



Maternal & Child Health in Cowlitz County

12pm • Thurs., April 14, 2022

**Cowlitz County
Health & Human
Services**

*Healthy People.
Healthy Communities.*



Steven Krager
MD, MPH

*Deputy Health
Officer*



Pregnancy & Birth

- Counts
- Risk factors for poor outcomes

Children

- Counts
- Poverty

Childcare

- Availability and cost of childcare services in Cowlitz County.

Youth Mental Health

- Depression, suicide, and abuse

Academic performance

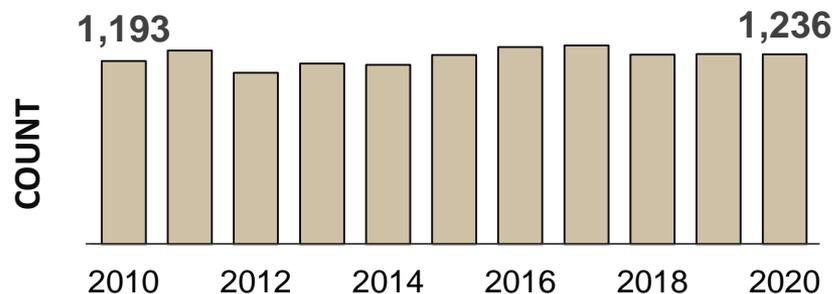
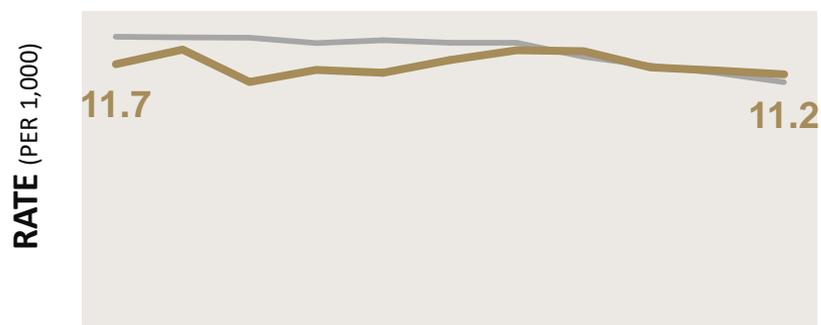
- 3rd grade math & reading standards, over time through Fall 2021

Pregnancy & birth



BIRTHS

COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

- **No consistent time trend in COWLITZ COUNTY birth rate**
- **WASHINGTON STATE's birth rate decreasing, especially since 2016.**
- **COWLITZ COUNTY now on par with the state per-capita average.**

IN 2020...

No significant change in births.

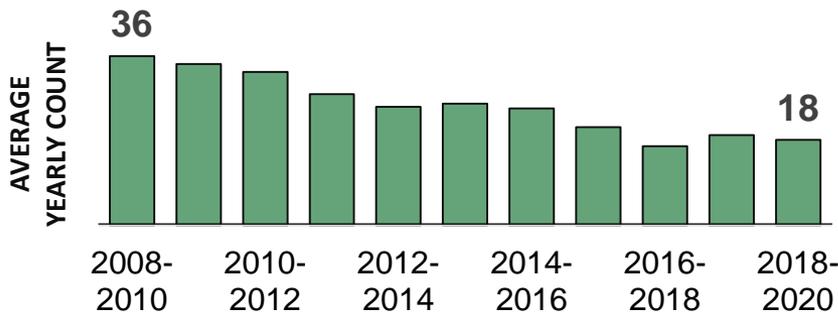
Note that most births in 2020 were conceived before the pandemic.

2021 data not yet available.

Pregnancy & birth



BIRTHS TO TEENS aged 15-17 COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

In the past 10 years:

- **44% decrease** in **COWLITZ COUNTY**
- **68% decrease** in **WASHINGTON STATE.**
- **COWLITZ COUNTY** currently about **double** the state per-capita average.

IN 2020...

No change that was different than what we'd expect based on previous trends in **COWLITZ COUNTY** or **WASHINGTON STATE.**

Pregnancy & birth



1st trimester PRENATAL CARE

Babies born to women who began prenatal care in the first trimester of pregnancy.

COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

In the past 10 years:

- **No significant change in COWLITZ COUNTY or WASHINGTON STATE.**

COWLITZ COUNTY now roughly **on par** with the state average.

IN 2020...

No change that was different than what we'd expect based on previous trends in **COWLITZ COUNTY** or **WASHINGTON STATE.**

Most births in 2020 had their first trimester before the pandemic.

