

Why is preconception health important?

Preconception health is how healthy a woman is before she becomes pregnant, both before her first pregnancy and between subsequent pregnancies. Many women choose to make changes to be healthier when they find out they are pregnant, but health at conception can make a difference in reducing risks of low birth weight, preterm birth and other negative outcomes, as well as decrease risk of infant mortality. Additionally, pregnancy can put strain on a woman's body. Being healthy before and during pregnancy can reduce this strain, and help ensure that a woman is able to maintain her physical wellbeing.

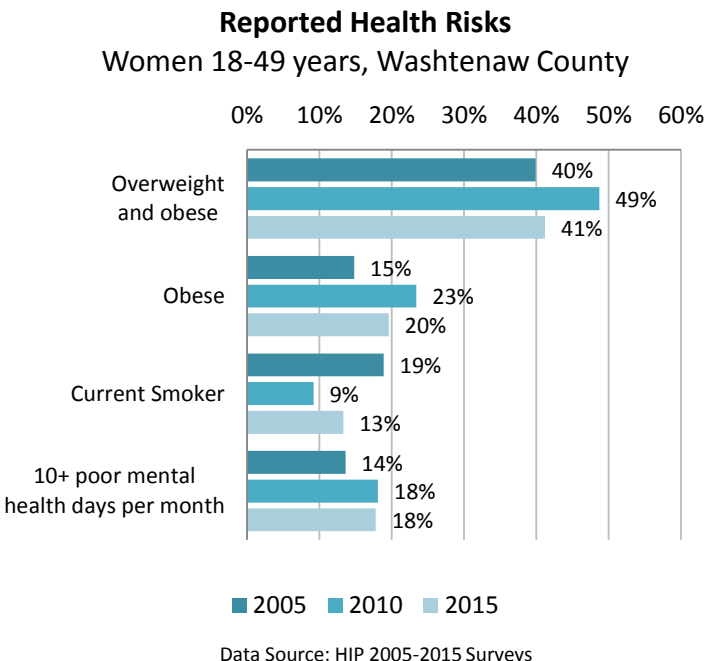
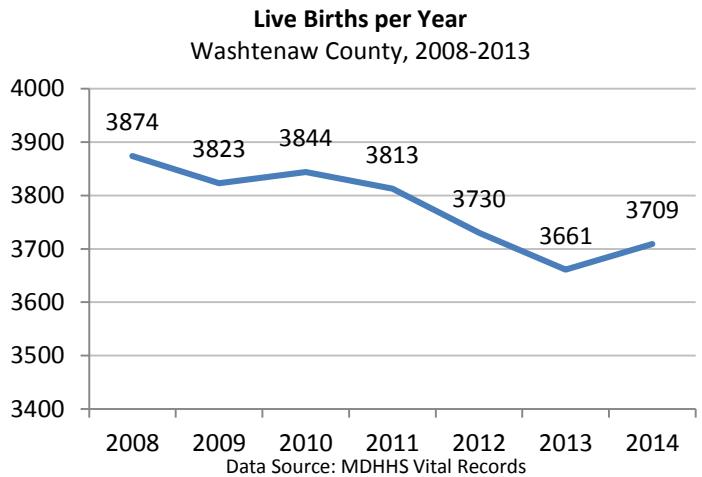
More than half of pregnancies in Michigan from 2009 to 2011 were unintended (Source: MDHHS Vital Records), and women often are unaware of their pregnancy until several weeks have passed. Because of this, preconception health is important for all women of childbearing age, whether they intend to become pregnant or not.

Pregnancy Status and Intentions Women 18-49 years, Washtenaw County 2015		
Currently pregnant		5%
Intend to become pregnant	Within the next year	5%
	Some other time in the future	44%
	Not at all	51%
Data Source: HIP 2015 Survey		

15% of women, 18-49 years, who are sexually active with men and do not intend to be pregnant are NOT taking measures to prevent pregnancy.

Key Findings:

- Between 2008 and 2014, 3600 to 3900 babies were born each year in Washtenaw County. 2014 marks the first year since 2009 where the number of births has increased.
- The current smoking rate in Washtenaw County overall has been decreasing since 1995 (not shown). The rate of women, 18-49 years, who report that they currently smoke decreased to 9% in 2010, but increased to 13% in 2015.
- Women, 18-49 years, who are on Medicaid are more likely to be suffering from chronic physical and mental health conditions.
- Younger women are significantly more likely to participate in unhealthy behaviors, such as smoking, binge drinking and drug use.

