

# **Vermont PRAMS Data Brief**

## **Stressors Before and During Pregnancy – part 3**

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Vermont women with live births during calendar years 2007-2009. Included in the survey are questions that ask women about stressful events that may have occurred during the 12 months before giving birth to their most recent baby.

Earlier reports examined the trends and demographics of the data on stressors, this report will examine the relationship between stressful events and birth outcomes and maternal behaviors. The question wording and response categories are included at the end of this report.

### **Stressful Events and Pregnancy Intention**

- Women reporting financial stress, partner stress, or traumatic stress were significantly more likely to report their pregnancy as unintended.
- The more stressors a woman reports experiencing, the more likely she had an unintended pregnancy.

### **Stressful Events and Prenatal Care Entry**

- Women reporting financial stress, partner stress, or traumatic stress were significantly less likely to enter prenatal care in the first trimester.
- First trimester care entry rates decrease as the number of stressors increase.

### **Stressful Events and Birth Outcomes**

- Women reporting financial stress, partner stress, or traumatic stress were significantly more likely to have a low birthweight baby.
- Low birthweight rates increase with the number of stressors reported.
- Preterm delivery rates were higher when stressors were reported, but the differences were not statistically significant.

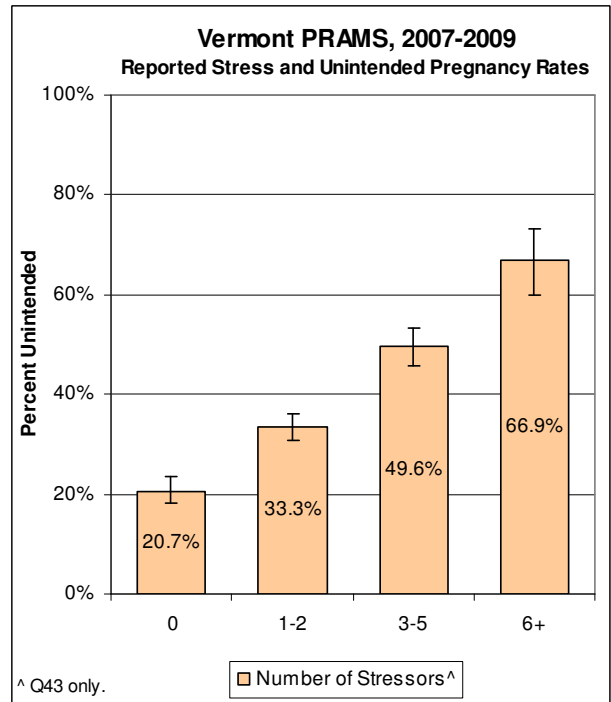
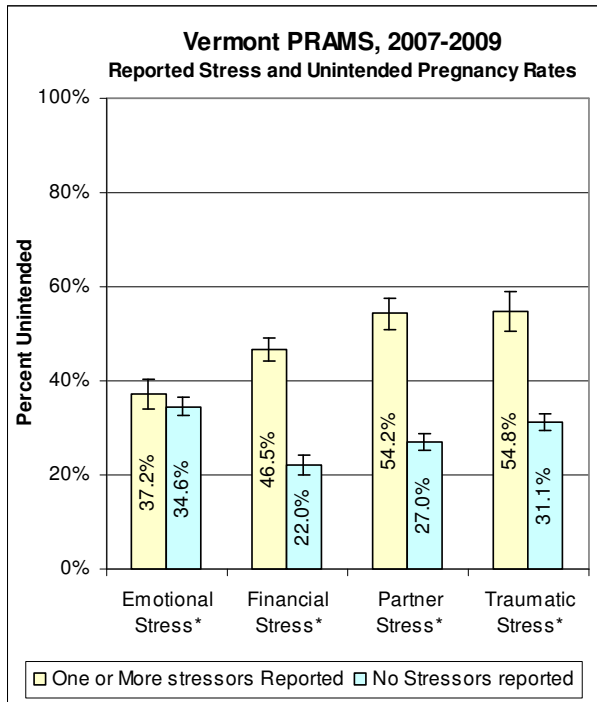
### **Stressful Events and Breastfeeding**

- Women reporting emotional, financial, partner or traumatic stress were significantly less likely to initiate breastfeeding.
- Breastfeeding rates decrease as the number of reported stressors increase.
- Mothers reporting stress are also much less likely to continue breastfeeding for at least 8 weeks.

