A healthy community requires that its children have a healthy start in life. Healthy beginnings depend on having healthy pregnancies and healthy births. Tracking key metrics of pregnancy and birth outcomes over time can identify need for interventions as well as progress toward objectives.

This report presents data for the key indicators of teen pregnancy, the percentage of births occurring before full-term, percent of births low birthweight, and infant mortality. Data are presented for the Greater High Point area, consisting of the six ZIP Codes 27260, 27262, 27263, 27265, 27282 and 27370. Data include the years from 2010 to the most recently available data for 2020.

This report includes trend line comparisons of Greater High Point with Guilford County and North Carolina and comparisons among Greater High Point ZIP Codes. Also included are maps displaying geographic comparisons of healthy beginnings metrics. The North Carolina State Center for Health Statistics is the source of all data presented in this report, including data from the NC Pregnancy File, and NC birth and death certificate records.
Teen Pregnancy

Teen pregnancy is important because pregnancy and childbirth among teen girls can contribute to lasting problems, including higher school dropout rates among pregnant teens, children of teen mothers with lower school achievement, greater rates of dropping out of high school, who have more health problems, be a repeat teen mother, and other social and economic issues. Teen pregnancy rates in the United States have been declining since the early 1990’s, though rates remain higher than in other developed countries, and racial, ethnic, and geographic disparities in rates of teen pregnancy persist.

Figure 1 shows the decline in teen pregnancy rates in Greater High Point, Guilford County as a whole, and North Carolina, from 2010 to 2020. Five-year rates show Greater High Point closely mirroring the NC trajectory of declining rate trends.

Figure 1: Teen Pregnancy rates comparing Greater High Point, Guilford County, and North Carolina, rolling five-year rates.
From 2010 to 2020, teen pregnancy rates declined in all six Greater High Point ZIP Codes, though rates varied by ZIP Code. The 27260 rates were higher than the rates in other ZIP Codes, and the decline in 27260 was less substantial than in other areas.

![Figure 2: Teen Pregnancy Rates by Greater High Point ZIP Codes.]

Significant geographic variation in teen pregnancy rates is seen in Figure 3. 27260 has not only the highest five-year teen pregnancy rates among Greater High Point ZIP Codes, but also higher rates than ZIPs in the Greensboro area. In Greensboro, 27406 and 27405 have the highest rates.

![Figure 3: Teen Pregnancy Rates by Greater High Point and Greensboro Area ZIP Codes.]

<table>
<thead>
<tr>
<th>Greater High Point ZIP Codes</th>
<th>Pregnancy Rate 2016-2020</th>
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<tbody>
<tr>
<td>27260</td>
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<tr>
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</tr>
<tr>
<td>27262</td>
<td>9.1</td>
</tr>
<tr>
<td>27406</td>
<td>6.9</td>
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<tr>
<td>27408</td>
<td>6.7</td>
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<td>27409</td>
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</table>

<table>
<thead>
<tr>
<th>Greensboro Area ZIP Codes</th>
<th>Pregnancy Rate 2017-2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>27405</td>
<td>5.7</td>
</tr>
<tr>
<td>27406</td>
<td>5.6 - 7.2</td>
</tr>
<tr>
<td>27407</td>
<td>7.3 - 11.7</td>
</tr>
<tr>
<td>27408</td>
<td>11.8 - 32.9</td>
</tr>
<tr>
<td>27409</td>
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</tr>
</tbody>
</table>
Preterm Births

Babies born too early—before 37 weeks of gestation—are more likely to be born low birthweight or have other developmental problems. In the United States, one out of every ten newborns is born prematurely (10.1% in 2020). In North Carolina, there was no improvement in the rate of preterm births between 2010 and 2020. In Guilford County and Greater High Point, the rate increased slightly over the period, as seen in Figure 4. Figure 5 shows 5-year preterm rate trends for Greater High Point ZIP Codes. Preterm rates increased noticeably in 27263, while declining slightly in 27262.

![Figure 4: Preterm Birth Rates for North Carolina, Guilford County, and Greater High Point.](image)

![Figure 5: Preterm Birth Rates for Greater High Point ZIP Codes.](image)
Rates of preterm births are higher among black mothers compared to white mothers. Hispanic preterm rates are more like white rates.

