13.0
Asian	258	8.3
Hispanic/Latino	461	5.8
All races	5,658	10.1

Note: Percentage for Native Hawaiians/Pacific Islanders is too small to report.

Source: Births, Online Analytical Statistical Information System, Office of Health Indicators for Planning, Georgia Department of Public Health, 2014.

What can you do to reduce your risk of having a low birth weight baby?

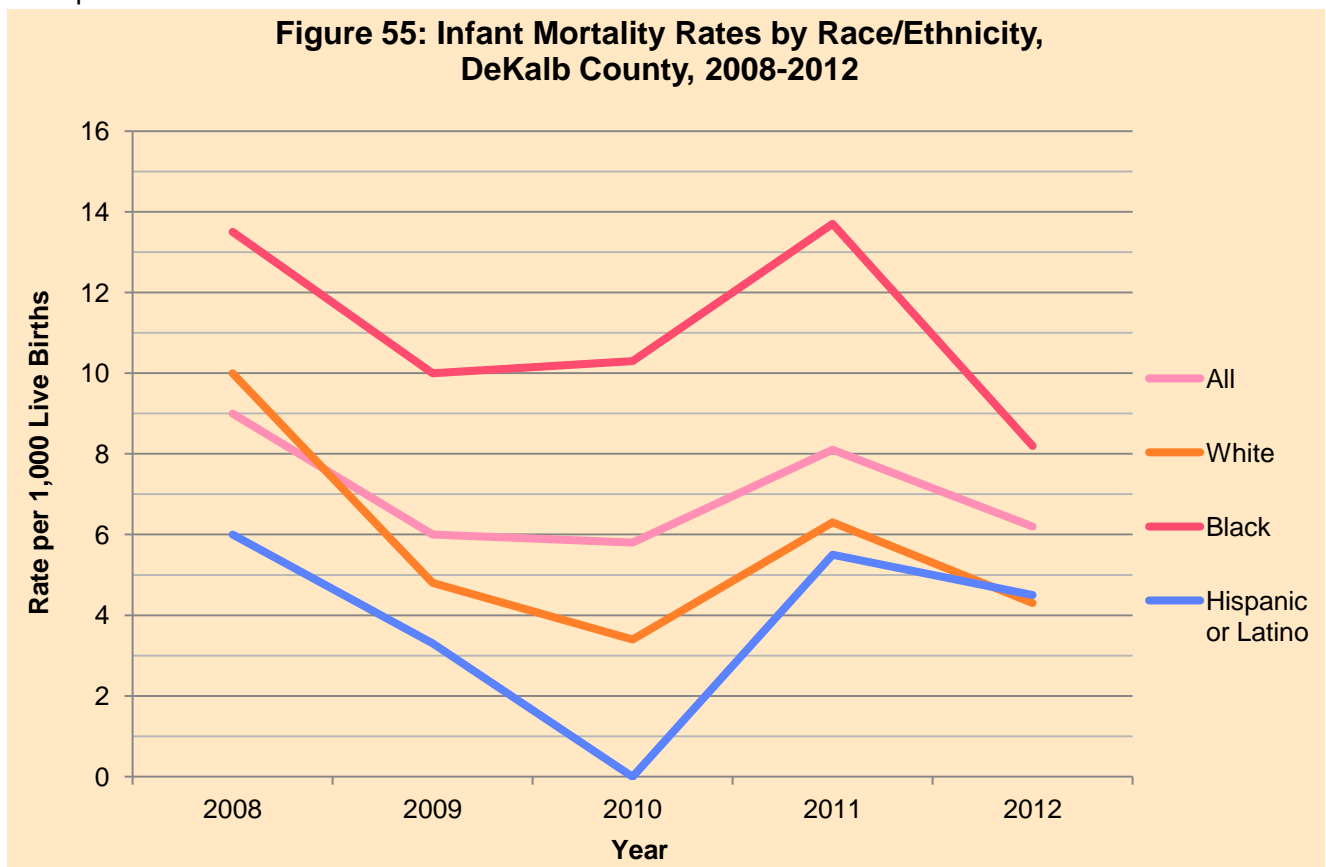
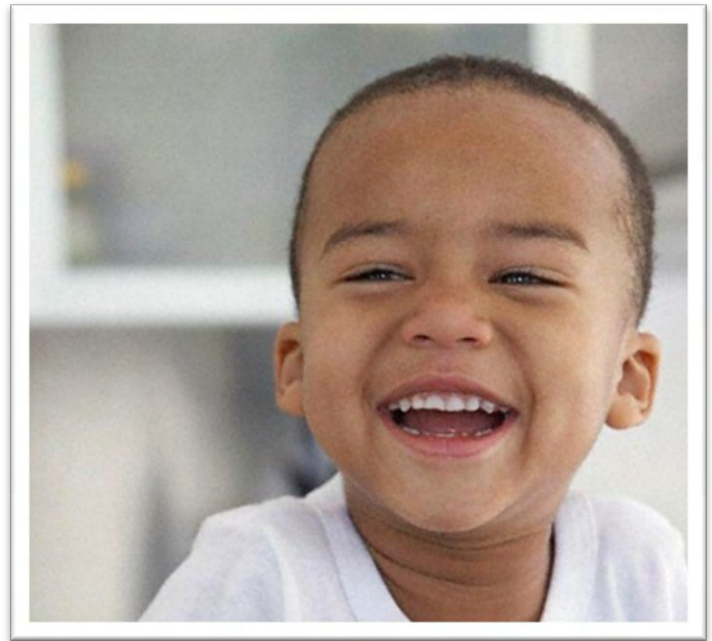
- Don't smoke, drink or take illegal drugs during pregnancy.
- Eat more fruits and vegetables.
- Drink water.
- Reduce your stress level.
- Seek out social support.
- Maintain a healthy weight.
- Reduce your risk of infections by:
 - Washing your hands frequently.
 - Avoiding cat feces and rodents
 - Avoiding uncooked and mishandled food.
 - Avoiding exposure to toxic substances.
 - Avoiding others that are sick.