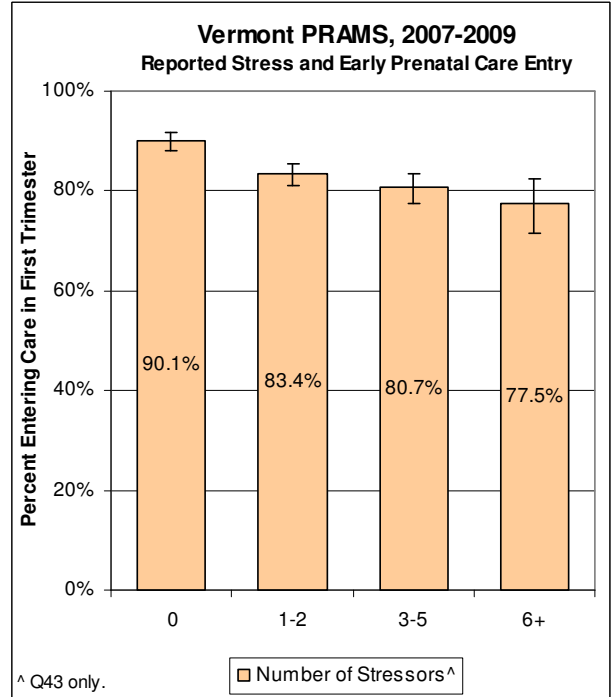
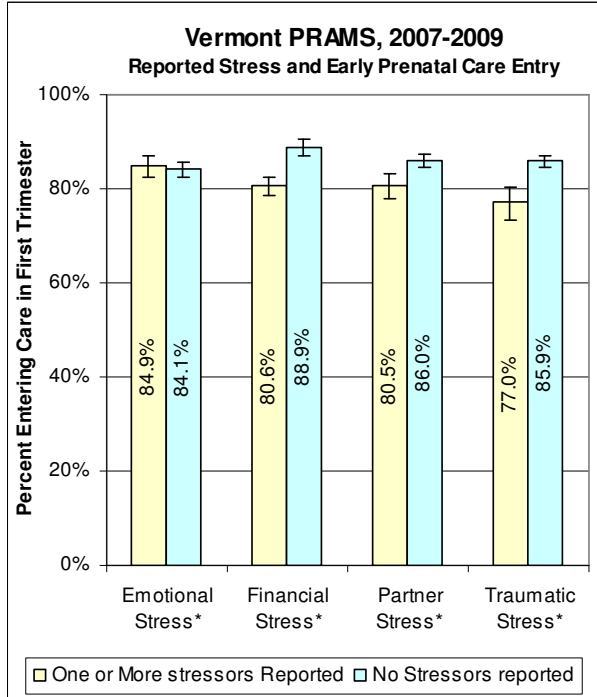
### **Stressful Events and Infant Sleep Environment**

- Women reporting partner stress or traumatic stress were significantly less likely to put their child to sleep on their back.
- Mothers reporting partner stress were more likely to report their baby regularly (always or often) slept in the same bed as another person.
- Bed sharing increases with the number of reported stressors, but the differences are not statistically significant.