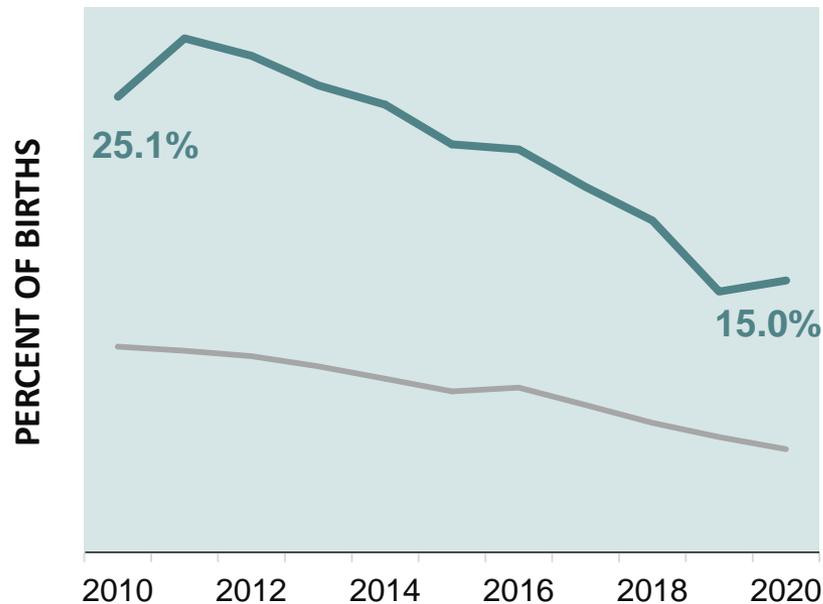
Pregnancy & birth



MATERNAL SMOKING

Babies born to women who reported smoking at any time during their pregnancy.

COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

In the past 10 years:

- **Almost 50% decrease** in **COWLITZ COUNTY** and **WASHINGTON STATE**.

COWLITZ COUNTY now roughly **2-3x higher** than the state average.

IN 2020...

No change that was different than what we'd expect based on previous trends in **COWLITZ COUNTY** or **WASHINGTON STATE**.

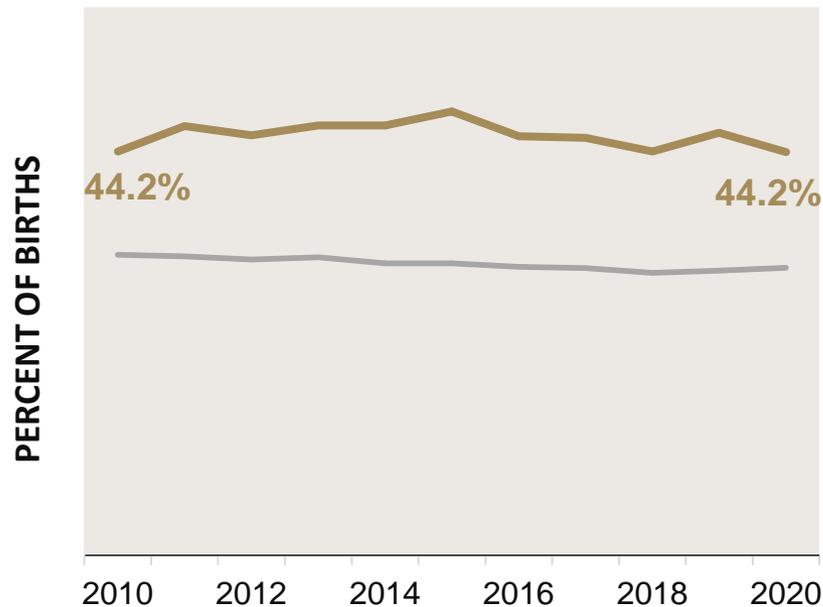
Pregnancy & birth



Births to **UNMARRIED WOMEN**

Babies born to women who were unmarried at the time of birth.

COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

In the past 10 years:

- **Essentially no change in COWLITZ COUNTY or WASHINGTON STATE.**

COWLITZ COUNTY now roughly **40% higher** than the state average.

IN 2020...

No change that was different than what we'd expect based on previous trends in **COWLITZ COUNTY** or **WASHINGTON STATE.**

