

How Healthy Are Watauga Children?



A woman's health and well-being before pregnancy sets the stage for her baby's future health outcomes.

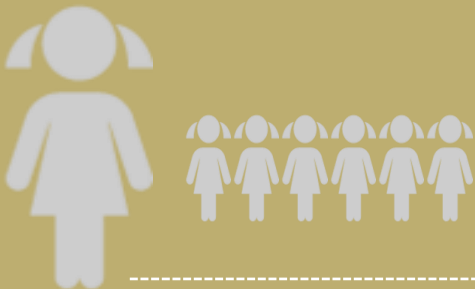
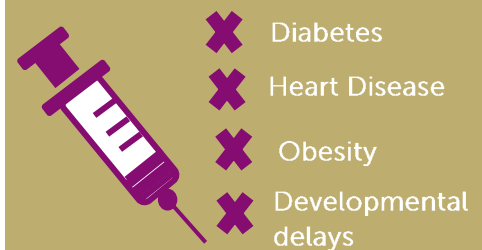


1 in 42 births in Watauga County (2.4%) is to a woman who received very late or no prenatal care, putting both mother and baby at higher risk for pregnancy complications or poor birth outcomes.

Low birth weight has been found to be the strongest predictor of infant mortality. **1 in 21 Watauga babies** is born at a low birth weight.



25.9% of Watauga children live in poverty. Poverty is linked to greater risk for health challenges like:



Health insurance coverage helps children achieve and maintain their best health

1 in 13 Watauga children (7.5%) is uninsured, 498 of whom may be income eligible for Medicaid or NC Health Choice.



LIFE EXPECTANCY
AT BIRTH

A baby born today in Watauga County has one of the highest life expectancy in the state.

We can improve child health



- ☒ Expand Medicaid to cover adults below 138 percent of the federal poverty line.
- ☒ Support interventions to reduce infant mortality, like the CTF Healthy Babies Bundle.
- ☒ Invest in early intervention services to reduce the effects of developmental delays

Quick Facts

51,557 people live in Watauga County. 1 in 7 residents (7,060) is a child under the age of 18.

The child population is 2.7% African American, 0.2% American Indian, 1.3% Asian, 4.7% Latino and 87.7% non-Hispanic White.

The median household income is \$34,293.

1,920 children in Watauga (27.1%) live in food insecure households.

| ACCESS TO CARE AND PREVENTION | Watauga | | | NORTH CAROLINA | |
|--|---------|-------|----------|----------------|--------|
| | 2013 | 2009 | % CHANGE | 2013 | 2009 |
| Percent of children uninsured ¹ : | | | | | |
| All children | 7.5% | ** | ** | 7.4% | ** |
| Children below 200 percent of poverty | 9.2% | ** | ** | 8.9% | ** |
| Number of children ages 0-3 receiving early intervention services ² | 71 | 65 | 9.2% | 19,914 | 17,606 |
| Asthma hospital discharges per 100,000 children ages 0-14 | 86.1 | 127.0 | -32.2% | 148.9 | 175.0 |
| Medicaid enrolled children who use dental services: | | | | | |
| Ages 1-5 | 88.1% | 72.7% | 21.1% | 67.0% | 55.0% |
| Ages 6-14 | 89.1% | 67.1% | 32.8% | 71.0% | 62.0% |
| Ages 15-20 | 64.1% | 47.6% | 34.7% | 52.0% | 48.0% |

| DEATH AND INJURY | Watauga | | | NORTH CAROLINA | |
|--|---------|------|----------|----------------|-------|
| | 2013 | 2009 | % CHANGE | 2013 | 2009 |
| Percent of preterm births (<37 weeks of pregnancy) | 10. % | ** | ** | 11.4% | ** |
| Number of child deaths ages 0-18 | 2 | 2 | -- | 1,292 | 1,486 |
| Infant deaths per 1,000 live births* | 5.9 | 0.0 | -- | 7.0 | 7.9 |
| Percent of babies born to women who smoke | 8.3% | -- | -- | 10.3% | -- |

| HEALTH RISKS | Watauga | | | NORTH CAROLINA | |
|--|---------|------|---------|----------------|------|
| | 2013 | 2009 | %CHANGE | 2013 | 2009 |
| Unemployment rate | 6.4% | 7.9% | -19. % | 7.9 | 10.6 |
| Teen pregnancies per 1,000 girls ages 15-17 | * | * | -- | 16.6 | 30.1 |
| Percent of live births to mothers who have less than a high school education | 8.0% | ** | ** | 17.0% | ** |

| HEALTH GAPS | TOTAL | AFRICAN AMERICAN | AMERICAN INDIAN | ASIAN | LATINO | WHITE |
|--|-------|------------------|-----------------|-------|--------|-------|
| Live births | 339 | 8 | 1 | N/A | 22 | 303 |
| Percent of children in poverty* | 25.9% | 81.7% | S | 65.6% | 53.6% | 18.9% |
| Percent of infants born at a low birth weight* | 4.7% | 12.5% | N/A | N/A | 9.1% | 4.3% |
| Number of infant deaths | 2 | 1 | 0 | N/A | 0 | 1 |

¹Five-year estimate for the period ending in the year shown. ²Sate fiscal year. Health disparity data are for 2013.

*Rates based on small numbers are unstable and should be interpreted with caution. Percent change is not presented for small numbers. **Due to changes in data collection or methodology, current data are not comparable to the base year. For complete data sources and notes, visit www.ncchild.org or contact Laila A. Bell at laila@ncchild.org.