

Vermont PRAMS Data Brief

Stressors Before and During Pregnancy – part 2

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Vermont women with live births during calendar years 2007-2009. Included in the survey are questions that ask women about stressful events that may have occurred during the 12 months before giving birth to their most recent baby.

This report provides a demographic breakdown of the data on stressors for the most recent three year period. An upcoming report will examine the relationship between stressful events and birth outcomes and maternal behaviors. The question wording and response categories are included at the end of this report.

Stressful events are more likely to be reported by younger women, women with no college education and by women enrolled in WIC. However, there is much less variation in reporting of emotional stress across demographics than there is for financial, partner, or traumatic stress.

Stressful Events and Maternal Age

- Fewer stressors are reported as maternal age increases.
- 85% of mothers under 25 reported at least one stressor in the year before their most recent baby was born, 67% of mothers age 25-34 and 60% of mothers 35 and older reported at least one stressor.
- 52% of teen mothers reported 3 or more stressors, with 16% reporting six or more.
- Financial stress was reported by three quarters of mothers under 25, compared to 49% for mothers age 25-34 and 38% for mothers 35 and older.

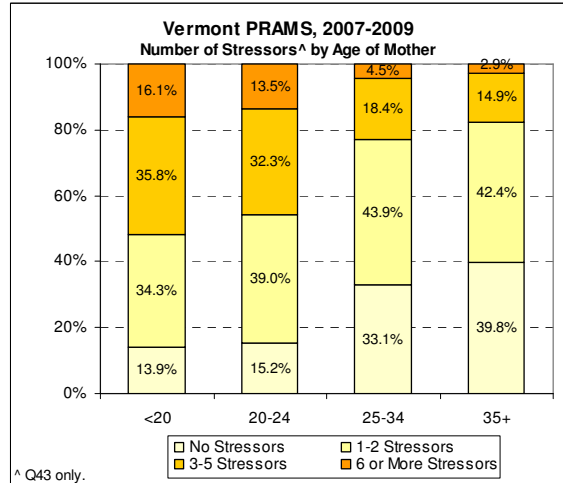
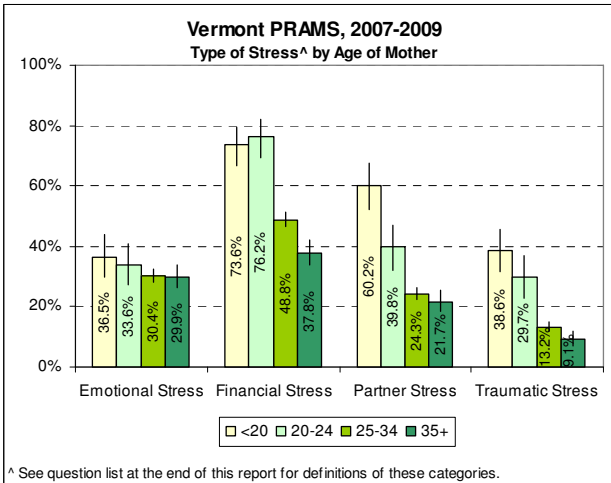
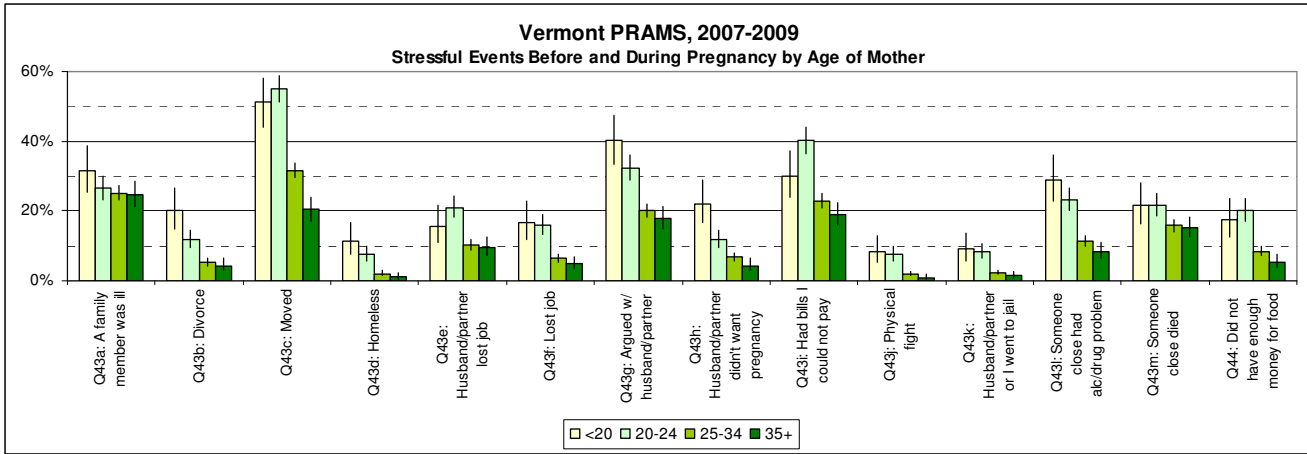
Stressful Events and Maternal Education