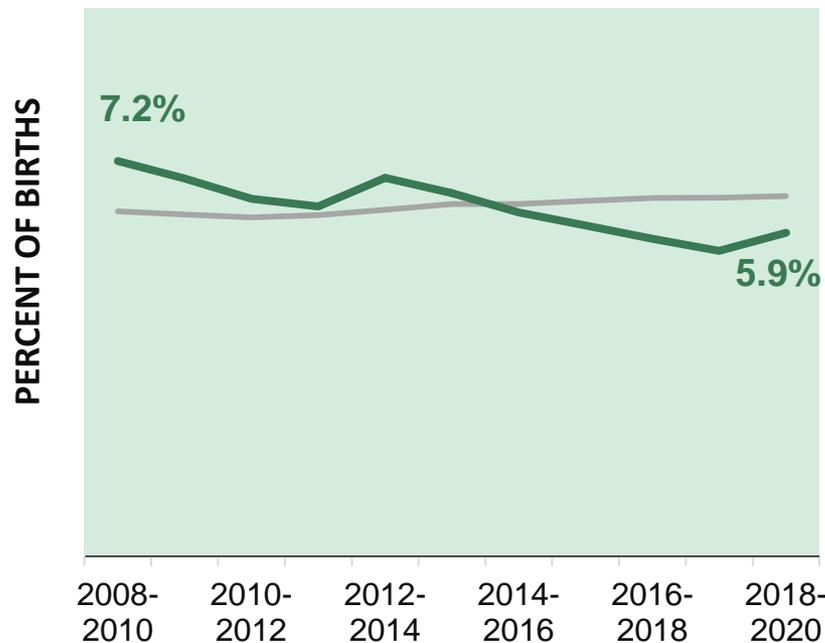
Pregnancy & birth



LOW BIRTH WEIGHT babies

Babies who weighed less than 2500 grams (5½ pounds) at birth.

COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

In the past 10 years:

- **Appears to have decreased in COWLITZ COUNTY**
- **Has increased slightly in WASHINGTON STATE.**

COWLITZ COUNTY now roughly on par with the state average.

IN 2020...

Numbers are too small to detect a bump in **COWLITZ COUNTY**

No increase that was different than what we'd expect based on previous trends in **WASHINGTON STATE.**

Pregnancy & birth



PREMATURE babies

Babies born before 37 weeks of pregnancy.

COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

In the past 10 years:

- **Essentially no change in COWLITZ COUNTY**
- **Has decreased slightly in WASHINGTON STATE.**

COWLITZ COUNTY now roughly on par with the state average.

IN 2020...

Numbers are too small to identify a bump in **COWLITZ COUNTY**.

WASHINGTON STATE did see an increase from 2019, which is noteworthy because prematurity had been decreasing.

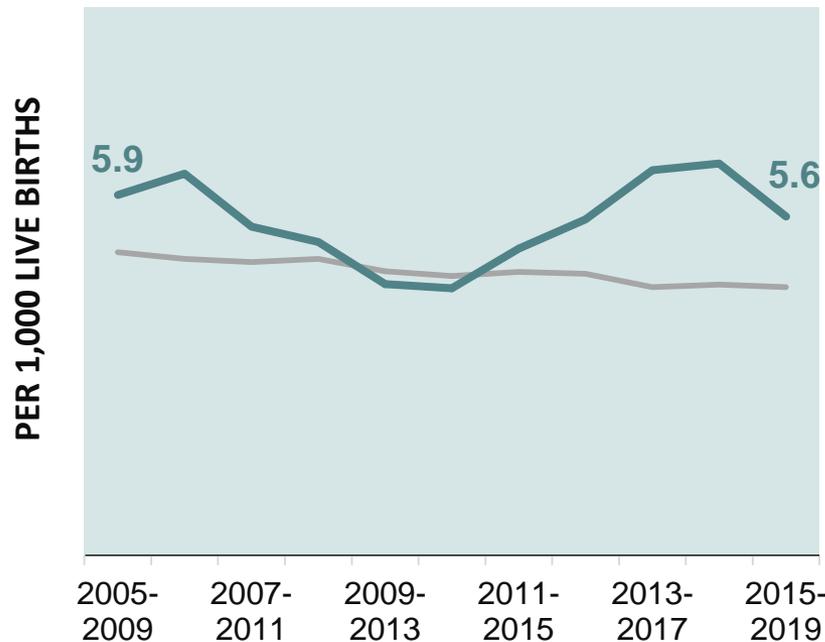
Pregnancy & birth



INFANT MORTALITY

The number of babies who die before their first birthday for every 1,000 live births.

COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

In the past 10 years:

- **No consistent time trend in COWLITZ COUNTY**
- **Has decreased in WASHINGTON STATE.**

COWLITZ COUNTY now roughly on par with the state average.

IN 2020...

