NNEPQIN June 6, 2019

From Vermont's Lake Champlain to the Rocky Coast of Maine: What does PRAMS Data Tell Us About Mothers and Babies in Northern New England?

VERMONT DEPARTMENT OF HEALTH

NH DIVISION OF Public Health Services
Improving health, preventing disease, reducing costs *for all*
Department of Health and Human Services

Department of Health and Human Services
Maine People Living Safe, Healthy and Productive Lives

Objectives

- What is PRAMS?
- What PRAMS says about the experiences of women who have had a recent birth in northern New England and elsewhere.
- Generate ideas of how you might use PRAMS data to improve health outcomes in your state.

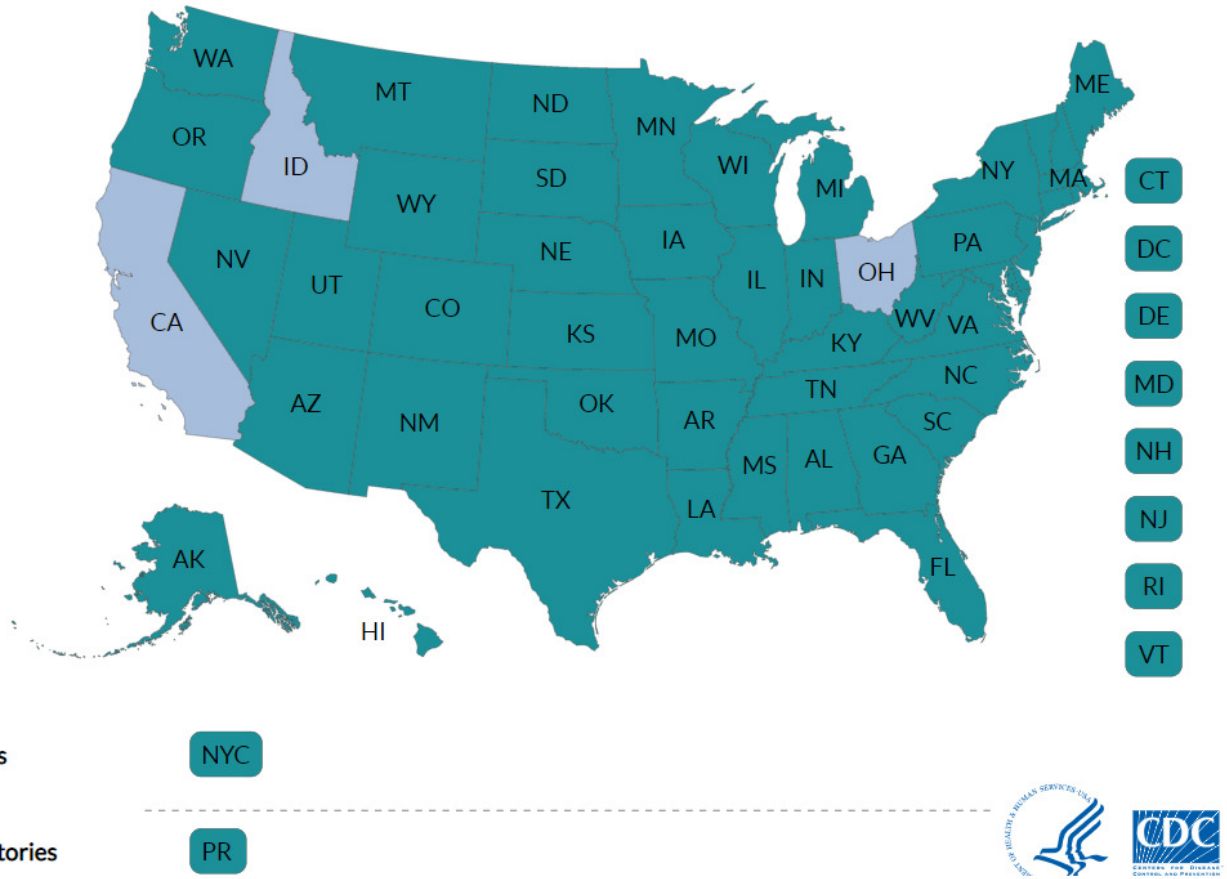
Goal of PRAMS

- **P**regnancy **R**isk **A**ssessment **M**onitoring **S**ystem
- Developed by CDC in 1987
  - To reduce infant morbidity and mortality and promote maternal health by influencing MCH programs, policies, and maternal behaviors
  - Improving the health of mothers and infants
  - Provides state-specific data about pregnancy and the first few months after birth

PRAMS Overview

PRAMS now covers
- 47 States
- Washington DC
- Puerto Rico
- NYC

And represents 83% of US live births

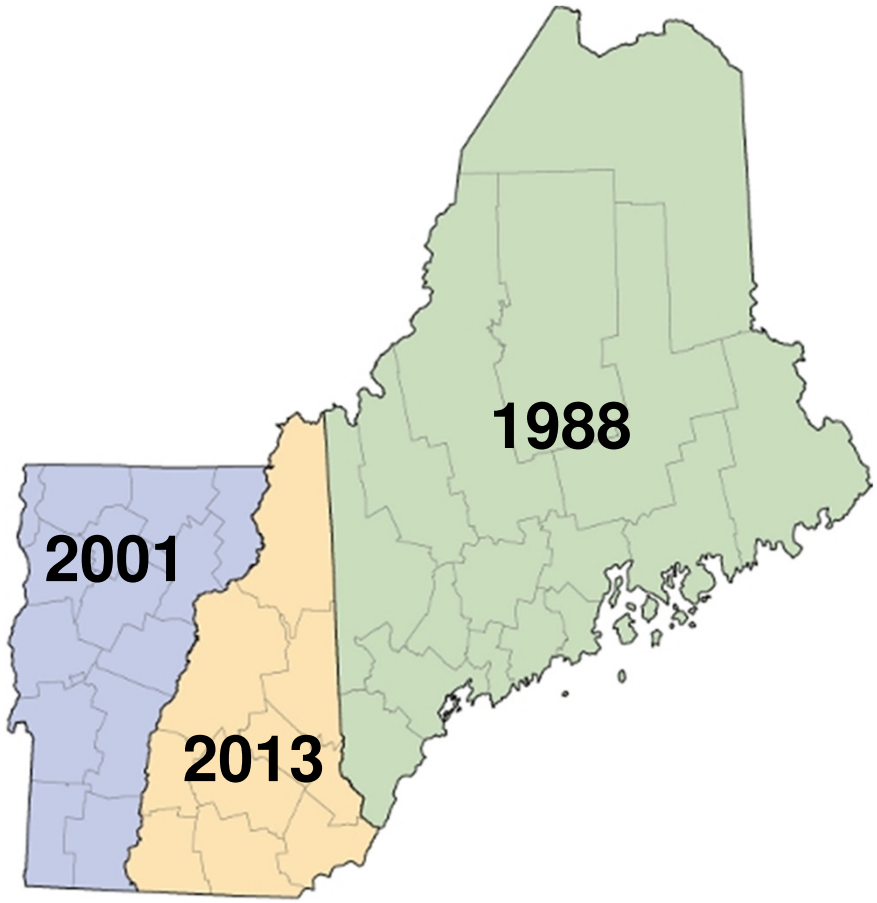


PRAMS Data Collection

- Data sources
  - Birth Certificate data
    - Sample frame: each state's stratified sample design
    - Population demographics- live births to state residents
  - PRAMS Questionnaire data (self reported data by mail or phone)
    - Currently on eighth version
    - Includes
      - Core questions: items asked by all PRAMS sites
      - State-added options

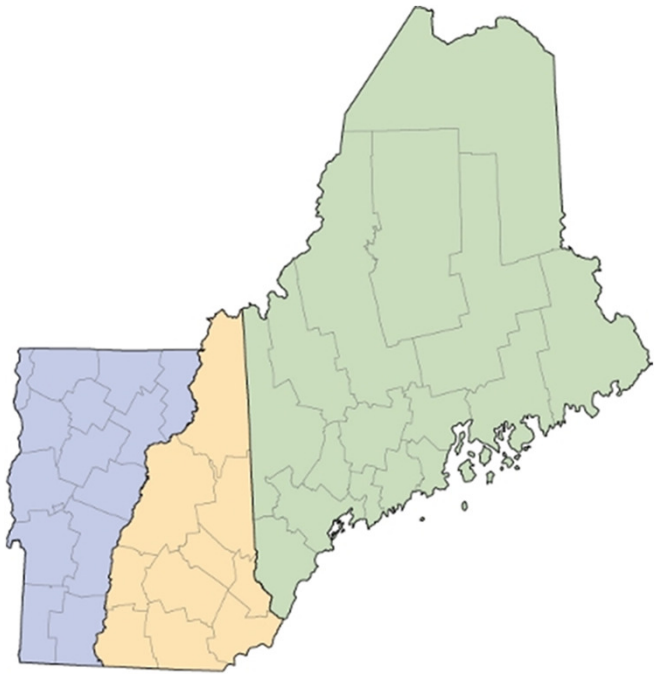
PRAMS in Northern New England

- Maine: Began in 1988
- Vermont: 2001
- New Hampshire: 2013



PRAMS NNE: 2017 Births & Sample

2017	Births	Sample Size
Maine	12,298	1,459
New Hampshire	12,116	1,079
Vermont	5,655	1,277



Each State's Data is weighted by CDC to reflect the population of women who had a live birth that year.

Select Key PRAMS Topics -- NNE

- Marijuana Use
- Alcohol
- Depression
- Tobacco Smoking
- Postpartum contraception

Phase 8 standard Qx drug use questions

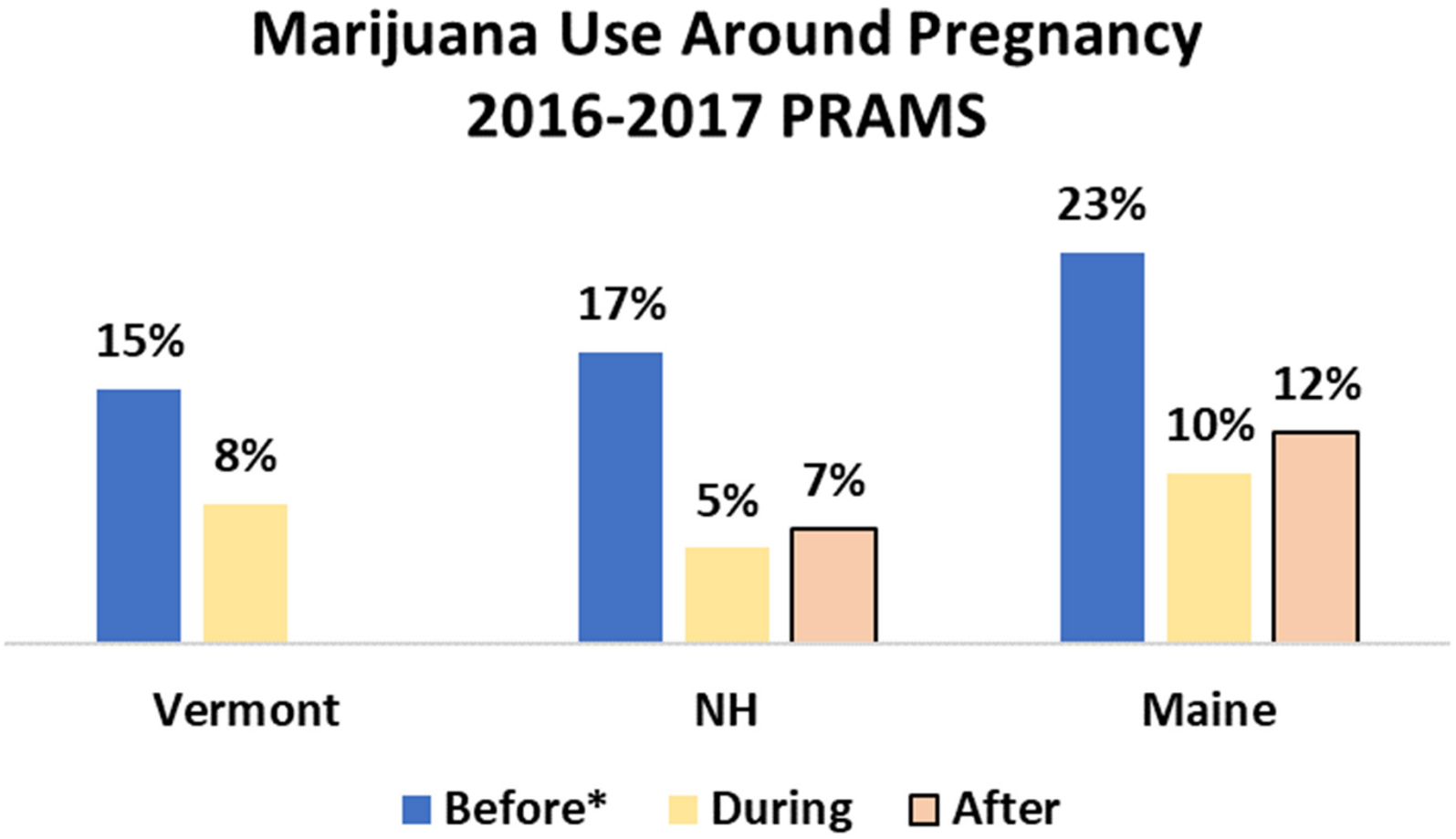
PRAMS Phase 8 Standard Drug Questions by State, Since 2016		
Maine	**New Hampshire**	**Vermont**
Marijuana use before, during, after pregnancy **During Month Before Pregnancy:** • OTC pain medication • Prescription pain meds • Marijuana • Amphetamines • Cocaine • Tranquilizers • Hallucinogens • Sniffing	**Marijuana use before, during, after pregnancy** **Reasons for using marijuana**	**Marijuana use before, during, after pregnancy** **During Month Before Pregnancy Or During Most Recent Pregnancy** • OTC pain medication • Prescription pain meds • Adderall, Ritalin, another stimulant • Marijuana or synthetic marijuana • Heroine • Amphetamines • Cocaine

Phase 8 standard Qx drug use questions

Maine and Vermont, 2016-2017:

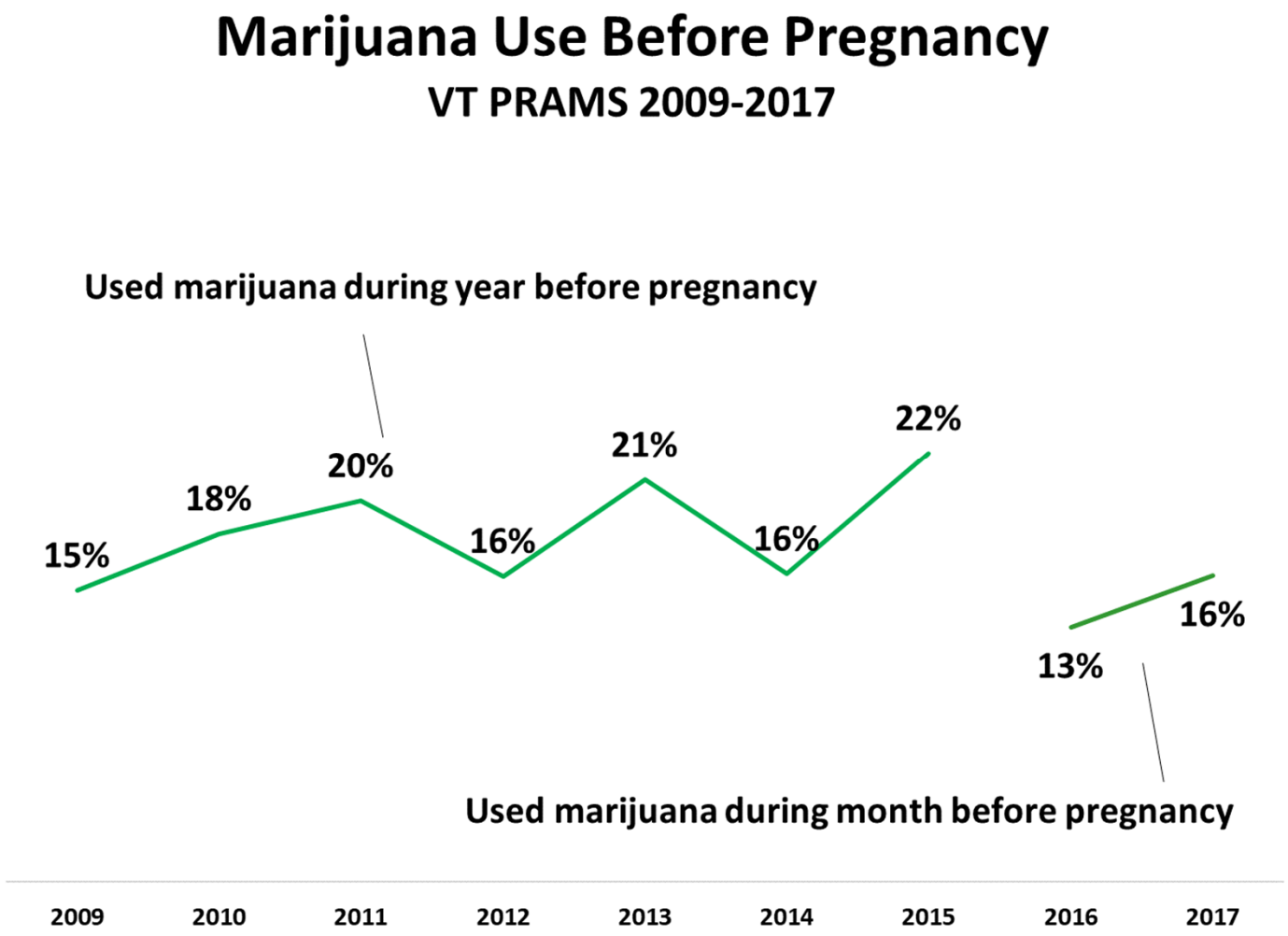
- Data on use of Prescription Pain Medication:
  - Maine = 3%
  - Vermont = 4%
- Use of other drugs except marijuana
  - n <30 interpret with caution or n<10, too small to report

Marijuana Use



*Vermont: One month before
New Hampshire/Maine: One year

Marijuana Use



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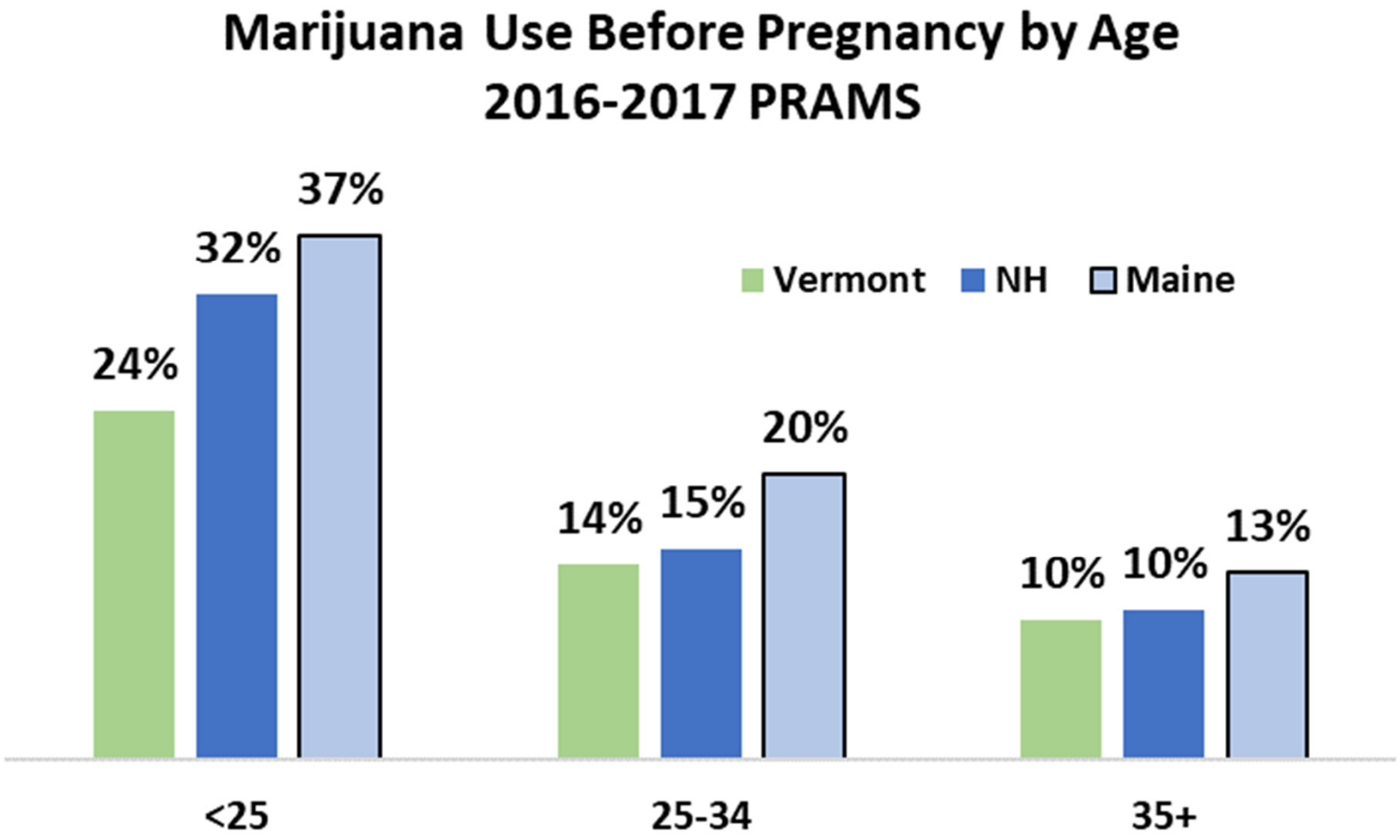