Figure 6: Percent of Births Preterm, by Race and Ethnicity.

Figure 7 shows the 2016-2020 five-year preterm birth by Greater High Point ZIP Code.

Figure 7: Percent Preterm by Greater High Point ZIP Code.
Low Birthweight

A normal-weight baby weighs at least 2,500 grams, or about five pounds, eight ounces. Babies born less than this amount, or low birthweight, may be healthy, but some may have developmental or other health problems. In North Carolina, rates of low birthweight increased in the ten years between 2010 and 2020. Guilford County increased slightly, Great High Point showing a higher increase.

Rates of low birthweight varied by ZIP Code, with some increasing and others decreasing. 27260, 27263, 27265 and 27370 showed increases in preterm rates between 2010 and 2020. Rates in 27262 and 27282 declined over the period.

Figure 8: Percent of Births Low Birthweight for North Carolina, Guilford County and Greater High Point.

Figure 9: Percent of Births Low Birthweight, by Greater High Point ZIP Code.
Large racial disparities exist in rates of low birthweight. Among all Greater High Point ZIP Codes combined, black mothers had higher rates of low birthweight babies than did white mothers. Hispanic rates were like white rates.

The highest rate of low birthweight in Greater High Point ZIP Codes is in 27260 (12.1%) and the lowest is 27282 (7.3)

The highest rate of low birthweight in the Greensboro area is ZIP Code 27401 (14.3%) and the lowest is in 27455 (7.5%)
Infant Mortality

The Infant Mortality Rate (IMR) is a key indicator, not only of maternal and child health, but of the health of the community, as it is a sensitive measure of socio-economic development. The IMR in the United States has reached a low of 5.6 deaths per 1,000 live births. North Carolina’s rate is higher at 7.0, and the rates for Guilford County and Greater High Point are higher still at 8.7 and 9.0, respectively.

Within the Greater High Point area, IMR varies by ZIP Code. Between 2010 and 2010, 27260 consistently had the highest IMR, while 27282 had the lowest. Because stratification of the data into six ZIP Codes creates issues of small numbers, year-to-year fluctuation of a few cases can make dramatic differences in rates. The five-year rates for ZIP Code 27370 jumped in 2015-2019 and 2016-2010 based on four infant deaths each in 2019 and 2020. It may be an anomalous fluctuation but bears monitoring if it becomes a trend.
Reducing racial disparities in IMR is essential to the objective of reducing infant mortality rates in the community. With year-to-year fluctuations, large racial disparities characterized IMRs in Greater High Point between 2010 and 2020, except for that extremely rare occurrence in 2015 when the black IMR was lower than the white IMR.

Figure 14: Comparing Black and White Infant Mortality Rates in Greater High Point ZIP Codes, 2010-2020.

In Greater High Point, infant mortality rates were highest over the 2016 to 2020 period in 27260 and 27370. As noted above, the IMR in 27370 is higher than in previous years. The 27282 ZIP has the lowest IMR in Greater High Point.

ZIP Codes in East and SE Greensboro have the highest IMRs among Greensboro ZIPs.

Figure 15: Infant Mortality Rates in Greater High Point and Greensboro Area ZIP Codes, 2016-2020.
Socio-Demographic Characteristics of ZIP Codes

Figure 16 shows the distribution of black residents by ZIP Code, with the highest percentage in Greater High Point in the 27260 ZIP Code, while in the Greensboro area, the highest concentrations are in the Eastern Greensboro ZIP Codes of 27401, 27403 and 27406.

Figure 17 shows that among Greater High Point ZIP Codes, the highest percentage of white residents is found in the 27370 ZIP Code, while among Greensboro area ZIP Codes, the highest proportion of white residents is found in NW Greensboro ZIPS.
Those ZIP Codes with higher per capita income tend to have better pregnancy and birth outcomes.

Figure 18: Per Capita Income by Greater High Point ZIP Code.

Those ZIP Codes with higher median household income tend to have better pregnancy and birth outcomes.

Figure 19: Median Household Income by Greater High Point ZIP Code.
Among Greater High Point ZIP Codes, 27282, 27265 and 37370 have the highest percentage of residents with at least a high school diploma. For higher educational attainment of a BS Degree or higher, ZIP Code 27282 has the highest percentage, followed by 27265 and 27262.