INFANT MORTALITY

The death of a baby immediately after birth or before his or her first birthday is an infant death. The infant mortality rate is the number of infant deaths per 1,000 live births. From 2008 through 2012, there were 394 infant deaths in DeKalb County.

When comparing infant mortality rates by race and ethnicity, Figure 55 shows that:

- Blacks have higher rates of infant mortality compared to the white and Hispanic/Latino populations.
- From 2008 through 2012, the infant mortality rate for all races/ethnicities decreased by 30 percent.

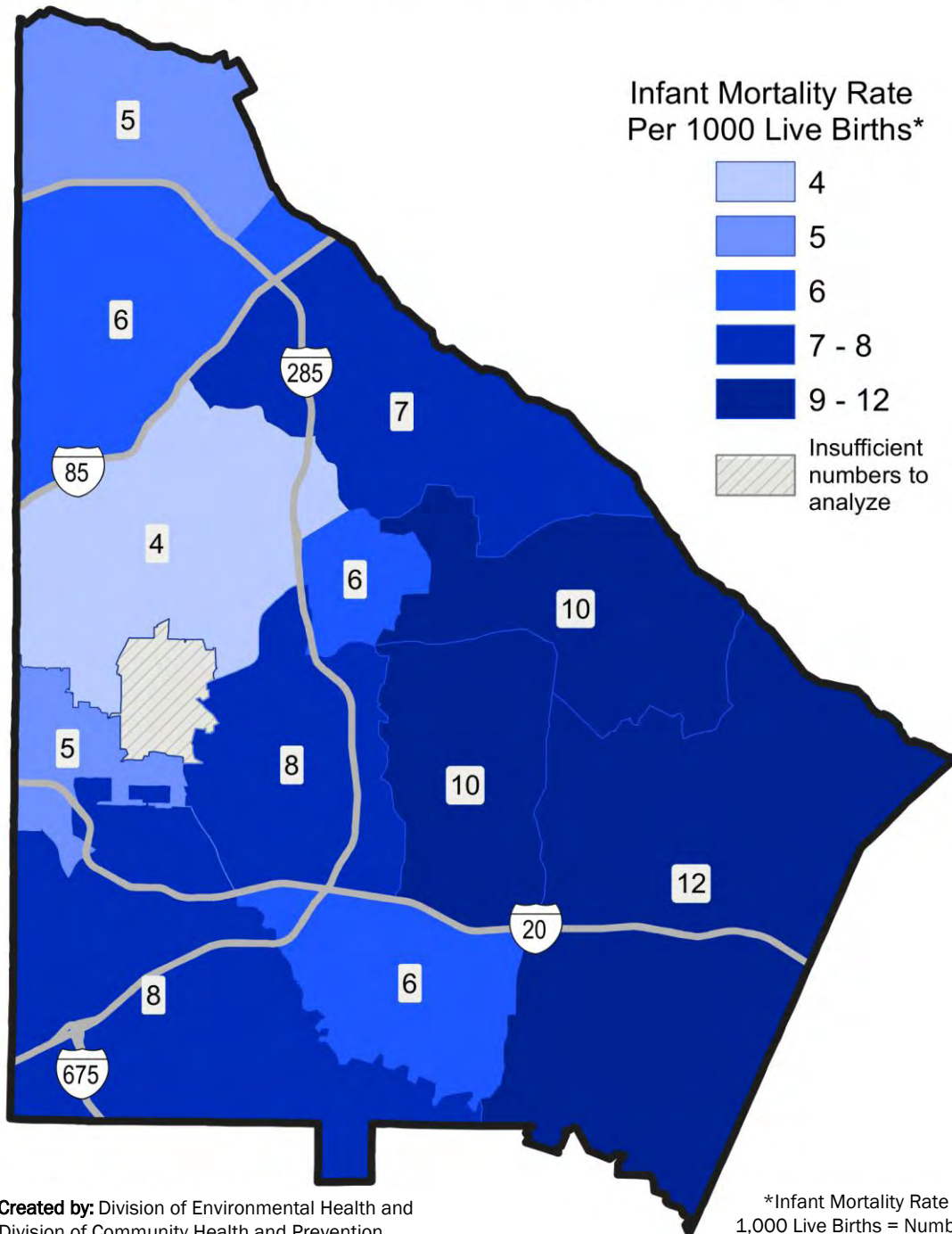


*Note: Rates for Asians and Native Hawaiians/Pacific Islanders are too small to report. All infant mortality rates are low in 2010 due to under-reporting. Source: Infant Mortality, Online