- Fewer stressors are reported as maternal education increases.
- 88% of mothers with less than a high school education reported at least one stressor during the year before their baby was born.
- 49% of mothers with less than high school education reported 3 or more stressors, with 15% reporting six or more, while 21% of mothers who attended college reported 3 or more stressors, with 4% reporting six or more.
- 14% of mothers with less than a high school education reported being homeless in the year before giving birth, compared to 6% of mothers with a high school diploma but no college, and 1% of mothers who attended college.
- 75% of mothers without a high school diploma reported financial stress.
- When compared to mothers who attended college, women with less than high school education were twice as likely to report partner stress.
- Traumatic stress was 3 times more common among mothers without a high school diploma.

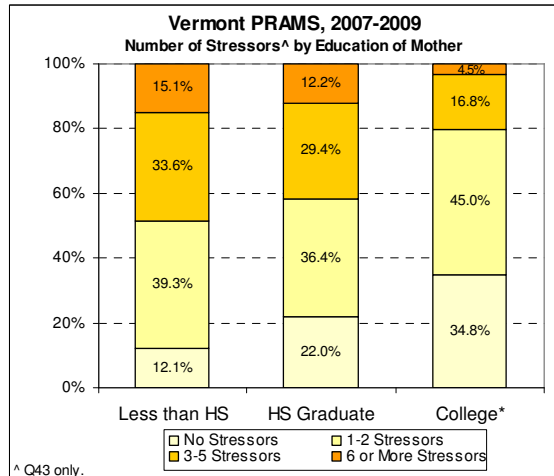
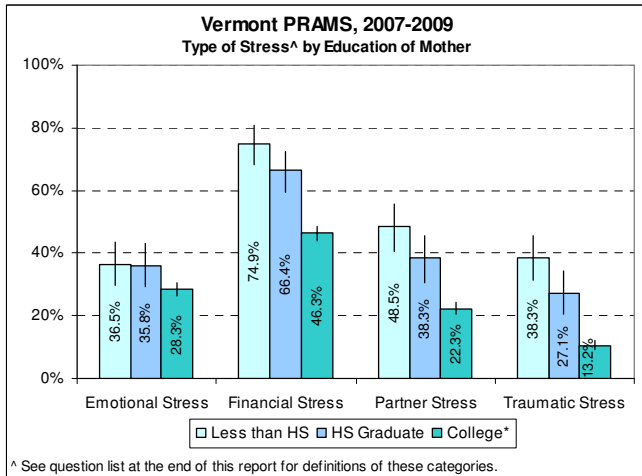
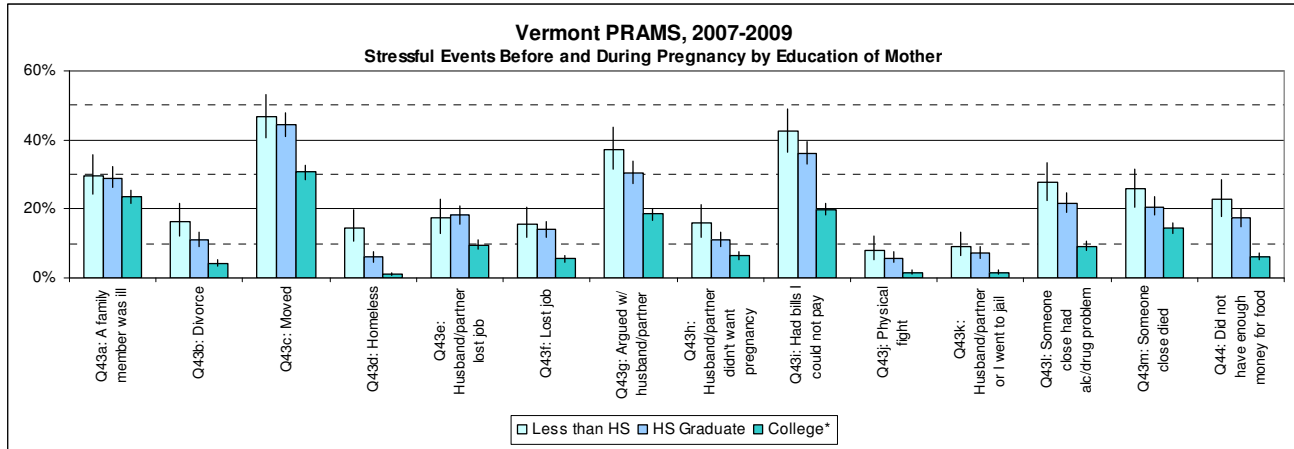
Stressful Events and WIC Enrollment Status

