Washington State Department of
Health

Prenatal Care

Definition: Prenatal care is comprehensive medical care provided during pregnancy, labor and delivery. Services include screening and treatment for medical conditions and for behavioral risk factors associated with poor birth outcomes. Prenatal care is monitored by the proportion of women initiating care in the first three months of pregnancy (first trimester). Data presented in this report are from 2018-2020, unless otherwise indicated.

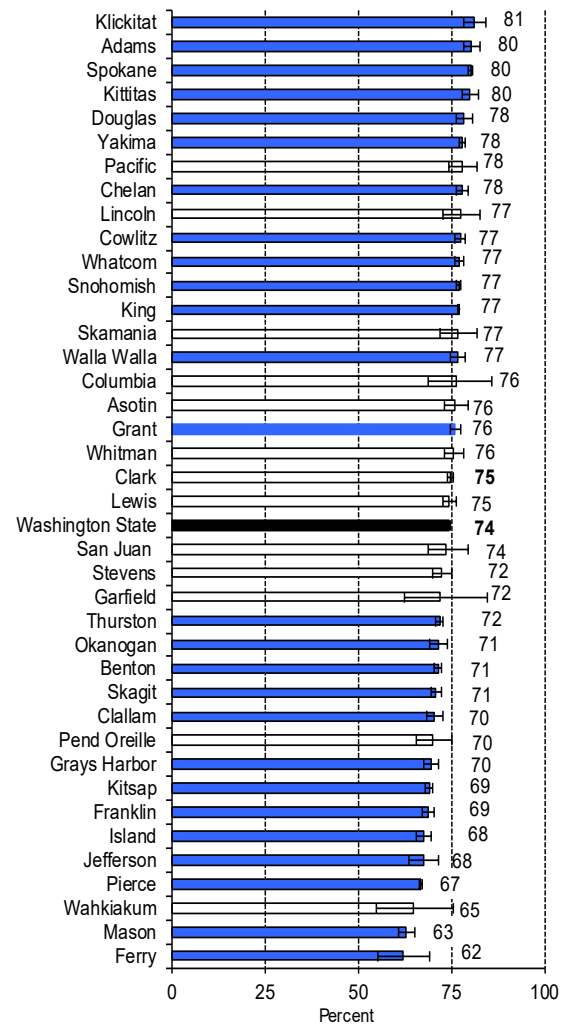## Key Findings:

- Prenatal care (PNC) can help prevent medical complications during pregnancy and delivery as well as inform birthing persons about important steps they can take to protect their infant and ensure a healthy pregnancy.[1]

- In 2020, approximately 75 percent of birthing persons in Washington State entered PNC during the first trimester (first three months) of pregnancy. This did not meet the HP2020 goal of 84.8 percent.[2,3]

- First trimester PNC varies by county of residence. This variability may be due in part to the number of providers available and the proportion of individuals receiving Medicaid.[2]

- In 2018-2020, birthing persons who were significantly more likely to begin PNC services in the first trimester included those over age 19 as well as Non-Hispanic White and non-Hispanic Asian birthing persons.[2]

- Non-Hispanic Pacific Islander birthing persons were significantly less likely to begin PNC in the first trimester when compared with those in all other racial and ethnic groups.[2]

- People not receiving Medicaid were more likely to begin PNC in the first trimester than Medicaid recipients. Medicaid data are reported for the years 2017-2019, the most recent data available.[4]
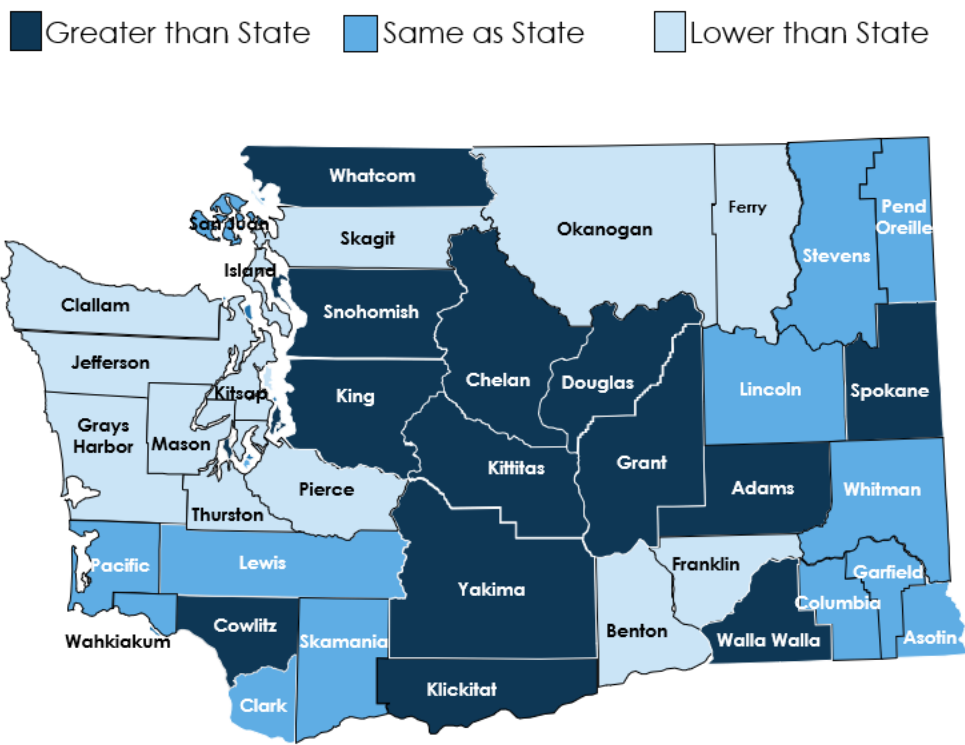
Women Receiving 1st Trimester Prenatal Care by County, 2018-2020[2]