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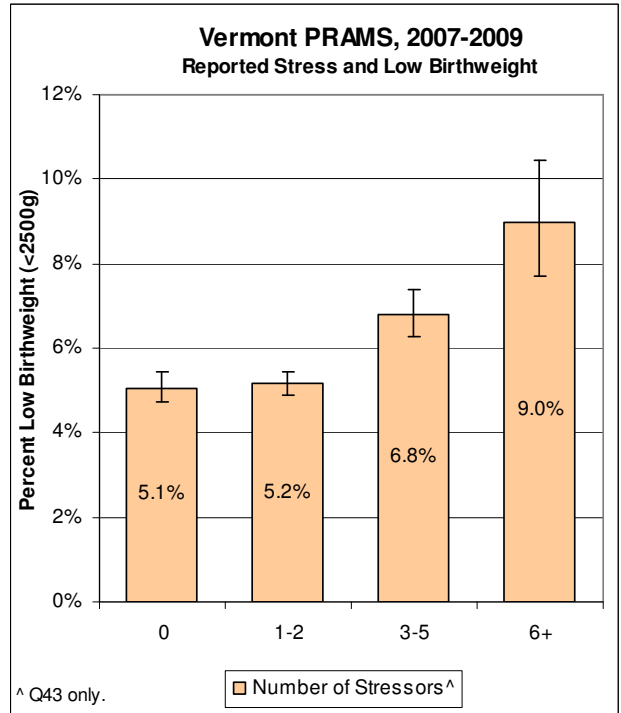
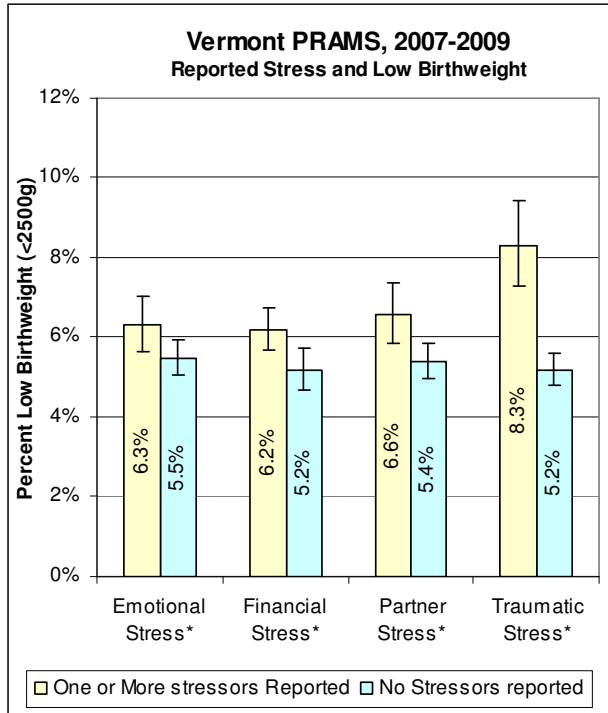


\* See question list at the end of this report for definitions of these categories.

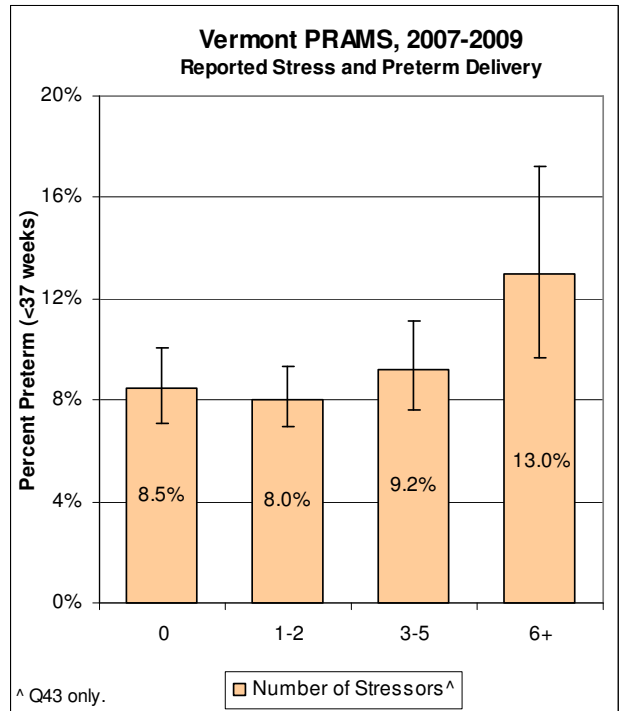
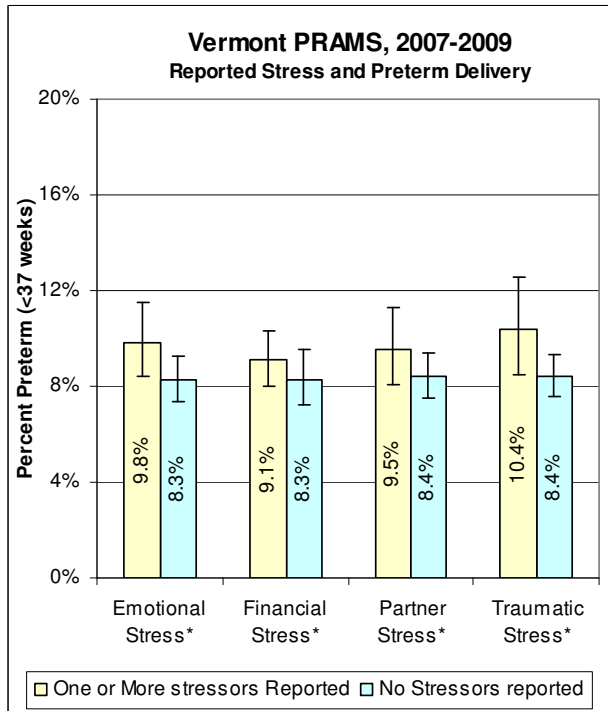