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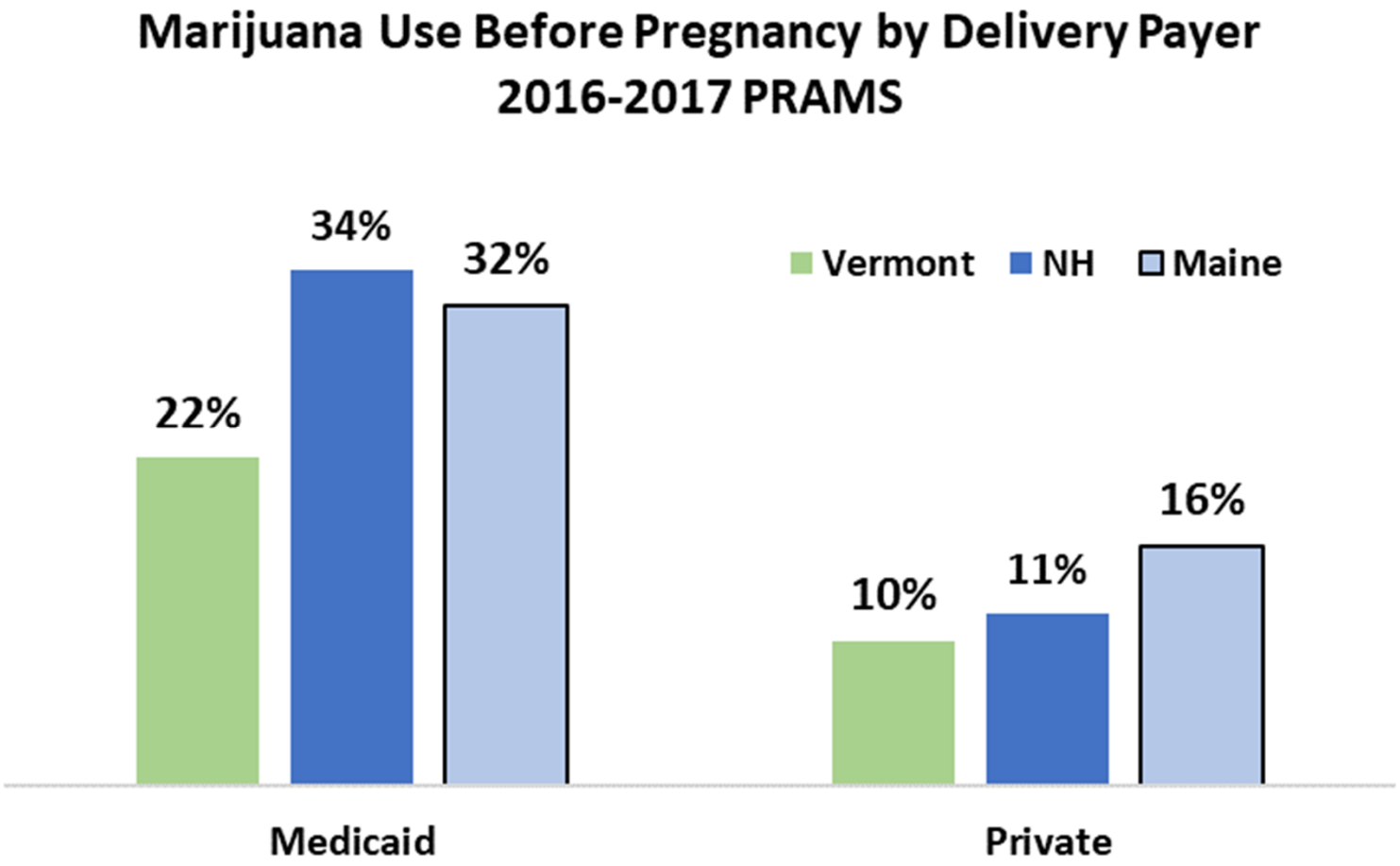
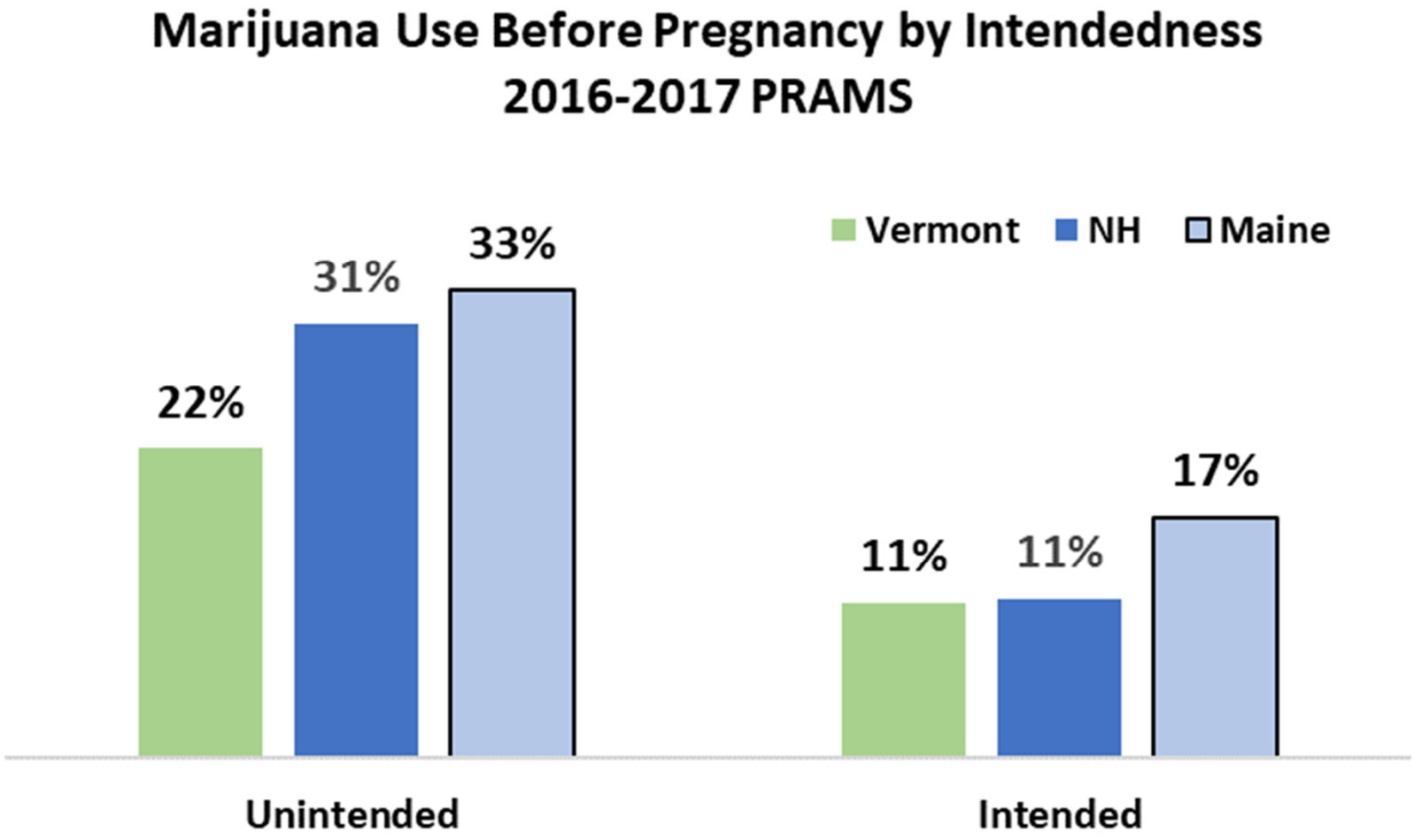


Marijuana Use



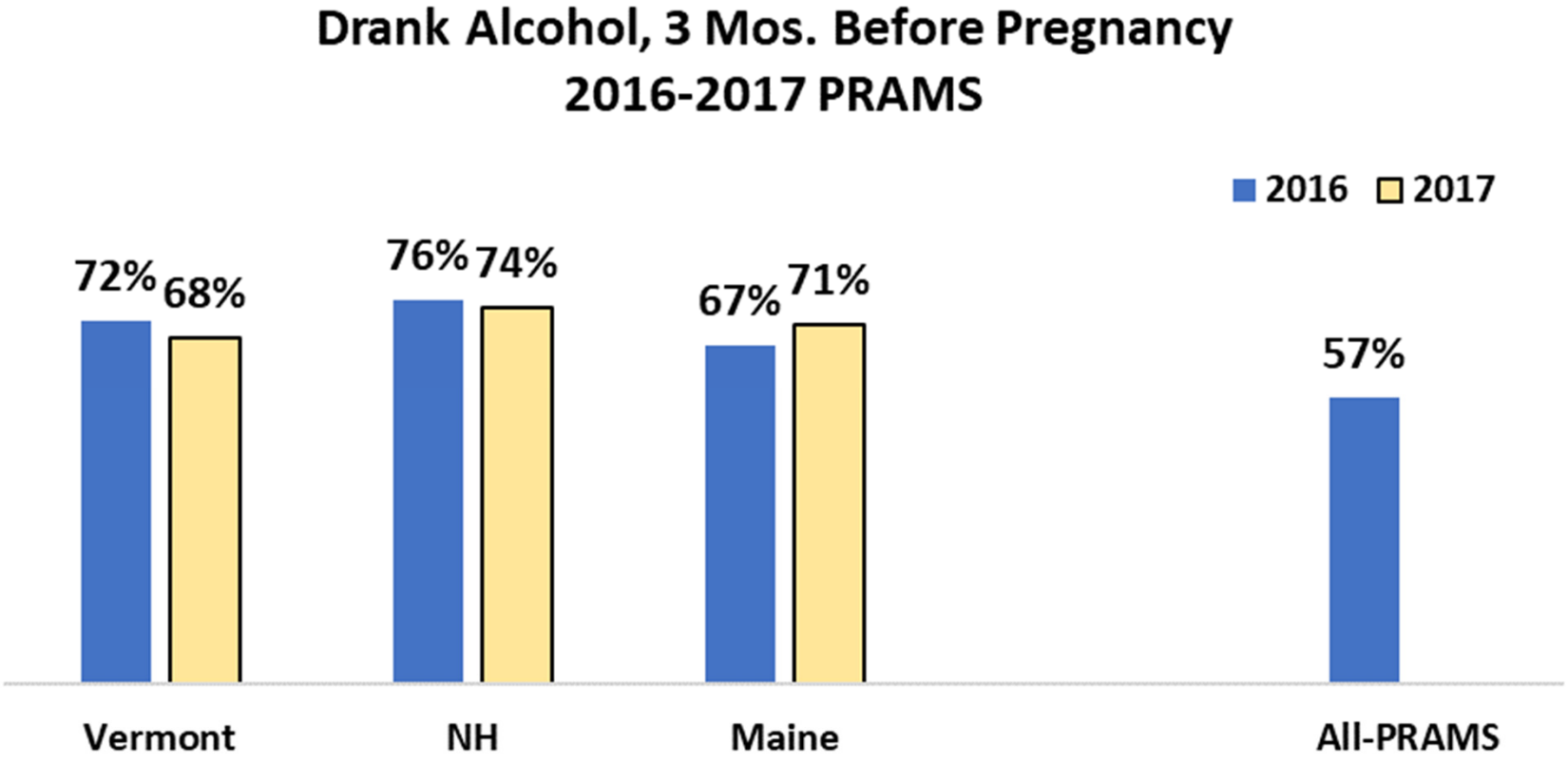
Marijuana Use – Maine PRAMS

Maine PRAMS:

"How long should you wait to breastfeed after using marijuana?"

- 81%: Not safe at all
- 8%: No wait
- 6%: Wait 2-3 hours after no longer high
- 5%: Wait until no longer high

Key Topics: Alcohol Use



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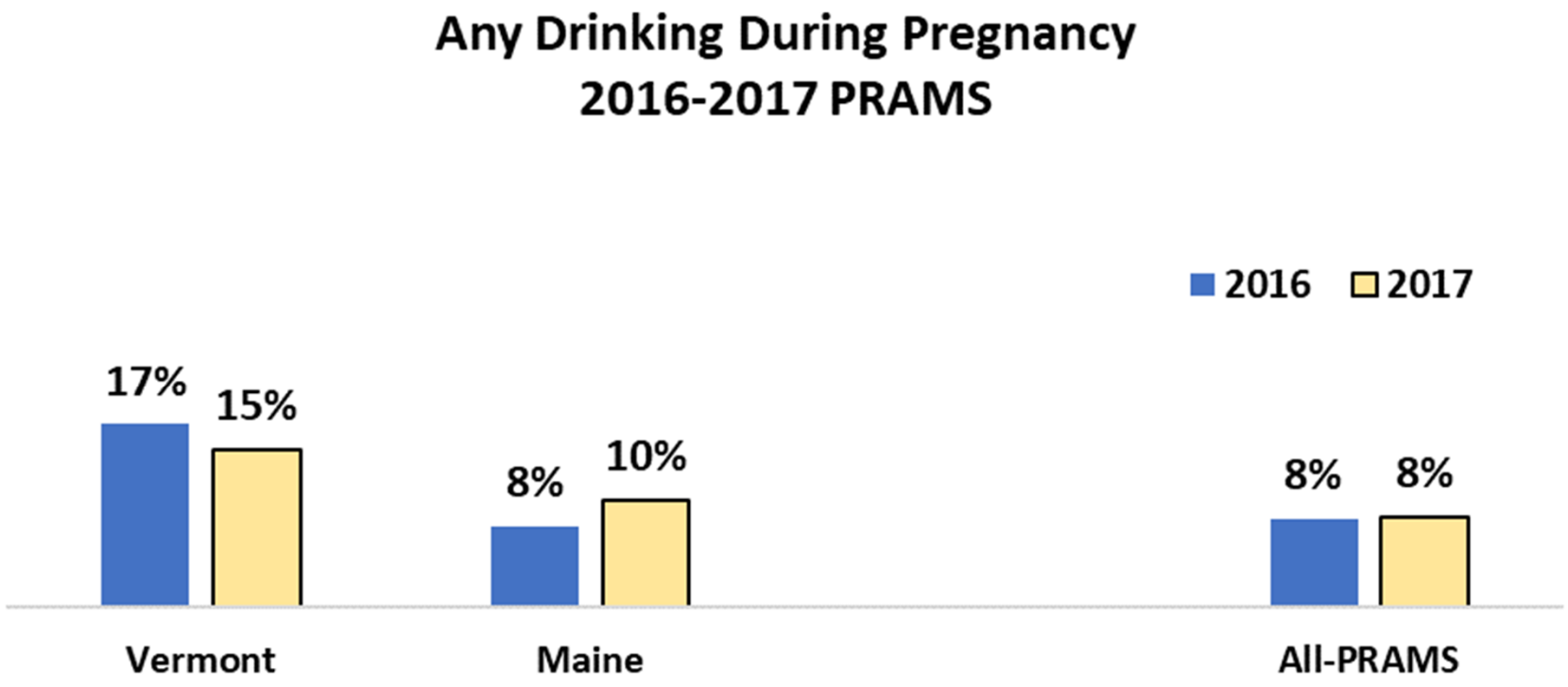

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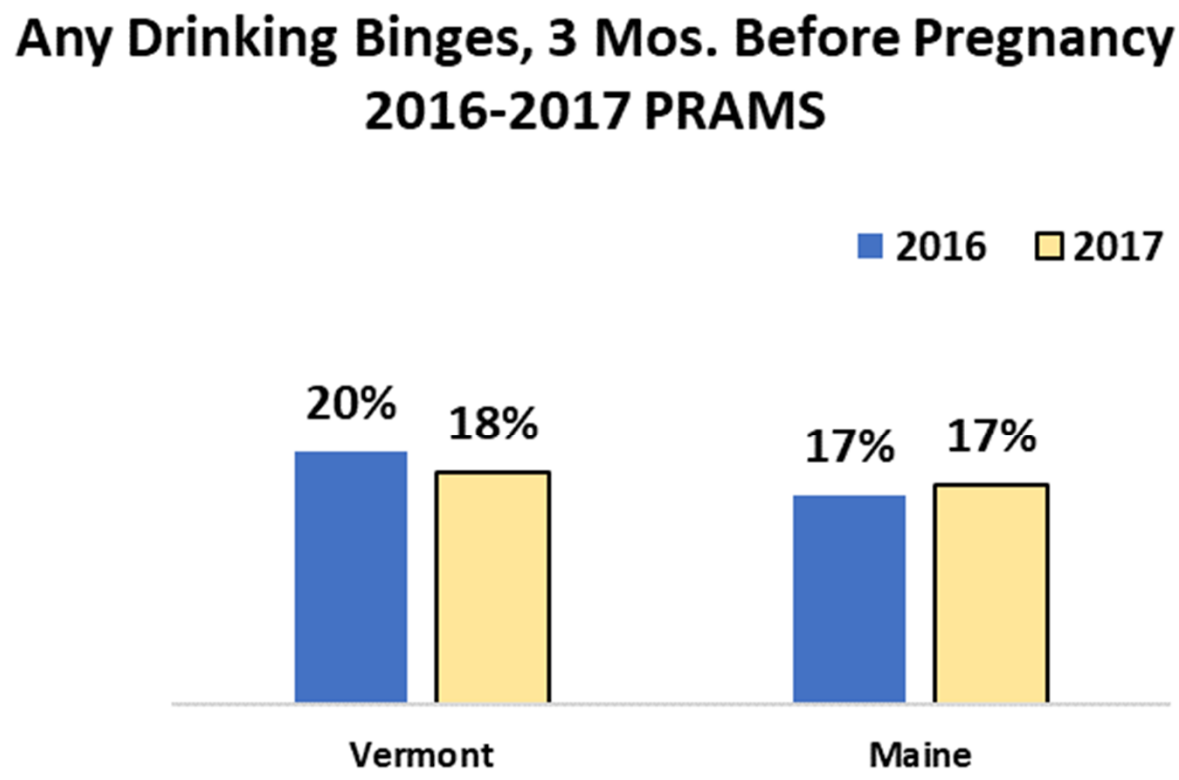
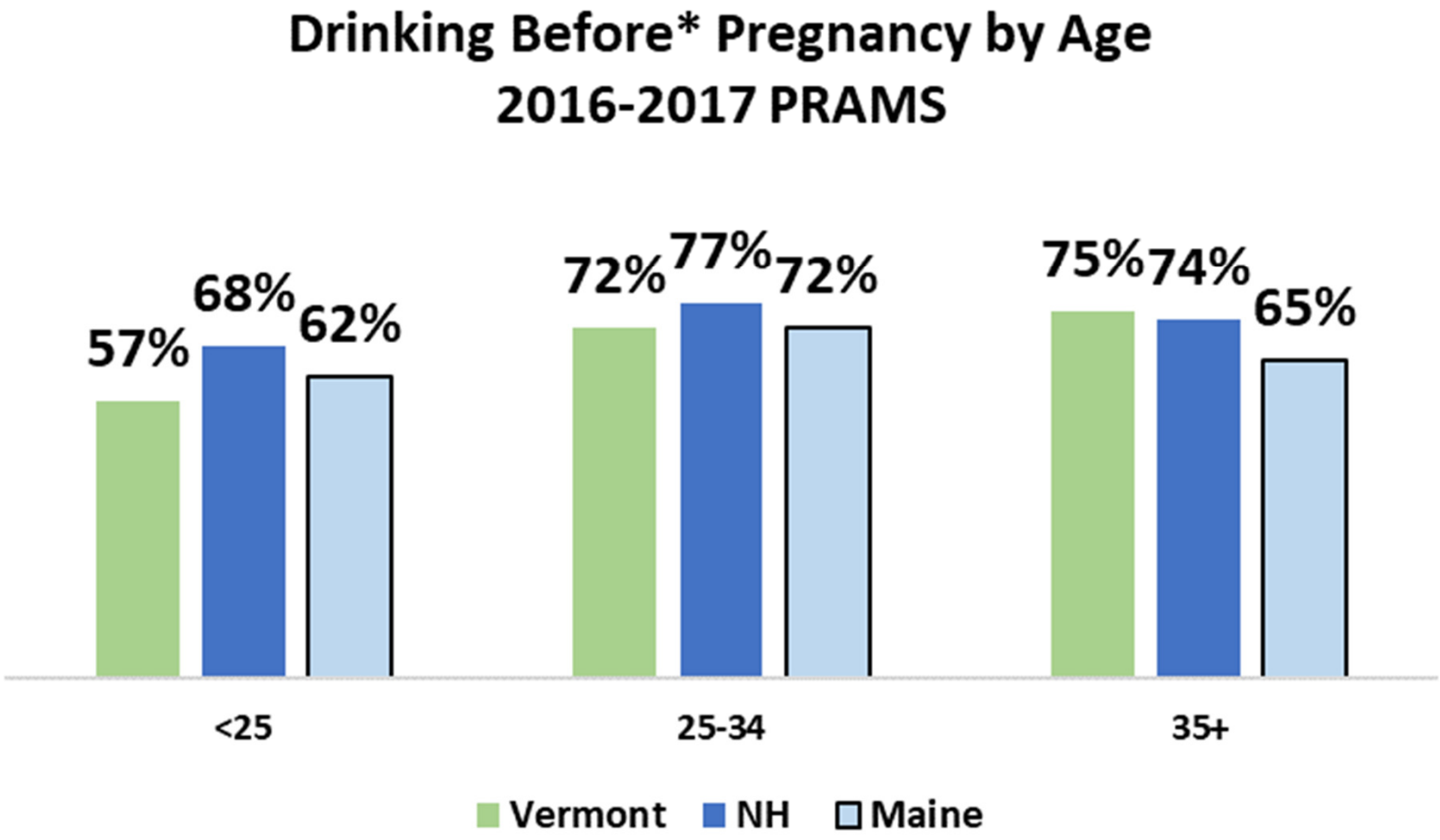