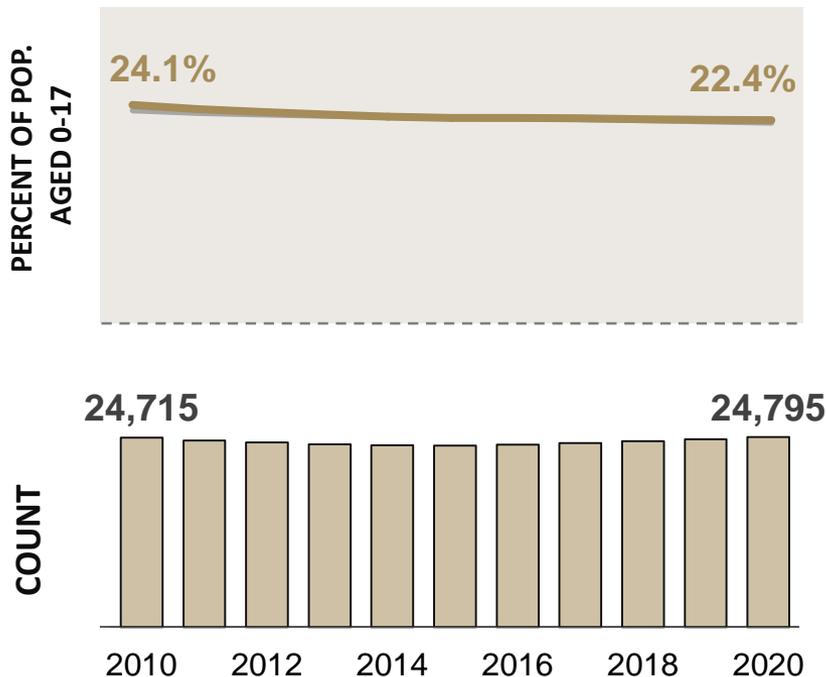
Data not yet available.

Children



CHILDREN AGED 0-17

COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

In the past 10 years:

- The **percent** of the population that is aged 0-17 **decreased gradually** in **COWLITZ COUNTY** and **WASHINGTON STATE**.
 - **COWLITZ COUNTY** currently **on par** with the state.
- The **count** of children aged 0-17 in **COWLITZ COUNTY** essentially **did not change**.

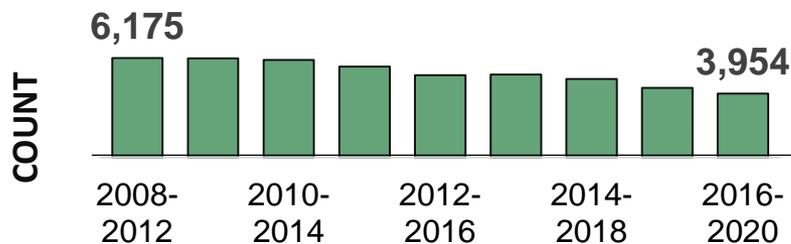
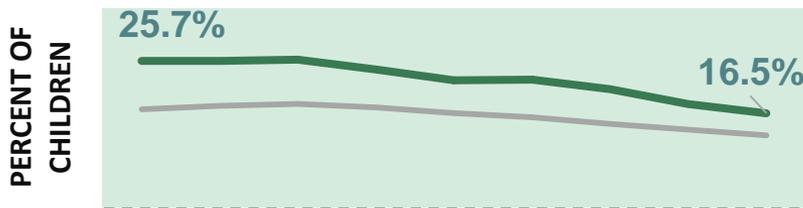
Children



CHILDREN IN POVERTY

Children aged 0-17 living below the poverty level. In 2021, a family of 4 with household income of less than \$26,500 would be below the poverty level.

COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

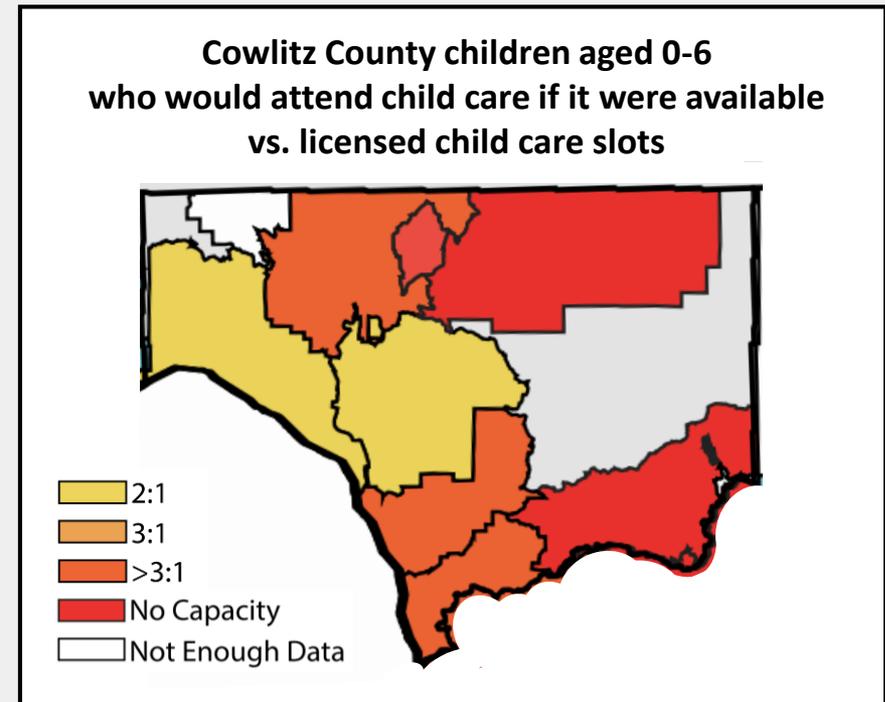
In the past 10 years:

- The **percent** of children in poverty **decreased** in **COWLITZ COUNTY** and **WASHINGTON STATE**.
 - **COWLITZ COUNTY** now **higher** than the state.
- The **count** of children in poverty in **COWLITZ COUNTY** has **decreased**.



Supply & Demand

- Need exceeds supply in all areas of the county
- About **one-third** of all children aged 0-6 **would attend licensed care if it were available.**
- Only **one licensed slot** available for every **2 children** needing care. Largest gap for infant care.



Childcare



Cost & Worker Pay

→ Child care is expensive.

**TYPICAL
YEARLY
COST**

=



\$9,288



The average family pays
14% of their income for
one child.

→ Worker pay is low.

**AVERAGE
HOURLY
WAGE**

=



\$14.59
Child Care
Teachers



\$16.57
Preschool
Teachers



\$36.76
Kindergarten
Teachers



\$28.56
Average of all Other
Occupations in the Region

Youth Mental Health

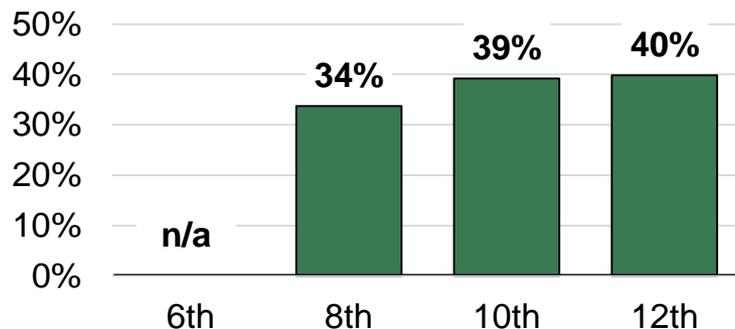


DEPRESSION within the past year

In the past 12 months, student felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities

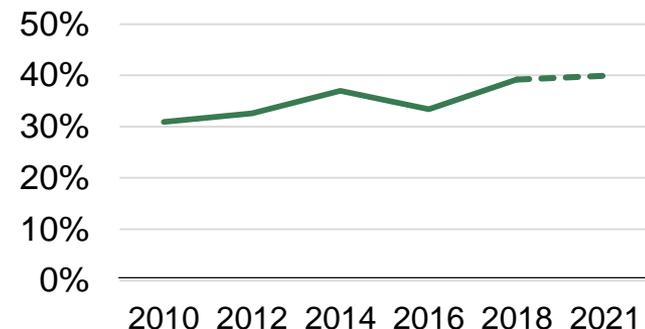
May increase with grade level.

In **2018**, **39%** of Cowlitz County **10th grade** students had experienced depression in the past year.



Increased from 2010 to 2018.

From **2010 to 2018**, depression among Cowlitz County **10th grade** students increased from **31%** to **39%**.



Youth Mental Health

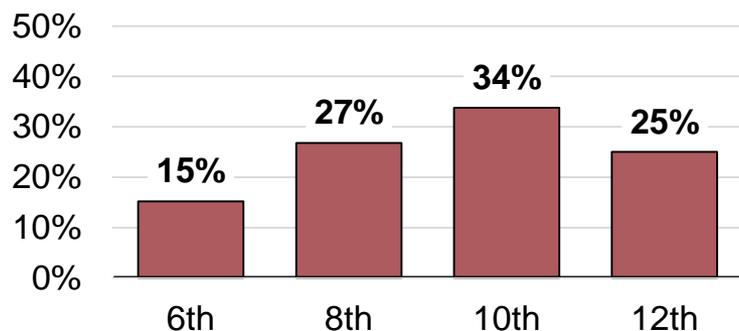


SAD/HOPELESS without ADULT SUPPORT

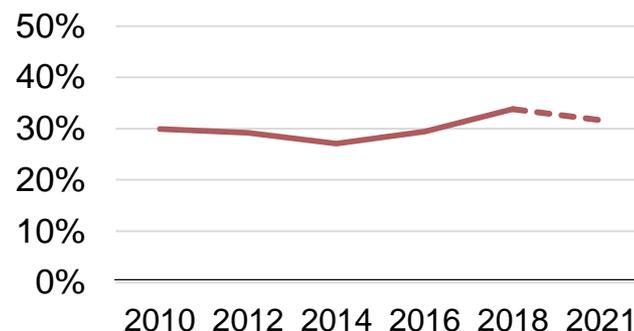
When they feel sad or hopeless, students who say they do not have adults they can turn to for help, or are uncertain if they have adults to turn to.

