



Maternity

Co-Design Project

Shaping maternity care together!



1,676 births

across our Mackay HHS facilities from July 2020 to June 2021

1,400 births at Mackay Base Hospital

260 births at Proserpine Hospital

16 births at other hospitals within Mackay HHS

1,120 women had natural births at Mackay HHS facilities



Birth services are provided at the Mackay Base Hospital and Proserpine Hospital.



We also provide **comprehensive antenatal and postnatal services** at all of our facilities including Mackay Base Hospital, Proserpine, Sarina, Bowen, Clermont, Collinsville, Dysart, Glenden, Middlemount and Moranbah.



Maternity care across the Mackay HHS is supported by a multidisciplinary team which includes midwives, nursing, medical officers including obstetricians and gynaecologists, paediatric staff, allied health practitioners and our support staff.



EVERY PATIENT'S *journey* IS INDIVIDUAL



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As a first-time mum I opted for the program that provided me with the same midwife throughout my entire pregnancy at the Proserpine Hospital. My midwife made me comfortable and I felt supported. **It gave me confidence in knowing I had her in my corner and she knew me and had shared my journey with me.** During my birth my midwife walked me through every step of my labour. When things took a turn and I required an emergency caesarean, she was there for me and guided me through my panic and anxiety. **The established relationship with my midwife helped me cope.**

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I have had three babies at Mackay Base Hospital. With my first I had planned to birth in the Birth Centre, but got gestational diabetes and it was recommended I birth in the Women's Health Unit Birth Suite. Due to my medical history my second pregnancy and birth were through the Women's Health Midwifery Group Practice. For my third pregnancy and birth, I went through the Kem Kem Yanga Midwifery Group Practice. The Kem Kem Yanga Team supported me during my pregnancy, birth and after care of my baby girl. **The midwives were there every step of the way and were very knowledgeable and helpful, and assisted in providing me with culturally appropriate resources to support my baby and I.**

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I was induced at 38 weeks at the Mackay Base Hospital. I had gestational diabetes and my baby was measuring small. I was induced at night and the next morning they said my induction had failed and labour was not progressing. Due to multiple reasons, I had my baby girl through a caesarean. **The midwives, nurses, doctors and theatre staff provided excellent care to my baby and I and supported us throughout our hospital journey.**

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MATERNITY CARE FOR OUR communities