Analytical Statistical Information System, Office of Health Indicators for Planning, Georgia Department of Public Health, 2014.

Figure 56 displays the infant mortality rates based on geographic location in DeKalb County (see Methodology for more information)

Figure 56: Infant Mortality Rates by Geographic Location, DeKalb County, 2008-2012

Displayed by Community Health Assessment Area (CHAA)



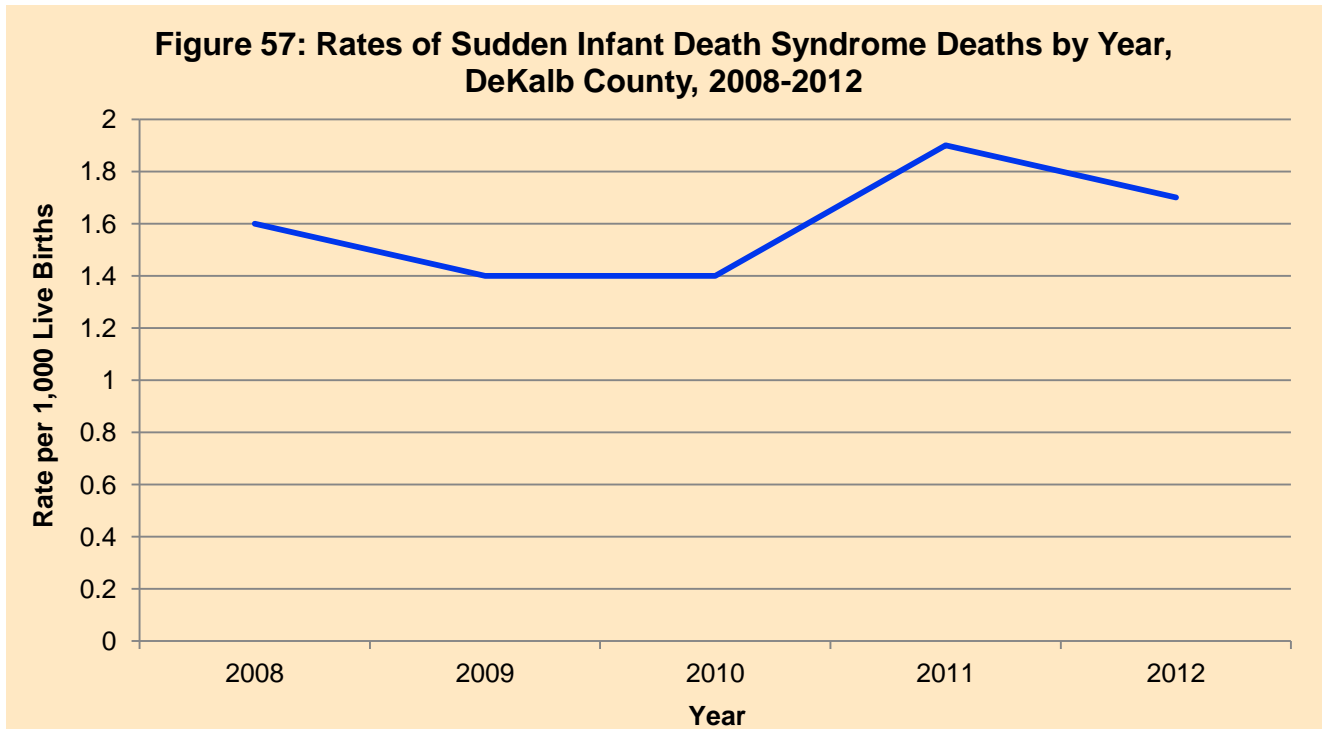
Created by: Division of Environmental Health and Division of Community Health and Prevention Services, DeKalb County Board of Health (2015).
Sources: Online Analytical Statistical Information System, Office of Health Indicators and Planning, Georgia Department of Public Health; 2010 Census, U.S. Census Bureau; Atlanta Regional Commission

