

The Pregnancy Risk Assessment Monitoring System (PRAMS) is a survey of women who recently gave birth that asks about their experiences and behaviors before, during and shortly after their pregnancy.

In September 2016, Vermont PRAMS began asking women about their knowledge of the Zika virus, travel to areas of potential Zika exposure, and preventive behaviors taken against Zika. This data brief includes estimates of Zika awareness and preventive behavior for Vermont births from May 16-August 21, 2016 and September 22- October 26, 2016.

Knowledge and Awareness

- During their most recent pregnancies, women had the following level of concern with Zika:
 - Very worried: 8.4%*
 - Somewhat worried: 35.0%
 - Not at all worried: 50.8%
 - Had never heard of Zika: 5.9%*
- Among Vermont mothers who had heard of Zika, 95.3% were aware of travel recommendations to avoid travel to areas with Zika.

Health Care Provider Discussions

- Among women who had heard of Zika:
 - 53.5% did not talk to a doctor, nurse or other health care worker about Zika;
 - 31.4% had a provider talk with her about Zika without the mom asking;
 - 15.1% only had a talk about Zika with a provider after asking about it.
 - Few women (3.8%*) were tested for Zika. Testing is only appropriate after having an exposure to Zika virus

Travel to a Tropical Climate

- 8.8% of women travelled to a place with a tropical climate and/or had a husband or other male partner who travelled to a place with a tropical climate. Among these women:
 - 67.0%* were somewhat worried or very worried about Zika;
 - Around half (50.4%*) had a health care provider talk with her about Zika without the mom asking about it;
 - 29.3%* only had a talk about Zika with a provider after asking about it.
- 5.2%* of women lived or travelled to a place outside of the US with a tropical climate during her pregnancy. Of these, 77.2%* did things to avoid mosquito bites every day.
- 6.9%* of women had a husband or male partner who travelled to a place with a tropical climate.
 - 72.7% never used a condom while having sex during pregnancy
 - Reasons for not consistently using a condom included:
 - 75.2% did not think their husbands had Zika
 - 50.5% thought they did not need to use condoms

Data Notes: Estimates are based on 342 completed questionnaires, weighted to be representative of the population of Vermont births occurring during the period specified above. This represents approximately one-third of births during 2016. Estimates marked with an asterisk (*) should be interpreted with caution due to low number of respondents (<30) in that category.

The following questions about Zika virus were used for this data brief:

1. During your most recent pregnancy, how worried were you about getting infected with Zika virus?
 - Very worried
 - Somewhat worried
 - Not at all worried
 - I had never heard of Zika virus during my most recent pregnancy
2. At any time during your most recent pregnancy, did you talk with a doctor, nurse, or other healthcare worker about Zika virus?
 - No
 - Yes, a healthcare worker talked with me without my asking about it
 - Yes, a healthcare worker talked with me, but only AFTER I asked about it
3. During your most recent pregnancy, did you get tested for Zika virus?
4. During your most recent pregnancy, were you aware of recommendations that pregnant women should avoid travel to areas with Zika virus?
5. At any time during your most recent pregnancy, did you live or travel outside the 50 United States?
6. When did you live or travel outside the 50 United States during your most recent pregnancy, and for how long?
7. Did the place you lived in or travelled to have a tropical climate? These tend to be hot and humid places.
8. How often did you do things to try to avoid mosquito bites while you were living in or traveling to the places you listed above?
 - Every day
 - Some days
 - Never
 - There were no mosquitos
9. At any time in the 6 months before your most recent pregnancy or during your pregnancy, did your husband or any male partner travel outside the 50 United States?
10. Did the place your husband or any male partner lived in or travelled to have a tropical climate? These tend to be hot and humid places.
11. During your most recent pregnancy, how often did you use condoms when you had sex with your husband or any male partner?
 - Every time
 - Sometimes
 - Never
 - I didn't have sex during my pregnancy
12. What were your reasons for not using condoms during your most recent pregnancy? Check ALL that apply
 - I didn't think I needed to use condoms during pregnancy
 - I didn't know you can get Zika virus from having sex
 - I didn't think my husband or male partner had Zika virus
 - I was not worried about getting the Zika virus
 - I didn't want to use condoms
 - My husband or male partner didn't want to use condoms
 - Other (Please tell us)

Questions or comments about this report, or requests for further data, may be sent to John Davy at john.davy@vermont.gov or (802) 863-7661. More information about Vermont PRAMS can also be found at <http://www.healthvermont.gov/health-statistics-vital-records/population-health-surveys-data/pregnancy-risk-assessment-and>.