



Teen Pregnancy & Risk Indicator Report

*Deltona, Florida
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Presented by:



Coalition of Flagler & Volusia Counties

www.healthystartfv.org

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Purpose

The Healthy Start Coalition of Flagler and Volusia Counties, Inc., submitted a proposal to One Voice for Volusia in an effort to abstract, analyze and present data associated with teen pregnancy in Deltona, Florida. The attached report reviews risk indicators such as smoking, use of alcohol and/or other drugs, depression and subsequent teen pregnancy. Data was collected from young women screened by Healthy Start prenatally or during the postnatal period. This report was compiled in order to make recommendations for strategy development regarding service delivery in the target area and engage stakeholders in solution-driven discussion.

What is Healthy Start?

History

Healthy Start Coalitions were created by the Florida Legislature in 1991 as part of the landmark Healthy Start initiative (s.383.2161, F.S.). The intent of the Healthy Start initiative is to improve the health and well being of Florida's pregnant women and young children. The goal of Healthy Start is to reduce infant mortality, reduce the number of low birth weight babies, and improve health and developmental outcomes. Two of the major components of this comprehensive legislation were the creation of the Healthy Start program and Healthy Start Coalitions. The Healthy Start Coalitions were given the legislative mandate to ensure that adequate and accessible systems of care are in place for all pregnant women and young children. In order to achieve this comprehensive directive, Healthy Start Coalitions are required to perform a number of key functions, including the following:

- Building and maintaining broad community input and collaboration
- Increasing overall public awareness of the importance of investing in pregnant women and children
- Performing short and long range planning for the target population
- Allocating available federal and state maternal and child health funds on a local level for the provision of Healthy Start services

The Healthy Start Coalition of Flagler and Volusia Counties was established in 1992. The Coalition has grown in depth and scope over the past 15 years in response to the changing needs of our community's pregnant women, babies and young children. Since its inception, Healthy Start has become an integral part of our local systems of maternal and child health care.

Mission

The Mission of The Healthy Start Coalition of Flagler and Volusia Counties is to

promote a system of care that optimizes/maximizes healthy outcomes for pregnant women and young children.

The Healthy Start Coalition of Flagler and Volusia Counties is a 501(c)3 not-for-profit organization with a legislative mandate to facilitate a community and data driven process for ensuring that:

- Pregnant women have access to prenatal care
- Universal risk screening is available for pregnant women and infants
- Women of child bearing age have access to interconception care service
- Infant mortality is reduced
- Services support positive health and developmental outcomes for children 0-3 years of age

Healthy Start Screen and Service Data

Data from completed Healthy Start screens is recorded daily into a statewide database. Summary reports generated by geographic location, race, ethnicity, etc. allow researchers to identify community-specific issues and trends among expecting mothers and their babies. The screening instruments address a wide variety of topics to identify potential risk factors for poor perinatal outcomes, and are often the only available documentation of specific risks, behaviors and circumstances that occur within a particular community.

The data utilized for this report regarding risk indicators and overall birth data are from the Florida Department of Health Florida CHARTS and the Healthy Start prenatal and post natal risk screening instruments from Deltona postal zip codes 32725, 32728, 32738, and 32739. A copy of these screening instruments is provided in the attachments section of this document. All data provided in this report is for periods covered during 2005 – 2007 and are presented in aggregate unless otherwise specified. Where available, 2008 data has been included.

Where appropriate, information has also been obtained for comparison to the state of Florida and the U.S.

Target Area and Population

Deltona Florida is located in the western part of Volusia County, Florida and is centrally located between Daytona Beach and Orlando. It is often considered to be an "edge city" of Orlando. Deltona abuts the rural communities of Cassadaga, Enterprise and Osteen. It is adjacent to the cities of Orange City and DeBary. Currently the most populous city in Volusia County, Deltona has experienced significant growth in the last two decades.

Approximately 72.7% of the population in Deltona is reported as white, non-Hispanic, 18.3% Hispanic, and 7.0% Black, and 0.9% Native American.. 7.4% are reported as “other race” or “two or more races.” (Total can be greater than 100% because Hispanics could be counted in other races).

Teen Pregnancy in the U.S.

According to the Guttmacher Report on Teens’ Sexual and Reproductive Health, ten percent of all U.S. births are to teens age 15 – 19 years of age, approximately 750,000 annually. In 2006, there were 71.5 teen births per 1,000 women aged 15-19 years of age. The rate declined 41% from its peak in 1990 to a low in 2005 of 69.5. Eighty-two percent of teen pregnancies are unplanned and account for about one-fifth of all unintended pregnancies annually.

Teen Pregnancy in Florida

In Florida, 350,550 of the 3,205,880 women of child bearing age become pregnant each year. Of these, 48,440 are to teen mothers 19 years old or younger. Florida’s teen pregnancy rate declined by 22% between 1992 and 2000 but has experienced an increase in the last three years.

Local Data

In order to provide a snapshot of information regarding teen pregnancy in Deltona, information is provided regarding the total number of births in Florida and Volusia County as well as the number of infant screens completed.