County	Percent
Klickitat	81
Adams	80
Spokane	80
Kittitas	80
Douglas	78
Yakima	78
Pacific	78
Chelan	78
Lincoln	77
Cowlitz	77
Whatcom	77
Snohomish	77
King	77
Skamania	77
Walla Walla	77
Columbia	76
Asotin	76
Grant	76
Whitman	76
Clark	**75**
Lewis	75
Washington State	**74**
San Juan	74
Stevens	72
Garfield	72
Thurston	72
Okanogan	71
Benton	71
Skagit	71
Clallam	70
Pend Oreille	70
Grays Harbor	70
Kitsap	69
Franklin	69
Island	68
Jefferson	68
Pierce	67
Wahkiakum	65
Mason	63
Ferry	62

Significantly different from state rate, p<.0

Women Receiving 1st Trimester Prenatal Care by County, 2018-2020[2]

Legend: ■ Greater than State ■ Same as State □ Lower than State

Women Receiving 1st Trimester Prenatal Care by Year. 2003-2020[2,3]

77.9

73.3

74.5

Percent

2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020

— WA — HP 2020
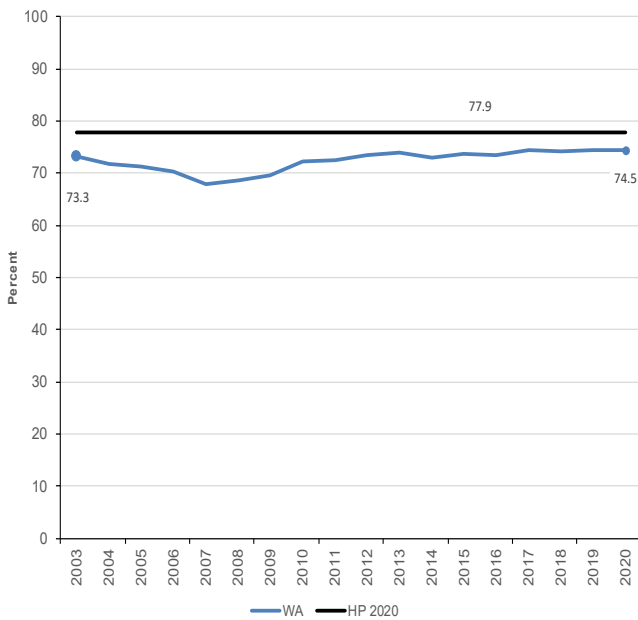
Women Receiving 1st Trimester Prenatal Care by Maternal age, 2018-2020[2]