- 85% of WIC recipients reported at least one stressor during the year prior to giving birth, compared to 60% for non-WIC enrollees.
- All stressors were significantly more likely to be reported by WIC recipients.

Vermont PRAMS Data Brief

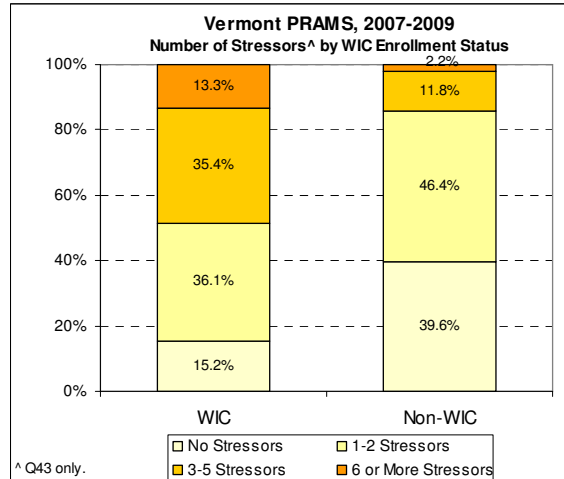
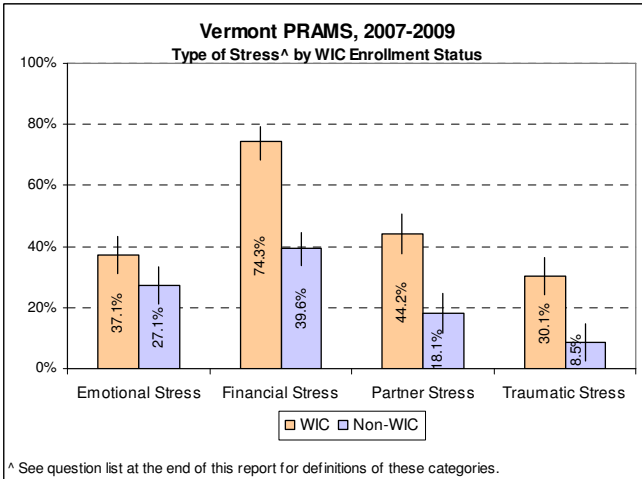
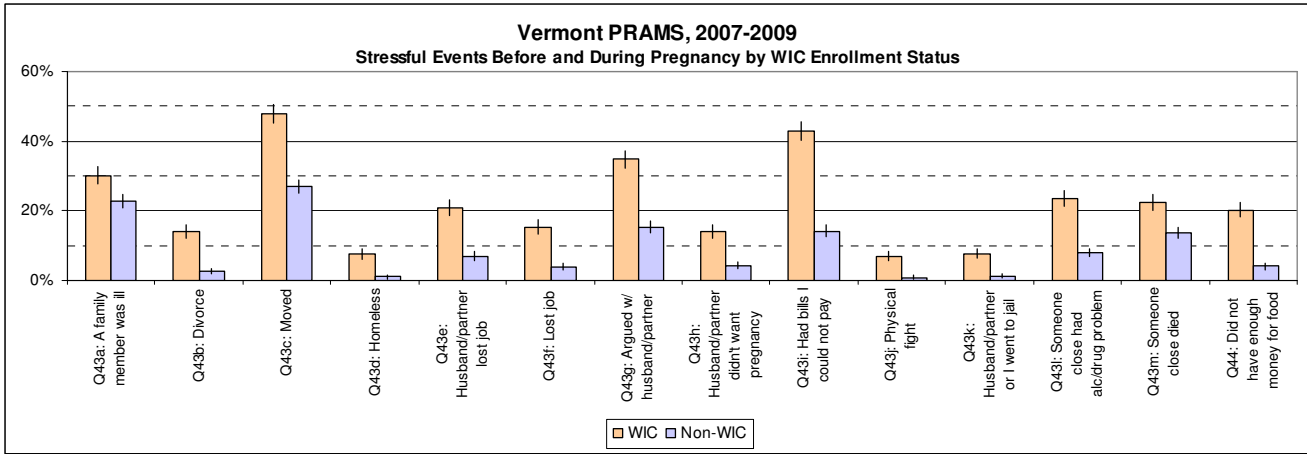


Vermont PRAMS Data Brief



* Attended college, whether or not a degree was earned.

Vermont PRAMS Data Brief



Vermont PRAMS Data Brief

PRAMS Questions used in this brief:

31. During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?

- No
 Yes

43. This question is about things that may have happened during the 12 months before your new baby was born. For each item, circle **Y** (Yes) if it happened to you or circle **N** (No) if it did not. (It may help to look at the calendar when you answer these questions.)

No Yes

- a. A close family member was very sick and had to go into the hospital N Y
b. I got separated or divorced from my husband or partner N Y
c. I moved to a new address N Y
d. I was homeless N Y
e. My husband or partner lost his job N Y
f. I lost my job even though I wanted to go on working N Y
g. I argued with my husband or partner more than usual. N Y
h. My husband or partner said he didn't want me to be pregnant N Y
i. I had a lot of bills I couldn't pay. N Y
j. I was in a physical fight N Y
k. My husband or partner or I went to jail N Y
l. Someone very close to me had a problem with drinking or drugs N Y
m. Someone very close to me died N Y

44. During the 12 months before your new baby was born, did you ever eat less than you felt you should because there wasn't enough money to buy food?

- No
 Yes

45. During the 12 months before you got pregnant with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?

- No
 Yes

46. During your most recent pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?

- No
 Yes

Definitions of Stress Categories:

Emotional Stress:

Answered "Yes" to question 43a or 43m.

Financial Stress:

Answered "Yes" to any of questions 43c, 43e, 43f, 43i or 44.

Partner Stress:

Answered "Yes" to any of questions 43b, 43g, 43h, 45 or 46.

Traumatic Stress:

Answered "Yes" to any of questions 43d, 43j, 43k or 43l.

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