Alcohol Use Before Pregnancy



*Any alcohol drinking during the 3 months before pregnancy

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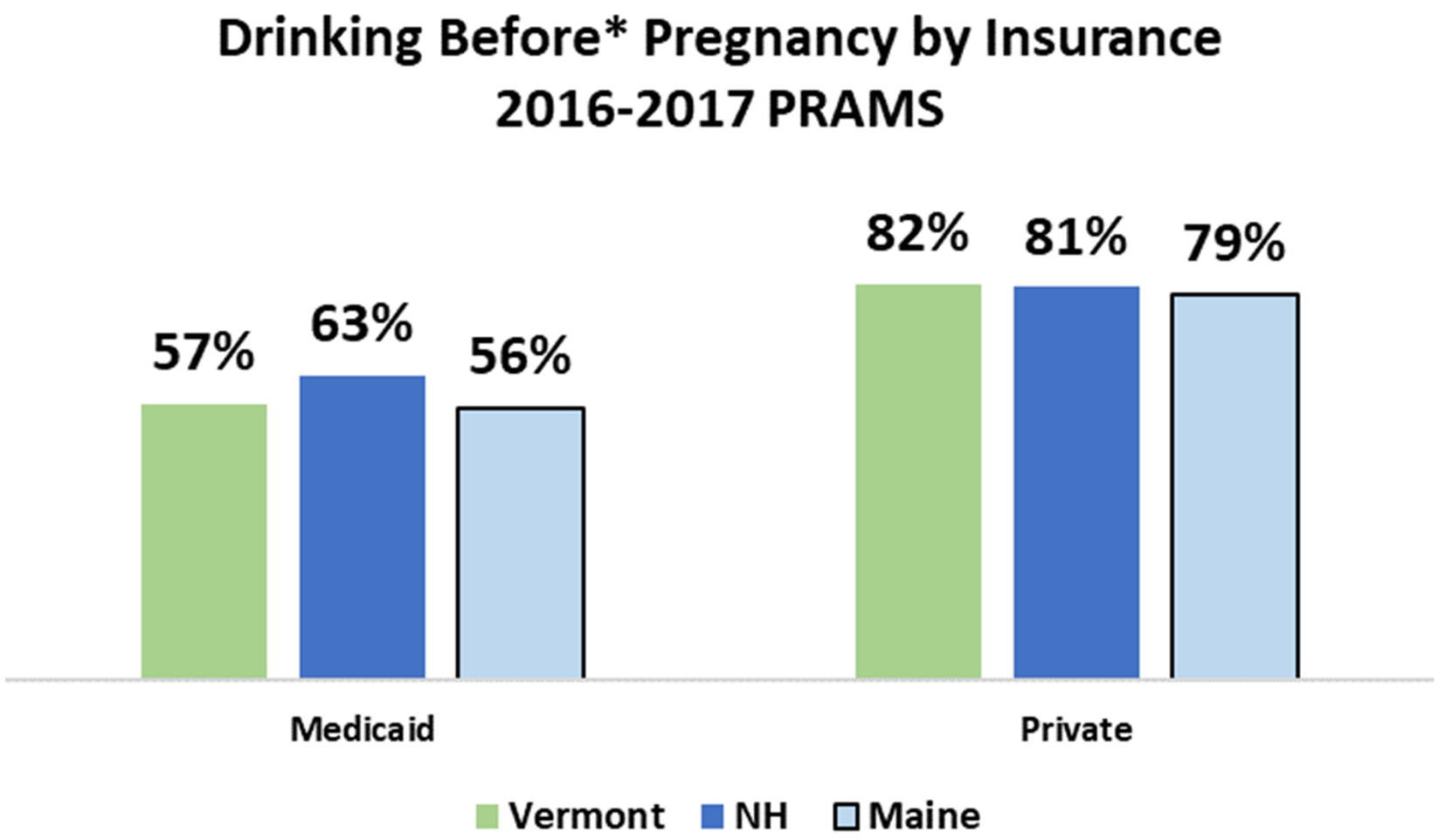

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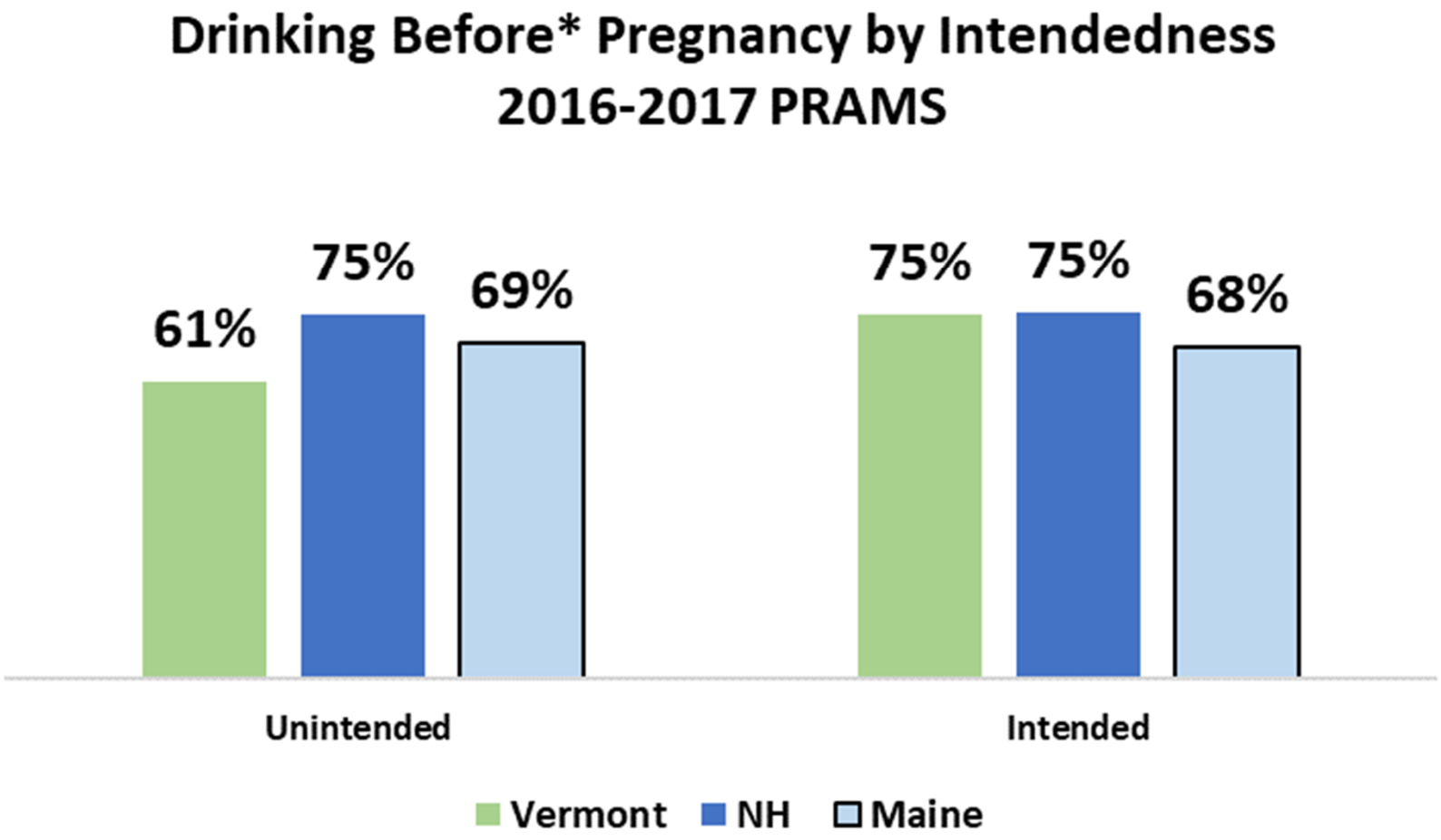

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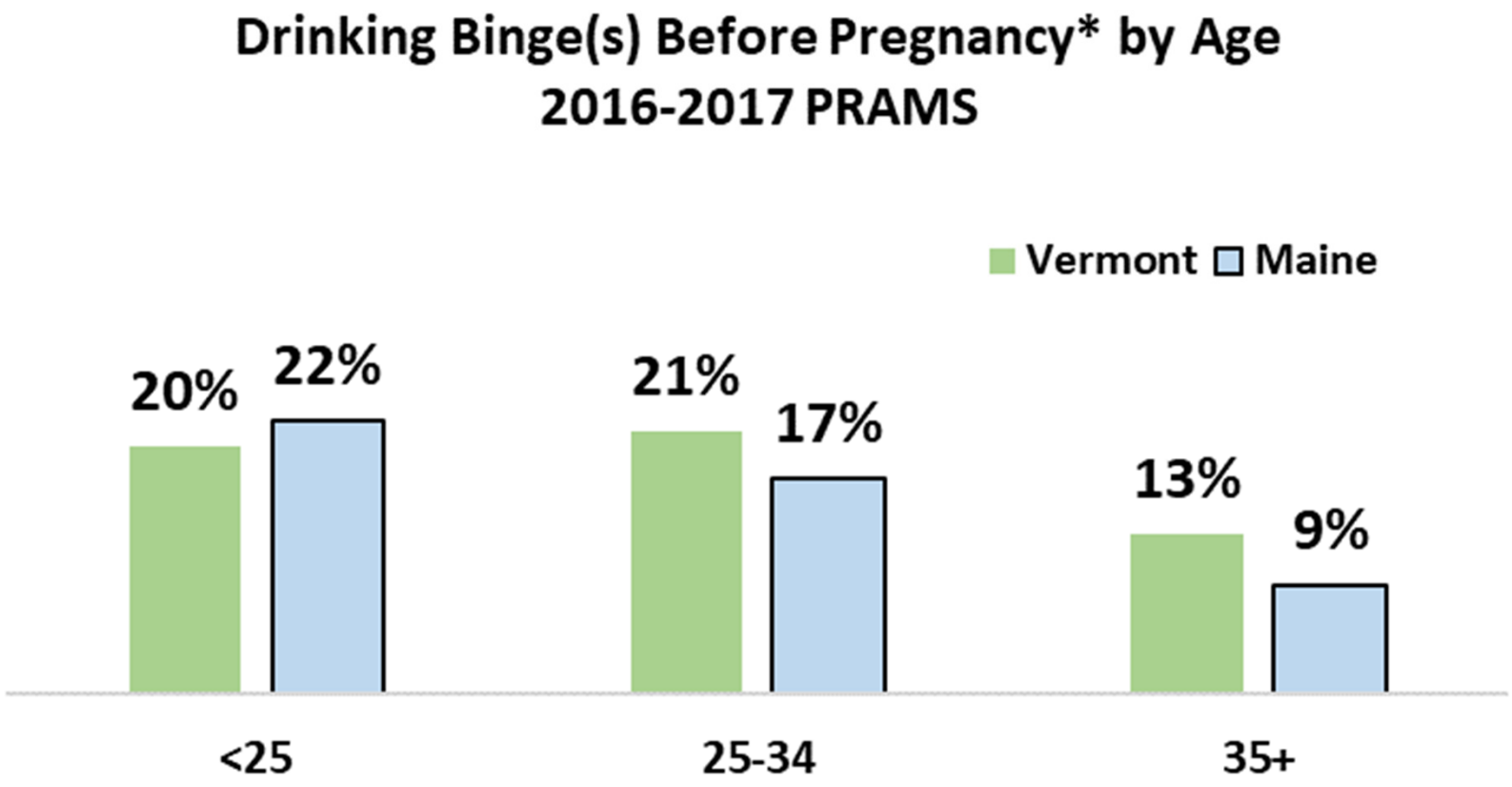
Binge Drinking Before Pregnancy



*4 or more drinks in a 2 hour span at least once during the 3 months before pregnancy

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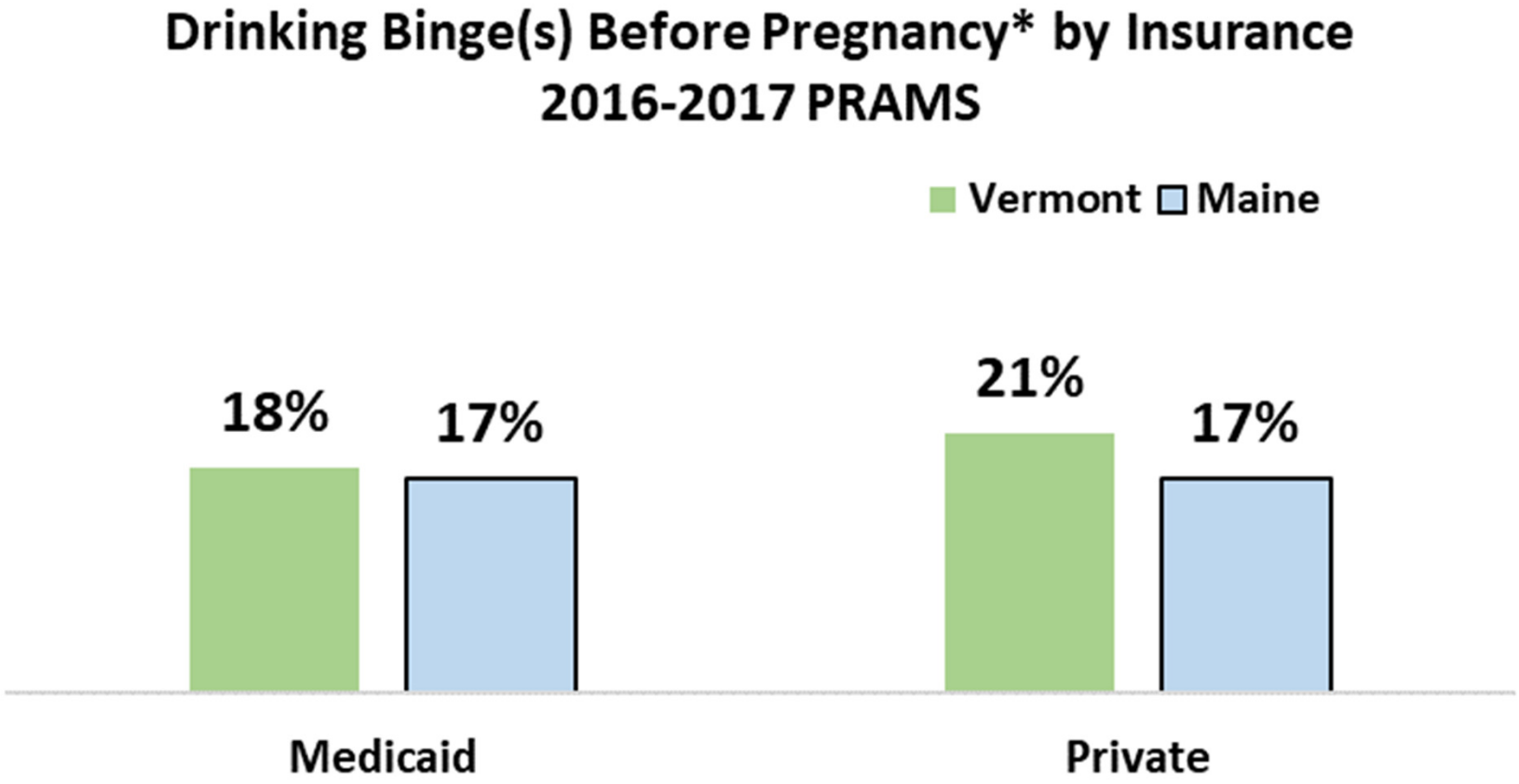

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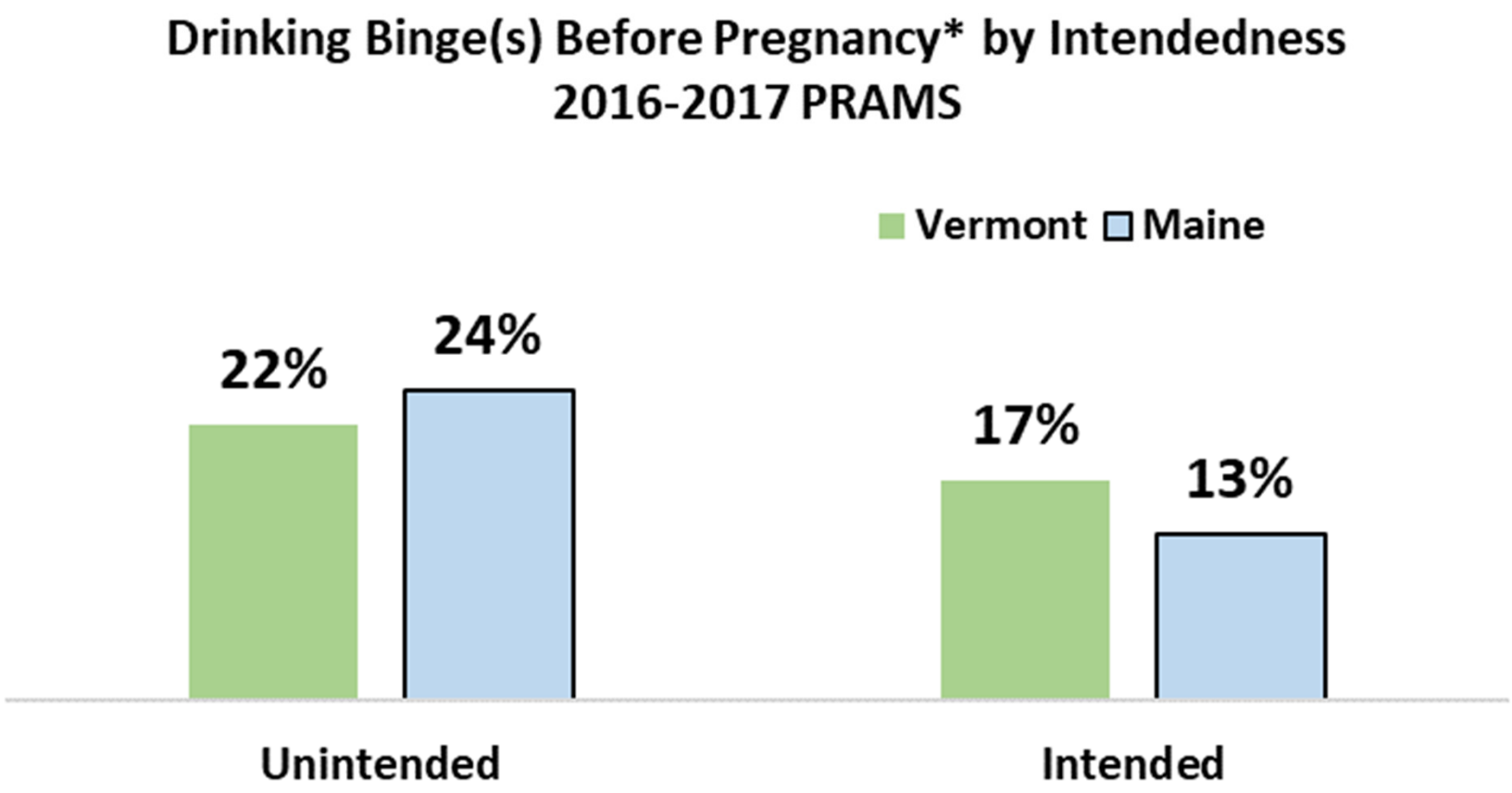

