

Howard County Birth Outcomes October 2021



Promote. Preserve. Protect

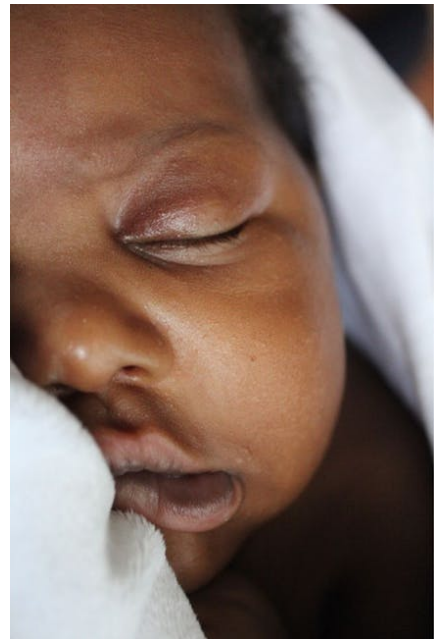
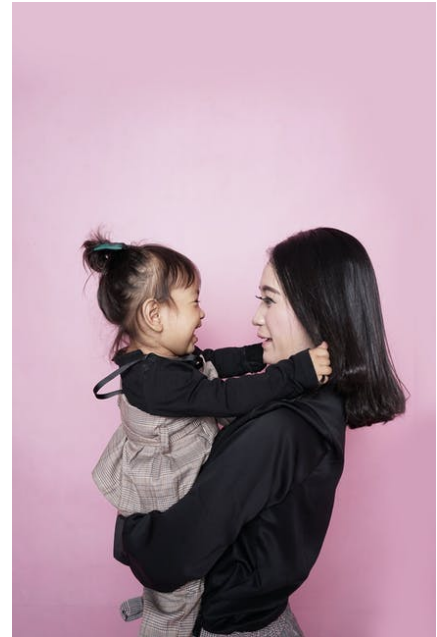
Compiled by the Bureau of Assessment, Planning and Communications

INTRODUCTION

Howard County Health Department continuously monitors and evaluates health-related data to ensure a safe, healthy Howard County community. As part of this analysis, the Health Department produces periodic reports examining significant health factors to the community. This report contains the latest data, trends, and concerns on birth outcomes in Howard County.

A safe and healthy Howard County community begins at birth. Health problems caused by low birth weight (born weighing less than 2500 grams) and preterm birth (born before 37 weeks gestation) put babies at higher risk for growth and development difficulties, disability, and death. Over the past ten years, while overall rates of low birth weight and preterm birth have fallen, not every demographic has benefited equally. Asian mothers have the highest rate of low birth weight and Black mothers have the highest rate of preterm births, with no improvement in either rate since 2010. The rate of preterm births for Hispanic mothers has increased. By area, West County and Columbia are seeing falling rates of low birth weight and preterm birth, while those rates are rising in Ellicott City and Elkridge.

The Health Department works to improve birth outcomes by increasing awareness of low birth weight and preterm birth, educating women and providers about risk factors and how to reduce them, and implementing innovative programs to guide high-risk women to achieve their healthy pregnancy goals. Focusing on improving our rates of preterm birth and low birth weight can significantly impact the health of our families in Howard County.



BIRTH DEMOGRAPHICS 2019 Estimates

Race/Ethnicity	Howard	Howard %	Maryland	Maryland %
White Non-Hispanic	1,375	41.0%	29,486	42.0%
Black Non-Hispanic	774	23.1%	22,269	31.8%
Asian Non-Hispanic	769	22.9%	5,127	7.3%
Hispanic	421	12.5%	12,860	18.3%
Total	3,356	100%	70,130	100%

Birth Outcome	Howard	Howard %	Maryland	Maryland %
Low Birth Weight (<2500 grams)	242	7.2% ▼	6,131	8.7% ●
Very Low Birth Weight (<1500 grams)	46	1.4% ●	1,113	1.6% ▼
Preterm Birth (<37 weeks gestation)	303	9.0% ▼	7,209	10.3% ●
Multiple Births (twins, triplets, etc.)	115	3.4% ▼	2,340	3.3% ▼
Cesarean Section Delivery	1,098	32.7% ▼	23,106	32.9% ●

Trend Since 2010: ▼ FALLING ● STABLE ▲ RISING



Multiple Births

The 57 multiple-birth pregnancies in Howard County in 2019 produced 115 multiple births (all twins or triplets). Of these pregnancies, 47% resulted in low birth weight babies and 51% resulted in preterm births. 72% were delivered by Cesarean section.

