

Maternal and Child Health

Women's Health & Reproductive Life Planning,
Pregnancy & Delivery, Child Health & Safety

Healthy Hawai'i 2020
A Community Health Plan

Women’s Health & Reproductive Life Planning

Understanding and managing the possibility of becoming pregnant is an important aspect of health for women of reproductive age.

Approximately 50% of pregnancies, both in Hawaii and in the United States, are unintended, meaning the pregnancy was unplanned or desired at a later time. Reproductive life planning is a decision making process a woman can go through with her partner and health care provider to think about if and when to have children, and how to achieve the desired goal.

For women who wish to become pregnant, preconception counseling and care should be provided. Cessation of alcohol, tobacco, and other drug use, screening for and managing chronic conditions, monitoring any current medications, and optimizing weight status improve the chances of a healthy pregnancy and delivery. For women who do not desire pregnancy, the full range of contraceptive services should be discussed and offered, including long-acting reversible contraceptives. Women who are unsure or ambivalent should be made aware of all options and services that are available.

Indicators

- Reduce the proportion of pregnancies that are unintended.
 - 2012 Baseline^{1,2}: 52.0%
 - Hawaii 2020 target: 49.0%
 - HP 2020 target: 44.0%

- Reduce the birth rate among teens aged 15-19.
 - 2015 Baseline³: 20.6 per 1,000
 - Hawaii 2020 target: 19.6 per 1,000
 - HP 2020 target: --

Indicators (cont.)

- Increase the proportion of women aged 15-44 with a preventive medical visit in the last 12 months.
 - 2014 Baseline⁴: 61.1%
 - Hawaii 2020 target: 65.0%
 - HP 2020 target: --

- Reduce the proportion of pregnancies conceived within 18 months of a previous birth.
 - 2014 Baseline²: 29.9%
 - Hawaii 2020 target: 28.4%
 - HP 2020 target: 29.8%

Strategies

- Promote preconception health care by identifying access barriers for disparate populations
- Promote reproductive life planning by ensuring coverage of preconception care and helping providers integrate the One Key Question[®] initiative into their practice where appropriate.
- Promote healthy behaviors for women during the pre and inter conception period including smoking cessation, decreasing alcohol & other drug abuse, maintaining healthy weight, controlling chronic diseases, and adequate intake of folic acid.
- Increase access to most and moderately effective forms of contraception including long-acting reversible contraceptives (LARCs).

Healthy Pregnancy & Delivery

Pregnancy and delivery are critical time periods for both maternal and infant health. A baby goes through important periods of growth and development throughout the course of a pregnancy. Preterm birth is when an infant is born too early, before 37 weeks of gestation. About 1 in 10 babies in the United States and in Hawaii are born preterm. Babies born early are at greater risk for developmental delay, breathing problems, and hearing and vision impairment among other unwanted health outcomes.

Early prenatal care, especially that which begins in the first trimester, helps decrease risks during pregnancy and increase the chance of a safe and healthy delivery for the mother and child. In many cases, women may not realize they are pregnant in time to obtain early prenatal care, begin preventive measures or take steps to address preexisting health problems. Cessation of alcohol, tobacco, and other drug use is important to ensure healthy development. Screening, brief intervention, and referral to treatment (SBIRT) is an evidence-based treatment that can identify, reduce, and address problematic substance use during pregnancy.

While the causes of preterm birth are not completely understood, healthy maternal behaviors during pregnancy and early initiation of prenatal care can increase the chances of having a healthy, thriving baby.

Indicators

- Reduce the proportion of births that are preterm.
 - 2014 Baseline²: 10.0%
 - Hawaii 2020 target: 9.2%
 - HP 2020 target: 11.4%
- Increase the proportion of women who received prenatal care in the first trimester.
 - 2014 Baseline²: 77.9%
 - Hawaii 2020 target: 86.0%
 - HP 2020 target: 77.9%
- Decrease the proportion of pregnant women with a live birth who used alcohol during the last three months of pregnancy.
 - 2012 Baseline¹: 7.9%
 - Hawaii 2020 target: 7.5%
 - HP 2020 target: --
- Decrease the proportion of pregnant women with a live birth who smoked during the last three months of pregnancy.
 - 2012 Baseline¹: 4.2%
 - Hawaii 2020 target: 4.0%
 - HP 2020 target: --

Strategies

- Establish screening, brief intervention, and referral to treatment (SBIRT) for alcohol, tobacco, and other substances as a standard of care for pregnant women.
- Promote appropriate timing and method delivery by reducing elective deliveries and decreasing primary cesarean deliveries.
- Identify and address barriers to access and appropriate use of 17 alpha-hydroxyprogesterone caproate, or 17P.
- Identify systems issues that play a role in pregnancy-associated maternal deaths via the Maternal Mortality Review.

Child Health & Safety

Health in the first years of life lays the groundwork for a healthy adolescence and adulthood. Breastfeeding, safe sleep, environments, immunizations, and developmental screening are key strategies to promoting optimal health in the first few years of life.

Breastfeeding may confer a lower risk for chronic conditions such as diabetes and obesity, and may have a beneficial effect on intelligence. Placing infants to sleep on their backs is the safest position and reduces the risk of sleep-related infant death. Immunizations are a safe and effective way to provide immunity to diseases that can be serious and even life-threatening to infants and young children. Regular developmental screenings throughout early childhood allow health care providers to detect delays or problems and address them early.

Indicators

- Increase the proportion of mothers who exclusively breastfeed their infants through 6 months of age.
 - 2011 Baseline⁵: 26.4%
 - Hawaii 2020 target: 28.0%
 - HP 2020 target: 25.5%
- Increase the proportion of infants who are put to sleep on their backs.
 - 2012 Baseline¹: 82.0%
 - Hawaii 2020 target: 82.0%
 - HP 2020 target: 75.8%

Indicators (cont.)

- Increase the proportion of parents of children 10 months to 5 years who report completing a standardized developmental and behavioral screener (SDBS) during a health care visit in the past 12 months.
 - 2011-2012 Baseline⁶: 38.9%
 - Hawaii 2020 target: 41.0%
 - HP 2020 target: --
- Increase the proportion of children age 19-35 months who receive the full set of recommended vaccines (DTaP, polio, MMR, Hib, hepatitis B, varicella and pneumococcal conjugate vaccine (PCV)).
 - 2014 Baseline⁵: 73.7%
 - Hawaii 2020 target: 80.0%
 - HP 2020 target: 80.0%

Strategies

- Increase the number of birthing hospitals in Hawaii that have infant feeding policies that align with the “10 steps to successful breastfeeding.”
- Strengthen programs that provide mother-to-mother support and peer counseling.
- Increase infant safe sleep knowledge for caregivers.
- Facilitate the collection of family history and use of risk assessment to identify increased risks for health problems and initiate early interventions to keep families and communicates healthy.
- Educate the public about the safety and efficacy of vaccines in early childhood.
- Support an integrated child health profile electronic data system to improve tracking of screening, follow-up, treatment, intervention, management, and care coordination.

Citations and further resources

¹[Pregnancy Risk Assessment Monitoring System \(PRAMS\)](#)

²[Hawaii State Department of Health, Vital Statistics](#)

³[National Center for Health Statistics, National Vital Statistics System](#)

⁴[Behavior Risk Factor Surveillance System \(BRFSS\)](#)

⁵[National Immunization Surveys](#)

⁶[National Survey of Children's Health](#)

[Family Health Services Division Profiles 2014](#)
[Maternal and Child Health Services Block Grant, Hawaii FY 2015 Annual Report](#)