

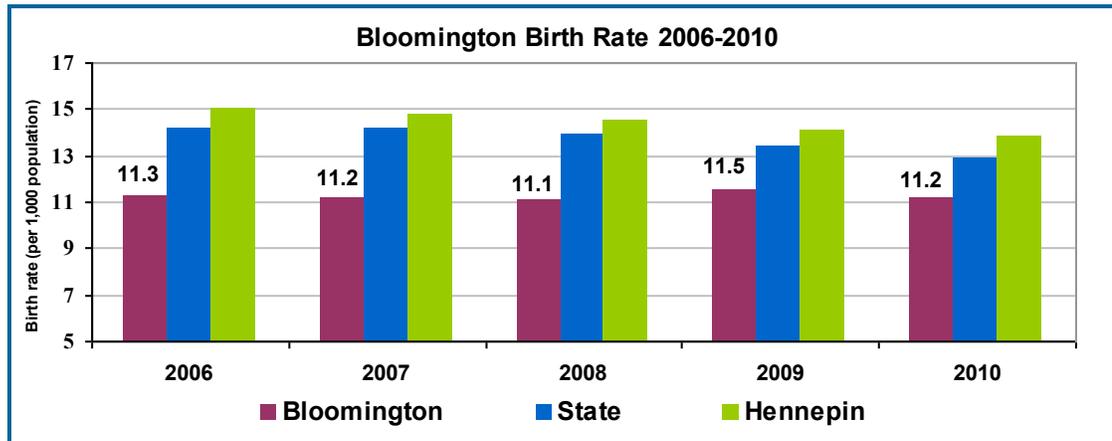
Maternal and Child Health Report

2006-2010: City of Bloomington

Trend and Birth Data Report

The health of a child starts with the health of his or her mother. This report details the maternal and child health trends for the past 5 years from 2006-2010 in the City of Bloomington. Data in this report can be used by organizations for assessment and as a platform for further exploration into the reasons behind the data. The source of birth data found in this report is birth certificate data from the Minnesota Department of Health.

What is the birth rate in Bloomington?



In 2010, there were 926 babies born to residents of Bloomington. Compared to 2009, this is a 5% decrease in the number of babies born and the lowest since 2006. Bloomington's birth rate has remained consistently lower than Hennepin County and the State. Bloomington's overall population has been steadily decreasing since 2006, but the birthrate has fluctuated. Both statewide and nationally, birth rates have declined for the past three years.

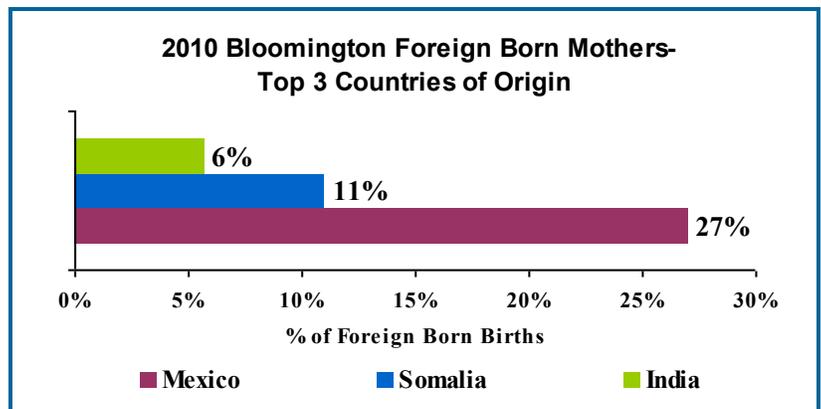
Maternal Characteristics

Race and Ethnicity

Regarding race, births to non-White women decreased slightly in 2010 compared to 2006 accounting for 35% of births in 2010 versus 37% in 2006. This percentage has steadily decreased for the past four years from a high of 42% in 2007. In 2010, 15% of all births were to Black women, 9% to Asian women, 11% to other races, and .8% to Native American Indian women. Regarding ethnicity, 13% of all births were to Latino women. This percentage decreased from 2007-2009, but increased slightly in 2010.