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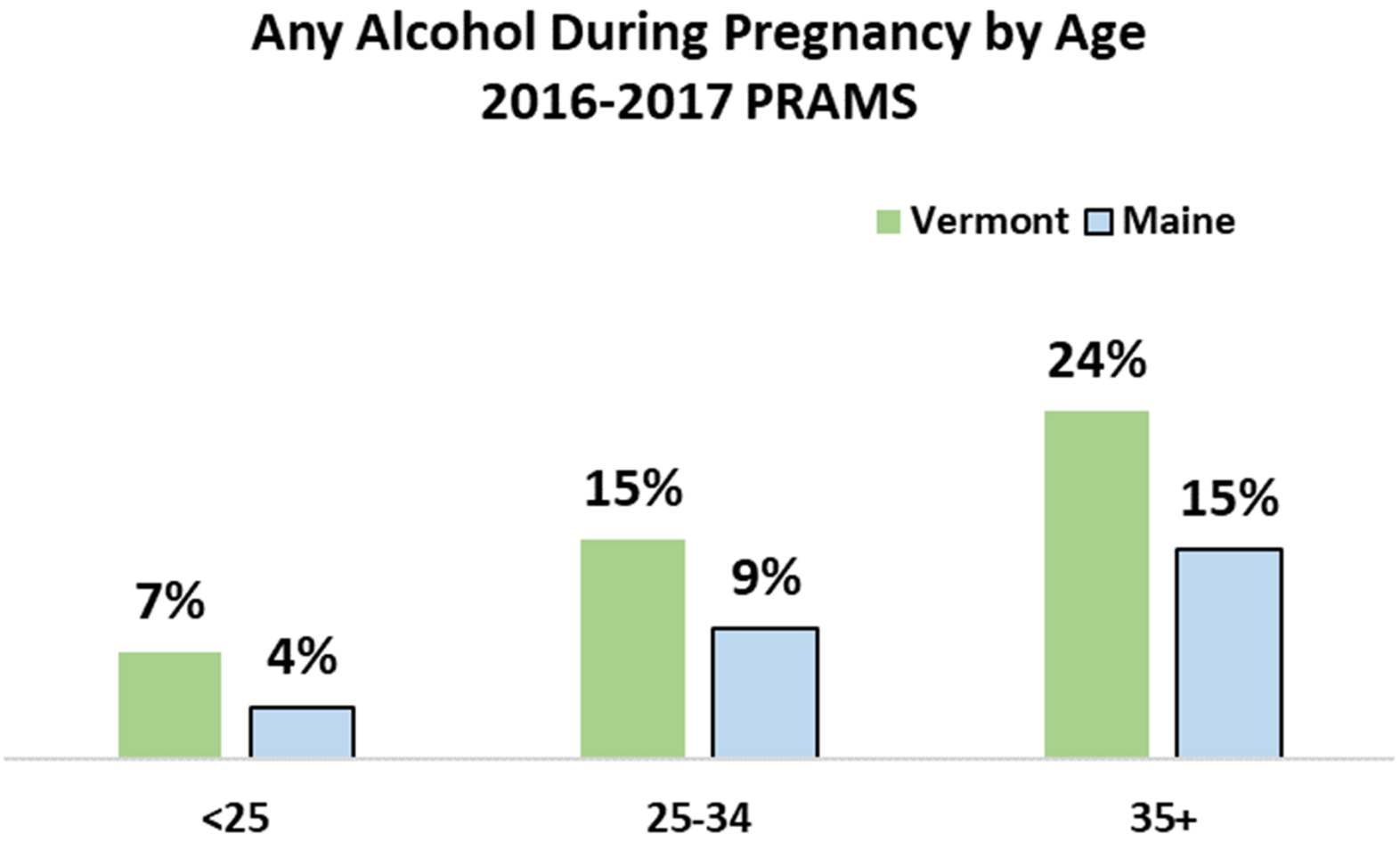
Alcohol Use During Pregnancy



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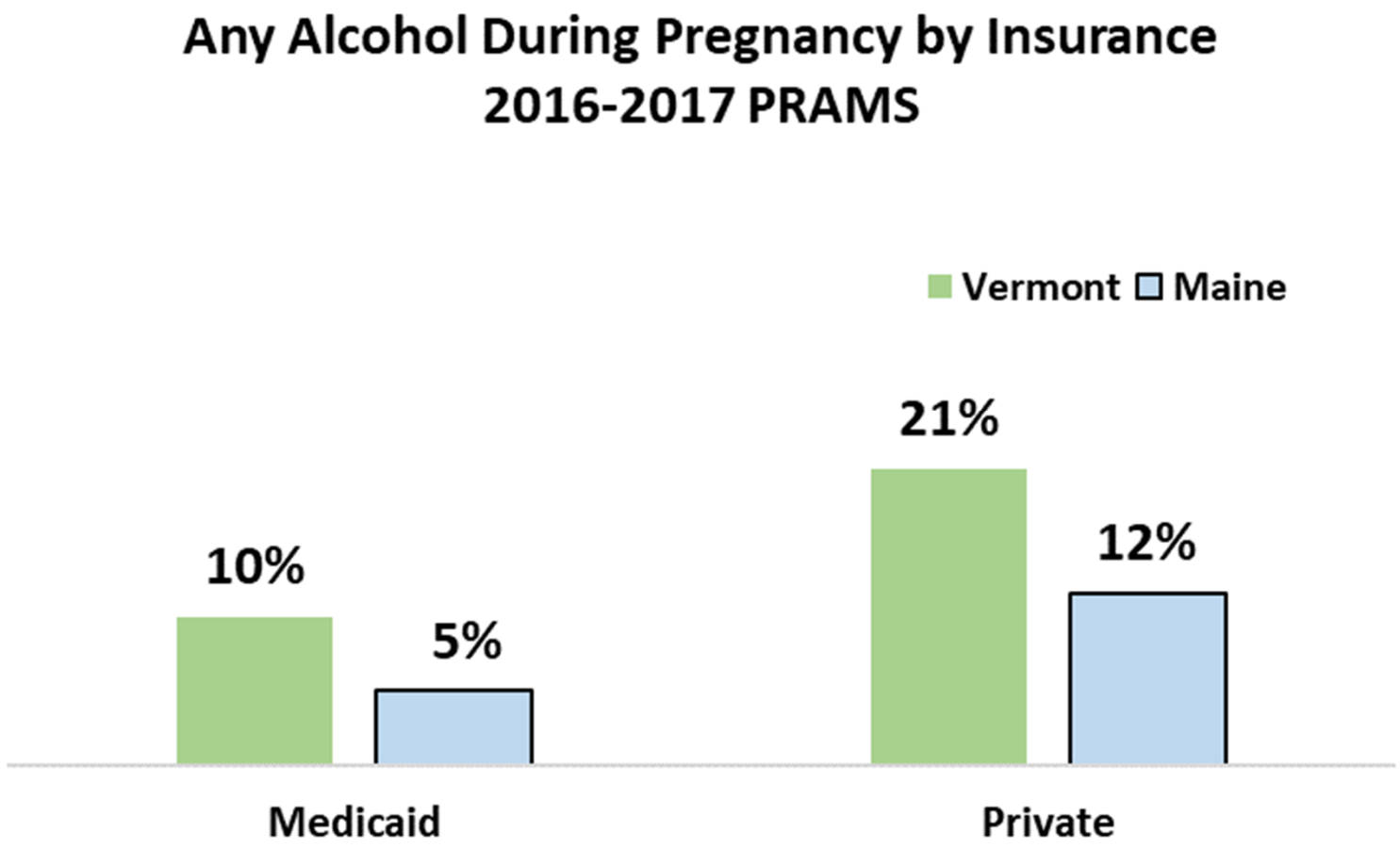
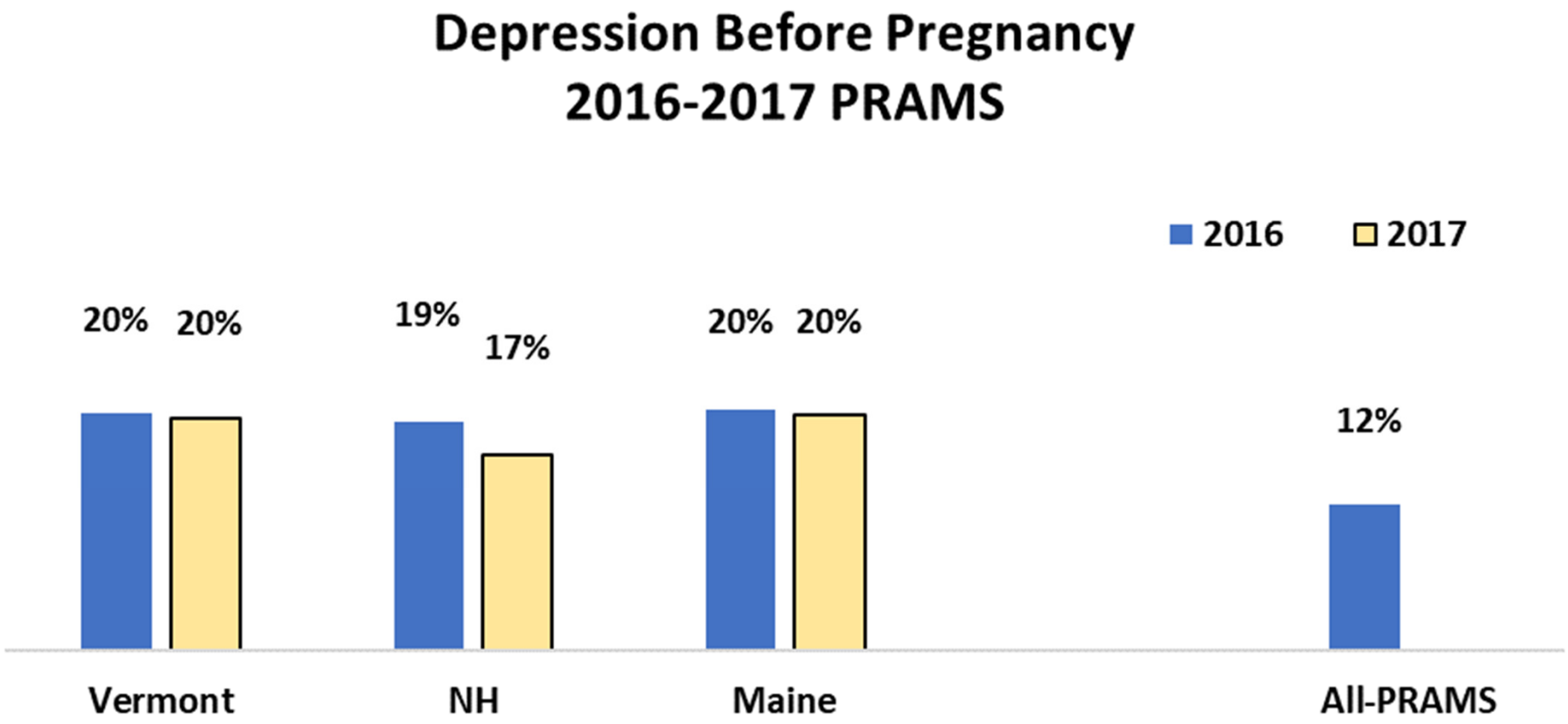


Depression Before Pregnancy



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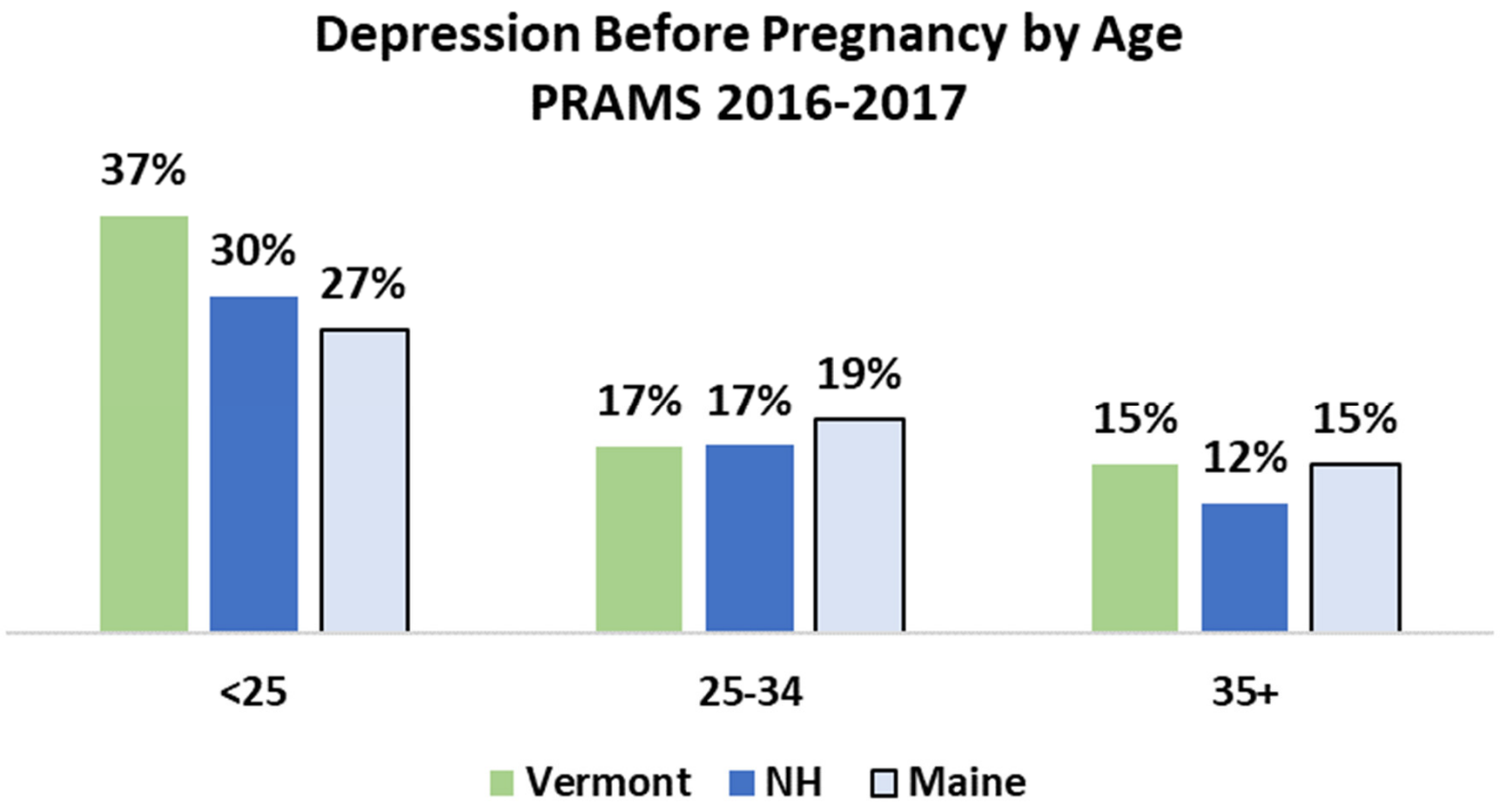

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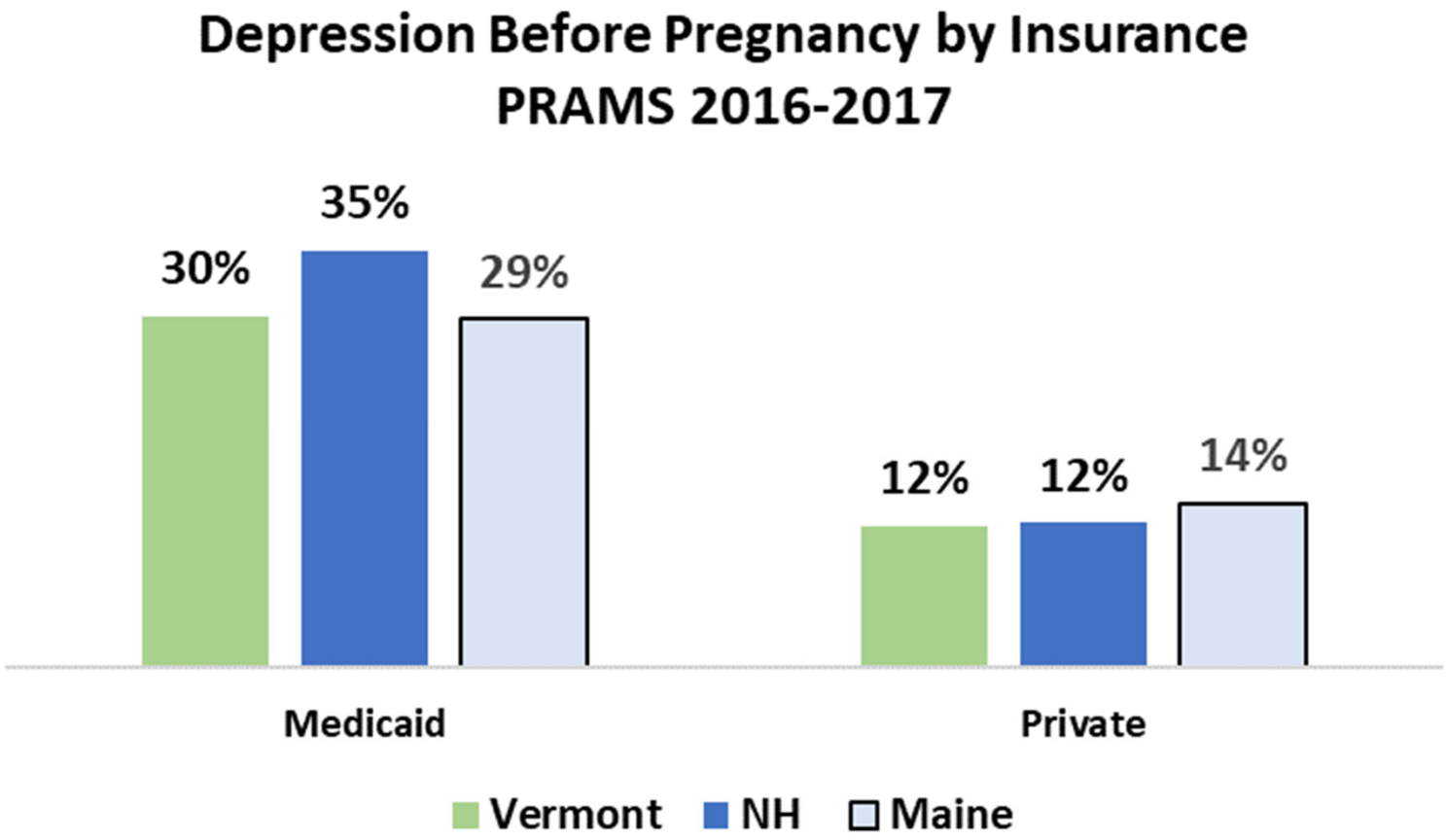

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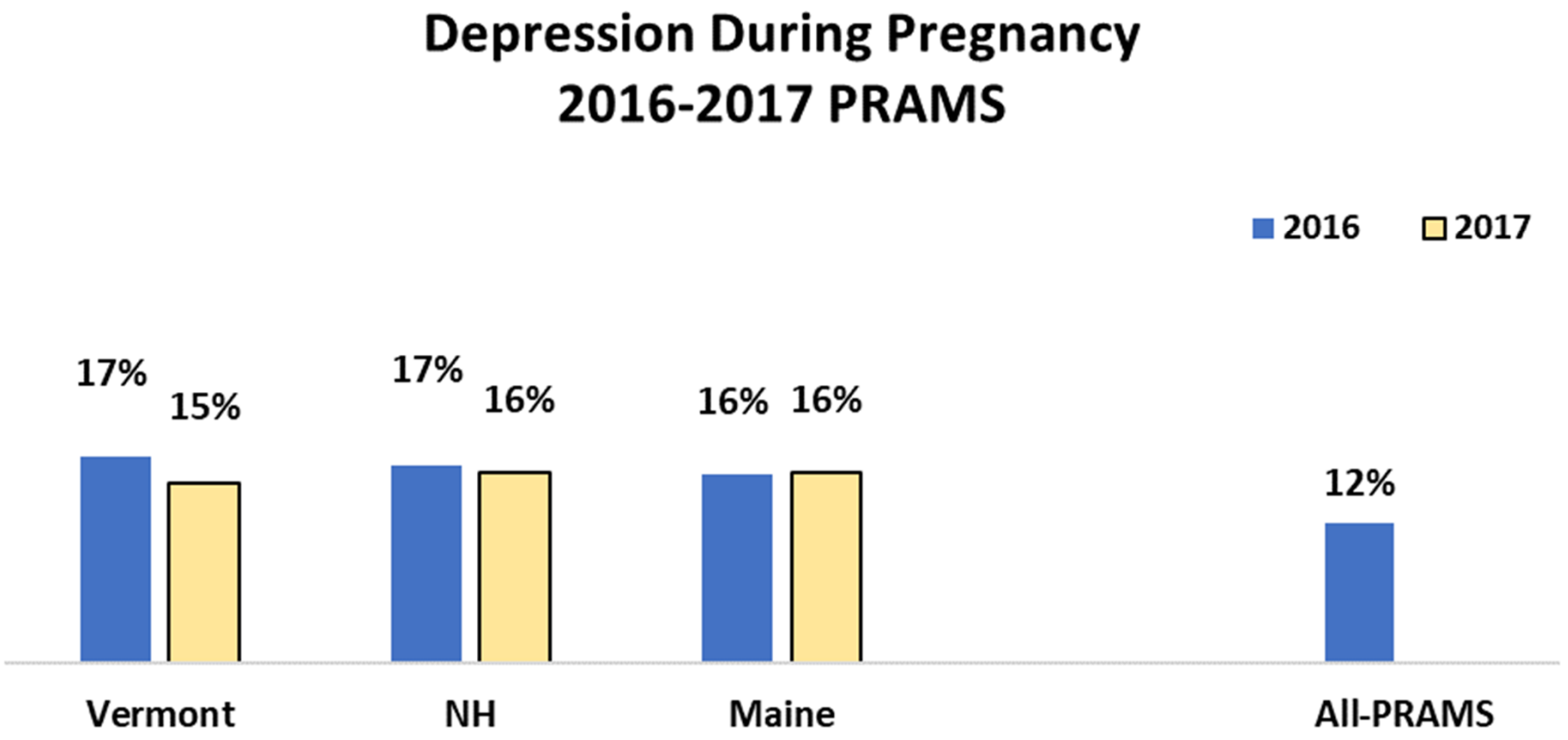

