

# FIRST TIME MOTHERS

Data are from the

MAINE PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS) : 1996-1997

- ➔ During the 2 year period, 1996 - 1997, there were 27,423 live births in Maine; nearly 43% of those births (11,717) were to first time mothers.<sup>1</sup>
- ➔ Eight- five percent of first time mothers were 20 years old or older and were more likely to have some post high school education than mothers who had at least one other child.
- ➔ Birth weight has been found to be the primary predictor of infant survival <sup>2</sup> and the incidence of low birth weight remains a major public health concern. First time mothers were more likely to give birth to a low birth weight infant than other mothers.
- ➔ A nationwide "Back to Sleep" campaign (begun in 1994), based on recommendations from the American Academy of Pediatrics, encourages mothers to place newborns on their backs. Study findings indicated that this position has the least risk for SIDS (a diagnosis for the sudden unexplainable death of an infant) while stomach placement has the greatest risk.<sup>3</sup> First time mothers were less likely to put their babies to sleep on their stomach than other mothers.
- ➔ During prenatal care visits, the likelihood that health care workers would discuss certain topics with first time mothers was greater than the likelihood that they would discuss them with mothers who had previously had a child. For example, they were more likely to talk with 1st time mothers about how smoking and alcohol consumption could affect their babies and how the fetus develops during pregnancy.
- ➔ First time mothers were less likely to smoke during the last 3 months of their pregnancy than other mothers, and although they were also more likely to drink alcoholic beverages prior to their pregnancy, they were equally likely to abstain during the last 3 months before birth.

TOPICS HEALTH CARE WORKERS WERE MORE LIKELY TO DISCUSS WITH 1ST TIME MOTHERS BY PERCENT OF MOTHERS SAYING "YES" AND NUMBER OF THIS BIRTH Maine PRAMS: 1996 - 1997					
Topic	% of Mothers by # of this Birth		Topic	% of Mothers by # of this Birth	
	1st	>1		1st	>1
Diet	93%	87%	Use of Illegal Drugs	76%	65%
Smoking Tobacco	88%	78%	Fetal Development	93%	88%
Drinking Alcohol	87%	79%	HIV Prevention	48%	40%
HIV Blood Test	69%	60%			

*Note:* All differences between 1st time mothers and other mothers, noted in this Fact Sheet, are statistically significant, i.e., they could not be accounted for by chance alone.

*Footnotes:* FN1- Data are from the Maine Vital Statistics System. FN 2: Morbidity and Mortality Weekly Report (MMWR) Surveillance Summary, Centers for Disease Control (CDC). FN 3: MMWR, Vol. 47, No. 41, CDC. Full citations are available upon request.

For further data on this topic, please contact  
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