Births to foreign-born women

The 2010 percentage of births to foreign-born women is slightly lower compared to 2006 at 30% of all births. This percentage has been decreasing or holding steady since the high in 2007 when 36% of all births were to women not born in the United States. The primary country of origin for foreign-born mothers in Bloomington was Mexico, followed by Somali and third by India.

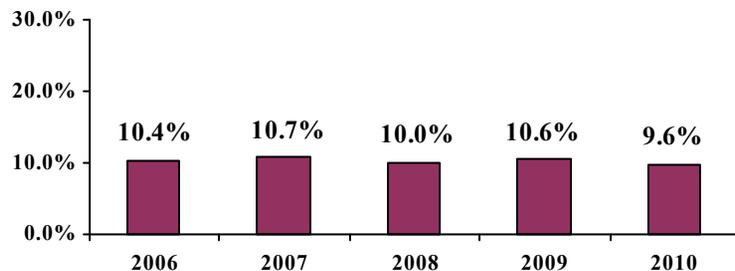


How Does Bloomington Compare to the State and What are the 5 year Trends?

Health Indicator	2010 Bloomington	2010 State of MN	5 Year Trend Description
Percent of <u>singleton</u> births that are Low Birth Weight	4.2%	4.8%	The 5 year trend for low birth weight singleton births in Bloomington had been increasing since 2006 until 2010, when it dropped to the second lowest percentage since 2006. It peaked in 2009 at 6.0%, but declined by almost 2% in 2010.
Percent of births to women 40 yrs and older	2.5%	2.7%	The percentage of births to women 40 years and older remains quite low and the trend for the last 5 years has fluctuated only 1% between 2.4% and 3.5%.
Percent of all births to foreign-born women	30.4%	18.0%	This percentage has been decreasing or holding steady since the high in 2007 when 36% of all births were to women not born in the United States.
3-yr teen pregnancy rate per 1000 females ages 15-19 years, 2008-2010	32.2 (2008-10)	33.2 (2008-10)	The 3-year rolling average teen pregnancy rate in Bloomington has been slowly decreasing for the past 4 years with 2008-2010 seeing the lowest rate for at least the last 10 years. The actual number of pregnancies for this 3-year time span for this age group was 218.
Percent of all births to high school graduates (mother=20 years and older)	90%	Not available	The 5-year trend for births to women 20 yrs and older who graduated from high school fluctuated slightly from a low of 88% in 2007 to a high of 92% in 2009.

One Health Indicator, Big Impact! Preterm Births

Preterm births (less than 37 weeks gestation) in Bloomington, 2006-2010



- Preterm infants are at a greater risk for death in the first few days of life than full term infants
- Preterm infants are at a greater risk for other adverse health outcomes such as visual and hearing impairments, intellectual and learning disabilities and behavior and emotional problems throughout life.
- African American women have a much greater risk of delivering a preterm infant than white women.
- The most important risk factor for delivering preterm is having delivered preterm in a previous pregnancy

Source: <http://www.cdc.gov/reproductivehealth/maternalinfanthealth/PretermBirth.htm>

Did Bloomington meet the National Healthy People 2010 goals?