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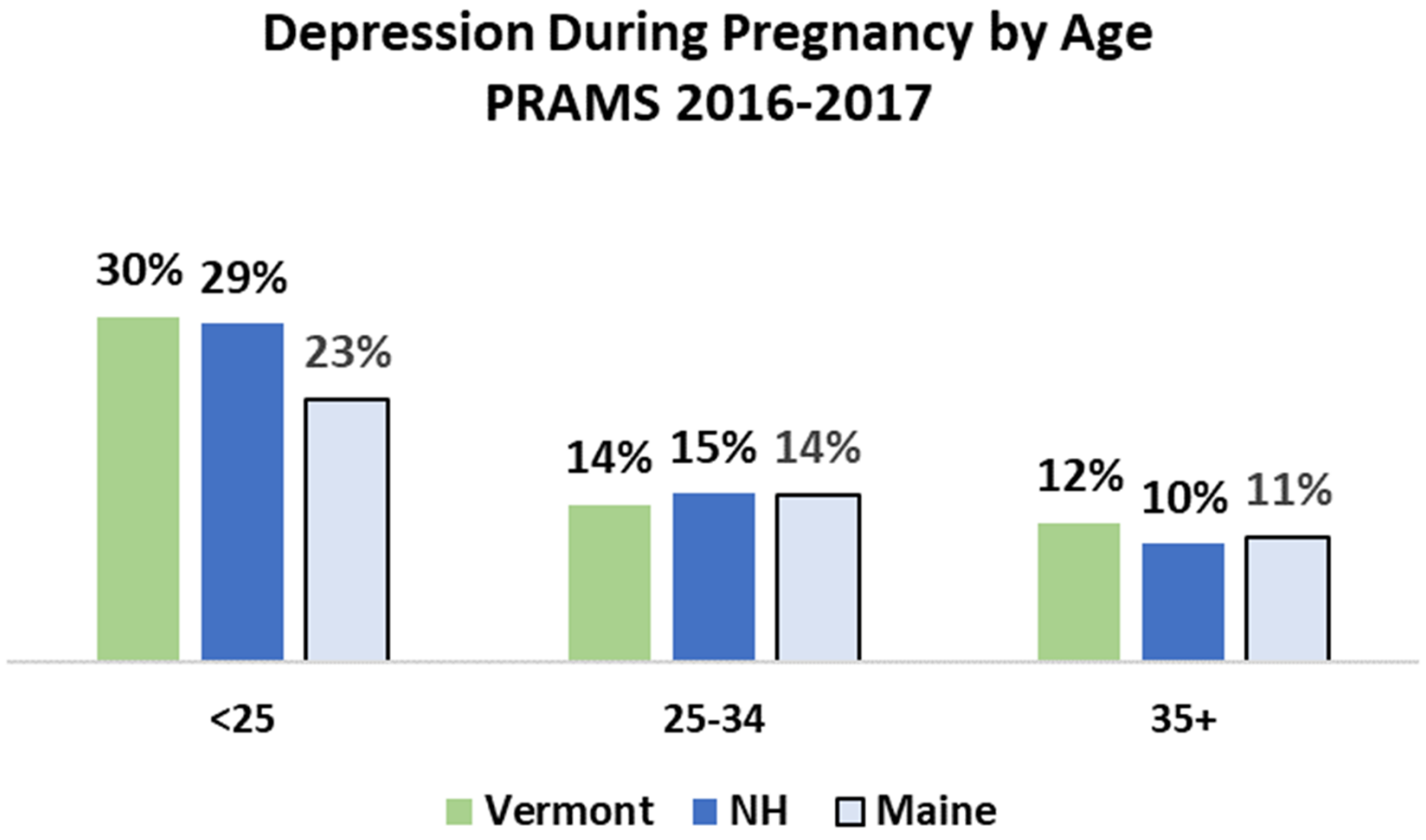

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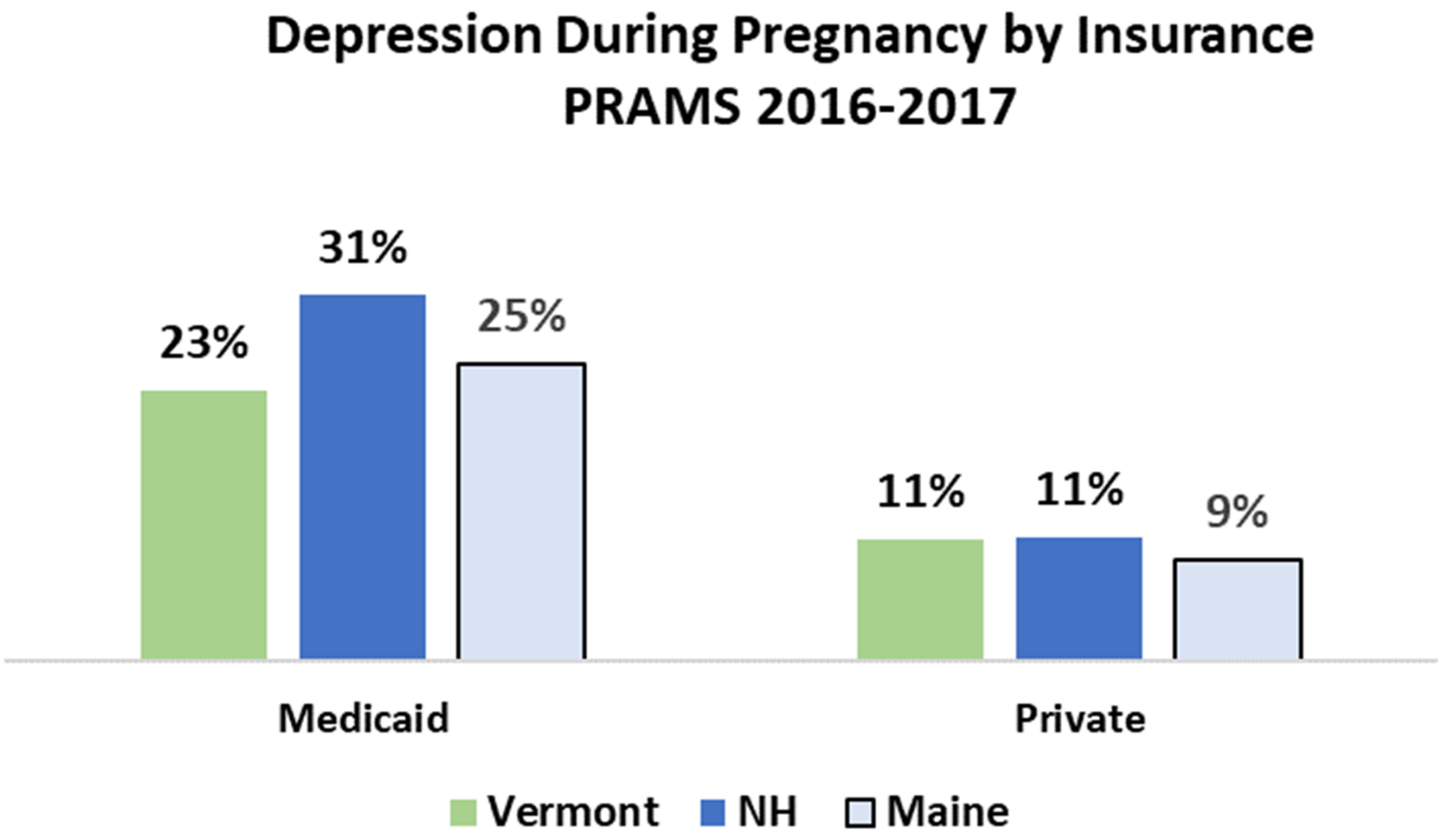

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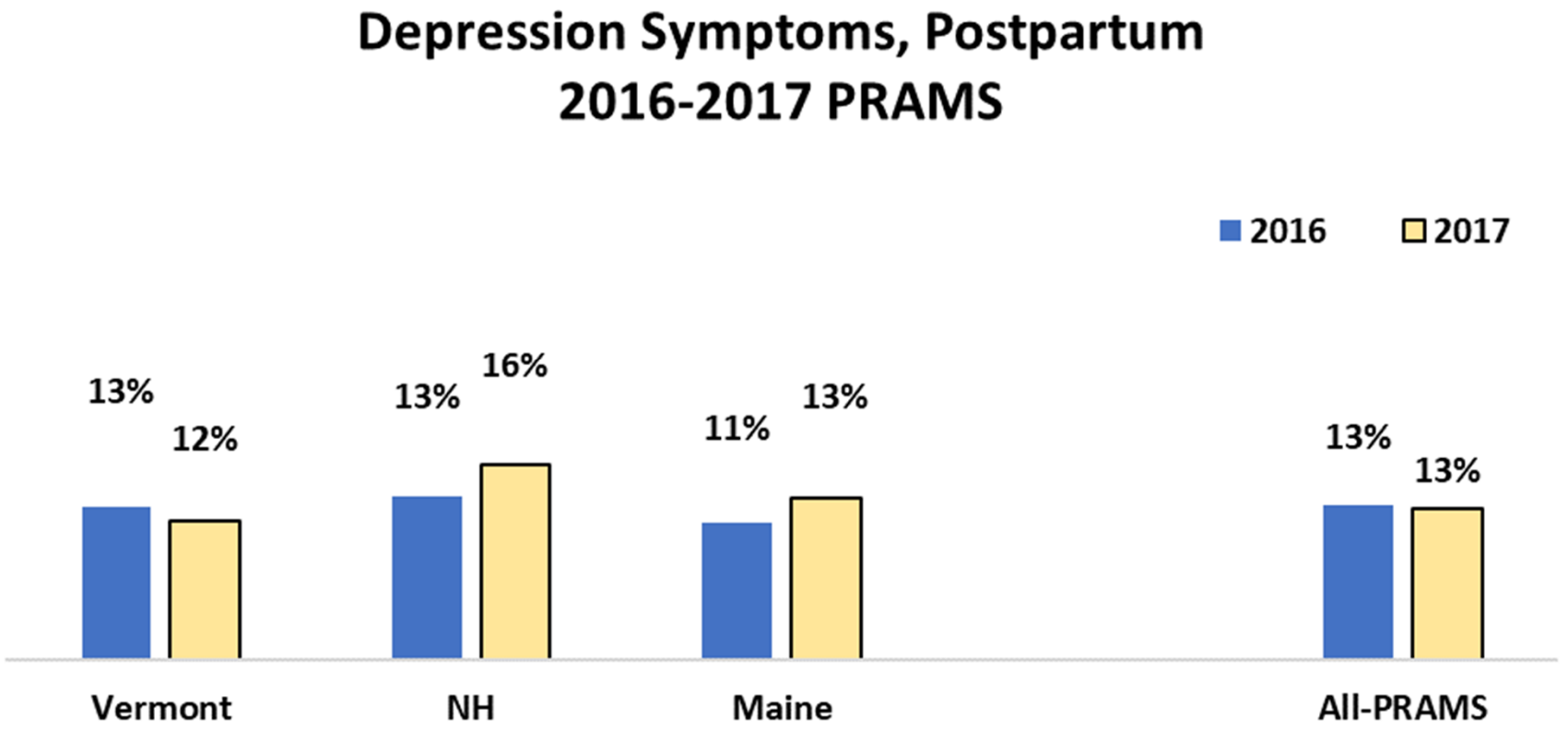

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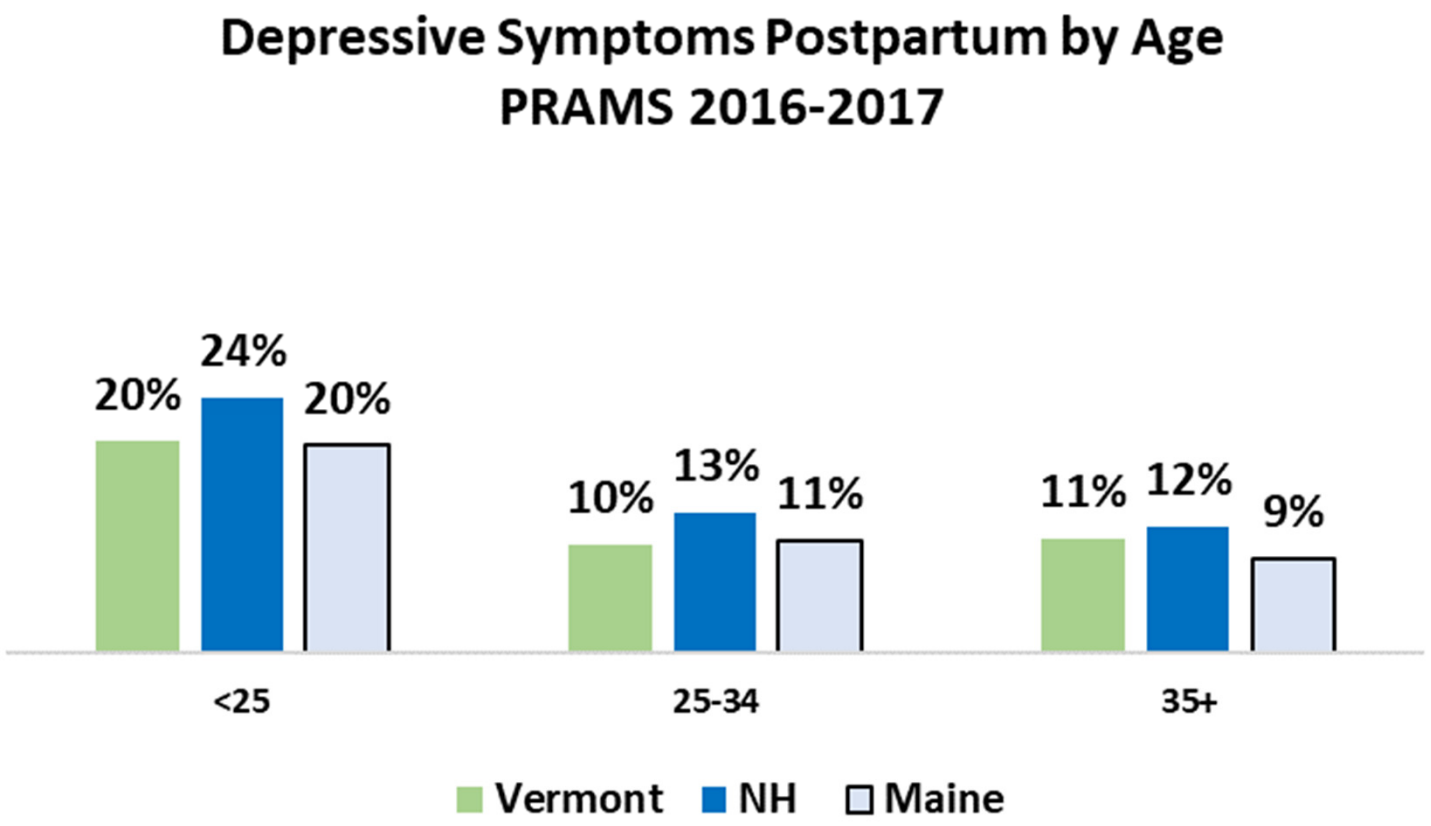

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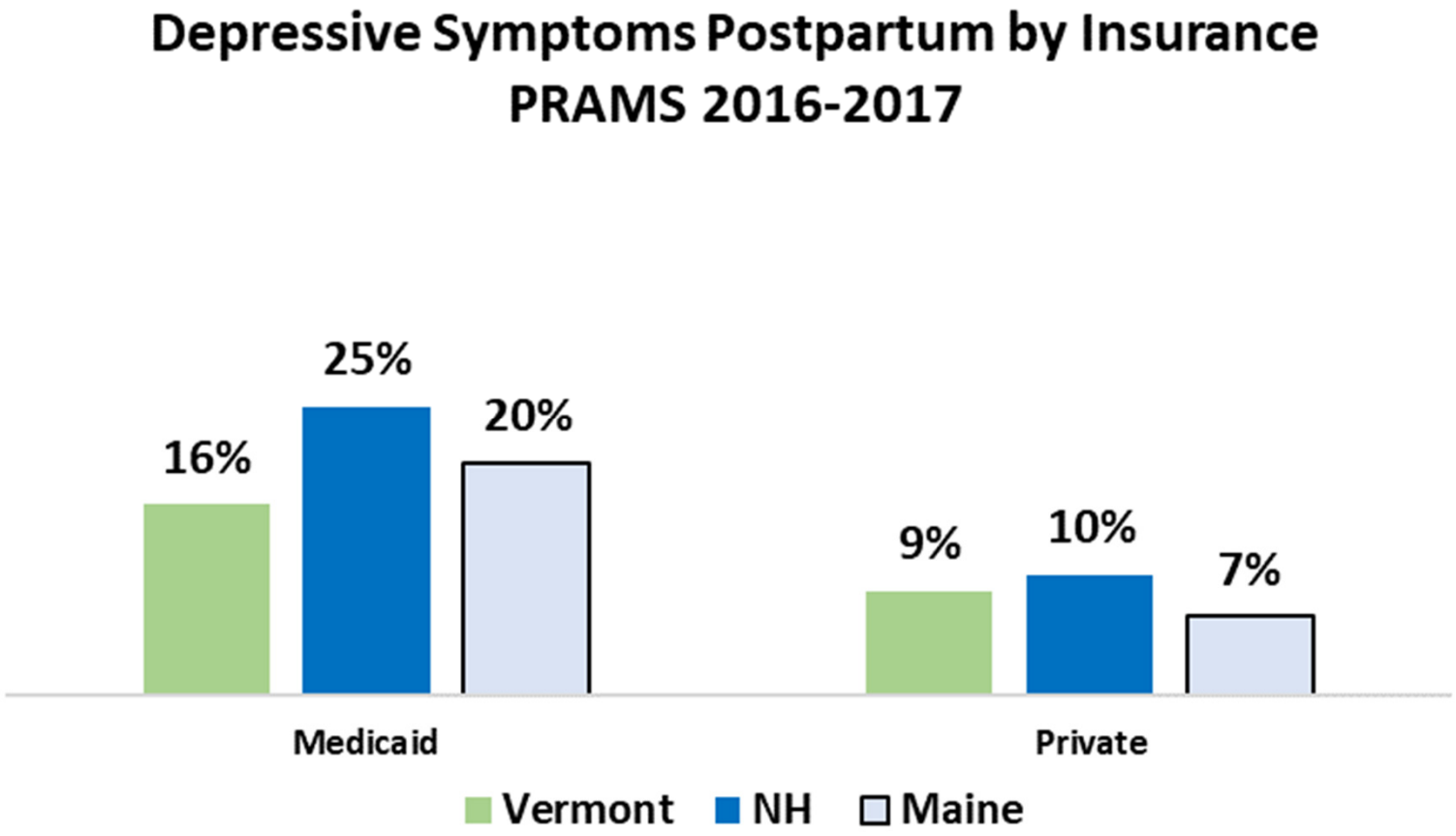
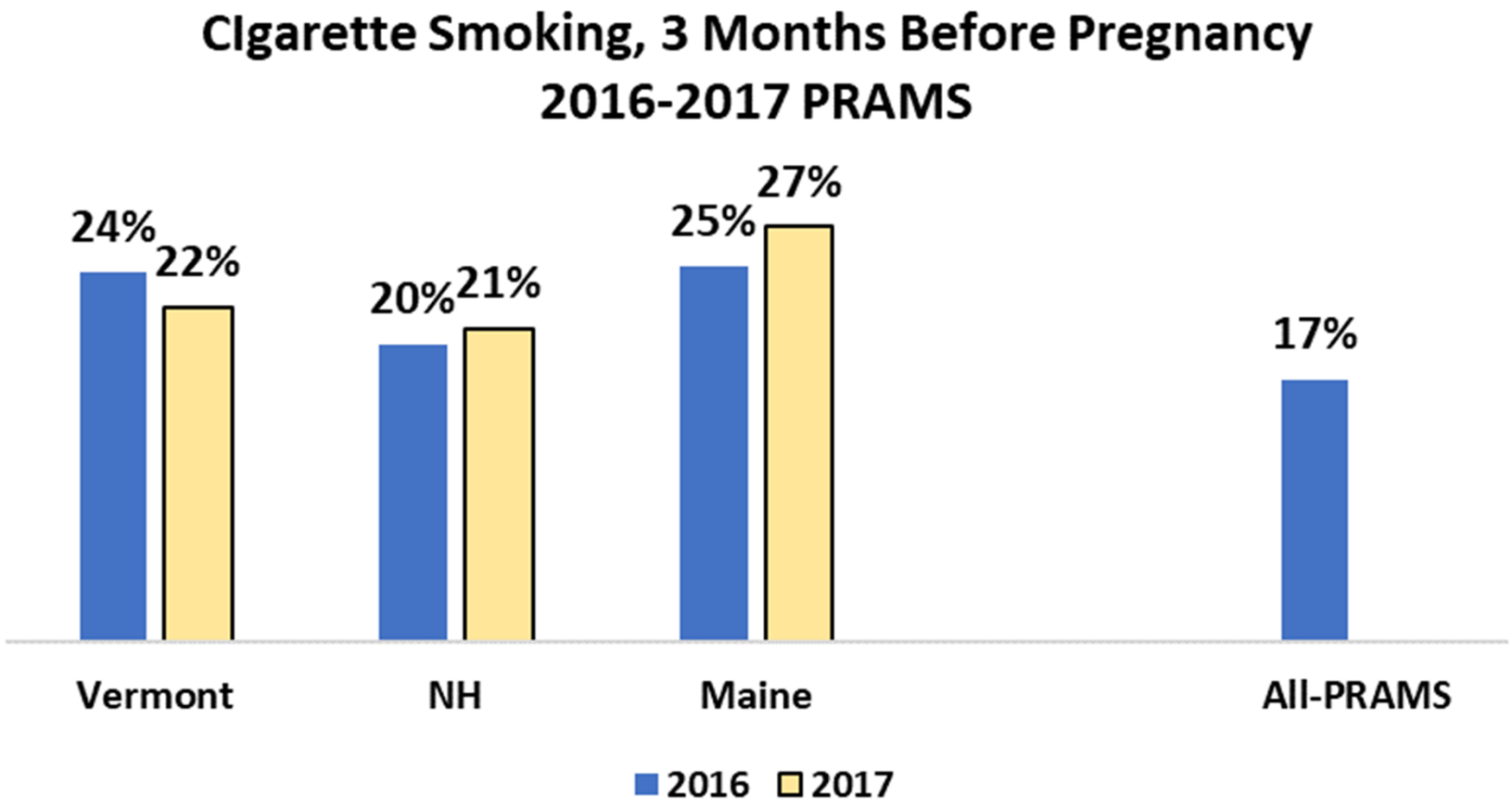
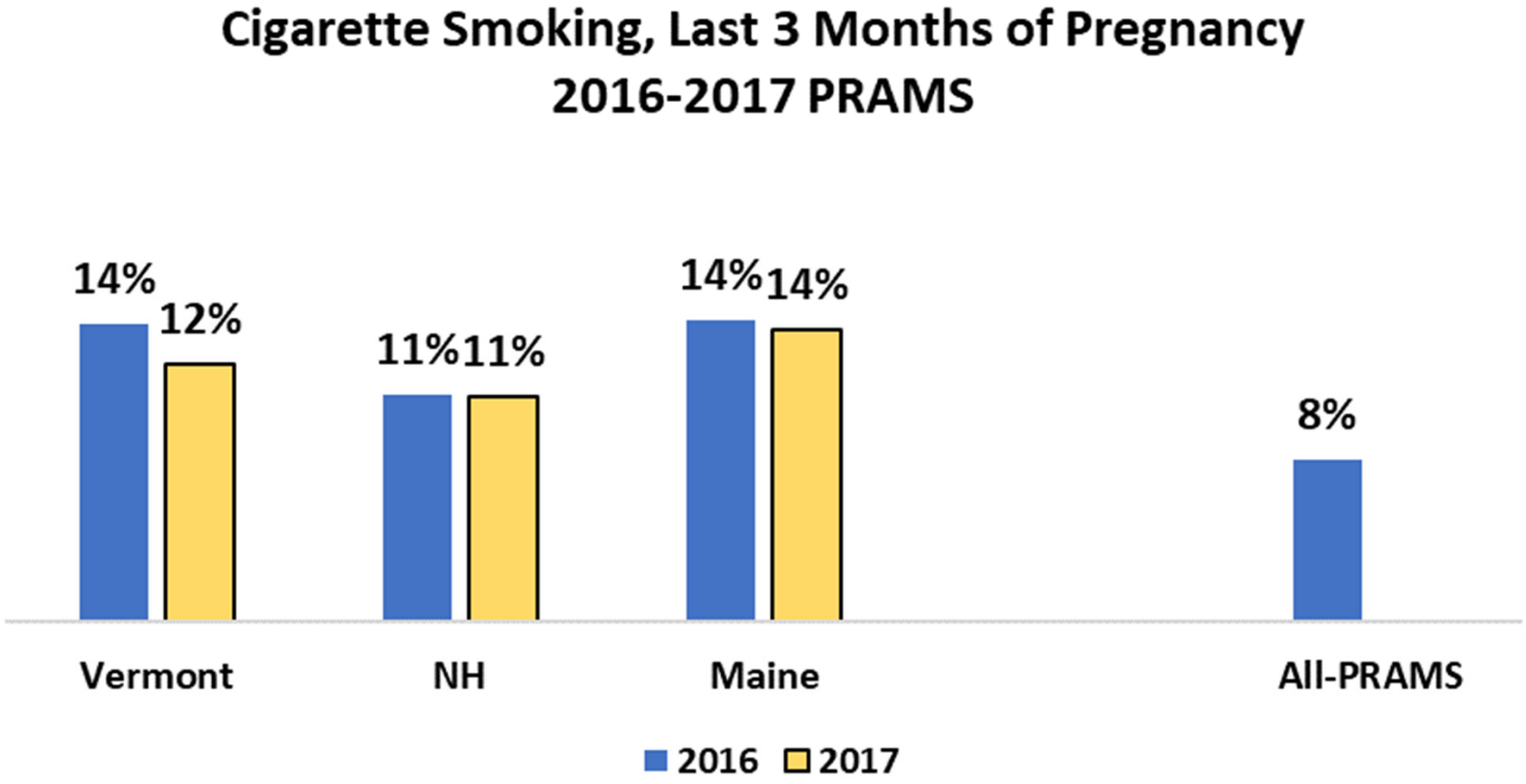