Mackay, Isaac and Whitsundays

2,249 births

across our Mackay, Whitsunday and Isaac communities from July 2020 to June 2021

194

women identified as **Aboriginal** and, or **Torres Strait Islander**

272

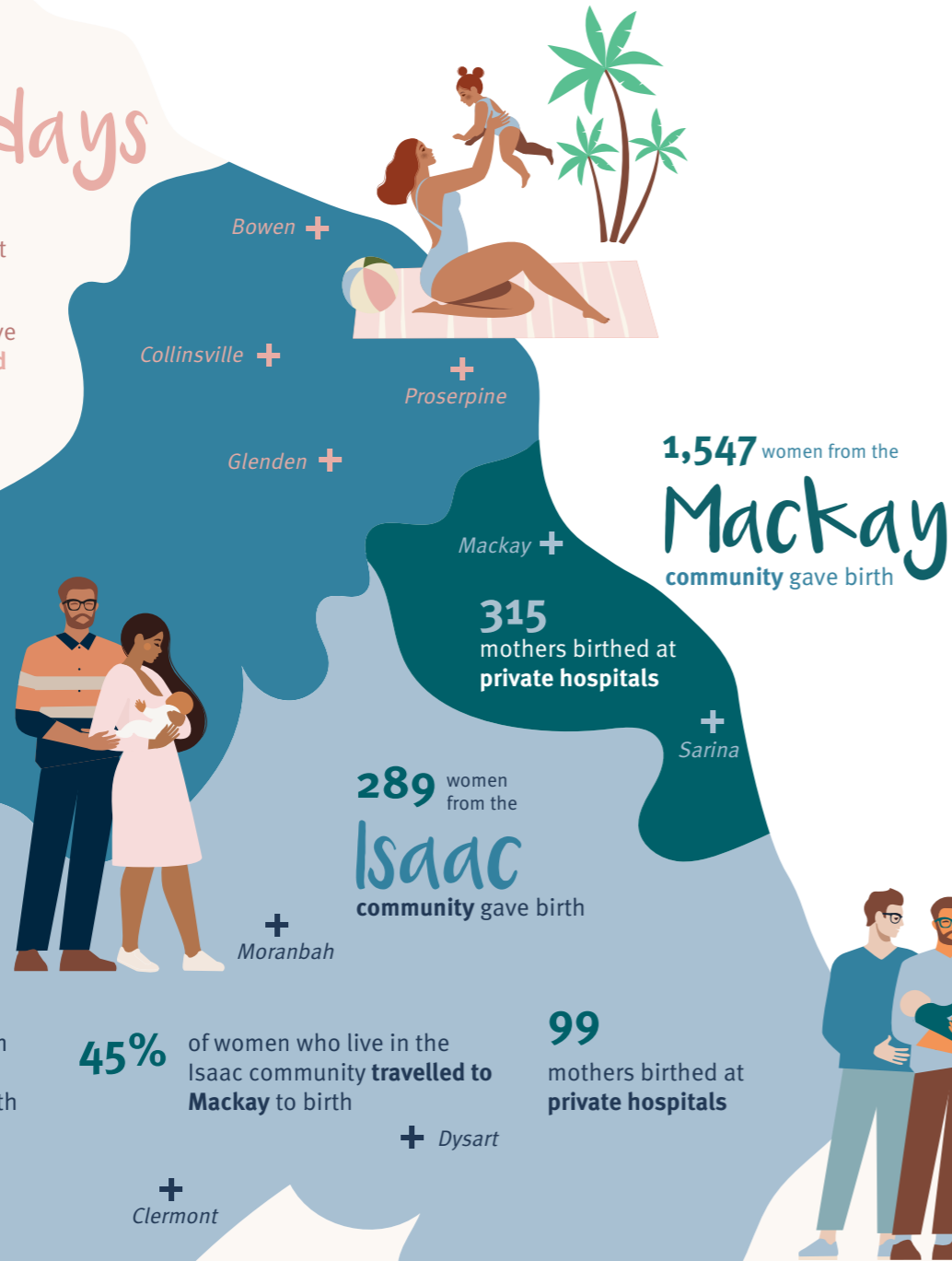
women identified as **culturally and linguistically diverse**

413 women from the **Whitsundays** community gave birth

38 mothers birthed at private hospitals

31% of mothers who live in Bowen travelled to Proserpine to birth

12% of mothers gave birth at Townsville Hospital



Our community

2021 TOTAL POPULATION: 180,894



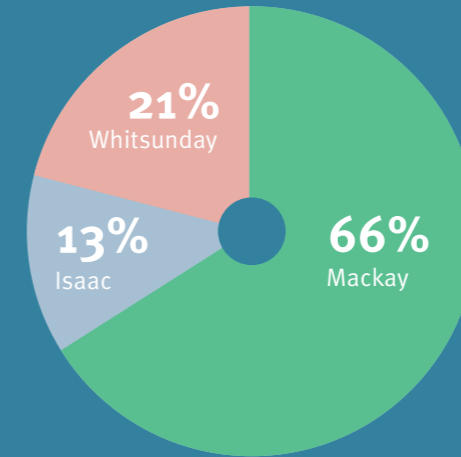
1,653 women gave birth in our Mackay HHS facilities in 2021*



186 women aged 35 or older gave birth in 2021*



11 mothers were aged 18 years or under



33,560 FEMALES AGED 15-44 IN 2021 LIVED IN THESE REGIONS

Health concerns FOR OUR COMMUNITY

Health risk factors are significantly higher across the Mackay, Isaac and Whitsunday communities



Alcohol

5% higher than QLD



Obesity

5% higher than QLD



Smoking

3% higher than QLD

Health status FOR OUR MOTHERS AND BABIES

26% of women **BMI 30+: Obese** 4% more than QLD

13% of women smoked during pregnancy 1% more than QLD

8% of babies were **born preterm** 1% less than QLD

95% of babies were **fully immunised** at 12 months in 2018 1% more than QLD

7% of babies had a **low birthweight** 0.22% less than QLD

travelled FOR BIRTH

66% from our rural areas travelled to Mackay or Proserpine to birth

16% birthed at private facilities in Mackay or Townsville

1.2% who birthed in Mackay live outside of the Mackay, Whitsunday or Isaac area

Data periods will vary. Data current at publication, August 2022.

*2021 reflects the financial year of 1 July 2020 to 30 June 2021.