



2012 Maine PRAMS Data Brief

April 29, 2015

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Maine women with live births since 1987. This report includes data from 2012¹, the first year of PRAMS Phase 7 data collection. Presented here are some highlights, organized by topic area. More detailed tables of the responses to questions in each topic area are available.

Preconception Health and Family Planning

- 30% of mothers reported dieting to lose weight in the year prior to pregnancy, and over 51% reported exercising 3 or more times per week.
- 18% of women reported visiting a health care worker in the year prior to pregnancy, to be checked or treated for diabetes and over 29% for high blood pressure, while 30% of women reported visiting a health care worker to be checked or treated for depression or anxiety.
- 51% of women reported not taking a multivitamin during the month prior to pregnancy, while 37% reported taking a vitamin every day.
 - Of those not taking a vitamin, 64% reported their pregnancy was unplanned.
- 34% of mothers reported their pregnancy was unintended (while another 12% were unsure what they wanted).
 - 8% didn't want to be pregnant then or at any time in the future (12% were unsure what they wanted).
- 45% of mothers who were not trying to become pregnant reported doing something to keep from getting pregnant.
- 81% reported using birth control at the time of the survey (mothers are mailed surveys 3 months after the birth of their babies)

Prenatal Care

- Most women (88%) reported they received prenatal care as early as they wanted to. Of those who did not, the most common reasons reported were:
 - Did not know they were pregnant (30%).
 - Could not get an appointment (37%).
 - Health plan wouldn't start (26%).
 - Didn't want others to know I was pregnant (13%).
- 22% of women reported they did not get advice from a healthcare worker how smoking during pregnancy could affect their baby.
- 77% reported being tested for HIV during their most recent pregnancy.
- 80% reported talking with a healthcare worker about the health affects of mercury on babies and 81% were given a mercury brochure.
- 75% reported talking with a healthcare worker about how much weight they should gain during their pregnancy.



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Alcohol and Tobacco Use

- 35% of women reported smoking in the 3 months prior to pregnancy. 39% reported having smoked some cigarettes in the past 2 years.
- 21% reported smoking during the last trimester.
- 25% reported smoking at the time of the survey.
- 76% reported drinking at least some alcohol in the 2 years prior to pregnancy, and 27% reported at least one binge (4+ drinks/sitting) during the 3 months before pregnancy.

Stress and Abuse

- 55% of women reported at least two stressors during the year before giving birth, while 32% reported 3-5, and 13% reported 6 or more.
- 11% reported not having enough money to buy food during the 12 months before their new baby was born.
- 14% reported getting emergency food from a church, a food pantry, or a food bank, or ate at a food kitchen during the 12 months before their new baby was born.
- After childbirth, 42% reported never feeling down, depressed or sad while 7% reported those feelings often.
- 98% of mothers reported no domestic abuse during their pregnancy.

Breastfeeding

- 83% of mothers reported having ever breastfed their new baby.
 - Of those that breastfed, 59% were still breastfeeding at least 2 months later, at the time the survey was completed.

Sleep Environment

- 83% of mothers reported most often putting their infant to sleep on his or her back. 43% of mothers reported their new infant never sleeps in the same bed with them or anyone.

Dental Health

- 43% of women reported they had their teeth cleaned during their most recent pregnancy.
- 10% reported visiting a dentist or dental clinic **for a problem**ⁱⁱ while pregnant.
- 68% reported having dental insurance that pays for some or all dental care.

Postpartum Care

- 9% of newborns were reportedly placed in the intensive care unit.
- PRAMS data indicated 6% of births were low birth weight babies (<2500 grams or 5lbs, 8oz). 8% of mothers reported having previously delivered a low birth weight baby (<2500 grams or 5lbs, 8oz).



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- 7.7% of previous babies (data from birth certificateⁱⁱⁱ) were reportedly born premature (<37 weeks). 11% reported having previously delivered a premature baby.

Delivery

- 16% reported planning a cesarean section at least 1 week before birth.
 - 27% of all births were cesarean delivery.
- 3% reported they received shots to prevent early labor.

Questions or comments about this report may be addressed to Tom Patenaude, MPH, Maine PRAMS Coordinator thomas.patenaude@maine.gov (207) 287-5469.

ⁱ Maine collected only 8 months of data due to transition year to a web-based PRAMS system

ⁱⁱ Previously the question asked "went to dentist or dental clinic" (which included cleanings).

ⁱⁱⁱ PRAMS prematurity data unreliable due to only 8 months of collection