*Infant Mortality Rate per 1,000 Live Births = Numbers of Infant deaths from 2008 to 2012 divided by the number of live births from 2008 to 2012 multiplied by 1,000

Some infant deaths are classified as Sudden Infant Death Syndrome (SIDS) deaths. A SIDS death is an unexplained death of an apparently healthy infant less than 12 months of age.

In DeKalb County from 2008 through 2012:

- DeKalb County's average rate was 1.6 deaths per 1,000 live births compared to Georgia's average rate of 1.2 deaths per 1,000 live births.



Source: *Infant Mortality, Online Analytical Statistical Information System, Office of Health Indicators for Planning, Georgia Department of Public Health, 2014.*

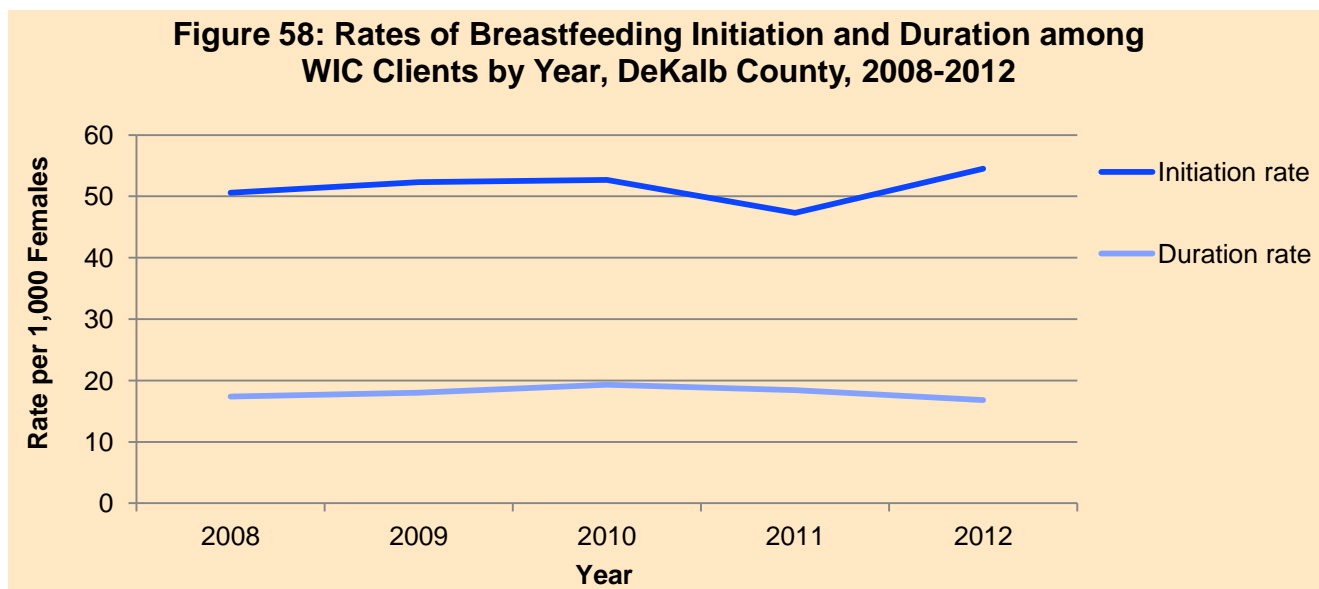
What can you do to reduce the risk of an infant death?

