

# **Vermont PRAMS Data Brief**

## **2010 Vermont PRAMS Highlights**

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. This report presents highlights from the 2010 survey organized by topic area. More detailed tables of the responses to questions in each topic area will be available upon request.

### **Preconception Health & Family Planning**

- 28% of mothers were dieting to lose weight in the year prior to pregnancy, and over half (54%) 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 18% of women visited a health care worker to be checked or treated for depression or anxiety.
- 46% of women reported not taking a multivitamin during the month prior to pregnancy, while 39% reported taking a vitamin every day.
  - Of those not taking a vitamin, 62% indicated their pregnancy was unplanned.
- 35% of mothers reported their pregnancy was unintended.
- Fewer than half (48%) 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 (45%).
  - Could not get an appointment (33%).
  - No insurance or money to pay for visit (24%).
- Over 80% of women reported talking with a healthcare worker about healthy foods, how much weight to gain, and exercise during pregnancy.
- 32% reported talking about resources to help gain the right amount of weight during pregnancy.
- 54% reported being tested for HIV, while 11% did not know if they had an HIV test during their most recent pregnancy.

### **Alcohol, Tobacco and Drug Use**

- 31% of women smoked in the 3 months prior to pregnancy.
- 18% smoked during the last trimester.
- 21% were smoking at the time of the survey.
- 72% report drinking at least some alcohol in the 3 months prior to pregnancy, and nearly one third (32%) reported at least one binge (4+ drinks/sitting).
- 13% of women reported drinking during the last 3 months of their pregnancy.
- 24% of women reported they did not get advice from a healthcare worker to abstain from alcohol during pregnancy.
- 18% of women report smoking marijuana or hash in the year prior to pregnancy.
- 6% report smoking marijuana during the last 3 months of pregnancy.

## Vermont PRAMS Data Brief

### Stress & Abuse

- 69% of women reported at least one stressor during the year before giving birth, with 28% reporting at least 3 stressors, and 7% reporting 6 or more.
  - 31% 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

- 88% of mothers initiated breastfeeding.
  - 79% breastfed at least 4 weeks.
  - 71% breastfed at least 8 weeks.
- Of mothers who did not breastfeed – the most common reasons given for not breastfeeding were not wanting to breastfeed (55%) or caring for other children (32%).
- 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 (38%) and not producing enough milk (37%).
- Since their new baby was born, 89% of mothers reported getting help with or information on breastfeeding from a healthcare provider.

### Sleep Environment

- 85% of mothers reported putting their infant to sleep on his or her back exclusively.
- 28% reported that their infant always or often shared a bed.
- 93% of mothers received postpartum advice regarding infant sleep environment.
  - The most common sources for postpartum sleep environment information were: hospital nurse (70%), my baby's doctor (70%), my OB or Midwife (49%).

### Dental Health

- 66% of women had their teeth cleaned in the year prior to their most recent pregnancy.
- 63% visited a dentist or dental clinic while pregnant.
- 33% reported that a healthcare worker talked with them about how to prevent their baby from getting tooth decay.

### Postpartum Care

- 92% reported a postpartum discussion with a healthcare worker about birth control, while 50% reported discussing how long to wait before getting pregnant again.
- 53% reported getting information on support groups for new parents.
- 37% 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.

---

Questions or comments about this report may be addressed to Mike Nyland-Funke, [michael.nyland-funke@state.vt.us](mailto:michael.nyland-funke@state.vt.us), (802)863-7261.