Early and adequate prenatal care can improve pregnancy outcomes for mothers and infants. Healthy People 2010 has set two goals for prenatal care: 90% of women should receive care in the first trimester; and 90% of women should obtain early and adequate prenatal care (see text box). In 1998, Utah achieved rates of 80% for entry in the 1st trimester and 63.5% for early and adequate prenatal care. In a recent report, Utah was ranked 49th for adequacy of prenatal care. This Health Status Update presents highlights from *Barriers to Adequate Prenatal Care in Utah*, the first report from Utah’s new Pregnancy Risk Assessment Monitoring System (PRAMS).

- The percentage of Utah women who received early and adequate prenatal care declined during the decade of the 1990s (Figure 1).

### Prenatal Care Trends

**Figure 1.** Percentage of Utah mothers who obtained early and adequate prenatal care, 1990-1999.

- In 1999, 17,000 Utah women (37.1%) who gave birth to a live baby received inadequate prenatal care. Of those, 5,700 (12.5%) received inadequate care due to late entry into care, and 11,300 (24.6%) received inadequate care due to an insufficient number of visits (Figure 2).

### Adequacy of Prenatal Care

**Figure 2.** Percentage of Utah women according to adequacy of prenatal care, Utah 1999.

- Women who received inadequate care due to an insufficient number of visits were similar to other women with regard to most demographic and behavioral characteristics (data not shown). The few differences did not in general indicate higher risk for adverse outcomes.
- Women who received inadequate care due to late entry differed from other women (Figure 3), and based on their demographic and risk profiles, these women appear to be at high risk for adverse outcomes.

### Late Prenatal Care

**Figure 3.** Percentage of Utah women with inadequate prenatal care due to late entry according to selected risk factors, Utah 1999.

- Inadequate care due to late entry was more common for women who were:
  - Young, <19 years (31%)
  - Education < high school (24%)
  - Other than white race (33%)
  - Hispanic (21%)
  - Living in urban areas (16%)
  - Living in household with annual income <$15,000 (24%)
  - Medicaid covered (23%) or without insurance (19%)
  - Cigarette smokers 3 months before pregnancy (21%)

- Of those women whose care was inadequate due to late entry, the most commonly reported barriers to obtaining care earlier were didn’t desire earlier care, no money,
June Utah Health Status Update

For additional information about this topic, contact Lois Bloebaum, R.N., Director, Utah PRAMS Project, Utah Department of Health, P. O. Box 142001, Salt Lake City, Utah 84114-2001, (801) 538-6792, FAX (801) 538-9409, email: lbloebau@doh.state.ut.us; or the Center for Health Data, Utah Department of Health, P.O. Box 142101, Salt Lake City, Utah 84114-2101, (801) 538-6108, FAX (801) 536-0947 or (801) 538-9346, email: phdata@doh.state.ut.us.