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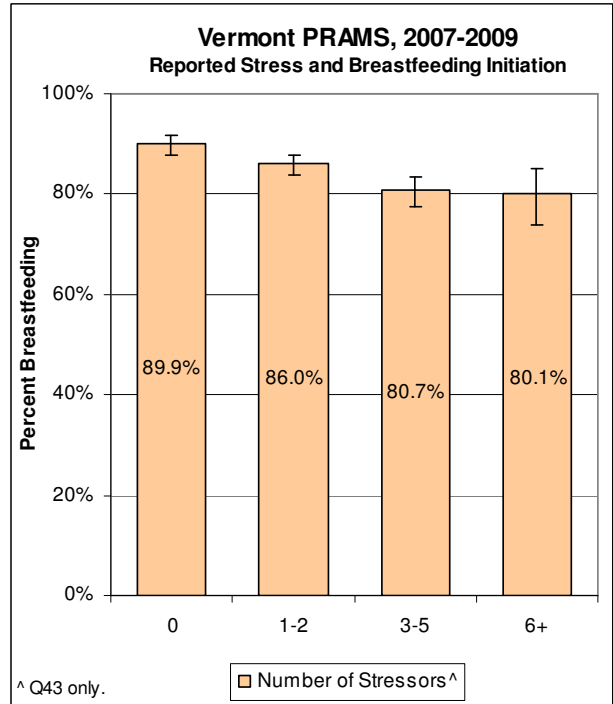
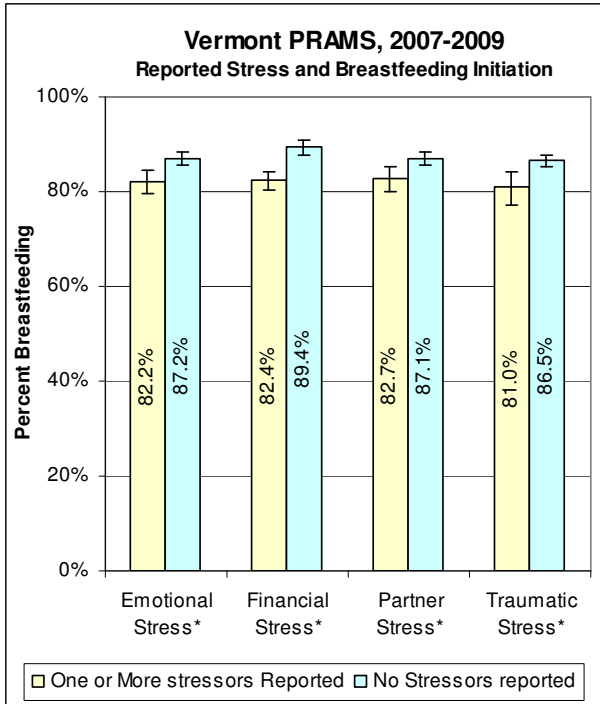