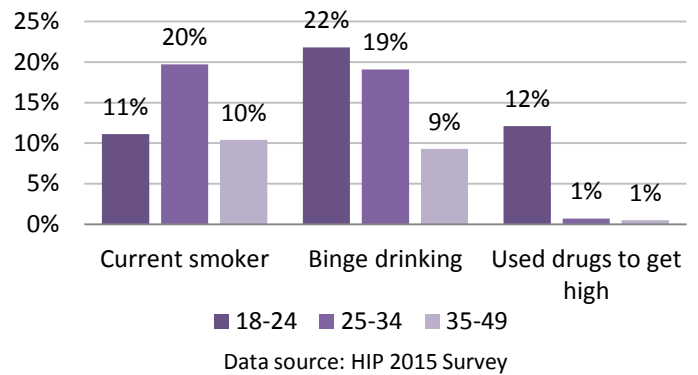


Unhealthy Behaviors

Refraining from unhealthy habits like smoking, binge drinking alcohol, and using illicit drugs is important to a woman’s preconception health.

- Binge drinking and drug use decrease significantly with age.
- Women 25 to 34 years are significantly more likely to be currently smoking than their older or younger counterparts ($p \leq 0.005$).

Unhealthy Behaviors by Age
Women 18-49 years, Washtenaw County 2015

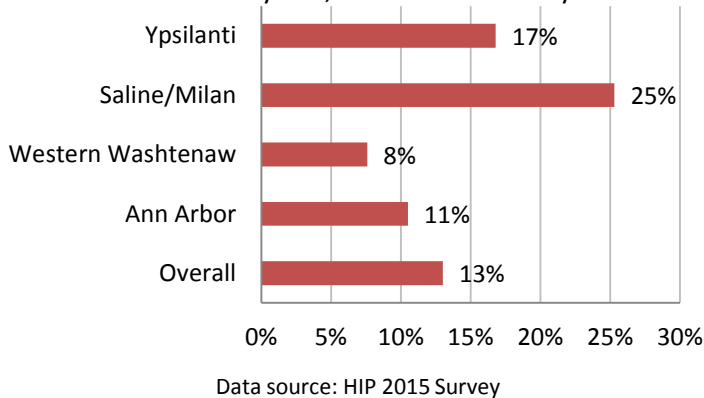


Smoking

Quitting smoking is one of the best things a smoker can do to improve her health, whether she is pregnant or not. Smoking during pregnancy increases the risk of complications in pregnancy and after birth. In Washtenaw County from 2008 to 2013, babies born to women who smoked while pregnant are 60% more likely to be born with low birth weight, and 19% more likely to be born prematurely. They are also more likely to show signs of distress and excitability, and at higher risk of sudden infant death syndrome (SIDS).

Rate of Current Smokers

Women 18-49 years, Washtenaw County 2015



- In Washtenaw County in 2015, 13% of women aged 18-49 are current smokers.
- Western Washtenaw County – Dexter, Chelsea and Manchester – have the lowest rates of smoking.
- Rates of cigarette smoking in Saline/Milan and Ypsilanti are 25% and 17%, respectively.
- **Good news:** Smoking rate for Ypsilanti women has decreased from 37% in 2005 to 17% in 2015.
 - It is a HIP 2020 objective to decrease the smoking rate for women in Ypsilanti to 12% by 2020.

Access to and Usage of Health Care

It is important for all women to regularly visit a health care provider, regardless of their pregnancy status. A health care provider can help recognize health concerns, as well as advise women about practices to improve and maintain their health.