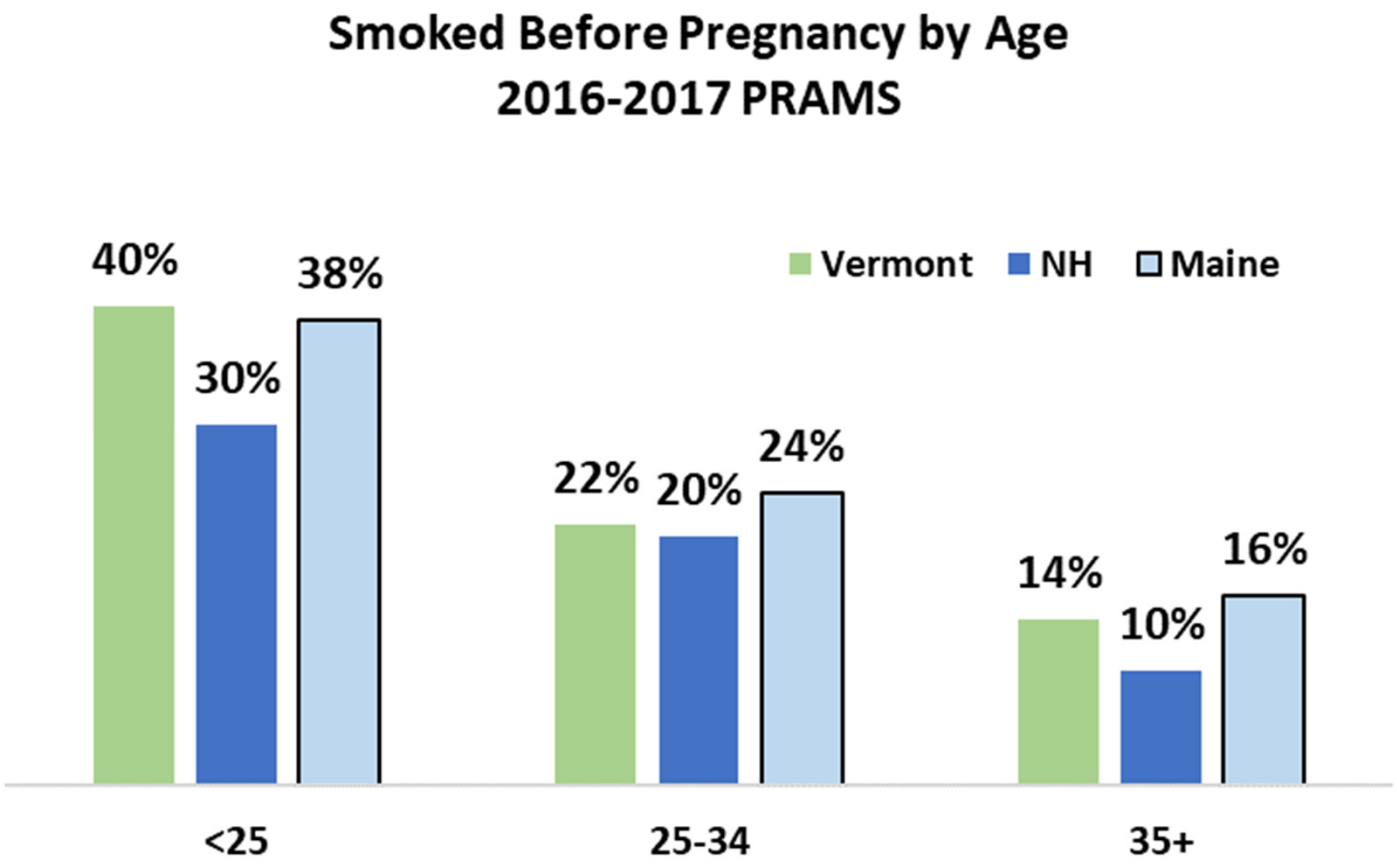
Tobacco Use


Cigarette Smoking, 3 Months Before Pregnancy
2016-2017 PRAMS
24%
22%
20%
21%
25%
27%
17%
Vermont
NH
Maine
All-PRAMS
2016
2017

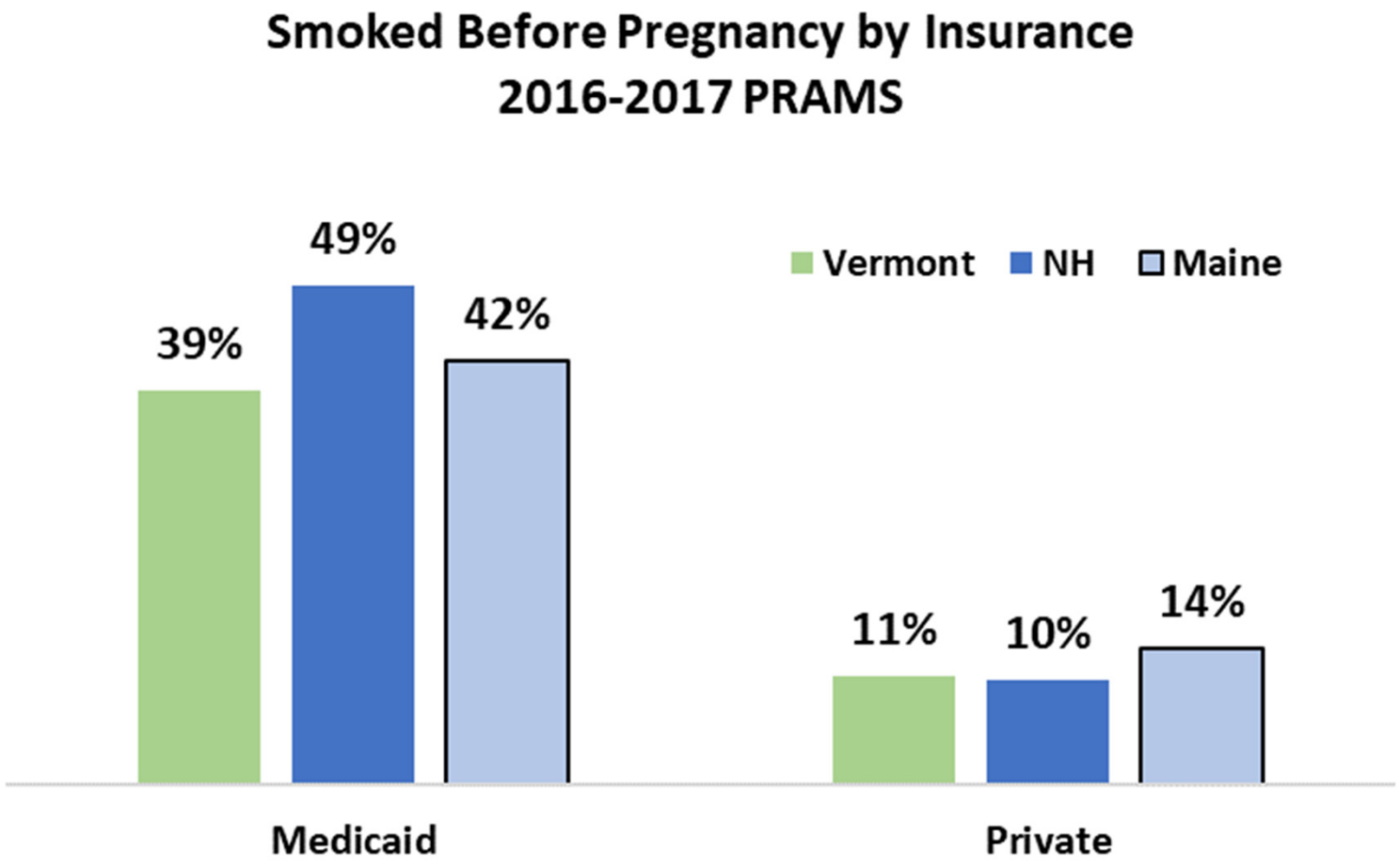
Tobacco Use


Cigarette Smoking, Last 3 Months of Pregnancy
2016-2017 PRAMS
14%
12%
11%
11%
14%
14%
8%
Vermont
NH
Maine
All-PRAMS
2016
2017

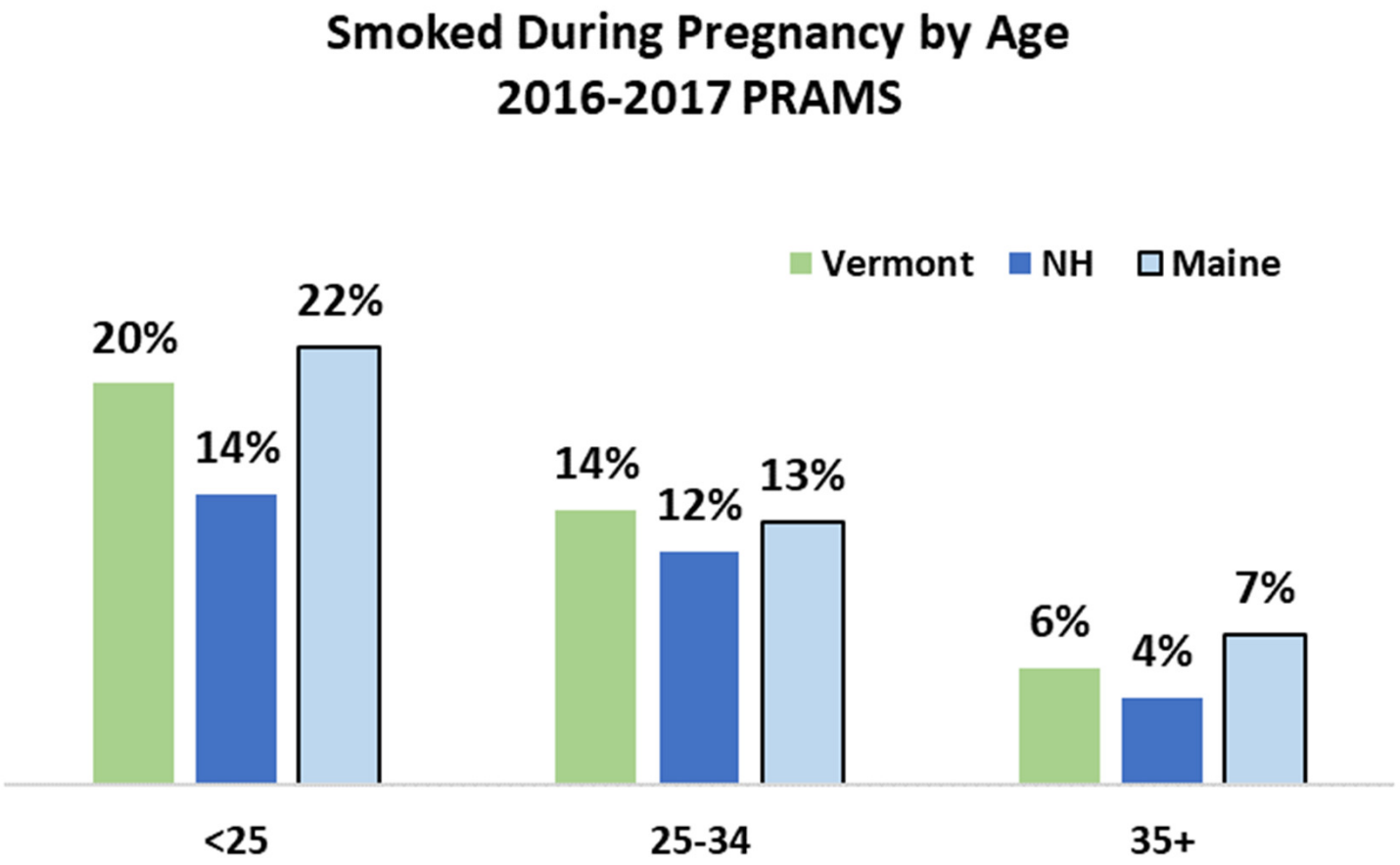
Tobacco Use


Smoked Before Pregnancy by Age
2016-2017 PRAMS
Vermont
NH
Maine
40%
30%
38%
22%
20%
24%
14%
10%
16%
<25
25-34
35+

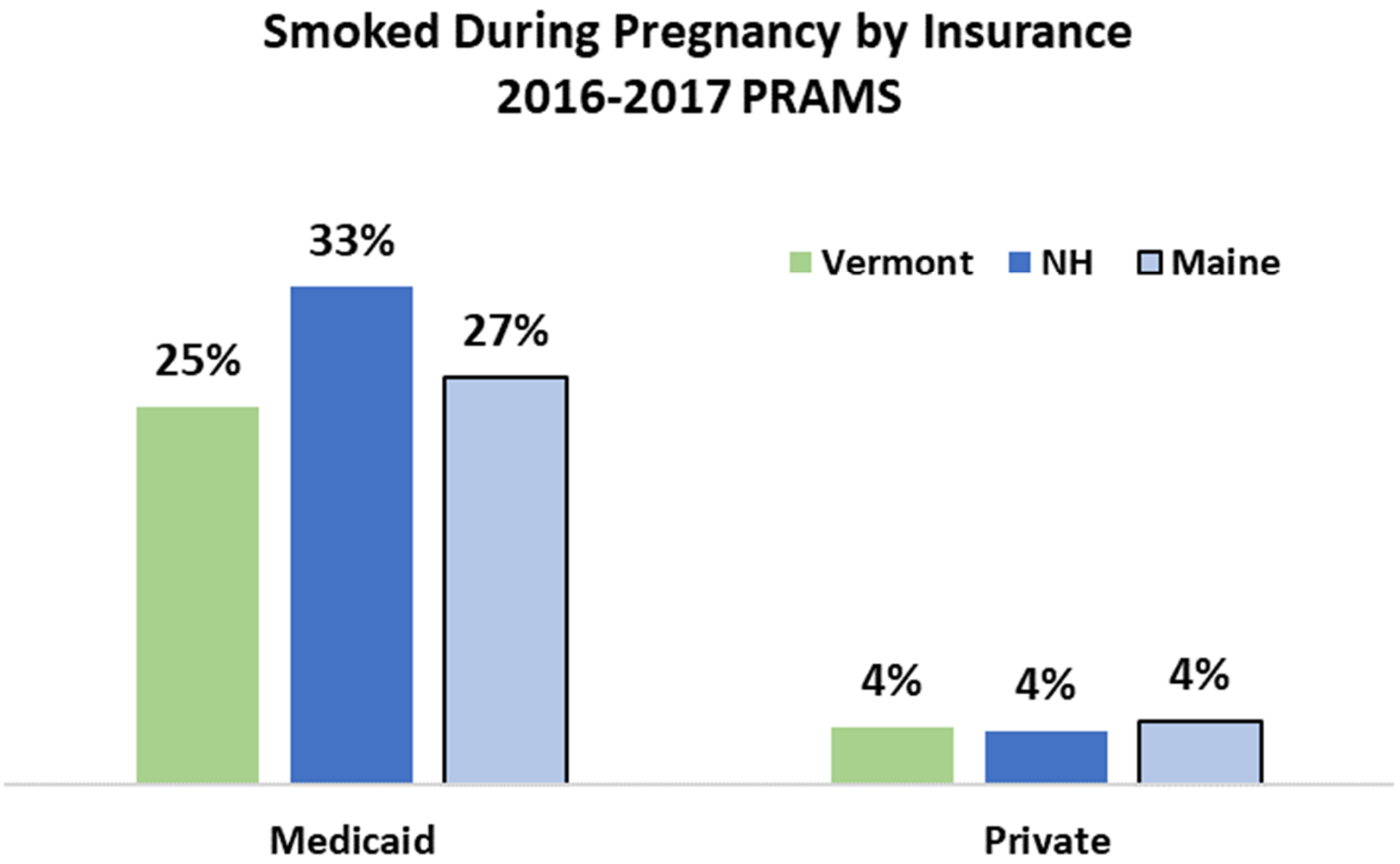
Tobacco Use


Smoked Before Pregnancy by Insurance
2016-2017 PRAMS
Vermont
NH
Maine
39%
49%
42%
11%
10%
14%
Medicaid
Private

Tobacco Use


Smoked During Pregnancy by Age
2016-2017 PRAMS
Vermont
NH
Maine
20%
14%
22%
14%
12%
13%
6%
4%
7%
<25
25-34
35+

