

# Vermont PRAMS Data Brief

## 2009 Vermont PRAMS Facts

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Vermont women with live births since 2001. This report includes data from 2009, the first year of PRAMS Phase 6 data collection. Presented here are some highlights, organized by topic area. More detailed tables of the responses to questions in each topic area are available.

### Preconception Health & Family Planning

- Nearly one third (32%) of mothers were dieting to lose weight in the year prior to pregnancy, and half reported exercising 3 or more times per week.
- 5% of women reported visiting a health care worker to be checked or treated for diabetes or high blood pressure, while 15% of women visited a health care worker to be checked or treated for depression or anxiety.
- 50% of women reported not taking a multivitamin during the month prior to pregnancy, while 37% reported taking a vitamin every day.
  - Of those not taking a vitamin, 65% indicated their pregnancy was unintended.
- 38% of mothers reported their pregnancy was unintended.
- Only half of mothers who were not trying to become pregnant reported using any method of birth control.

### Prenatal Care

- Most women (88%) indicated they got into prenatal care as early as they wanted to. Of those who did not, the most common reasons cited were:
  - Did not know they were pregnant (43%).
  - Could not get an appointment (25%).
  - They were too busy (19%).
  - No money or insurance (16%).
- 24% of women reported they did not get advice from a healthcare worker to abstain from alcohol during pregnancy
- Over 80% of women reported talking with a healthcare worker about healthy foods, how much weight to gain, and exercise during pregnancy.
- 31% reported talking about resources to help gain the right amount of weight during pregnancy.
- 56% reported being tested for HIV, while 12% did not know if they had an HIV test during their most recent pregnancy.

### Alcohol, Tobacco and Drug Use

- 33% of women smoked in the 3 months prior to pregnancy.
- 17% smoked during the last trimester.
- 22% were smoking at the time of the survey.
- 71% report drinking at least some alcohol in the 3 months prior to pregnancy, and 30% reported at least one binge (4+ drinks/sitting).
- 13% of women reported drinking during the last 3 months of their pregnancy.
- 15% of women report smoking marijuana or hash in the year prior to pregnancy.
- 5% report smoking marijuana during the last 3 months of pregnancy.

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### Stress & Abuse

- 72% of women reported at least one stressor during the year before giving birth, with 29% reporting at least 3 stressors, and 6% reporting 6 or more.
  - 30% reported experiencing emotional stress during the year before giving birth.
  - 54% reported financial stress.
  - 10% reported not having enough money to buy food.
  - 29% reported partner stress.
    - 3% of mothers reported domestic abuse.
  - 20% reported traumatic stress, including 3% reporting being homeless.

### Breastfeeding

- 87% of mothers initiated breastfeeding.
  - 76% breastfed at least 4 weeks.
  - 68% breastfed at least 8 weeks
- Of mothers who did not breastfeed – the most common reasons given for not breastfeeding were that the mother did not want to breastfeed (57%) or didn't like breastfeeding (31%).
- Of mothers who had stopped breastfeeding at the time of the survey, the most common reasons given for stopping were that breast milk alone did not satisfy the baby (46%) and not producing enough milk (42%).

### Sleep Environment

- 81% of mothers reported putting their infant to sleep on his or her back exclusively.
- 29% reported that their infant always or often shared a bed.
- 94% of mothers received postpartum advice regarding infant sleep environment.
  - The most common sources for postpartum sleep environment information were: my baby's doctor (67%), hospital nurse (66%), my OB or Midwife (48%).

### Dental Health

- 63% of women had their teeth cleaned in the year prior to their most recent pregnancy.
- 57% visited a dentist or dental clinic while pregnant.
- 30% reported that a healthcare worker talked with them about how to prevent their baby from getting tooth decay.

### Postpartum Care

- Since their new baby was born, 87% of mothers reported getting help with or information on breastfeeding from a healthcare provider.
- 90% reported a postpartum discussion with a healthcare worker about birth control, while 48% reported discussing how long to wait before getting pregnant again.
- 49% reported getting information on support groups for new parents.
- 41% had a discussion with a healthcare worker about getting to and staying at a healthy weight after delivery or about resources to help lose weight after pregnancy.
- 10% reported postpartum depressive symptoms.

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