- Deliver at a special hospital if there is a risk of delivering a very small or very sick baby.
- Always place the baby on its back to sleep during naps and at nighttime.
- Don't place a baby to sleep on an adult bed, a chair, a sofa, a waterbed or a cushion.
- Avoid letting the baby get too hot during sleep.
- Discuss with your baby's caregivers how and where you want your baby placed for a nap and at nighttime.
- Don't cover the baby's head with a blanket or over-bundle them in clothing and blankets.
- Monitor a baby who is on its tummy while awake.
- Keep the crib and bassinet free of toys, soft bedding, blankets and pillows.
- Do not expose the baby to tobacco smoke.

BREASTFEEDING

Breastfeeding, also called nursing, is the process of feeding human breast milk to an infant, either directly from the breast or by expressing (pumping out) the milk from the breast and bottle-feeding it to the infant. Breast milk contains nutrients to help an infant grow and antibodies to help protect the infant from viruses and bacteria. It is recommended that women exclusively breastfeed their babies for the first six months of life.

Figure 58 shows breastfeeding initiation and duration rates among DeKalb County's Special Supplemental Nutrition Program for Women, Infants and Children (WIC) clients. Initiation rate is the percentage of infants who initiate breastfeeding. Duration rate is the percentage of breastfeeding infants who breastfed for at least six months.



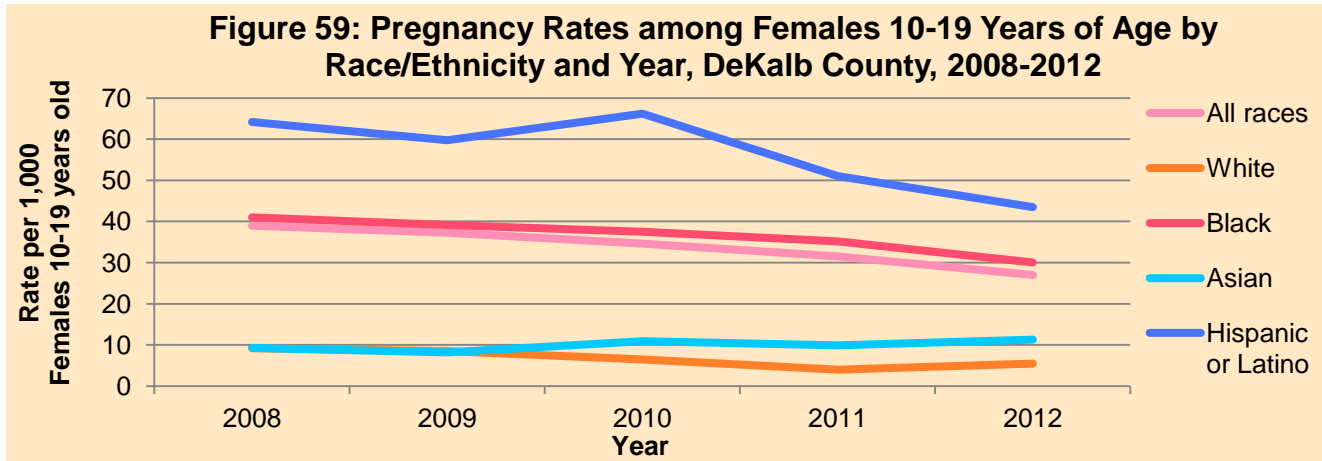
Source: Georgia WIC Information System, Georgia Department of Public Health, 2014.

TEEN SEXUAL BEHAVIORS AND PREGNANCY

The teen pregnancy rate is the number of pregnancies occurring per 1,000 females 10 through 19 years old.