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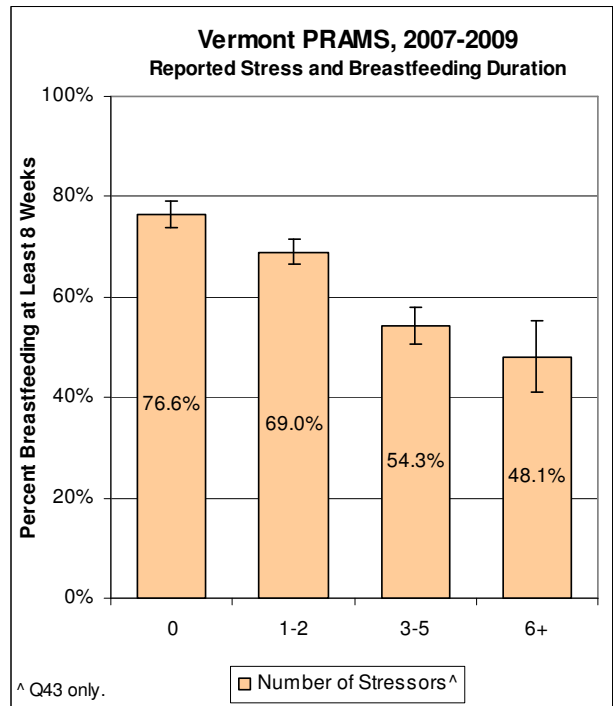
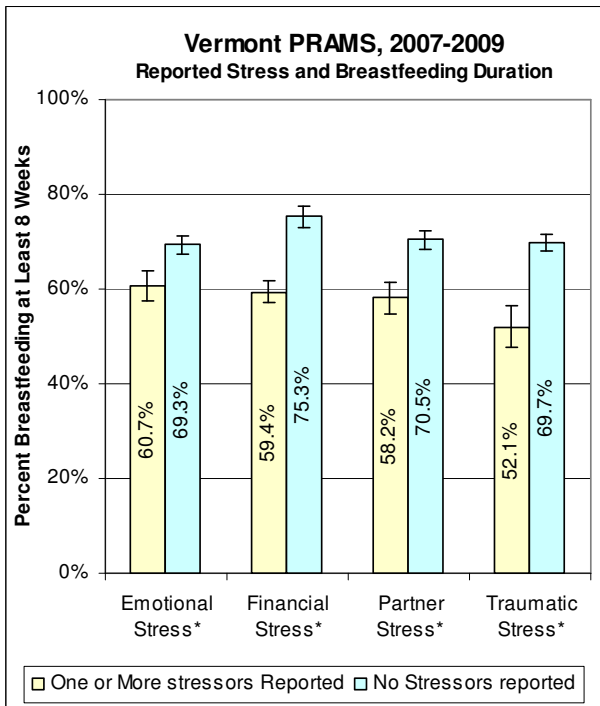


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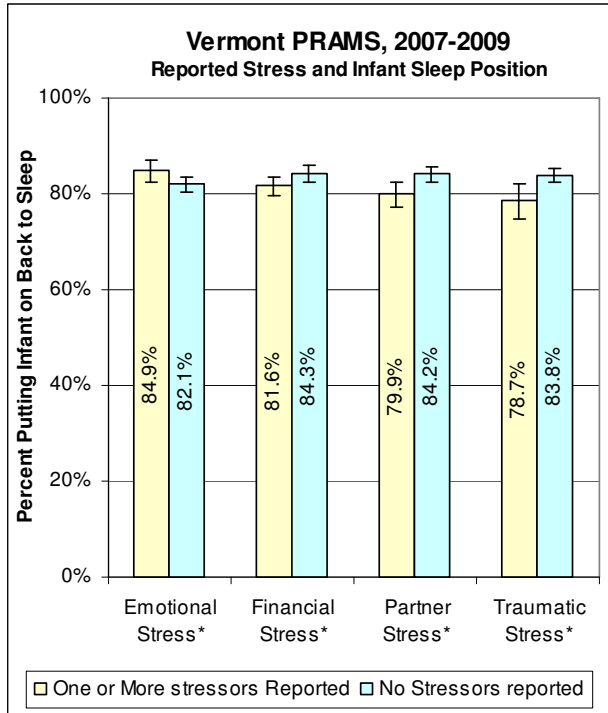