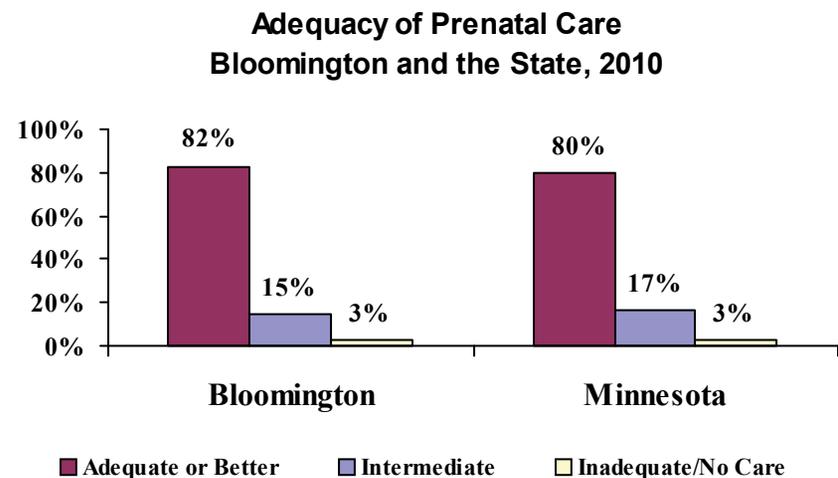
Healthy People 2010 Goals

Healthy People, a United States Department of Health and Human Services effort, provides science-based, 10-year national objectives for improving the health of all Americans. For three decades, Healthy People has established benchmarks and monitored progress over time in order to: encourage collaborations across sectors, guide individuals toward making informed health decisions, and to measure the impact of prevention activities. Healthy People 2020 goals were recently released *Source: www.healthypeople.gov*

Indicator	2010 Bloomington	2010 State	Healthy People 2010 Goal
Percent of <u>all</u> births that are premature	9.6%	9.8%	10% or less
Percent of women beginning prenatal care in 1st trimester	86.3%	86.1%	90%
Percent of <u>all</u> births that are low birth weight (less than 5.5lbs, 2500 grams)	5.6%	6.5%	5%
Percent of mothers that used tobacco during pregnancy	3.7%	10%	1%
Percent of mothers that used alcohol during pregnancy	.7 %	Not Available	6%

A Closer Look at Prenatal Care:

The percentage of mothers that receive prenatal care in their first trimester is an important health data indicator to track. Early prenatal care allows women and their health care providers to identify and, when possible, treat or correct health problems and health-compromising behaviors that can be particularly damaging during the initial stages of fetal development. It is possible to get an even clearer picture of pregnancy health by looking not only at which trimester prenatal care started, but also at how many total prenatal visits were made during the length of the pregnancy. The Minnesota Department of Health calculated this statistic and classifies care as Adequate or Better, Intermediate, or Inadequate/No Care.



Maternal and Child Health Services for Bloomington Residents

Bloomington Public Health offers a variety of services that help families stay healthy and thrive and this creates a stronger community. These services address current health issues and aim to prevent low birth weight, premature births and reduce future health problems. Some of the Maternal and Child Health programs at Bloomington Public Health include:

- Home visits to families focus on: prenatal health, post partum and newborn care, long term parenting support, child development, and accessing community resources
- Immunizations and flu shots
- Car seat provision for health plans
- Teen sexual health and pregnancy prevention education in schools
- Follow-Along Program and Help Me Grow South Hennepin
- Women, Infants and Children (WIC) Program



Image from website: <http://northwestearlychildhoodiowa.community.officelive.com/healthyfamilies.aspx>

More about.....



Image from website <http://thenews13.com>

Women, Infants, and Children Program (WIC)

This program is for pregnant women, new mothers and their children up to 5 years of age who have financial needs. Staff provide nutrition education, breastfeeding peer support, and food vouchers to make an early impact on children's growth and development both before and after they have been born. Research has demonstrated the WIC program has resulted in fewer premature births and low birth weight births, fewer infant deaths and a greater likelihood of receiving prenatal care early*.

*<http://www.fns.usda.gov/wic/aboutwic/howwichelps.htm>



Photo from the Parents Know-Help Me Grow website:<http://parentsknow.state.mn.us/>

The Help Me Grow Program

This program is for all families who have concerns about their child's behavior, growth, and development. The program also help parents access educational, medical and social service resources. If a concern is identified, the family is referred to their school district where further help will be provided. This is a joint collaborative with four school districts-Bloomington, Edina, Richfield and Eden Prairie. The goal of this and the Follow Along Program is to ensure all children are prepared to enter Kindergarten.

For additional information on this report, please contact Emily Thompson at ethompson@ci.bloomington.mn.us or 952-563-8900.

More information about Bloomington Maternal and Child Health services can be found at <http://www.ci.bloomington.mn.us/cityhall/dept/commserv/publhealth/publhealth.htm>