Tobacco Use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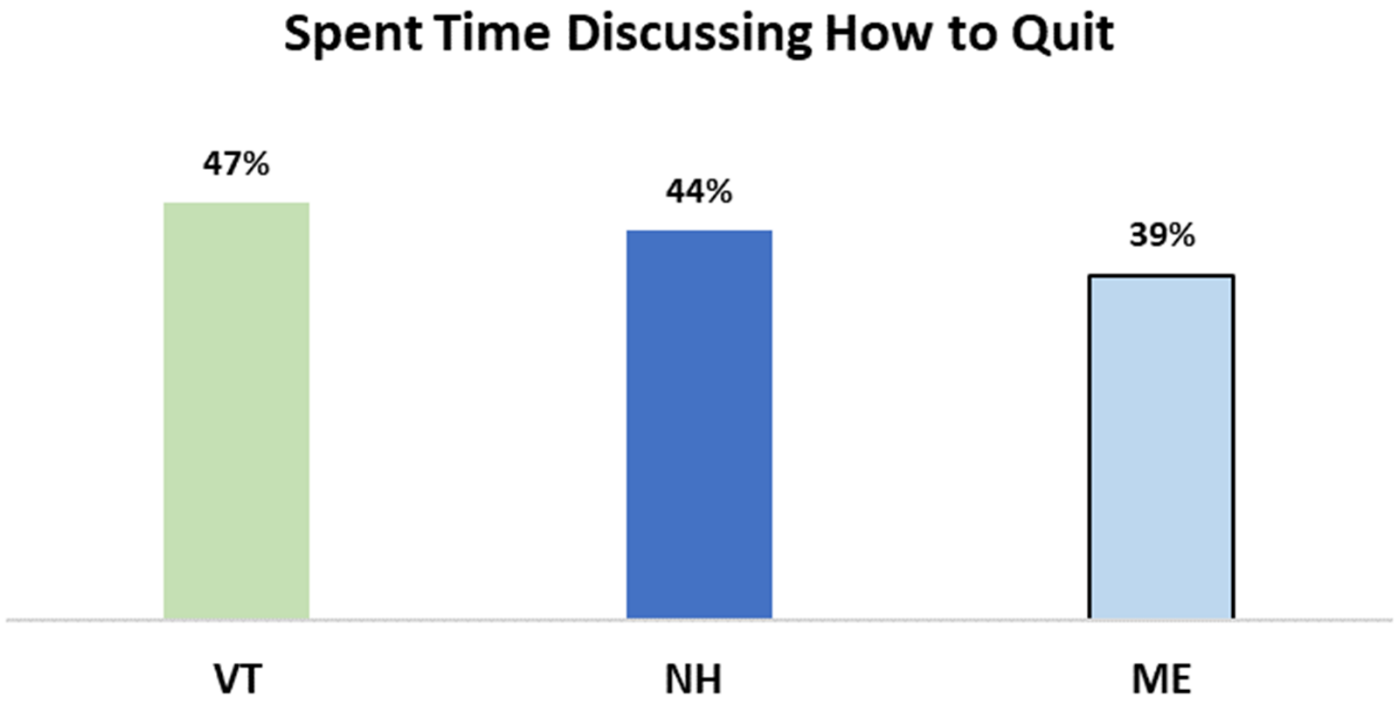
Guidance from Providers to Smokers, 2016-2017 PRAMS



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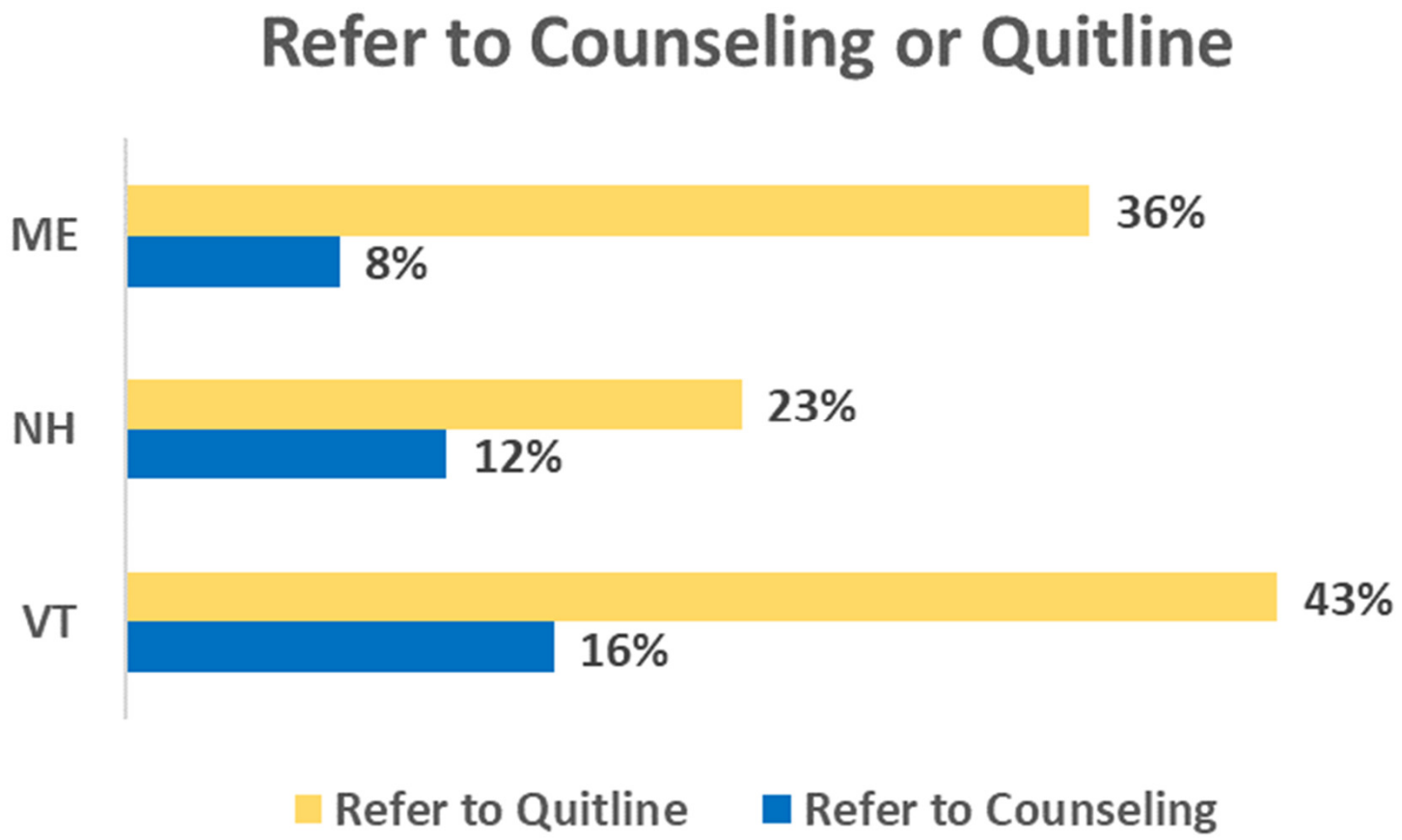

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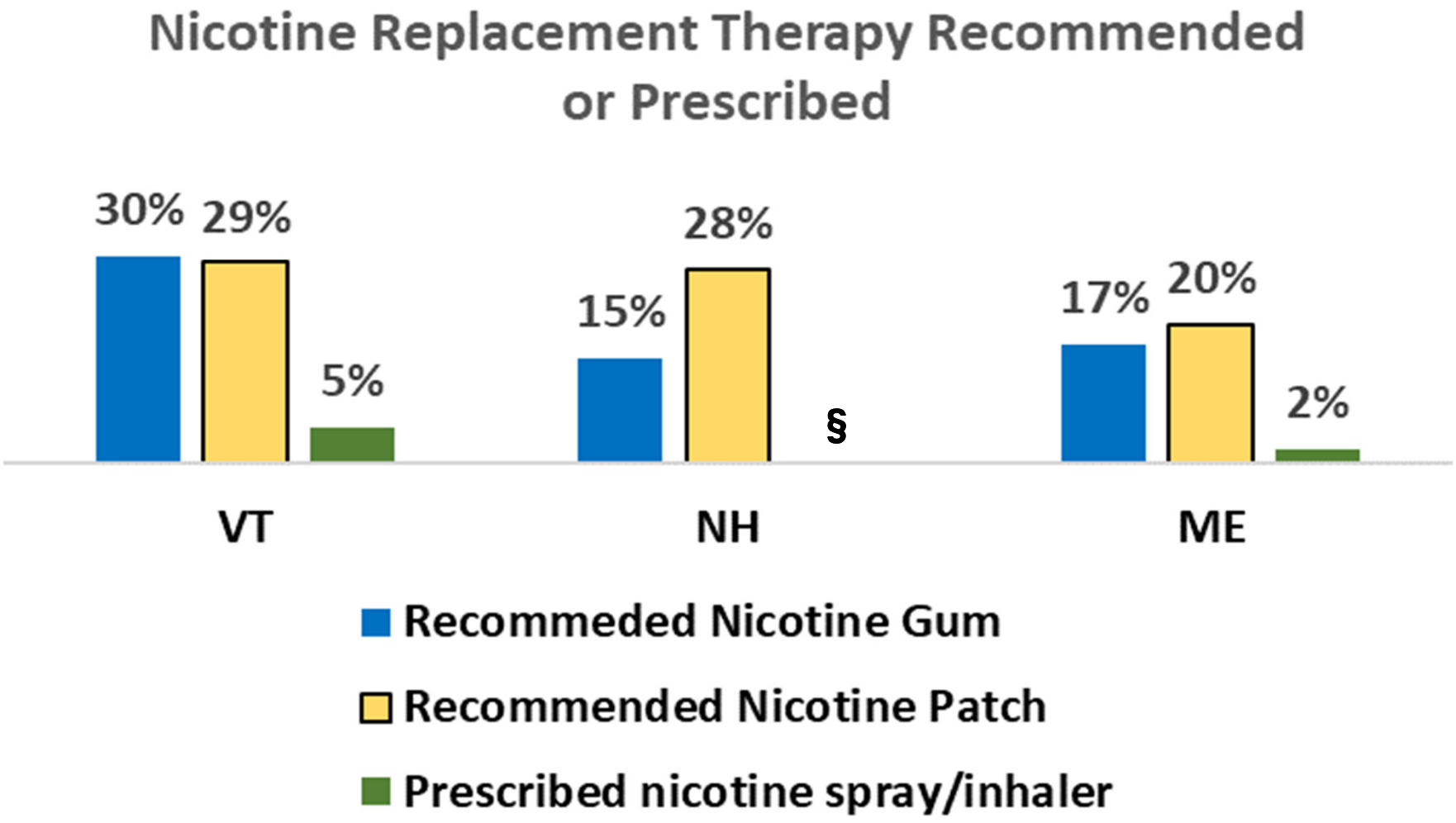
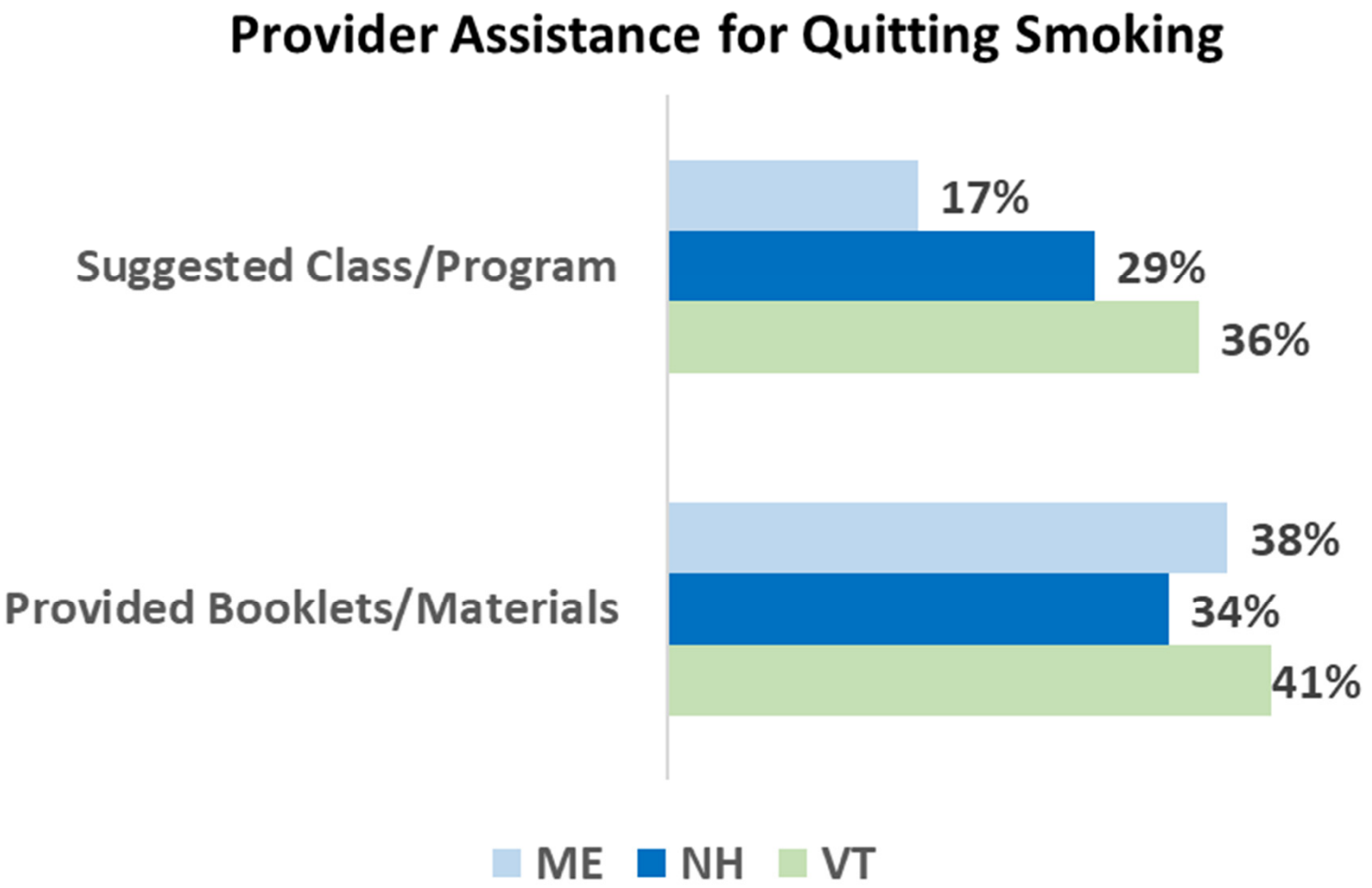


§ denotes too few responses to provide estimate

Guidance from Providers to Smokers, 2016-2017 PRAMS



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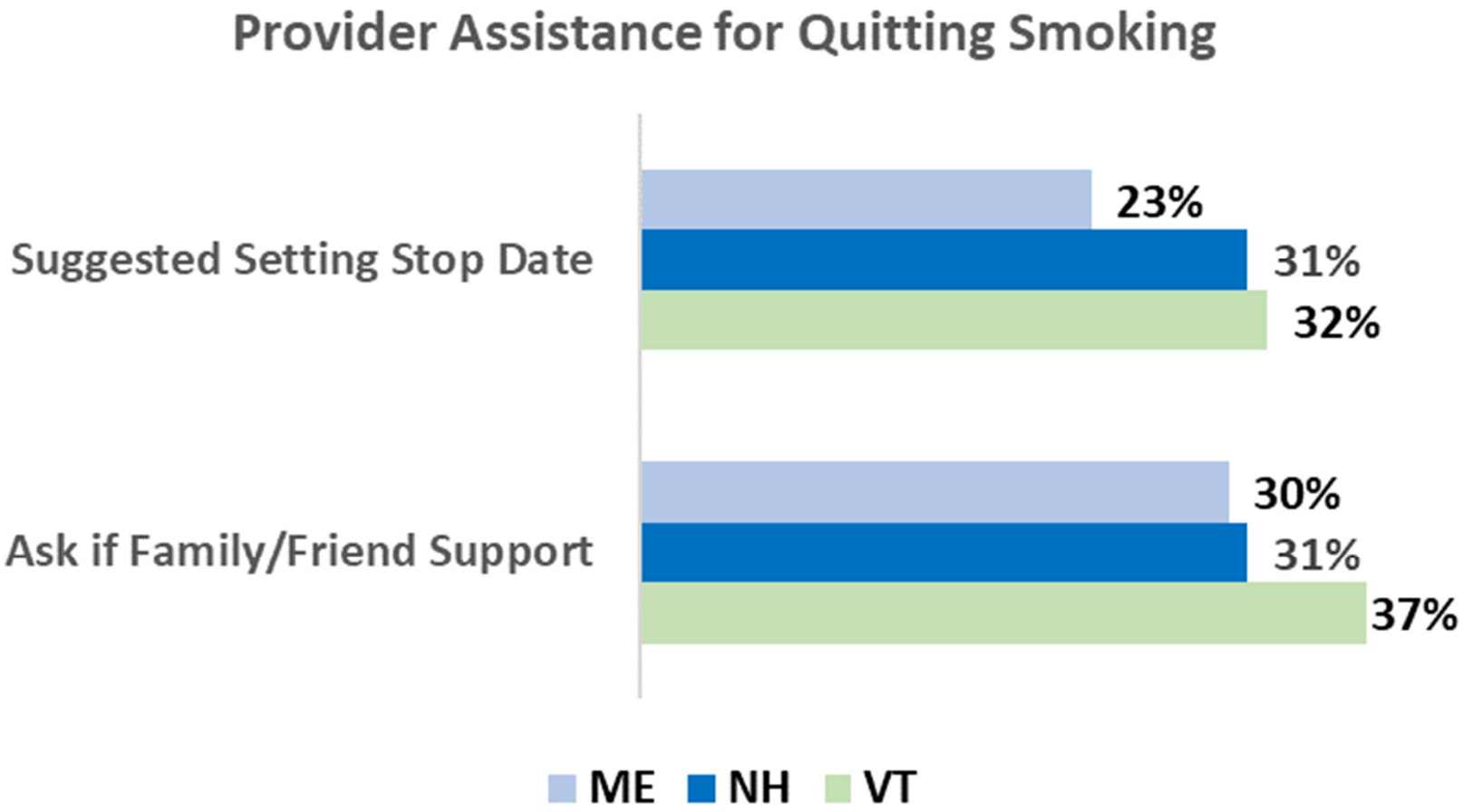
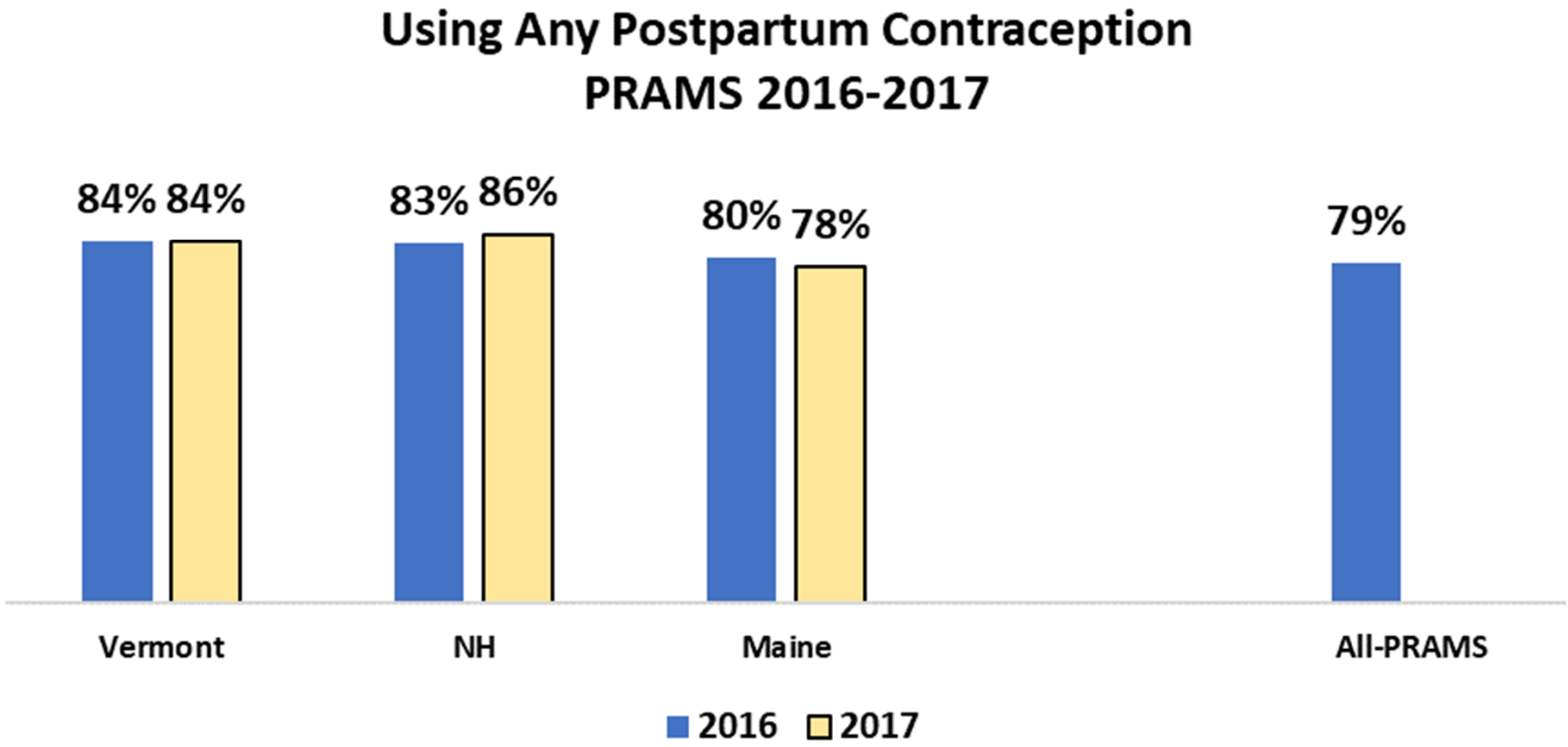