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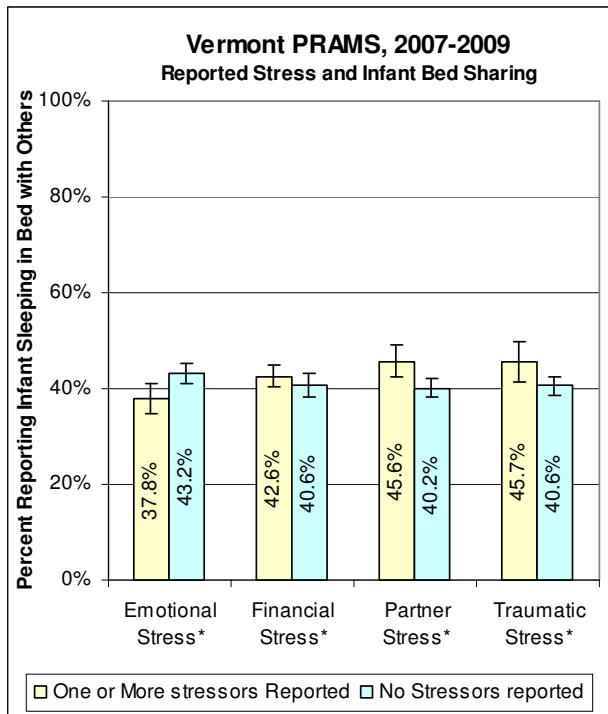
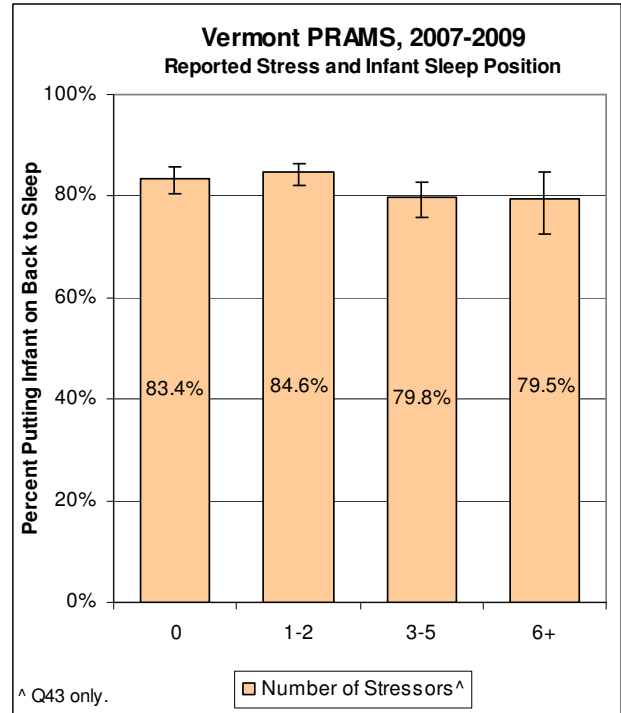


