

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. This data brief presents information on attendance at breastfeeding and childbirth education classes among pregnant Vermonters who gave birth in 2012.

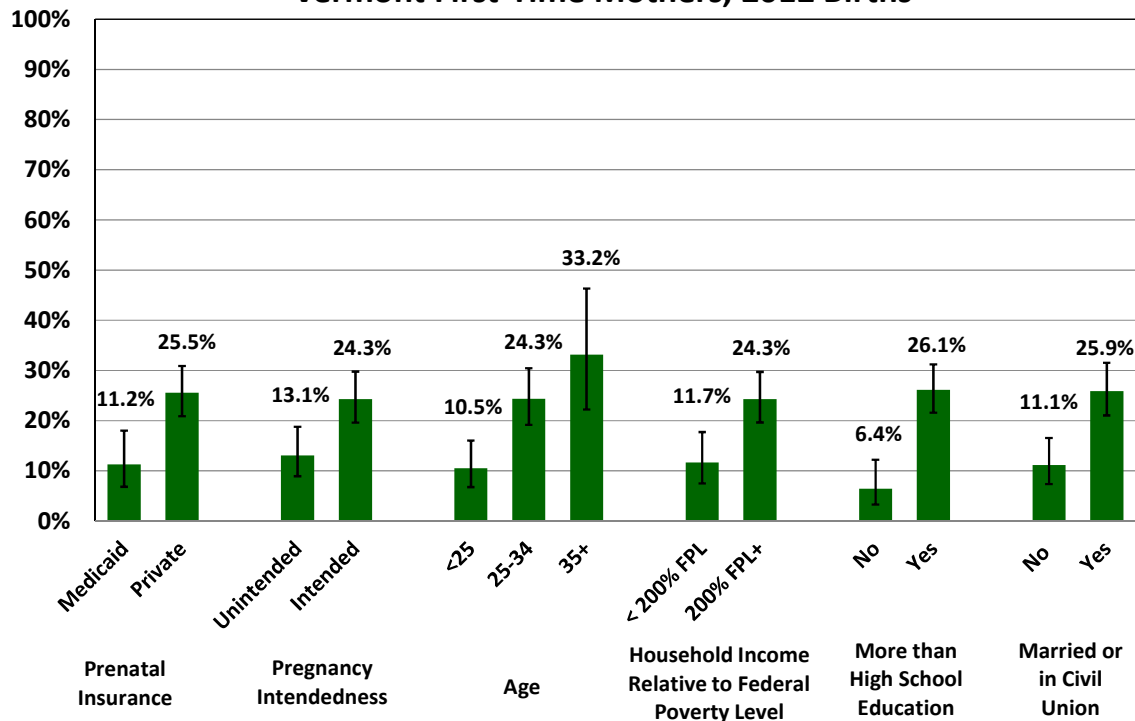
Starting with 2012 births, PRAMS began asking women if they had taken classes about breastfeeding or childbirth during pregnancy. Only six percent of women who had previously given birth took a childbirth education class in preparation for her 2012 birth, and only four percent took a class on breastfeeding. Because breastfeeding and childbirth preparation classes generally target and serve first-time mothers, this report only includes information on first-time mothers.

Breastfeeding Classes

Fifty-four percent of first-time mothers who gave birth in 2012 reported having been offered a breastfeeding class while pregnant. There were no significant differences by age group, insurance status, education, marital status, or pregnancy intendedness in terms of who was offered classes.

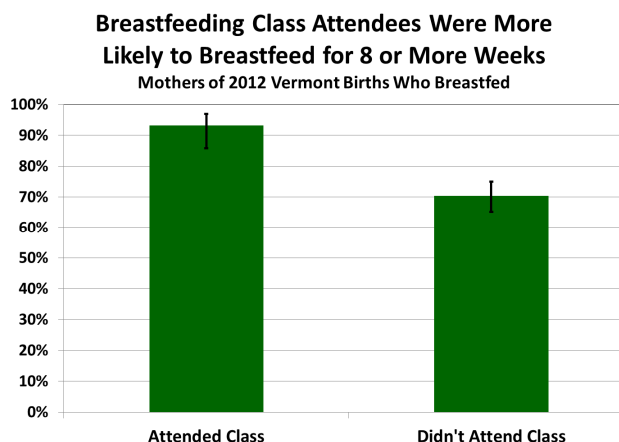
Around one in five first-time mothers (19.8%) attended a breastfeeding class during her pregnancy. Breastfeeding class attendance rates differed significantly across many demographic factors, as seen in the chart below.

**Breastfeeding Class Attendance
Vermont First-Time Mothers, 2012 Births**



Breastfeeding Classes, Continued

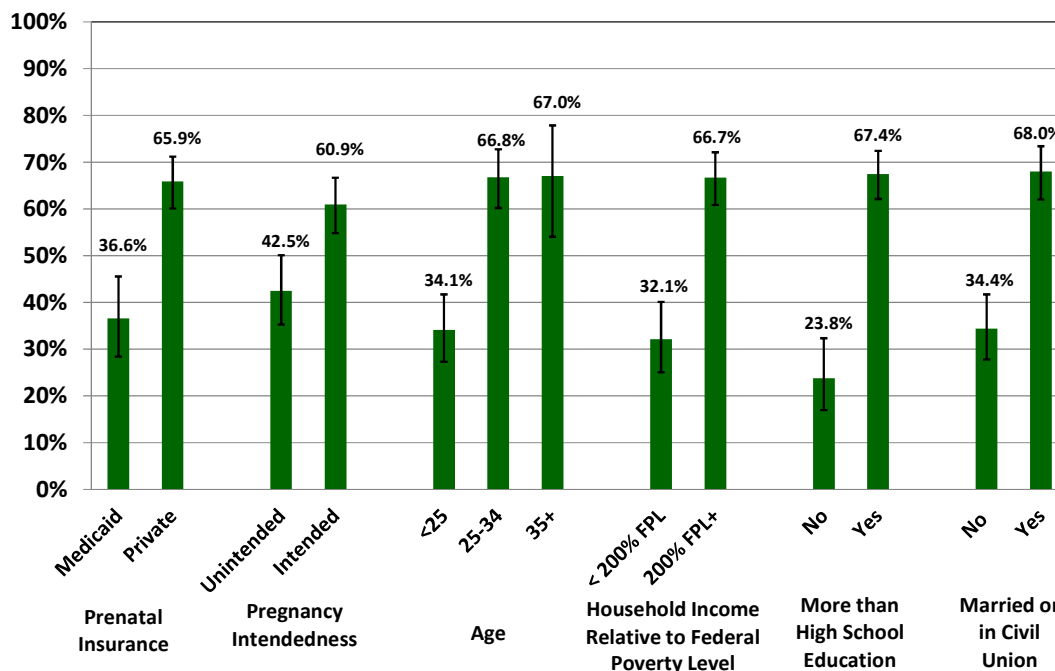
Among first-time mothers who breastfed, 93% of those who'd attended a breastfeeding class were still breastfeeding at 8 weeks, a significantly higher proportion than among those who hadn't attended a breastfeeding class (70.3%).



Childbirth Preparation Classes

Fifty-four percent of first-time mothers who gave birth in 2012 took a childbirth preparation class. There were similar demographic differences in childbirth preparation class attendance as with breastfeeding class attendance, as shown below.

Childbirth Preparation Class Attendance Vermont First-Time Mothers, 2012 Births



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://healthvermont.gov/research/PRAMS/prams.aspx>.