Data Source: Vital Statistics, Maryland Department of Health

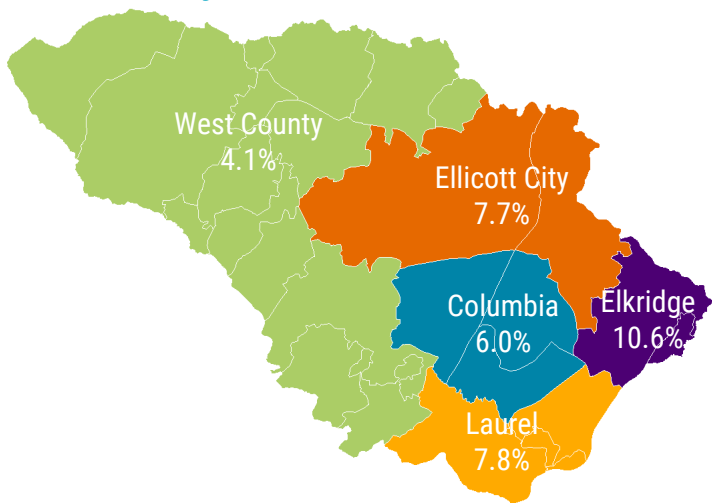
LOW BIRTH WEIGHT 2019 Estimates

Percent of Births with Low Birth Weight by Race

Race/Ethnicity	Howard %	Maryland %
White Non-Hispanic	5.5% ▼	6.6% ●
Black Non-Hispanic	8.5% ▼	12.6% ●
Asian Non-Hispanic	9.5% ●	8.8% ●
Hispanic	5.7% ▼	6.9% ●

Trend Since 2010: ▼ FALLING ● STABLE ▲ RISING

Percent of Births with Low Birth Weight by Community



Prenatal Care

Lack of prenatal care is a major risk factor for low birth weight and preterm birth. Fewer than 1% of births in Howard County didn't receive any prenatal care. However, this number rises to 2.8% for births to Black mothers and 5.0% for births to Hispanic mothers.

RISK FACTORS

Fertility Issues

13.4% of births to mothers who received assisted reproductive technology were low birth weight.

Hypertension

17.2% of births to mothers with chronic hypertension were low birth weight. For births to mothers with pregnancy-associated hypertension, it's 14.4%.

Previous Preterm

15.8% of births to mothers with previous preterm births were low birth weight.

Weight Issues

13.7% of births to mothers that were underweight prior to pregnancy were low birth weight. For births to mothers that gained 20 pounds or fewer during pregnancy, it's 11.9%.

Diabetes

10.7% of births to mothers who develop gestational diabetes during pregnancy were low birth weight.

Data Source: Vital Statistics, Maryland Department of Health

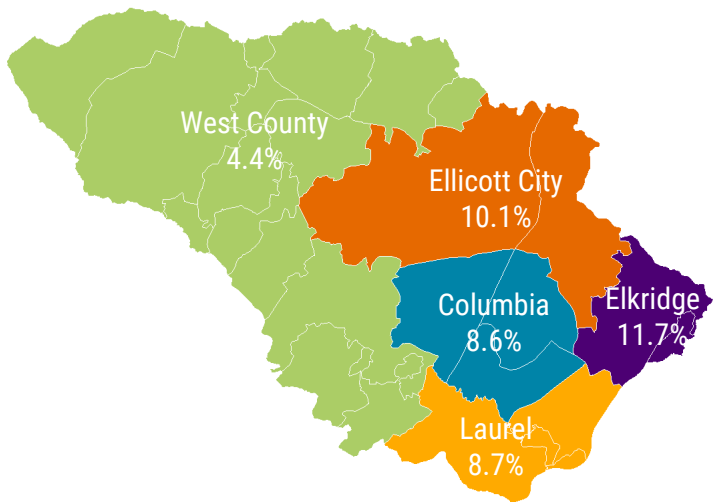
PRETERM BIRTHS 2019 Estimates

Percent of Births Born Preterm by Race

Race/Ethnicity	Howard %	Maryland %
White Non-Hispanic	7.6% ▼	8.9% ●
Black Non-Hispanic	12.4% ●	13.0% ●
Asian Non-Hispanic	7.8% ▼	8.2% ▼
Hispanic	9.0% ▲	9.7% ▲

Trend Since 2010: ▼ FALLING ● STABLE ▲ RISING

Percent of Births Born Preterm by Community



Maternal Age

5.8% of births in Howard County in 2019 were to mothers age 40 and older, an increase from 4.6% in 2010. Of these mothers, 10.3% gave birth to a low birth weight baby and 17.9% had a preterm birth.

RISK FACTORS

Fertility Issues

17.6% of births to mothers who received assisted reproductive technology were preterm.

Hypertension

22.2% of births to mothers with chronic hypertension were preterm. For births to mothers with pregnancy-associated hypertension, it's 18.1%.

Previous Preterm

24.3% of births to mothers with previous preterm births were preterm.

Weight

Of mothers that were underweight prior to pregnancy, 13.7% had a preterm birth. For mothers obese prior to pregnancy, it's 12.4%. Of mothers that gained 20 pounds or less during pregnancy, 12.8% had a preterm birth.

Diabetes

12.2% of births to mothers who develop gestational diabetes during pregnancy were preterm.

CONTACT US

Applications for Medical Assistance/Health Insurance: 410-313-5845

Behavioral Health Navigator to Find Help: 410-313-6240

Car Seats and Cribs for Kids: 410-313-6295

Connect to Community Programs and Services: findhcreources.org

HIV Testing: 410-313-7500

Pregnancy Testing: 410-313-7500

Reproductive Health and Family Planning: 410-313-7500

Resources for Low-Birth-Weight Babies Born to Moms with Medical Assistance: 410-313-7323

Smoking Cessation: 410-313-4255

Teen Health Matters: teenhealthmatters.org

Transportation to Medical Appointments: 877-312-6571

WIC Nutrition Program - Columbia: 410-313-7510

WIC Nutrition Program - North Laurel: 410-313-0630