

2010  
April

Prenatal Care

Timely prenatal care is crucial for the health of both mother and infant.



Black-necked stilt on nest, Yolo Bypass Wildlife Area. © Dave Feliz.

Prenatal care is important for a healthy pregnancy and healthy babies. The first visit with a prenatal care provider should take place during the first trimester. A timely first prenatal appointment presents an opportunity for expectant mothers to discuss the importance of healthy diet, exercise, folic acid supplementation, and eliminating substance use—all important factors for a developing fetus. It also means that existing illnesses can be treated earlier and any chronic conditions such as seizure disorder or pre-existing diabetes can be managed in a way that will have the best outcome for mother and child.

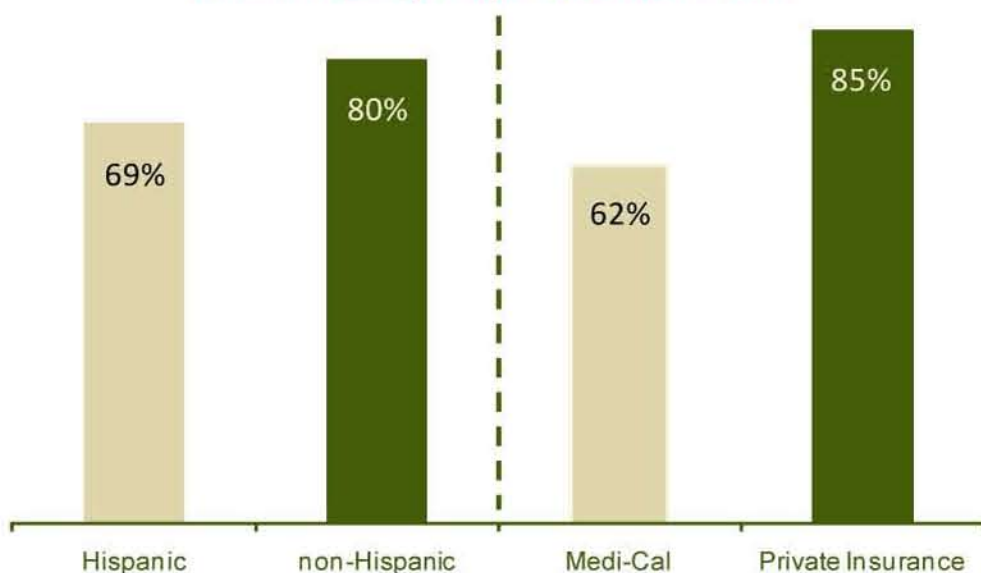
The percentage of women obtaining first trimester prenatal care in Yolo County is 76%, which is well below both the state average (85%) and national Healthy People 2010 objective (90%).<sup>80</sup> However, this statistic is trending upward with significant improvement over the past ten years.<sup>79</sup>

Alcohol Awareness Month • Child Abuse Prevention Month • National Autism Awareness Month • STD/Family Planning Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 April Fools' Day	2	3
4 Public Health Week	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 World Malaria Day	26	27	28	29	30	1

Percent Prenatal Care in First Trimester<sup>80</sup>  
Yolo County, 2008

National Healthy People 2010 Goal = 90%



Disparity

Access to prenatal care is more likely to be delayed for some women in Yolo County compared to others. Research has shown that women who are uninsured during the first trimester are less likely to receive early prenatal care.<sup>42</sup> In Yolo County, women who obtain Medi-Cal to pay for their prenatal care have later entry to prenatal care than those who are privately insured. In addition, Yolo County Hispanic women have lower rates of early prenatal care compared to non-Hispanic women (69% vs. 80%). Women who are geographically located in the unincorporated areas of Yolo County also tend to have later entry to care than those who live in one of our cities.<sup>80</sup>

Disparity in accessing prenatal care may be due to a variety of factors. Families may not be aware that early prenatal care is important to their baby's health. Uninsured women may not be aware that they can enroll in presumptive eligibility MediCal at the time of their first prenatal appointment at no cost. Language barriers may also play a part in the disparity observed between Hispanic and non-Hispanic women. For low income women, transportation is also a barrier to prenatal care, particularly in rural Yolo County.



- Prenatal Diet, Exercise, and Vitamin Guidance
- The Developing Fetus
- Medi-Cal Eligibility for Uninsured Pregnant Women
- Help Finding a Prenatal Care Provider

[www.womenshealth.gov/faq/prenatal-care.cfm](http://www.womenshealth.gov/faq/prenatal-care.cfm)  
[www.babycenter.com](http://www.babycenter.com)  
[www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/PE.aspx](http://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/PE.aspx)  
 Call Yolo County MCAH at 1-800-794-6517 or (530) 666-8645 or (916) 375-6380