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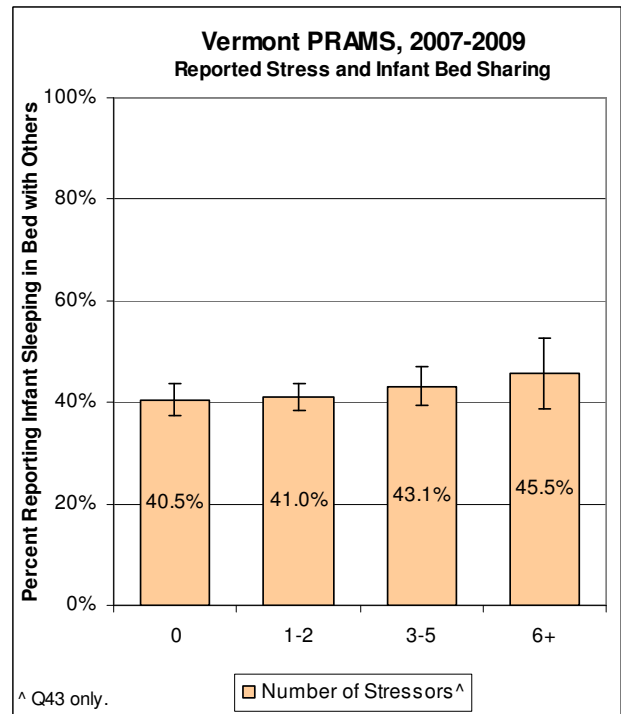
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## Vermont PRAMS Data Brief

### PRAMS Questions used in this brief:

**12. Thinking back to *just before* you got pregnant with your *new* baby, how did you feel about becoming pregnant?**

- I wanted to be pregnant sooner
- I wanted to be pregnant later
- I wanted to be pregnant then
- I didn't want to be pregnant then or at any time in the future

*Note: Mothers checking the first or third choice are considered to have an intended pregnancy.*

**31. During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?**

- No
- Yes

**43. This question is about things that may have happened during the 12 months before your new baby was born.** For each item, circle **Y** (Yes) if it happened to you or circle **N** (No) if it did not. (It may help to look at the calendar when you answer these questions.)

**No Yes**

- a. A close family member was very sick and had to go into the hospital . . . . . N Y
- b. I got separated or divorced from my husband or partner . . . . . N Y
- c. I moved to a new address . . . . . N Y
- d. I was homeless . . . . . N Y
- e. My husband or partner lost his job . . . . N Y
- f. I lost my job even though I wanted to go on working . . . . . N Y
- g. I argued with my husband or partner more than usual. . . . . N Y
- h. My husband or partner said he didn't want me to be pregnant . . . . . N Y
- i. I had a lot of bills I couldn't pay. . . . . N Y
- j. I was in a physical fight . . . . . N Y
- k. My husband or partner or I went to jail . . . . . N Y
- l. Someone very close to me had a problem with drinking or drugs . . . . . N Y
- m. Someone very close to me died . . . . . N Y

**44. During the 12 months before your new baby was born, did you ever eat less than you felt you should because there wasn't enough money to buy food?**

- No
- Yes

**45. During the 12 months before you got pregnant with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?**

- No
- Yes

**46. During your most recent pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?**

- No
- Yes

**56. Did you ever breastfeed or pump breast milk to feed your new baby after delivery, even for a short period of time?**

- No
- Yes

**58. Are you currently breastfeeding or feeding pumped milk to your new baby?**

- No
- Yes

**59. How many weeks or months did you breastfeed or pump milk to feed your baby?**

- \_\_\_\_Weeks **OR** \_\_\_\_Months
- Less than 1 week

**63. In which *one* position do you *most often* lay your baby down to sleep now?**

- On his or her side
- On his or her back
- On his or her stomach

**64. How often does your new baby sleep in the same bed with you or anyone else?**

- Always
- Often
- Sometimes
- Rarely
- Never

### Definitions of Stress Categories:

**Emotional Stress:**

Answered "Yes" to question 43a or 43m.

**Financial Stress:**

Answered "Yes" to any of questions 43c, 43e, 43f, 43i or 44.

**Partner Stress:**

Answered "Yes" to any of questions 43b, 43g, 43h, 45 or 46.

**Traumatic Stress:**

Answered "Yes" to any of questions 43d, 43j, 43k or 43l.