Insurance coverage	
Commercial	78%
Medicare/Medicaid/Healthy MI	14%
None	8%
Have a primary care physician	
Yes, only one	74%
Yes, more than one	7%
No	19%
Last had a routine check-up	
<1 year ago	71%
1+ year, but <2 years	21%
2 or more years ago	8%
Did not get a flu shot within the last 12 months	
	55%

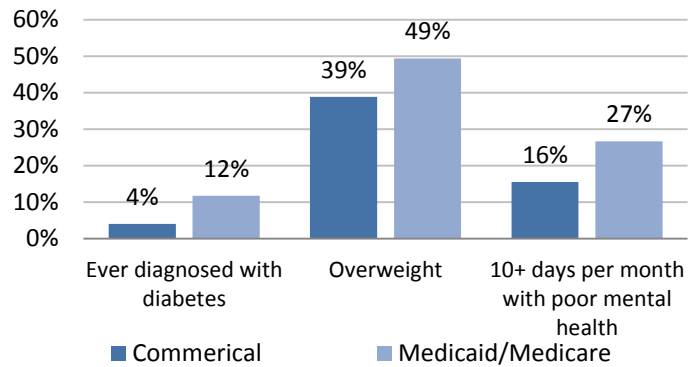
Data Source: HIP 2015 Survey

Chronic Diseases

Managing chronic diseases are critical for a woman’s health. Eating fruits and vegetables, as well as getting adequate amounts of physical activity are important for managing these chronic diseases.

- Women who are on Medicaid are more likely to be suffering from the chronic physical and mental health conditions.
- More than half of women 18-49 years don’t get 150 minutes of leisure-time exercise per week.

Chronic Health Conditions
Women 18-49 years, Washtenaw County 2015

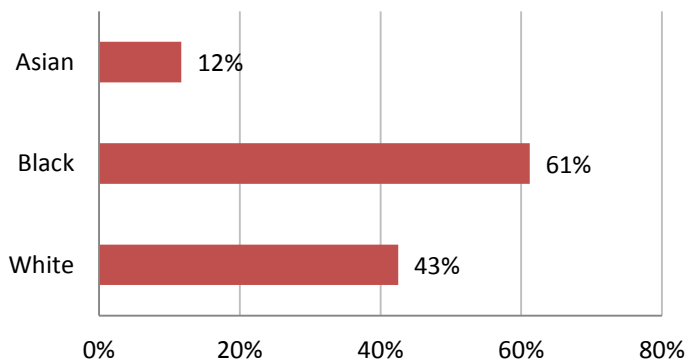


Data source: HIP 2015 Survey

Overweight and obesity in adulthood put a person at higher risk of heart disease, diabetes and other complications as they age. Eating a balance diet and exercising regularly can prevent or decrease overweight and obesity.

- The overweight and obesity rate in all women of reproductive age in Washtenaw County has increased from 37% in 2005 to 41% in 2015.
- Women of Asian descent have the lowest rates of overweight and obesity.
- It is a HIP 2020 objective to decrease the overweight and obesity rates in Black or African American women to 40% by 2020.

Rate of Overweight or Obesity
Women 18-49 years, Washtenaw County 2015



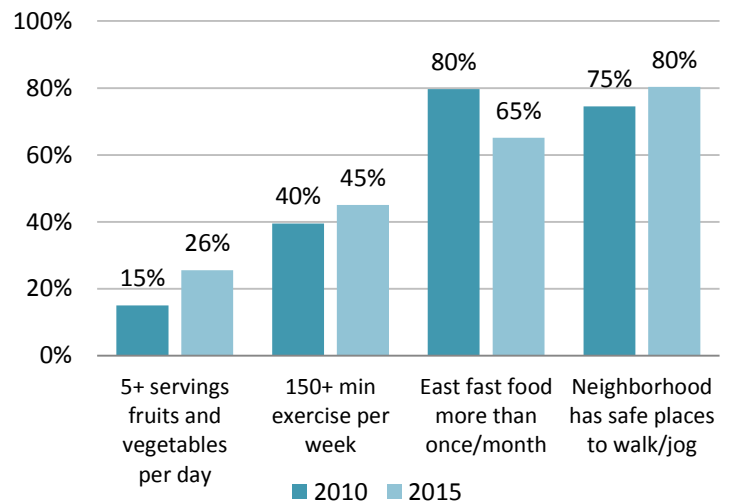
Data source: HIP 2015 Survey

Healthy Steps

More women report healthy behaviors and environments in 2015 compared to 2010.

- More women report eating 5 or more servings of fruits and vegetables per day, as well as getting adequate exercise in 2015.
- Fewer women are eating fast foods more than once per month.
- In 2015, walking and running or jogging were the most popular forms of exercise for women (68% of women who exercised reported that these were their primary methods).
 - Compared to 2010, more women report that their neighborhood has safe places to walk or jog, facilitating these exercises.

