

KITSAP COUNTY TRENDS IN PREGNANCY & BIRTH

The health and wellbeing 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. Supporting 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.

(See "Adequate Care" on page 2 for definition.)

NEEDED LACTATION SUPPORT

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



Reasons cited for not being able to access support included:

44% Not being able to afford a copay or deductible

24% Not having any way to get services

31% A provider not taking their insurance

23% Not being able to find services

DISPARITIES IN PREGNANCY & BIRTH



ADEQUATE CARE

The Adequacy of Prenatal Care Utilization scale defines **adequate prenatal care** as accessing care before the fourth month of pregnancy and receiving at least 80% of recommended healthcare visits.

- Among Kitsap regions: **less than half (47%) of Bremerton residents giving birth** received adequate prenatal care compared with nearly two-thirds (65%) of Bainbridge Island residents giving birth. Bainbridge's rate was still lower than the statewide rate (70%).



GESTATIONAL HYPERTENSION

Groups with the highest rates of gestational hypertension:

- Among all residents: **More than one in 10 (12%)** of people who gave birth in Kitsap in 2021 were diagnosed with gestational hypertension during their pregnancy.
- Among race/ethnicities: The rate of gestational hypertension was higher in those who identified as **Native Hawaiian or Pacific Islander (18%), multiracial (12%) and white or Caucasian (11%)** compared with those who identified as Asian (8%).
- Among Kitsap regions: The rate of gestational hypertension was higher in **Bremerton (13%), Kitsap (12%), and South Kitsap (10%)** compared with Bainbridge Island (7%).



ADVERSE BIRTH OUTCOMES

Subgroups with the highest percentages of adverse birth outcomes (such as low birth weight or preterm birth) from 2017 to 2021:

- Among race/ethnicities: **Black and African American people giving birth** had statistically higher rates of premature birth, babies born at low birth weight, and infant mortality than white people giving birth. **Hispanic and Latino people giving birth** had statistically higher rates of premature birth and babies born at low birth weight compared to white people giving birth.
- Among Kitsap regions: **Bremerton residents giving birth** had a higher rate of premature birth than Bainbridge Island people giving birth.



PRESCHOOL ENROLLMENT

- Among Kitsap regions: From 2016-2020, the lowest percent preschool enrollment for children aged 3 to 4 was among **Bremerton children (38%)** compared to Bainbridge Island children (70%).

SOURCES

- Birth Certificate Data through Community Assessment Tool (CHAT), Washington State Department of Health, Center for Health Statistics (1990-2021)
- Death Certificate Data through Community Health Assessment Tool (CHAT), Washington State Department of Health, Center for Health Statistics (1990-2021)
- 1-Year & 5-Year Estimates via American Community Survey (ACS), U.S. Census Bureau (2017-2021)

LEARN MORE

VIEW THE FULL REPORT

Kitsap Public Health published a detailed Community Health Assessment in 2023. Scan the code with a smartphone camera to view the full report.



HAVE QUESTIONS?

We'd love to provide any answers that we can.

Our office is open from 9 a.m. to 4 p.m. every weekday. Call 360-728-2235.



Reach us via email at epi@kitsappublichealth.org.

