



KITSAP COUNTY TRENDS IN MATERNAL & INFANT HEALTH

The health and well-being of parents and infants is foundational to the health of our Kitsap community. The mental, physical, emotional, and socioeconomic wellbeing of people who give birth can affect pregnancy and birth outcomes as well as the health of their children into adulthood and subsequent generations. Protecting and promoting positive behaviors, such as adequate prenatal care and breastfeeding can impact our community's health for generations to come.

AVAILABILITY OF OB/GYN CARE



In 2021, Kitsap had **8 OB/GYN providers per 100,000 population**. This rate was decreasing.



In 2021, Washington as a whole had **15 OB/GYN providers per 100,000 population**. This rate was increasing.

ACCESS TO PRENATAL CARE



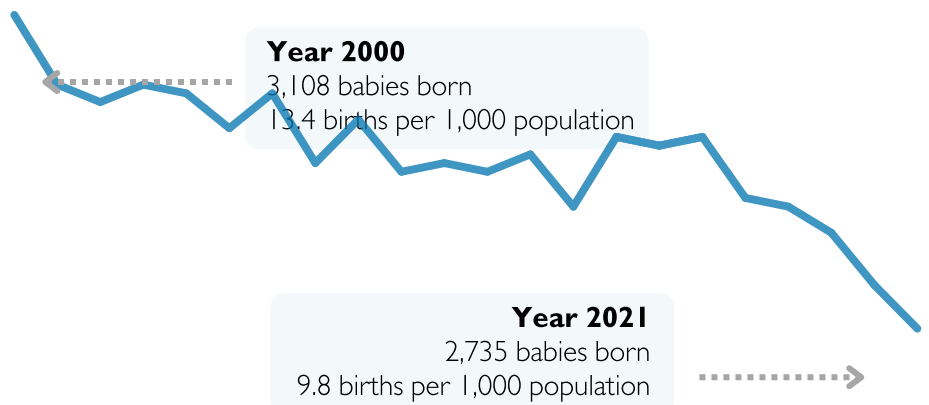
one out of two Kitsap residents (52%) who gave birth in 2021 received adequate prenatal care.



more than two out of three Washington residents (70%) who gave birth in 2021 received adequate prenatal care.

BIRTH RATE IN KITSAP COUNTY

The birth rate in Kitsap County **declined each year from 2016 to 2021**, while the county's overall population increased.





ACCESS TO CARE

OB/GYN CARE: There are a declining number of OB/GYNs and facilities in Kitsap due to closures of the Naval Hospital Bremerton birthing center, an obstetrics suite at Peninsula Community Health Services, and multiple provider retirements.

MEDICAID COVERAGE: In 2020, 37% of births were paid by Medicaid. Not all providers accept Medicaid.

BIRTHS OUTSIDE COUNTY: In 2020, about 1 in 4 births to people living in Kitsap took place outside Kitsap.

LACTATION SUPPORT: In a 2022 community survey, more half of respondents (54%) who had recently been or currently were pregnant said there was a time in the last two years when they needed lactation and breast- or chestfeeding support and could not get it.



PRENATAL CARE

ADEQUATE PRENATAL CARE: The percentage of Kitsap residents receiving adequate prenatal care during pregnancy has declined since 2016. Almost half (48%) of Kitsap residents who gave birth in 2021 did not receive adequate prenatal care, compared with 30% of Washington residents.

GEOGRAPHIC DISPARITIES: From 2019 to 2021, 53% of Bremerton residents did not receive adequate prenatal care compared with 35% of Bainbridge Island residents.

CARE DURING FIRST PREGNANCY: Of the Kitsap residents who were pregnant for the first time from 2019-2021, 51% did not receive adequate prenatal care.

CARE IN FIRST TRIMESTER: In 2021, 1 in 3 people who are pregnant in Kitsap do not begin prenatal care in their first trimester; a higher percentage than in Washington overall.



PROTECTIVE FACTORS

BIRTHS TO TEENS: From 2011-2020, less than 1% of Kitsap residents who give birth were younger than 18.

EDUCATION: From 2011-2020, 92% of Kitsap residents who gave birth had graduated from high school.

BREASTFEEDING: In 2021, 93% of infants born to Kitsap residents were being breastfed at discharge from their birthing facility.

TOBACCO: In 2021, 95% of Kitsap residents who gave birth did not smoke during pregnancy.



BIRTH OUTCOMES & INFANT MORTALITY

DISPARITIES BY RACE/ETHNICITY: From 2017 to 2021, Black or African American and Hispanic or Latino Kitsap residents who gave birth had higher rates of premature birth (11% and 10% compared with 7% for White people who gave birth) and higher rates of babies born at low birth weight (9% and 6% compared to 4% for White).

GEOGRAPHIC DISPARITIES: Bremerton residents who gave birth had a higher rate of premature birth from 2017 to 2021 (9% compared to 5% for Bainbridge residents).

INFANT DEATHS: An average of 15 Kitsap infants died each year from 2012-2021 — 4.97 infant deaths per 1,000 live births. Washington's rate was 4.48 deaths per 1,000 live births. From 2012-2021, infant mortality for Black and African American people who gave birth remained consistently higher (10 deaths per 1,000 live births compared with 4 per 1,000 for White people who gave birth).



COMPLICATIONS DURING PREGNANCY

GESTATIONAL HYPERTENSION: In 2021, 12% of Kitsap residents who gave birth had gestational hypertension, higher than the state rate.

GESTATIONAL DIABETES: In 2021, 10% of Kitsap residents who gave birth had gestational diabetes, lower than the state rate.



MATERNAL MORTALITY

MATERNAL DEATHS: Fewer than 10 maternal deaths occurred among Kitsap residents from 2012-2021. The mortality rate in Kitsap was similar to the statewide rate.

MATERNAL MORTALITY IS AN EQUITY ISSUE: Equity in the context of maternal mortality means that no person or group of people bears greater risk of death because of their socially determined circumstances. Racism, discrimination, stigma, and other social determinants of health contribute to disproportionate maternal mortality rates, as well as pregnancy complications and barriers to accessing high-quality health care. Source: [Washington State Maternal Mortality Review Panel: Maternal Deaths 2017-2020](#)



To view interactive dashboards displaying data on dozens of Kitsap health topics, go to: kitsappublichealth.org/data