Improving Opportunities
Women 18-49 years, Washtenaw County



Data Source: HIP 2005-2015

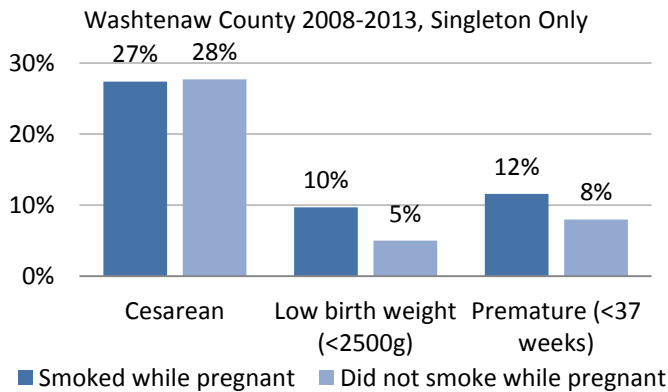
Healthy Pregnancies

From 2008-2014, there were between 3600 and 4000 babies born in Washtenaw County each year. Because over half of pregnancies in Michigan from 2009 to 2011 were unintended, and women often are unaware of their pregnancy until several weeks have passed, preconception health is important for all women of childbearing age, whether they intend to become pregnant or not.

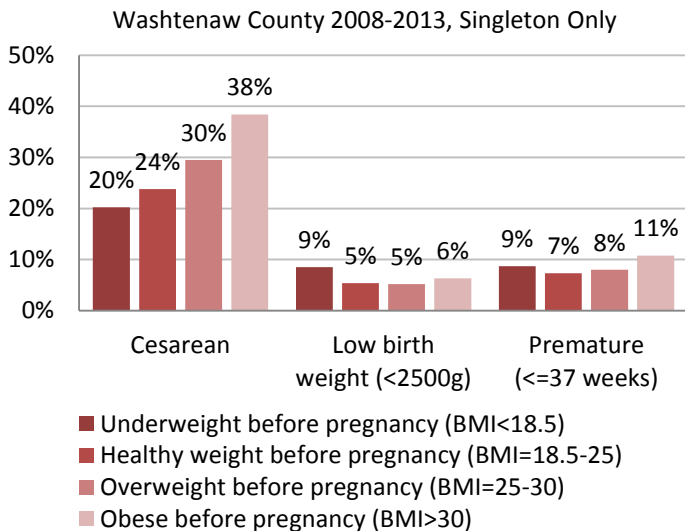
13% of women who gave birth between 2008 and 2013 smoked while pregnant.

- The smoking rate during pregnancy **increased** from 12.5% in 2008 to 13.6% in 2013 (not shown).
- Smoking during pregnancy increases the risk of complications in pregnancy and after birth, including risks of low birth weight and prematurity.

Birth Outcomes and Smoking while Pregnant



Birth Outcomes and Pre-pregnancy BMI



Data Source: MDHHS Vital Records

Babies born in Washtenaw County 2008-2013

	%
Mother's Age	
<18 yrs	1%
18 to 24 yrs	19%
25 to 29 yrs	27%
30 to 34 yrs	33%
35 to 41 yrs	16%
More than 40 yrs	5%
Mother's Race	
Asian	11%
Black	18%
White	71%
Health Insurance	
Private insurance	70%
Medicaid	30%
Mother's Education Level	
Less than high school	7%
High school graduate or GED	15%
Some college	26%
College Graduate	53%
Marital Status of parents	
Never married	27%
Currently married	72%
Divorced/widowed	2%
Trimester prenatal care began	
First	80%
Second	16%
Third	4%
Plurality	
Singleton	96%
Plural	4%
Full term	
Full term (>=37 weeks)	90%
Premature (<37 weeks)	10%
Low birth weight	
Healthy weight (>2500g)	92%
Low birth weight (<2500g)	8%
Smoked while pregnant	
Yes	13%
No	87%

Data source: MDHHS Vital Records; N=22745

Women with chronic diseases like obesity are more likely to have complications in pregnancy and birth.

- As pre-pregnancy BMI increases, the risk of giving birth via cesarean increases.