

## Selected Indicators from Conditions of Children Report, 2015

### Teen Pregnancy

#### The Data

- In Orange County, the 2013 teen birth rate was 16.7 per 1,000 (down from 19.2 in 2012). Orange County's teen birth rate was lower than both the state and national rates.
- Hispanics had the highest teen birth rate (32.8 per 1,000), nearly double the overall county rate (16.7 per 1,000). This rate is also higher than any other race/ethnic group.
- Between 2002 and 2013, the teen birth rate decreased significantly for all race/ethnic groups. Still, the Hispanic teen birth rate remains nearly eight times greater than the rate for Whites.

#### What's being done about it

- The Orange County Health Care Agency Adolescent Family Life Program (AFLP) and the Cal-Learn Program work with pregnant and parenting teens to avoid repeat unplanned pregnancies, enhance parenting skills, promote positive pregnancy outcomes, and help them complete their education.
- The Health Care Agency is also one of over 2,000 Family Planning, Access, Care, and Treatment (Family PACT) providers in California, providing comprehensive family planning services to eligible low income (under 200% federal poverty level) men and women, <http://www.familypact.org/>
- Additional community-based organizations also provide teen pregnancy prevention services, such as Girls, Inc.; Junior League; Camp Fire USA; Child Abuse Prevention Center; Planned Parenthood; Orange County Bar Foundation (CA PREP Awardee); and OC Dept. of Education.

### Early Prenatal Care

#### The Data

- In Orange County, the 2013 early prenatal care rate was 88.3%, down 3.7% over 10 years. Orange County's rate is slightly higher than the state rate.

#### What's being done about it

- The Orange county Community Health Improvement Plan has identified increasing early prenatal care rates for all demographic and geographic subgroups as a key objective.
  - The Orange County Perinatal Council (OCPC) is working with CalOptima, community partners (e.g., Children and Families Commission of OC, MOMS OC, March of Dimes) medical providers, and client populations to identify and address common barriers to prenatal care.
  - Consistent client messaging on the importance of prenatal care is disseminated through Medi-Cal Application and Cal Optima New Member Packets.

### Breastfeeding

#### The Data

- In 2014 64.6% of Orange County women were exclusively breastfeeding at time of hospital discharge, slightly lower than California at 66.6%.
- Racial/ethnic disparities exist for exclusive breastfeeding at hospital discharge.
- Exclusive breastfeeding rates at 3 months in Orange County, increased slightly from 25.0 in 2011/12 to 26.9 in 2012/13.

#### What's being done about it

- The Orange County Community Health Improvement Plan has identified increasing the proportion of Orange County mothers exclusively breastfeeding at 3 months.

- o WIC offers a variety of educational and nutritional resources to promote and support breastfeeding efforts.
- o The Orange County Perinatal Council (OCPC) is working with community partners (e.g., Children and Families Commission of OC, MOMS OC, OC Breastfeeding Coalition), the Regional Perinatal Network, local birthing hospitals, medical providers and client populations to identify and address common barriers to breastfeeding.
- o Outreach and education on the myhealthoc.org breastfeeding and WIC platform <http://myhealthoc.org/eat/breast-feeding/> has been shared with community organizations hospitals, and medical providers. The Orange County Breastfeeding Resources Guide is widely disseminated through local birthing hospitals, community organizations, WIC offices, and medical providers.

## **Obesity**

### **The Data**

Among race and ethnic groups, Pacific Islander (28.6%) and Hispanic (27.3%) 5th graders had the highest percentages of students classified at health risk due to their body composition, followed by Black (17.9%), American Indian (16.6%), Filipino (16%), 2 or more race (9.9%), White (9.3%), and Asian (8.6%) 5th graders.

### **What is being done about it**

- The Orange County Community Health Improvement Plan has a stated objective of increasing the proportion of children and adolescents who are in a healthy weight category and to reduce disparities in subgroups with lower rates of healthy weight. Community partners have come together to assure that children who have higher rates of health risk due to body composition are being reached.
- There are many community interventions aimed at making a difference. The Nutrition and Physical Activity Collaborative (NuPAC) is a countywide effort to bring together providers of nutrition and physical activity education in order to share resources and provide professional development.

## **Physical Fitness and Nutrition**

### **The Data**

- During the 2013/14 school year, 5.8% of 5th graders were classified “at health risk due to aerobic capacity,” and lower than California at 6.5% of 5th graders.

### **What is being done about it**

- Health Care Agency’s Health Promotion Division works with Orange County schools to encourage walking and bicycling to school. Annually support is given for Walk to School Day events. HCA also works with schools to develop programs such as walking school buses to encourage walking to school throughout the year. Schools have been prioritized based upon higher rates of childhood obesity as well as higher rates of pedestrian injuries and fatalities within the school catchment area.
- Health Care Agency has developed the website myHEALTHoc.org which has a physical activity locator. Individuals can use the locator to find low or no cost physical activity opportunities near them. Also, the site has tips for families to help them find more ways to have their kids be physically active.

## **Behavioral Health**

### **The Data**

- While males accounted for the majority (63%) of substance related hospitalizations, females accounted for 61% of mental illness hospitalizations (and 60% of all admissions).
- White youth accounted for over half (51%) of all mental illness and substance abuse-related hospitalizations and Hispanic children accounted for over one third (35%).

### **What is being done about it**

The Health Care Agency's Alcohol Drug Education and Prevention Team (ADEPT) has several initiatives aimed at preventing substance use amongst youth. These programs are geographically targeted in order to reach those most in need of prevention services. ADEPT staff and its funded partners work with schools, parents, youth and many community partners to reduce youth access to alcohol and drugs. ADEPT provides educational interventions and also aims to change social norms, through campaigns, in order to inspire and support healthy decisions. Additionally, ADEPT works directly with youth to strengthen protective factors and reduce risk factors in order to prevent substance abuse.