

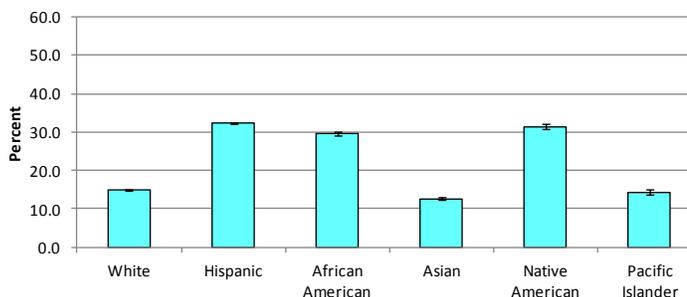
Women's Health and Pregnancy Washington State Data

August 2013 – DOH 160-017



What do women of childbearing age in Washington look like?¹

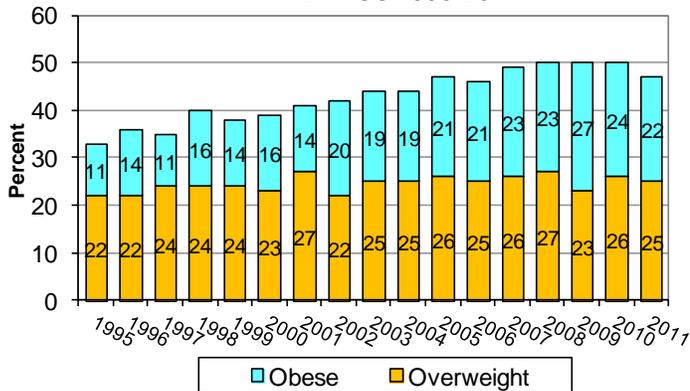
Women with Household Income below Federal Poverty Line, American Community Survey, 2011



- In 2011, there were over 1.3 million women ages 15-44 years in Washington. 67% of these women were White, 14% Hispanic, 9% Asian, 1% Pacific Islander, 4% African American, 2% Native American, and 5% reported more than one race.
- In 2011, 18% of women ages 18-44 years reported household incomes below the federal poverty level (FPL). About 32% of Hispanic women, 30% of African American and 31% of Native American women in Washington had household incomes below the FPL.^a
- 30% of women 16-44 were not in the labor force, compared to 20% of men of the same age span.

How healthy are women of childbearing age in Washington?^{2,3,4}

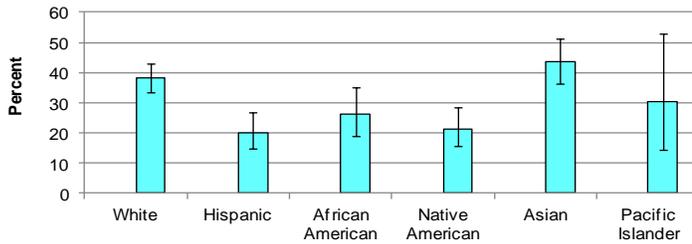
Overweight & Obese Women 18-44 yrs, WA BRFSS 1995-2011



- In 2011, while about 59% of women ages 18-44 reported their general health as very good or excellent, about 16% of women said their mental health was not good for 2 or more weeks in the month before the interview.
- In 2011, about 22% of women ages 18-44 years were obese and about 25% were overweight. Obesity almost doubled in the past 12 years. As a result, we expect to see increases in diabetes, hypertension, and asthma rates.
- In 2011, over 6% of women who delivered live births had hypertension and 7% had diabetes recorded on their infant's birth certificate.^{4,b}
- In 2011, rates of chlamydia and gonorrhea infection among women 15-44 (1,235/100,000 and 75/100,000 respectively) were well below national rates.
- In 2011, about 12% of women ages 18-44 reported they currently have asthma.

