

# Safeguards for Youth

## Data Focus: Preventive Health Care



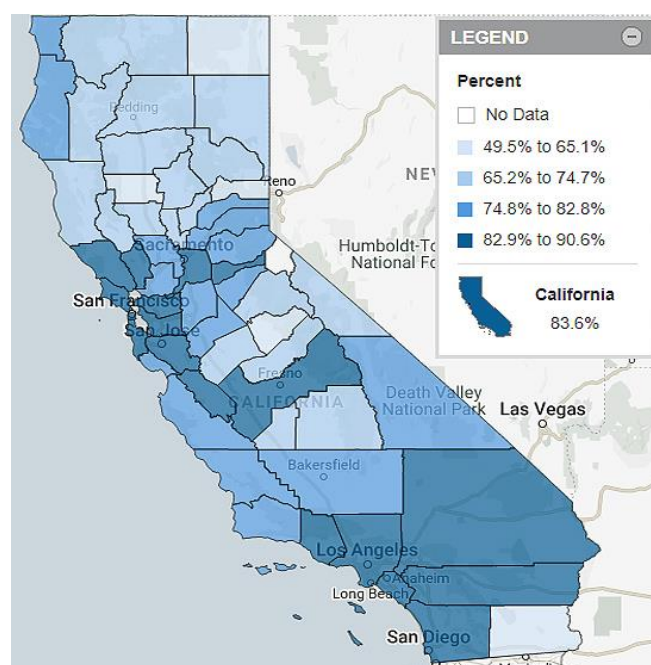
## Protecting Babies Starts Before Birth

Preventive health care is important to safeguarding our youth, from routine medical and dental visits to receiving care in a medical home. For expectant mothers, prenatal care is one of the first steps to protecting her child's long-term health and well-being.

During early prenatal care visits, health professionals can identify and resolve medical problems, refer women to services for non-medical issues, and provide general health education. Mothers who receive prenatal care in the first trimester increase their baby's chances of a healthy birth and infancy.

In California, 84% of infants were born in 2016 to mothers who had received prenatal care during the first trimester. However, in some parts of California, far smaller proportions of mothers are receiving prenatal care. Just under half of babies in Modoc County and under two-thirds of babies in seven additional counties were born to mothers who received early prenatal care.

**Infants Whose Mothers Received Prenatal Care in the First Trimester: 2016**



First trimester prenatal care differs by race/ethnicity. In 2016, 70% of babies born to American Indian/Alaskan Native mothers and 79% of babies born to African American/Black mothers received early prenatal care. These rates are lower than for babies born to mothers who were Hispanic/Latina, Asian/Pacific Islander or white.

## Explore the Latest Data on Preventive Health Care

Most data are available by county, city, school district, or legislative district. Many indicators are also available by demographic groups. These data come from reputable sources including the California Department of Education, California Department of Health Care Services, National Survey of Children's Health, and California Healthy Kids Survey.

### Insurance

[Health Insurance Coverage](#)

[Medicaid \(Medi-Cal\) or CHIP Coverage, by City, School District and County](#)

[Medicaid \(Medi-Cal\) and CHIP Yearly Enrollment \(California & U.S. Only\)](#)

[Medi-Cal Average Monthly Enrollment](#)

### Medical Home

[Receipt of Care Within a Medical Home](#)

### Perinatal Infant Care

[Infants Whose Mothers Received Prenatal Care in the First Trimester](#)

[In-Hospital Breastfeeding of Newborns](#)

### Wellness Practices

[Length of Time Since Last Routine Health Check-Up](#)

[Length of Time Since Last Dental Visit](#)

[Kindergartners with All Required Immunizations](#)

[Kindergartners with Immunization Exemptions](#)

[Healthy Food Choices Provided at School](#)

[Physical Education and Activity Opportunities at School](#)

[Substance Abuse Prevention Is an Important Goal at School](#)

[Substance Use Prevention Education Is Provided at School](#)

## About Safeguards for Youth

Safeguards for Youth is a compilation of the latest data on promoting California children's health and well-being. The data describe protective factors and supportive services, both of which are critical to building a solid foundation for life and addressing the effects of childhood adversity. Protective factors highlight the importance of preventive health care, a strong start in education, and a nurturing school community. Supportive services address adverse experiences such as health challenges, abuse, and family poverty. These data stress the urgency for advocacy and policy change to safeguard California's future generations.

Learn more at: [kidsdata.org/Safeguards](https://kidsdata.org/Safeguards)