Figure 59 shows the average pregnancy rate by race and ethnicity in DeKalb County from 2008 through 2012. The figure shows that:

- The overall pregnancy rate among 10 through 19 years of age has decreased by 30.8 percent.
- Although Hispanic/Latino females had the highest rate of teen pregnancies at an average rate of 56.5 births per 1,000 females, the rate has decreased by 26.8 percent.
- Blacks had the second highest rate of teen pregnancies at an average rate of 36.7 births. Like Hispanic/Latino females, the rate of black teen pregnancies has decreased.



Note: Rates for Native Hawaiians/Pacific Islanders are too small to report.
 Source: Pregnancies, Online Analytical Statistical Information System, Office of Health Indicators for Planning, Georgia Department of Public Health, 2014.

Table 27 provides the percentages of students who engaged in sexual behaviors that can lead to an increased risk of sexually transmitted diseases and unintended pregnancy. According to the Youth Risk Behavior Survey, from 2007 to 2013 in the DeKalb County School District:

- The percentage of students who had sexual intercourse for the first time before age 13 decreased by 36.2 percent.
- The percentage of students who used a condom during their last sexual intercourse decreased by 9.2 percent.
- The percentage of students who used birth control pills before last sexual intercourse decreased by 27.8 percent.

Table 27: Percentages of High School Students who Engaged in Various Safe and Unsafe Sexual Behaviors by Year, DeKalb County, 2007-2013				
Risk Behavior	Year			
	2007	2009	2010	2013
Had sexual intercourse for the first time before age 13 years	14.1%	12.7%	11.9%	9.0%
Had sexual intercourse with four or more people during their life	21.9%	20.9%	17.5%	16.0%
Used a condom during last sexual intercourse	69.3%	64.8%	65.6%	62.9%
Used birth control pills before last sexual intercourse	9.0%	9.8%	7.4%	6.5%
Drank alcohol or used drugs before last sexual intercourse	14.6%	16.0%	15.1%	21.2%
Had ever been taught in school about AIDS or HIV infection	87.8%	90.0%	87.6%	85.0%

Source: DeKalb Youth Risk Behavior Survey, DeKalb County Board of Health, 2013.

What can you do to reduce the risk of sexually transmitted infections and unintended pregnancy?

- Talk to your parents.
- Practice abstinence.
- Always use a condom during sexual intercourse to prevent sexually transmitted diseases.
- Know whether your partner has a sexually transmitted disease or HIV.
- Use birth control correctly to prevent unintended pregnancy. Ask a doctor about the different methods.

FOR MORE INFORMATION ABOUT MATERNAL AND CHILD HEALTH

DeKalb County	Metropolitan Atlanta	Georgia and Beyond
<p>DeKalb County Board of Health 404.294.3700 http://www.dekalbhealth.net</p> <p>Adolescent Health and Youth Development 404.370.7360</p> <p>Babies Can't Wait 404.508.7981</p> <p>Mothers Offering Resources and Education (MORE) 404.508.3794</p> <p>Special Supplemental Nutrition Program for Women, Infants and Children (WIC) 404.508.7777</p>	<p>Babies Born Healthy, United Way of Greater Atlanta 404.527.7200 or Dial 211 https://www.unitedwayatlanta.org/the-challenge/health/babies-born-healthy/</p>	<p>Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities 1.800.CDC.INFO or 1.800.232.2636 http://www.cdc.gov/ncbddd</p>
<p>Great Start Georgia of DeKalb County 1.855.707.8277 https://www.greatstartgeorgia.org/learn-more/gsg-resources</p>	<p>Center for Black Women's Wellness 404.688.9202 http://cbww.org</p>	<p>CJ Foundations for SIDS 1.888.8CJ.SIDS or 551.996.5111 http://www.cjsids.org</p>
	<p>Teen Action Group 404.567.8339 http://www.plannedparenthood.org/planned-parenthood-southeast/training-education/copy-programs/copy-teen-action-group</p>	<p>Healthy Mothers Healthy Babies Coalition of Georgia 770.451.0020 http://www.hmhbga.org</p>
		<p>It's Only Natural, Women's Health 1.800.994.9662 http://www.womenshealth.gov/itsonlynatural/index.html</p>
		<p>La Leche League of Georgia 404.681.6342 http://www.llofga.org</p>