What are women of childbearing age doing to protect their health?^{2,5}

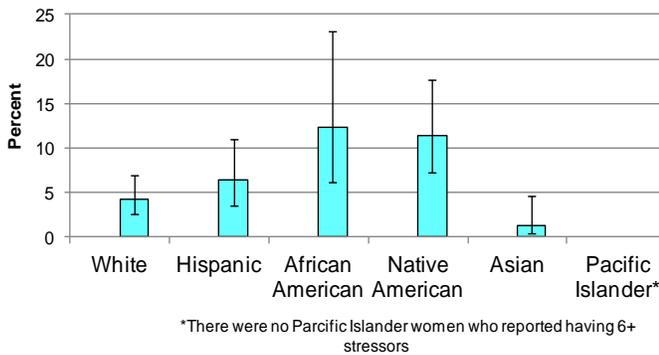
Women Reporting Daily Multivitamin Use in Month Before Pregnancy, WA PRAMS 2011



- In 2011, about 34% of women took a daily multivitamin in the month before they became pregnant.
- In 2009, about 81% of women ages 18-44 years who were sexually active in the past year and were not pregnant or trying to get pregnant reported using birth control at last intercourse.
- In 2011, about 30% of women ages 18-44 years had a flu shot in the year before the interview.
- In 2011, about 80% of women ages 18-44 years reported they exercised in the month before interview.

What puts women's health at risk?^{2,3,5}

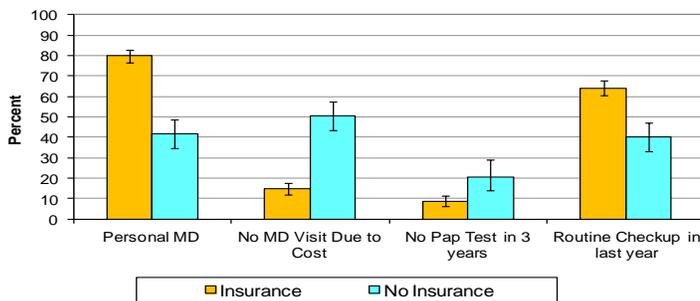
Women Reporting 6+ Stressors in Year Before Delivery WA PRAMS, 2011



- In 2011, about 5% of women reported 6-18 stressful events in the year prior to delivery. About three times as many Native American and African American women reported 6-18 stressful events compared to women of other races/ethnicities.
- In 2011, about 19% of women ages 18-44 years reported current smoking, and about 21% reported binge drinking (4+ drinks on one occasion) in the month before the interview.
- In 2011, about half of all pregnancies were unintended.
- In 2011, about 19% of women ages 18-44 years reported that they had been physically hurt by an intimate partner in their life.

How accessible is health care for women of childbearing age?²

Health Care Access Measures by Insurance at Interview Women 18-44 yrs, WA BRFSS 2011



- In 2011, about 23% of women ages 18-44 did not have health care coverage at the time of interview.
- In 2011, about 42% of women without health coverage compared to 80% of women with coverage reported they had a personal doctor.
- In 2011, about 51% of women without health coverage compared to 15% of women with coverage reported they needed to see a doctor in the previous year, but could not because of cost.
- In 2011, about 21% of women without health coverage compared to 9% of women with coverage reported they hadn't had a Pap test in the past 3 years.

Footnotes

^aThe federal poverty level was \$18,530 for a family of three in 2011.

^bThese estimates include women who had the condition before pregnancy as well as those who developed it during pregnancy.

^cSome examples of stressful events include being homeless, losing a job, arguing with a partner more than usual, bills unable to pay, jail time, someone close with a bad drug or alcohol problem.

Sources

1. American Community Survey, 2011.
2. Behavioral Risk Factor Surveillance System, WA Dept of Health, 2012.
3. Annual Birth and Abortion Vital Statistics Files, WA Dept of Health, 2012
4. Sexually Transmitted Disease Incidence, WA Dept of Health, 2013
5. Pregnancy Risk Assessment Monitoring System, WA Dept of Health, 2012.