

## Community Health Centers Save Babies' Lives and Save California Money



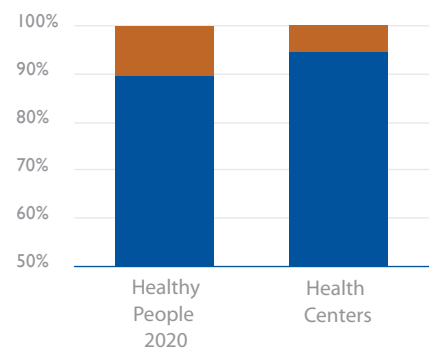
### Preventing Preterm Births and other Low Birth Weight Deliveries

Community health centers in California already exceed the goal for the year 2020 to reduce the number of low birth weight deliveries. Through the Healthy People 2020 framework, the U.S. Department of Health and Human Services (HHS) has set a goal of reducing low birth weight to under 7.8% of births by 2020.<sup>i</sup> Community health centers in California have already surpassed this goal and in 2011 reduced low birth weight among their patients to 5.7%.<sup>ii</sup>

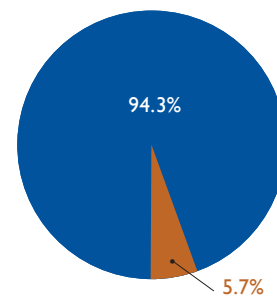
By preventing low birth weight deliveries, community health centers save California millions of dollars every year.

The costs for caring for low birth weight infants is \$5.8 billion annually in the U.S.

### Low Birth Weight



### Community Health Centers



■ Normal Birth Weight   ■ Low Birth Weight

### Cost Effectiveness of Community Health Centers

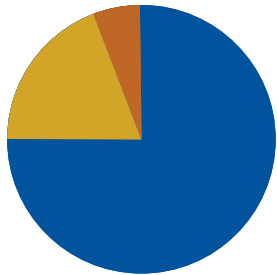
By preventing low birth weight deliveries, community health centers save California millions of dollars every year: Low birth weight infant stays average \$15,100 versus \$600 for uncomplicated newborns. The average length of stay in the hospital is 12.9 days for a low birth weight infant compared with 1.9 days for others. Major infant and pediatric cost savings are realized by preventing preterm birth and other low weight births.<sup>iii</sup>

**CPCA**  
California Primary  
Care Association

*Health Care Access for All*

www.cPCA.org  
916.440.8170  
1231 I Street, Suite 400  
Sacramento, CA 95814

## Community Health Centers Patients



- Below Federal Poverty Level
- 100% – 200% of FPL
- Above 200% FPL

## Health Outcomes

Low birth weight is when a baby is born weighing less than 5 pounds, 8 ounces (2,500 grams). This is most often caused by premature birth or restricted growth. Babies who are born with low birth weight have greater risk for health problems – both at birth and later in life. Many have respiratory problems and need to stay in the Neonatal Intensive Care Unit (NICU) for extended periods of time and others suffer from heart problems and intestinal difficulties. Babies born with low birth weight may be more likely than babies born at a normal weight to have certain medical conditions later in life as well. These include high blood pressure, diabetes and heart disease.<sup>iv</sup> Currently about 1 in every 12 babies in the United States is born with low birth weight.

## Quality Healthcare at Community Health Centers

Community health centers are able to prevent low birth weight deliveries by providing high quality care to their patients. This includes:

- Early and consistent prenatal care
- Counseling and support services for tobacco cessation and substance use treatment
- Treatment for chronic health conditions during pregnancy
- Nutrition services
- Provision of expanded services including the Comprehensive Perinatal Services Program (CPSP)
- Coordination of care with behavioral health, dental services, and specialty medical providers
- Patient Centered Health Home

Through this integrative care model community health centers are able to increase the proportion of healthy deliveries. What makes this outcome even more remarkable is that community health centers serve a disproportionate number of women who are at high risk for low birth weight deliveries, including women who are low-income and women with a low level of education. 76% of community health center patients live below the federal poverty level.

Yet despite the large percentage of high risk women served, community health centers continue to exceed the national benchmark for healthy deliveries. Community health centers have become excellent providers to serve the unique needs of each patient, which produces positive health outcomes.

<sup>i</sup> [www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=26](http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=26)

<sup>ii</sup> Bureau of Primary Health Care, Uniform Data System data for California Federally Qualified Health Centers, 2011 (Table 7, section A) [bphc.hrsa.gov/uds/doc/2011/UDS\\_2011\\_Rollups\\_CA\\_Universal.pdf](http://bphc.hrsa.gov/uds/doc/2011/UDS_2011_Rollups_CA_Universal.pdf)

<sup>iii</sup> Russell RB, Green NS, Steiner CA, Meikle S, Howse JL, Poschman K, Dias T, Potetz L, Davidoff MJ, Damus K, Petrini JR, "Cost of hospitalization for preterm and low birth weight infants in the United States", *Pediatrics*, Jul; 120(1):e1-9, 2007.

<sup>iv</sup> March of Dimes, [www.marchofdimes.com/baby/premature\\_lowbirthweight.html](http://www.marchofdimes.com/baby/premature_lowbirthweight.html)

**CPCA**  
California Primary  
Care Association

*Health Care Access for All*

www.cpc.org  
916.440.8170  
1231 I Street, Suite 400  
Sacramento, CA 95814