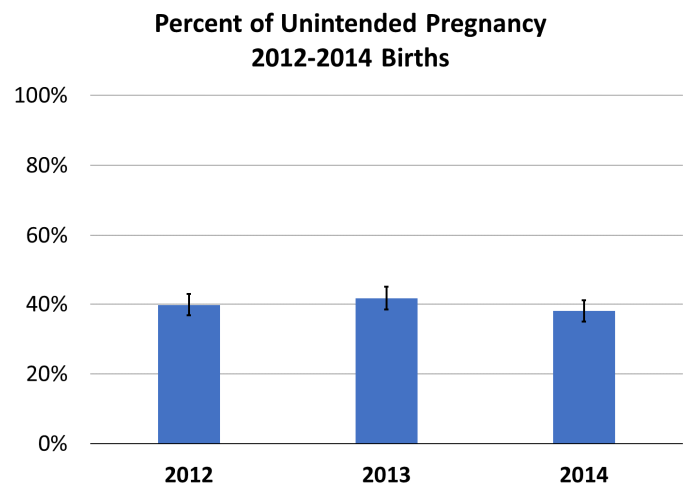


The Pregnancy Risk Assessment Monitoring System (PRAMS) is a survey of women who recently gave birth that asks about their experiences and behaviors before, during and shortly after their pregnancy. Vermont has participated in PRAMS since 2001. The following is a report on pregnancy intendedness among women whose pregnancy resulted in live birth and services needed during their pregnancies.

## Unintended Pregnancies, 2012-2014

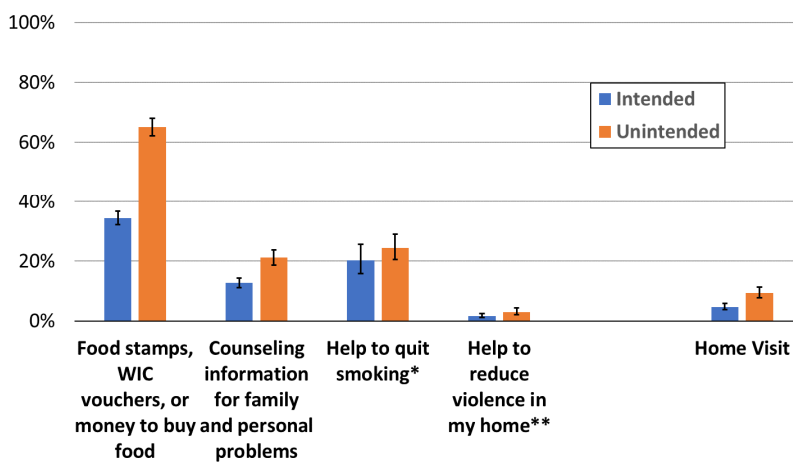
Among women whose pregnancy resulted in live births between 2012 and 2014, 38% to 42% were unintended. The rates for unintended pregnancy have not changed significantly during this time frame.

Mothers who are under 20 years old, those with less than high school education, mothers at less than 100% of Federal Poverty Level (FPL), and those with public insurance had the highest rates of unintended pregnancies.



## Services Needed During Pregnancy

**Services Needed During Pregnancy and Pregnancy Intendedness 2012-2014 Births**



The PRAMS survey asked women about four types of services that may be needed during pregnancy. Women with an unintended pregnancy were more likely to report they felt the need for the following services than women with an intended pregnancy: food stamps, WIC vouchers, or money to buy food; counseling information for family and personal problems; and help to reduce violence in their home. There was no difference in needing help to quit smoking.

In a separate question, women were asked if they had a home visitor come to their home to help prepare for new baby. A home visitor can help connect women with

needed services. Women with an unintended pregnancy were more likely to have a home visitor than women with an intended pregnancy.

\* Among women who smoked before or during their pregnancies.

\*\* Mothers younger than 20 years old were not asked about the need to help reduce violence in their home. The rate, therefore, may be underestimated.

## Services Needed: Comments from Women

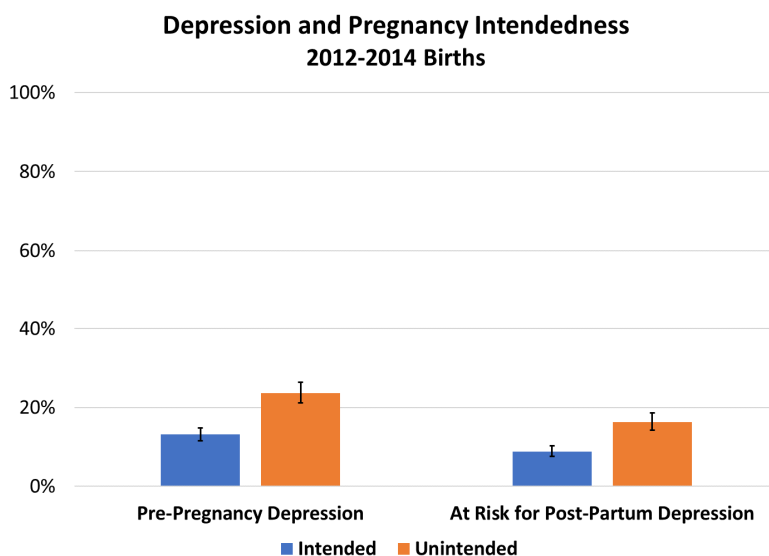
Some mothers who answered the PRAMS survey shared other services they felt they needed during their pregnancy.

- *Class for new parents (parenting, not childbirth)*
- *Help with substance abuse*
- *Housing assistance*
- *Affordable mental health*

## Prevalence of Depression Among Unintended Pregnancies: 2012-2014 Births

About 1 in 6 (17.2%) women who gave birth in the years 2012-2014 reported they had been diagnosed with depression prior to pregnancy. Of those whose pregnancies were unintended, 23.6% had pre-pregnancy depression, compared to 13.1% with women whose pregnancies were intended.

About 1 in 10 (11.8%) women who gave birth in the years 2012-2014 were at risk for post-partum depression. Women whose pregnancies were unintended are more likely (16.3%) to be at risk for post-partum depression than women whose pregnancies were intentional (8.8%).



**The following PRAMS questions were used for this data brief:**

**1. Thinking back to *just before* you got pregnant with your new baby, how did you feel about becoming pregnant? (check ONE answer)**

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

\*Defined as "unintended"

**2. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker tell you that you had any of the following health conditions? For each one, check **No** if you did not have the condition or **Yes** if you did.**

- Depression

**3. Since your new baby was born, how often have you felt down, depressed, or hopeless?**

- Always
- Often
- Sometimes
- Rarely
- Never

**4. Since your new baby was born, how often have you had little interest or little pleasure in doing things?**

- Always
- Often
- Sometimes
- Rarely
- Never

Women who answered "Always" or "Often" to either questions 3 or 4 were defined as "at-risk" for post-partum depression.

**5. During your most recent pregnancy, did you feel you needed any of the following services? For each one, check **No** if you did not feel you needed the service or **Yes** if you felt you needed the service.**

- Food stamps, WIC vouchers, or money to buy food
- Counseling information for family and personal problems
- Help to quit smoking
- Help to reduce violence in my home

**6. During your most recent pregnancy, did a home visitor come to your home to help you prepare for your new baby? A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps pregnant women.**

- Yes
- No

Questions or comments about this report may be directed to John Davy at (802)863-7661 or [john.davy@vermont.gov](mailto:john.davy@vermont.gov). More information about Vermont PRAMS can also be found at <http://healthvermont.gov/research/PRAMS/prams.aspx>.