Appears to increase in middle & high school.

In **2018**, **34%** of Cowlitz County **10th grade** students have no adults to turn to when they feel sad or hopeless, or are uncertain if they have adults to turn to.



Does not appear to have changed among Cowlitz County 10th grade students from 2010 to 2018.



Youth Mental Health

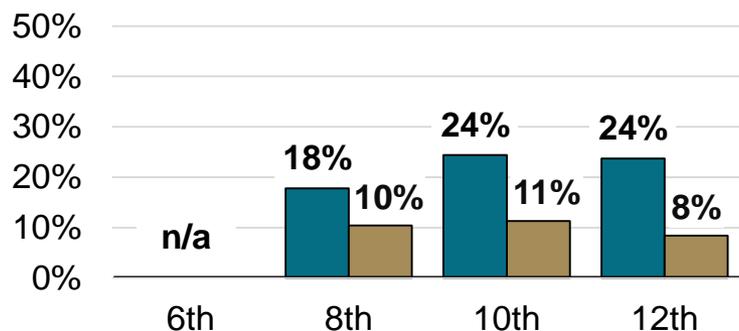


SUICIDAL IDEATION & SUICIDE ATTEMPTS

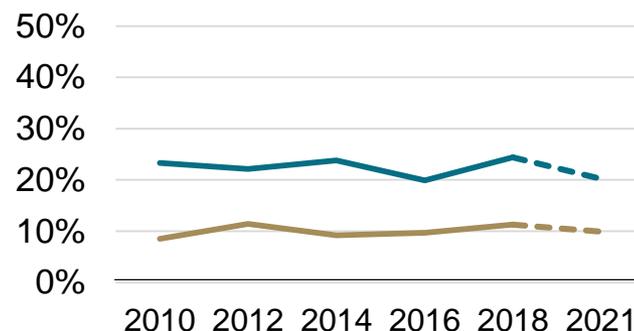
In the past 12 months, seriously considered attempting suicide or actually attempted suicide.

IDEATION increases in high school.
ATTEMPTS do not change with grade level.

In **2018**, **24%** of Cowlitz County **10th grade** students seriously considered attempting, and **11%** actually attempted, suicide.



Neither **IDEATION** nor **ATTEMPTS** appear to have changed among Cowlitz County 10th grade students from 2010 to 2018.



Youth Mental Health

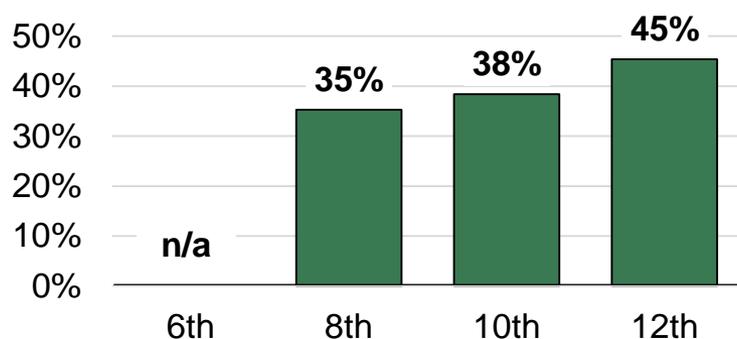


EMOTIONAL ABUSE

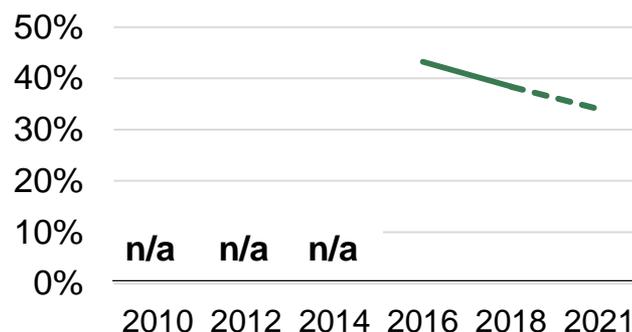
Student reports that a parent sometimes, often, or very often swears at them, insults them, puts them down, or humiliates them.

Appears to increase with grade level.

In **2018**, **38%** of Cowlitz County **10th grade** students had experienced emotional abuse.



Does not appear to have changed significantly among Cowlitz County 10th grade students from 2016 to 2018.