Age	Percent
40-44	74
35-39	78
30-34	78
25-29	74
20-24	68
15-19	60
<15	40

Percent
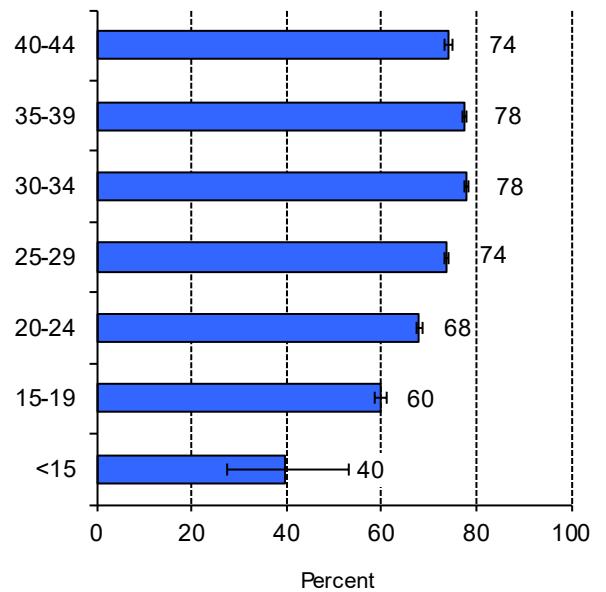
Women Receiving 1st Trimester Prenatal Care by Race and Ethnicity, 2018-2020 [2]

*American Indian/Alaska Native — 60
*Asian — 78
*Black/African American — 63
Hispanic — 71
*Pacific Islander — 44
*White — 77

Percent

*Non-Hispanic
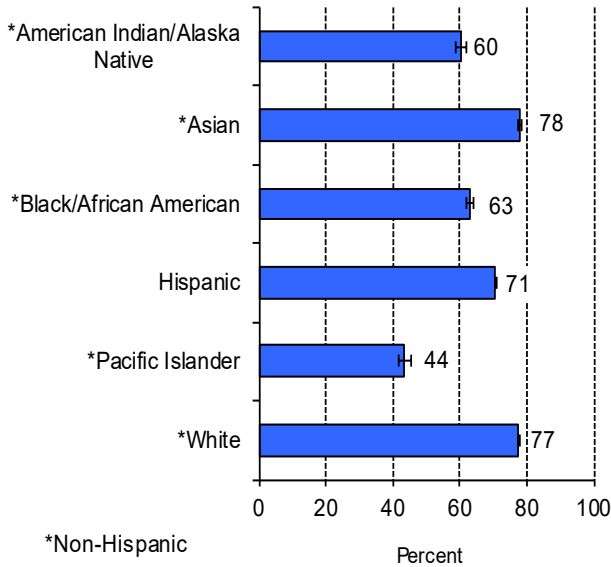
Women Receiving 1st Trimester Prenatal Care by Medicaid Status, 2017-2019 [4, a]

Non-Medicaid — 82
Pregnancy Medical — 67
TANF — 67

Percent
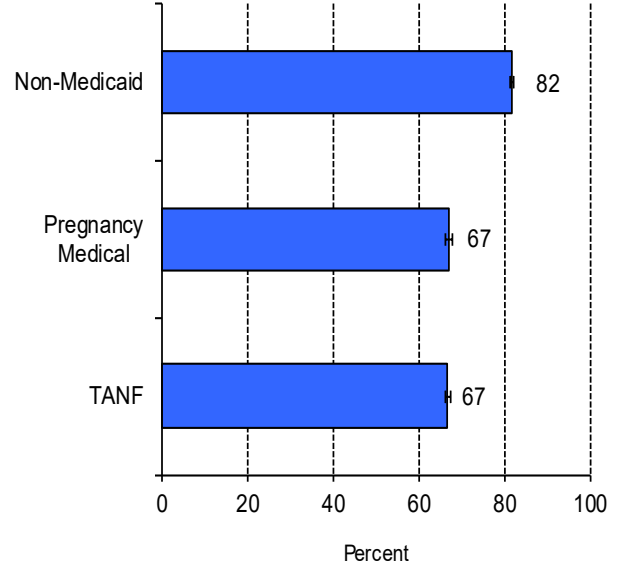
Data Sources

1. *"What is Prenatal Care and Why is It Important?"* National Institutes of Health. https://www.nichd.nih.gov/health/topics/pregnancy/conditioninfo/prenatal-care.
2. Washington State Department of Health, Center for Health Statistics, Birth Certificate Data, 2003-2020.
3. Department of Health and Human Services (US). Healthy People 2020. https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives
4. Washington State Health Care Authority. *Selected Measures by Medicaid Status for Live Births and for all Mothers with Deliveries Washington State 2017-2019.* Washington State Department of Social and Health Services, Research and Data Analysis. 4/15/2021.

Endnotes

a. Medicaid recipients were divided into two major subgroups based on program eligibility. **Pregnancy Medical** were individuals eligible for the pregnancy medical assistance program. These individuals were eligible to receive Medicaid because they were pregnant and had incomes at or below 195% the federal poverty line; **TANF** were individuals enrolled in the Temporary Assistance for Needy Families (TANF) program. These individuals were very low income (generally < 50% the federal poverty level) and received cash assistance (TANF) in addition to Medicaid.

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