Postpartum Contraception



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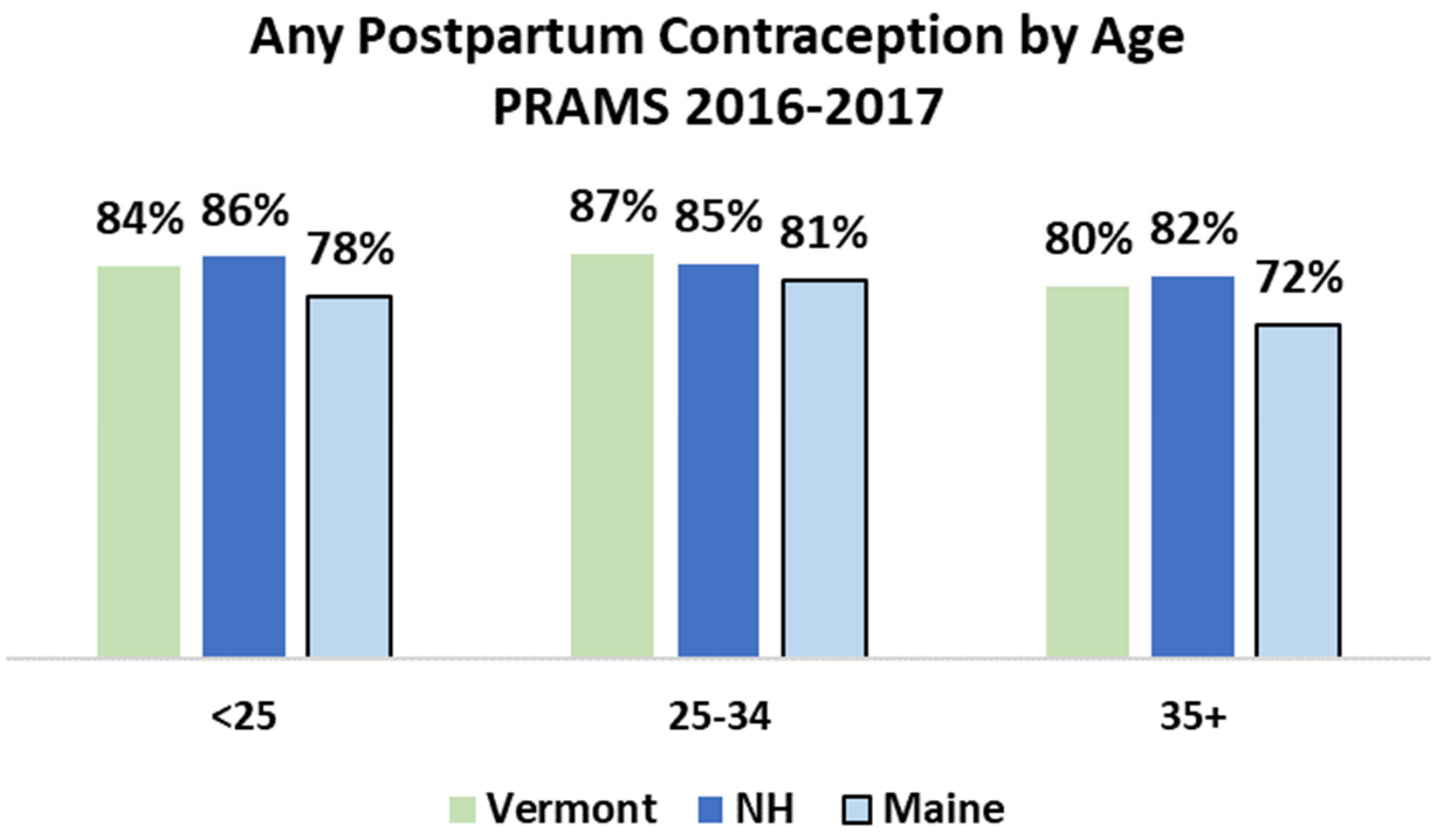

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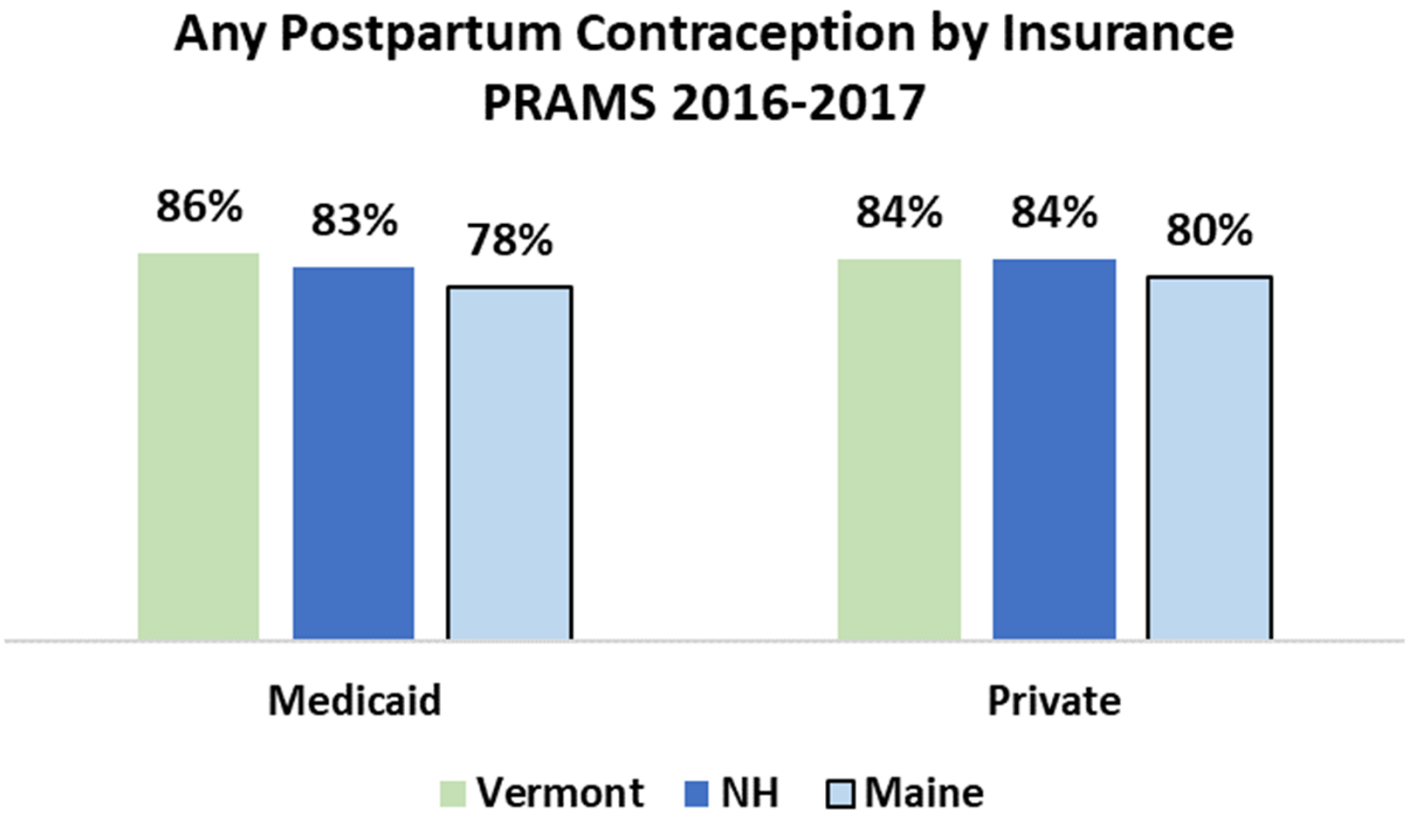
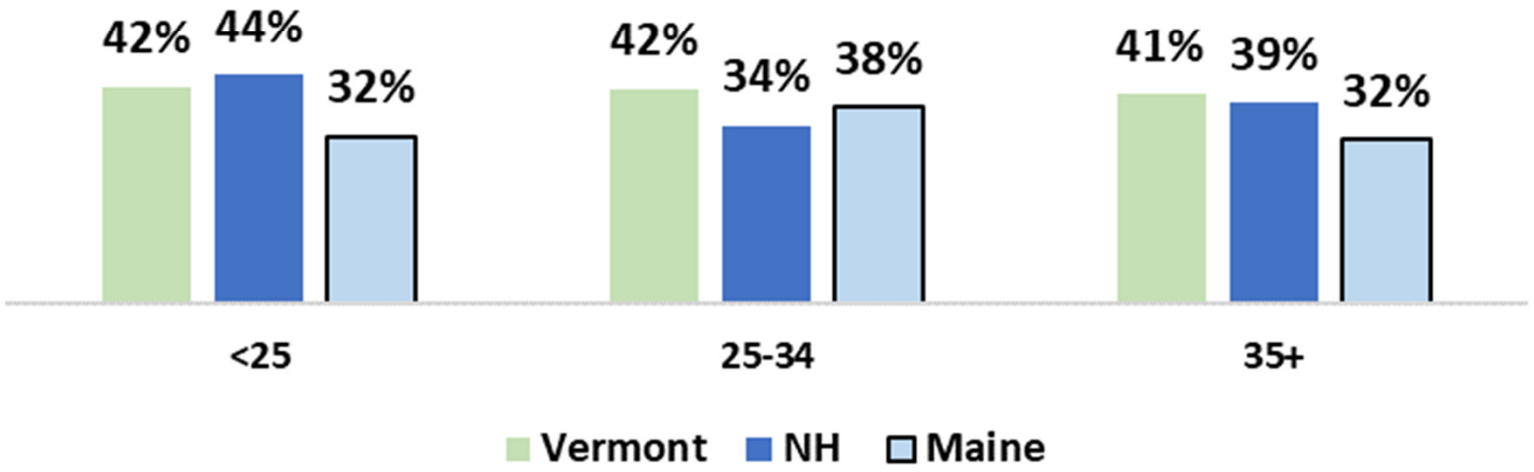


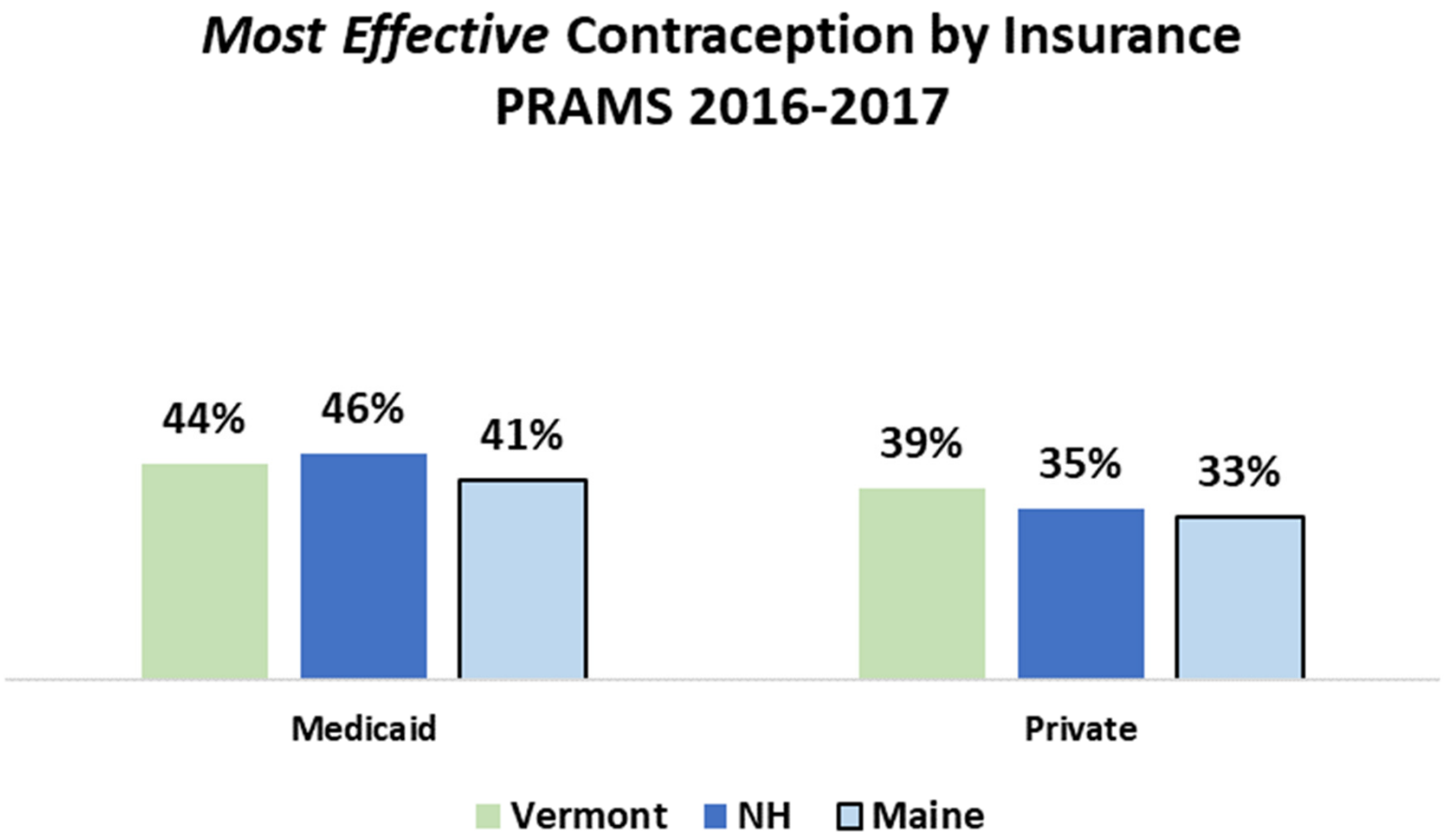
Postpartum Contraception

Use of *Most Effective* Contraception by Age
PRAMS 2016-2017



Most effective **forms of contraception include sterilization and LARC. Excluded: pregnant women, women trying to become pregnant, and those not sexually active.**

Postpartum Contraception



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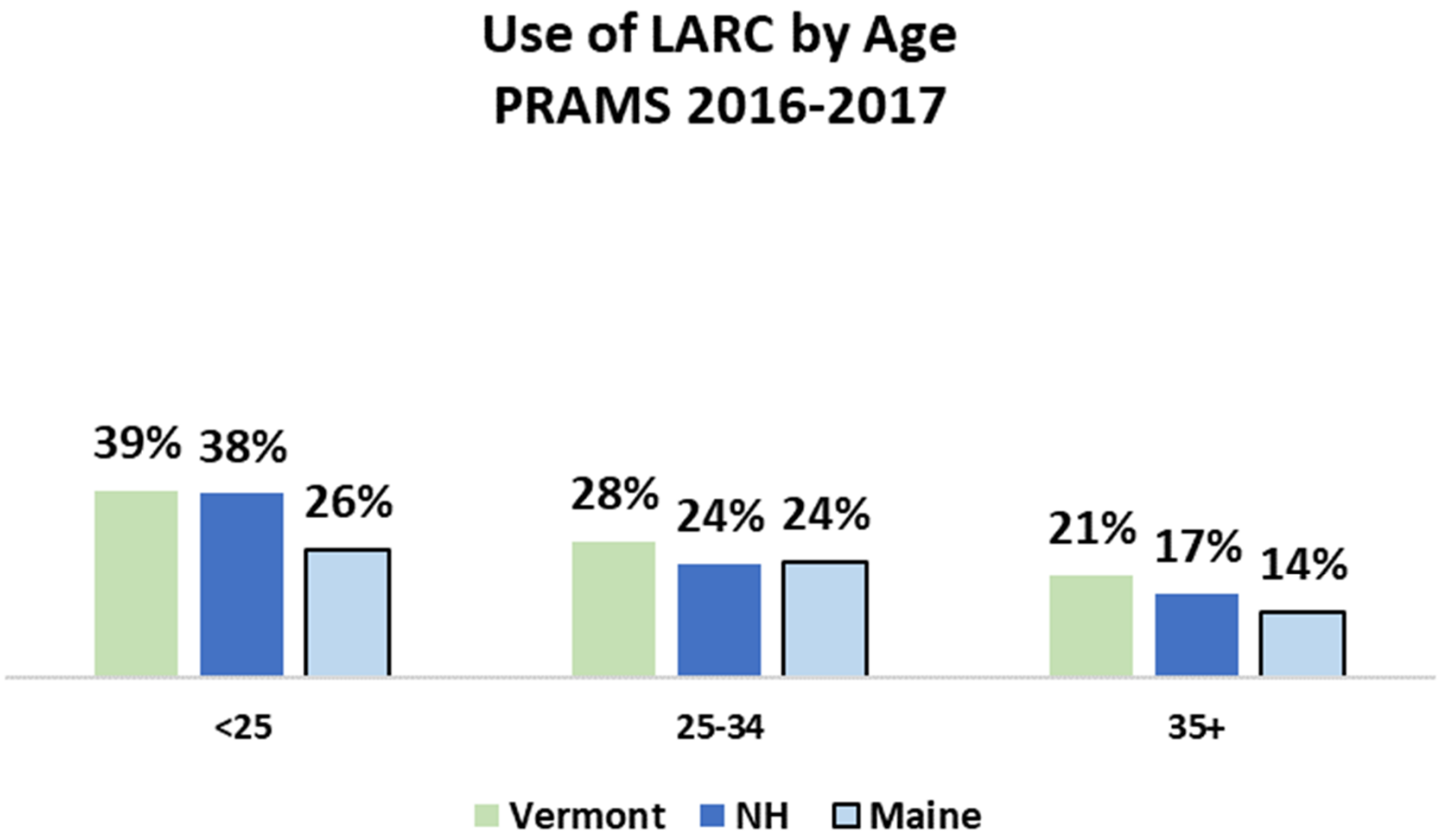
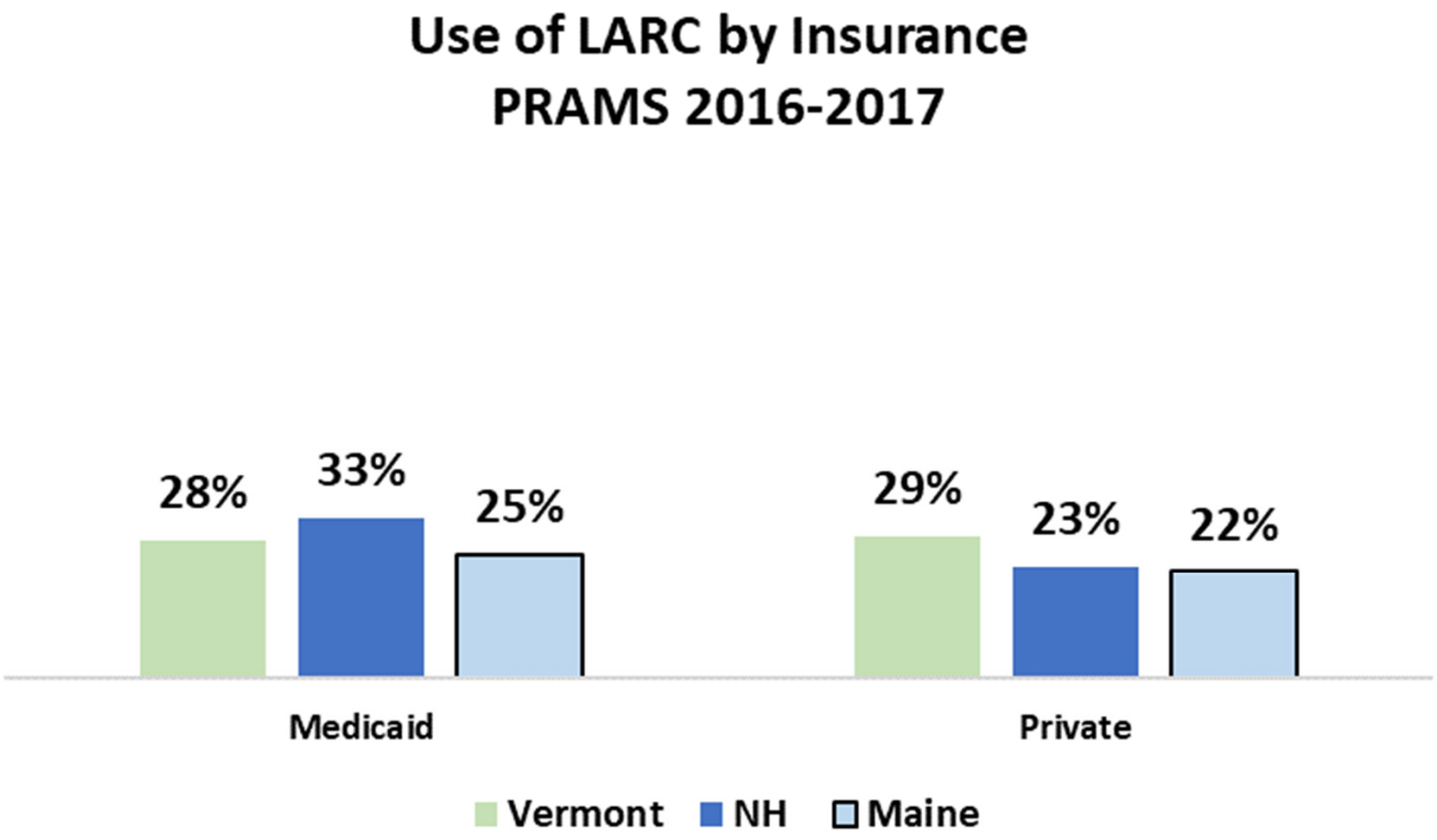


Excluded: pregnant women, women trying to become pregnant, and those not sexually active.

Postpartum Contraception



Excluded: pregnant women, women trying to become pregnant, and those not sexually active.

Questions?

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Improving health, preventing disease, reducing costs *for all*
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