Screening information specific to Deltona was then isolated and significant risk indicators were identified for review. These include:

- Use of tobacco in the last two months
- Use of drugs or alcohol in the last 2 months
- Medium or high stress level
- Timing of pregnancy
- Moved more than 3 times in the last year
- Someone has hit or hurt you in the last year
- Previous pregnancy resulted in a negative outcome
- Current or previous problem with depression

Responses to the above questions are self reported and administered in a health practitioner’s office typically during the first prenatal visit.

In Table 1, screening information is provided that compares Deltona to the state of Florida, Volusia County, the West Volusia County area (inclusive of Deltona zip codes as well as postal zip codes 32720, 32721, 32722, 32723, and 32724).

There were a total of 702,505 births in the state, of which 10.8% were to mothers aged 19 and younger. 78% of mothers to infants born completed a screening form. Mothers aged 19 and younger completed 12% of the total infant screens for the state.

Table 1

Geographic Area	Total # Births	Total Births to mothers age 19 and under	Total Infant Screens completed	Total Infant Screens completed on mothers age 19 and under
Florida	702,505	76,506	551,006	66,424
Volusia	15,773	1,910	9,397	1,114
West Volusia	6,526	815	3,633	413
Deltona	3,453	379	1,137	226

In 2008 alone, there were a total of 99 mothers aged 19 and younger who completed a prenatal screening instrument.

In the table below, data is provided which shows a rolling average for significant risk factors for 2005-2007 as well as factors reported in 2008. During 2005-2007 there were 226 screens completed by mothers age 19 and younger. During 2008, there were a total of 99.

Table 2

Prenatal Risk Factor	2005-2007 (N=226)	2008 (N=99)
Used tobacco within the last 2 months	23%	17%
Used drugs and alcohol in the last 2 months	7%	5%
Stress level medium or high	67%	50%
Would change the timing of the pregnancy to later or not at all	53%	49%

During 2005-2007, 23% (or 52 of 226) reported use of tobacco within the last 2 months prior to completing the screen compared to 17% (or 17 of 99) in 2008. 7% reported using drugs or alcohol within 2 months of completing the screen in 2005-2007, compared to 5% in 2008. When asked of their stress level was low, medium, or high, 67% responded medium to high during 2005-2007 compared to 50% in 2008. Interestingly, when asked about the timing of their pregnancy, slightly more than half responded that they would have preferred to be pregnant later or not at all. The respondents in 2008 were slightly lower at 49%.

Table 3

Prenatal Risk Factor	2005-2007 (N=226)	2008 (N=99)
Moved more than 3 times in the last year	12%	5%
Has anyone hit or hurt you in the last year?	5%	5%
Previous pregnancy* resulted in poor outcome	72/226 = 32% 11/72 = 15%	27/99 = 20.2% 2/18 = 11.0%
Have you now or ever had a problem with depression?	40/226 = 18%	26/99 = 26.0%

The above table provides information on additional risk factors that specifically can result in poor birth outcomes and are indicators related to quality of life as well as subsequent pregnancy. During 2005-2007, 12% responded that they had moved more than 3 times in the last year, with a decline of 7% for 2008. 5% of the respondents self reported that someone had hit or hurt them in the last year for all periods.

When asked if there had been a previous pregnancy with a poor outcome, 32% for the period 2005-2007 responded and 15% of those respondents indicated that the outcome was negative. In 2008, 20.2% responded to the question and 11% of those indicated that the outcome was negative. Most notable about the responses to this risk indicator is the implication of subsequent pregnancies of a rate of 32% in 2005-2007 and 20.2% in 2008.

In response to the question regarding depression, 18% of the respondents for the period 2005-2007 answered yes and 26% of those who responded in 2008 answered yes.

Summary

The data presented in this report is an extremely small snapshot of information and should be viewed within that context. However, certain conclusions are reasonable and can provide insight about directions for further exploration and strategic planning.

Though the teen pregnancy and birth rate for the Deltona area is not significantly higher or lower than the county, state or nation, subsequent teen pregnancy rates are higher than average. In addition, the rate of those that resulted in a negative outcome is worth further study.

Similarly, the number of teens who reported using drugs or alcohol during their pregnancy does not appear higher than average. However, the rate of pregnant teens who reported current or previous depression is an indicator that relates both to pregnancy outcome as well as quality of life. While the teen years can be full of turmoil and emotional “ups and downs,” this population of teens face significant challenges that impact their futures and the futures of their babies. Emotional wellbeing has a relational impact on developing children on multiple levels.

Recommendations

The following recommendations are submitted based on the contents of this report and additional data sets that were obtained during the course of developing this snapshot.

- Conduct additional analysis to compare teen birth outcomes in comparison to other known risk factors to determine more specifically where to target social marketing strategies and service delivery.
- Expand efforts to educate teen males and females about reproductive health and pregnancy prevention.
- Develop strategies associated with interconceptional education and care for all identified pregnant teens designed to prevent subsequent births during the teen years.
- Develop mechanisms for addressing mental and emotional health of adolescent girls in venues that can assess risk and implement resiliency strategies.
- Conduct community engagement activities designed to increase community awareness about teen pregnancy and associated risk factors.
- Make a commitment to addressing risk factors such as smoking, alcohol and other drug use, and domestic violence in multiple venues through multiple methods.