Youth Mental Health

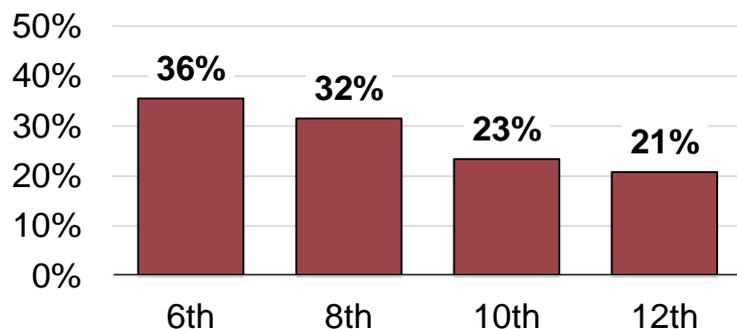


BULLYING within the past month

Student reports having been bullied in the past 30 days. Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again.

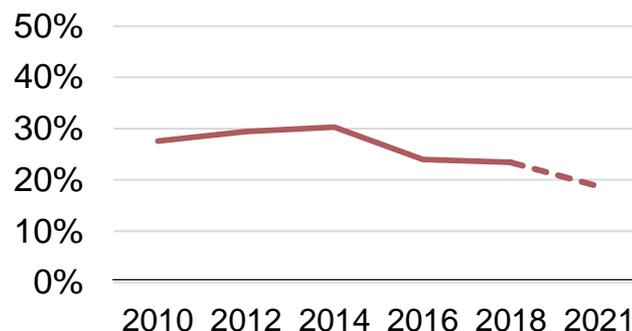
Decreases with grade level.

In **2018**, **23%** of Cowlitz County **10th grade** students had experienced emotional abuse.



Decreased from 2010 to 2018.

From **2010 to 2018**, bullying among Cowlitz County **10th grade** students decreased from **28%** to **23%**.



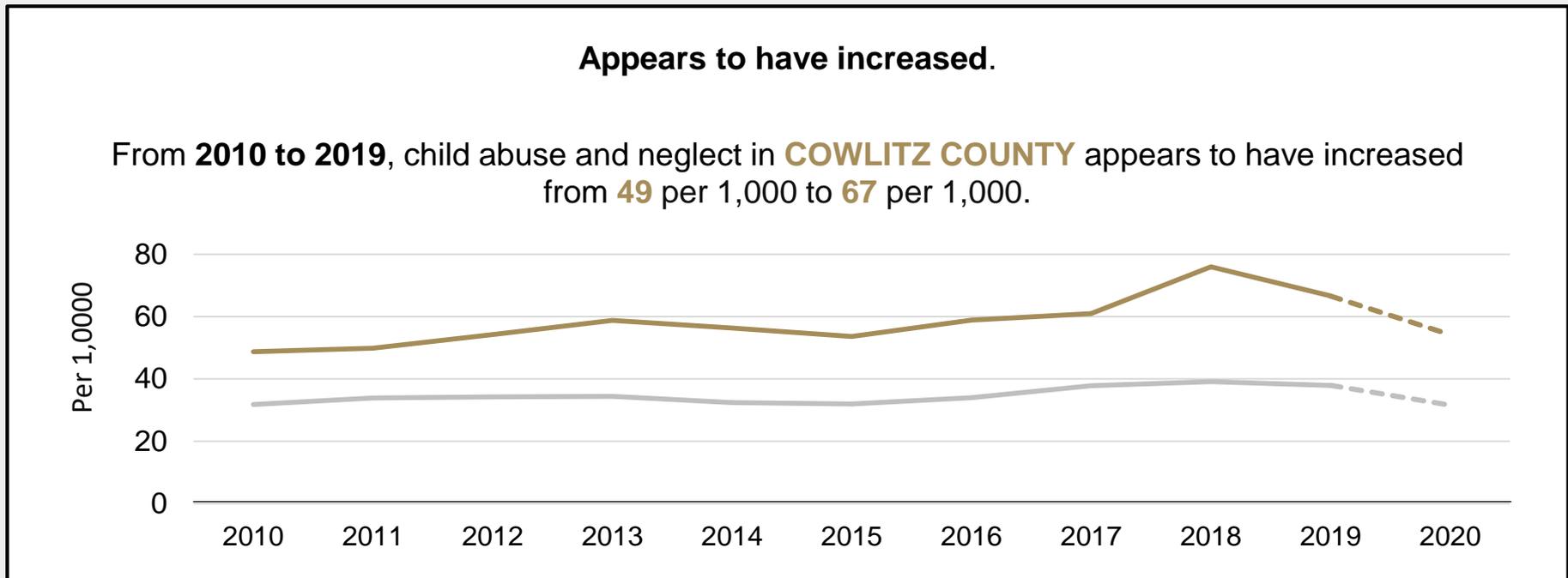
Youth Mental Health



CHILD ABUSE and NEGLECT victims

Children aged 0-17 identified as victims in reports to Child Protective Services that were accepted for further action, per 1,000 children.

COWLITZ COUNTY and **WASHINGTON STATE**



Youth Mental Health



In 2020/2021...

- Most indicators appear to follow existing time trends and patterns.
- 2021 Healthy Youth Survey data may be subject to bias – additional analysis needed to assess.
- Child abuse appears to have declined, but may have been a decrease in reporting, not a decrease in actual abuse
- Unsure how will fit into longer-term trends.

Academic performance

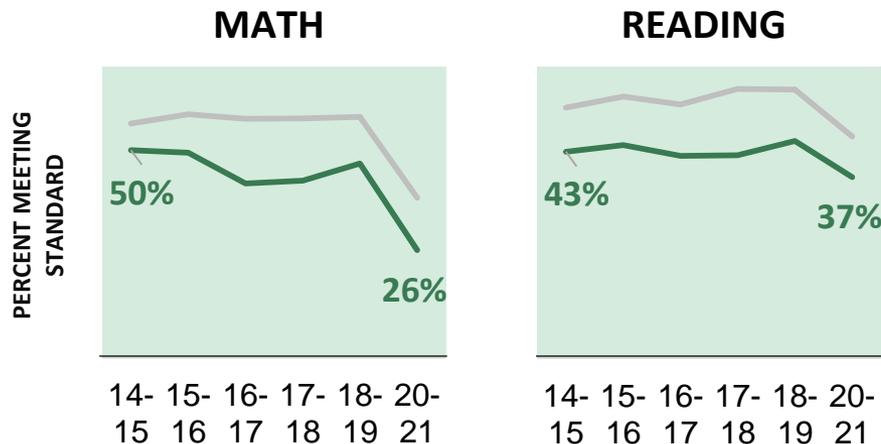


3RD GRADE MATH & READING

3rd graders who met reading and math standards, according to the WA State Smarter Balanced Assessment.

Note: 2021 data are 4th graders who would have taken the exam the previous spring.

COWLITZ COUNTY & WASHINGTON STATE



KEY FINDINGS

Reading, and especially math, scores **appear to have dropped significantly** after the pandemic began.

➤ **COWLITZ COUNTY** appears to be **lower** than **WASHINGTON STATE** in both math and reading scores.

Unsure how this will fit into longer trends, and how bias may have affected 2021-22 scores.

Cowlitz County key findings



Teen births & maternal smoking

- **Decreased 50%** in past 10 years
- **Remain 2-3x higher** than the state average.

Children aged 0-17

- **No change in count** in past 10 years; proportion has decreased
- **Poverty** has **decreased**.

Child care

- **Licensed slots available for only 50%** of children needing care.
- **Cost is high** and worker **pay is low**

Youth mental health

- Before the pandemic, **depression & child abuse** had **increased**.
- Before the pandemic, **bullying** had **decreased**.
- Since the pandemic, no outlying time trends seen for most indicators; unsure how will fit into longer-term trends.

Academic performance

- 3rd grade **math & reading scores appear to have dropped significantly** after the pandemic began.

Cowlitz County Response



- Promote partnerships and provide consultation to local health care, education, and social service providers on areas of expertise such as children and youth with clinical and behavioral complexity, Universal Developmental Screening (UDS) and referral, navigating systems, care coordination, family navigation, community referral systems, school based services, child care services, and clinical linkages.
 - ***We do this by:*** *partnering with local parent support groups/organizations (such as Parent to Parent Programs, the local Arc, Young Child Wellness Council, Cowlitz Community Network, Youth & Family Link, etc.) to connect Children and Youth with Special Health Care Needs (CYSHCN) families within the community.*

Cowlitz County Response



- Work to increase the percentage of CYSHCN and their families that have access to family navigation or other family-centered care coordination, to meet their complex health, socioeconomic, and psychosocial needs.
***We do this by:** partnering with local parent support groups/organizations (such as Parent to Parent Programs, the local Arc, Young Child Wellness Council, Cowlitz Community Network, Youth & Family Link, etc.) to connect CYSHCN families within the community, share information via social media platforms, and with Within Reach/HMG for their database.*
- Work with Help Me Grow (HMG), health systems, family led organizations, and other providers to improve access to care coordination and family navigation.
***We do this by:** partnering with local parent support groups/organizations (such as Parent to Parent Programs, the local Arc, Young Child Wellness Council Cowlitz Community Network, Youth and Family Link, etc.) to help improve access to care coordination services.*

QUESTIONS



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