



# Maternal Oral Health Care

## Maine — PRAMS, 2012-2015

### Background

Receiving oral health care and education during pregnancy is important both for women's health and for their children's oral health.<sup>1</sup> Pregnant women may develop gingivitis, where their gums swell and bleed easily. If left untreated, gingivitis may lead to more severe gum disease. Most dental work is safe during pregnancy (e.g., teeth cleaning, dental x-rays, filling of a decayed tooth), and regular teeth cleanings before and during pregnancy can help protect against gum disease.<sup>1-3</sup>

### Pregnancy Risk Assessment Monitoring System (PRAMS)

PRAMS collects site-specific, population-based data on maternal attitudes and experiences before, during, and shortly after delivery. PRAMS sites that met or exceeded the response rate thresholds for 2012-2014 (60%) and 2015 (55%) are included in overall estimates. Results presented in this report include both "Core" questions, which are asked by all participating PRAMS sites, and "Standard" questions, which sites had the option to include on their survey.

### National Oral Health Goals

National Goals	Maternal Oral Health Care
Healthy People 2020 Objective <sup>4</sup>	Increase the proportion of children, adolescents, and adults who use the oral health care system in the past year
Title V National Performance Measure <sup>5</sup>	To increase the number of pregnant women who have a dental visit during pregnancy

### Teeth Cleaning Before and During Pregnancy

Proportion of mothers who reported having teeth cleaned before and during pregnancy.

Core PRAMS Indicators	Maine % (95% CI)*				34 PRAMS Sites % (95% CI)*
	2012	2013	2014	2015	2015
During the 12 months before getting pregnant; I had my teeth cleaned by a dentist or dental hygienist	55.3 (50.9-59.7)	55.4 (51.7-59.1)	51.8 (48.0-55.6)	56.7 (52.7-60.7)	56.3 (55.5-57.1)
During pregnancy, I had my teeth cleaned by a dentist or dental hygienist	43.3 (39.0-47.7)	45.5 (41.9-49.2)	41.3 (37.6-45.1)	45.6 (41.6-49.7)	48.3 (47.5-49.2)

\* Weighted Percent

Mothers who reported having their teeth cleaned during pregnancy, by teeth cleaning in the 12 months before pregnancy — Maine and 34 PRAMS sites, 2015



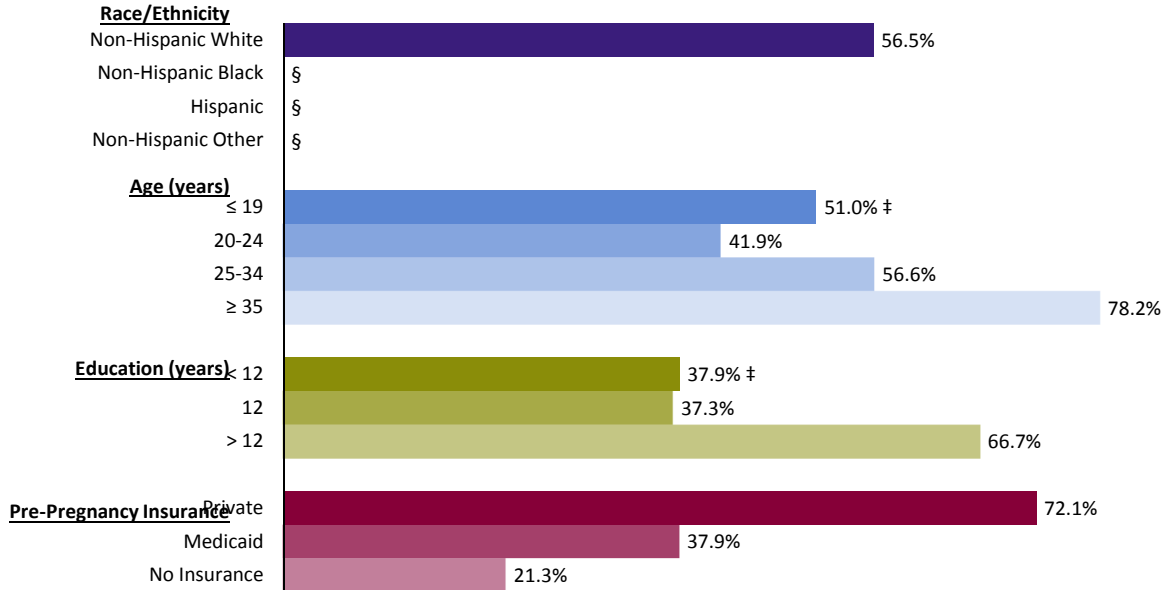
■ Maine

▨ 34 PRAMS Sites

# Maine PRAMS: Maternal Oral Health Care

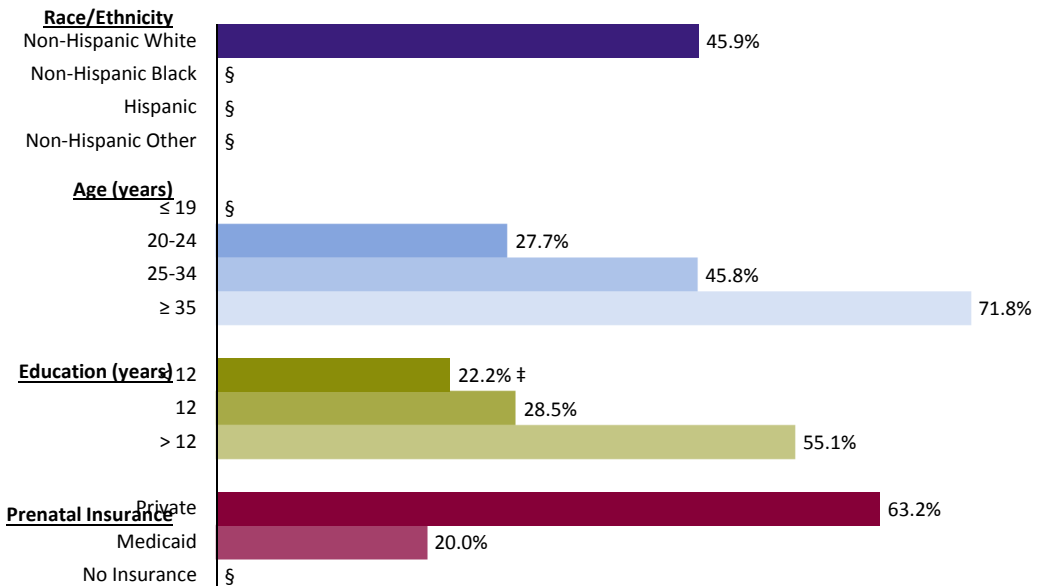
## Who Had Their Teeth Cleaned Before Pregnancy?

Mothers who reported having their teeth cleaned in the 12 months before getting pregnant, by maternal characteristics — Maine, 2015



## Who Had Their Teeth Cleaned During Pregnancy?

Mothers who reported having their teeth cleaned during pregnancy, by maternal characteristics — Maine, 2015



§ < 30 respondents; not reported.

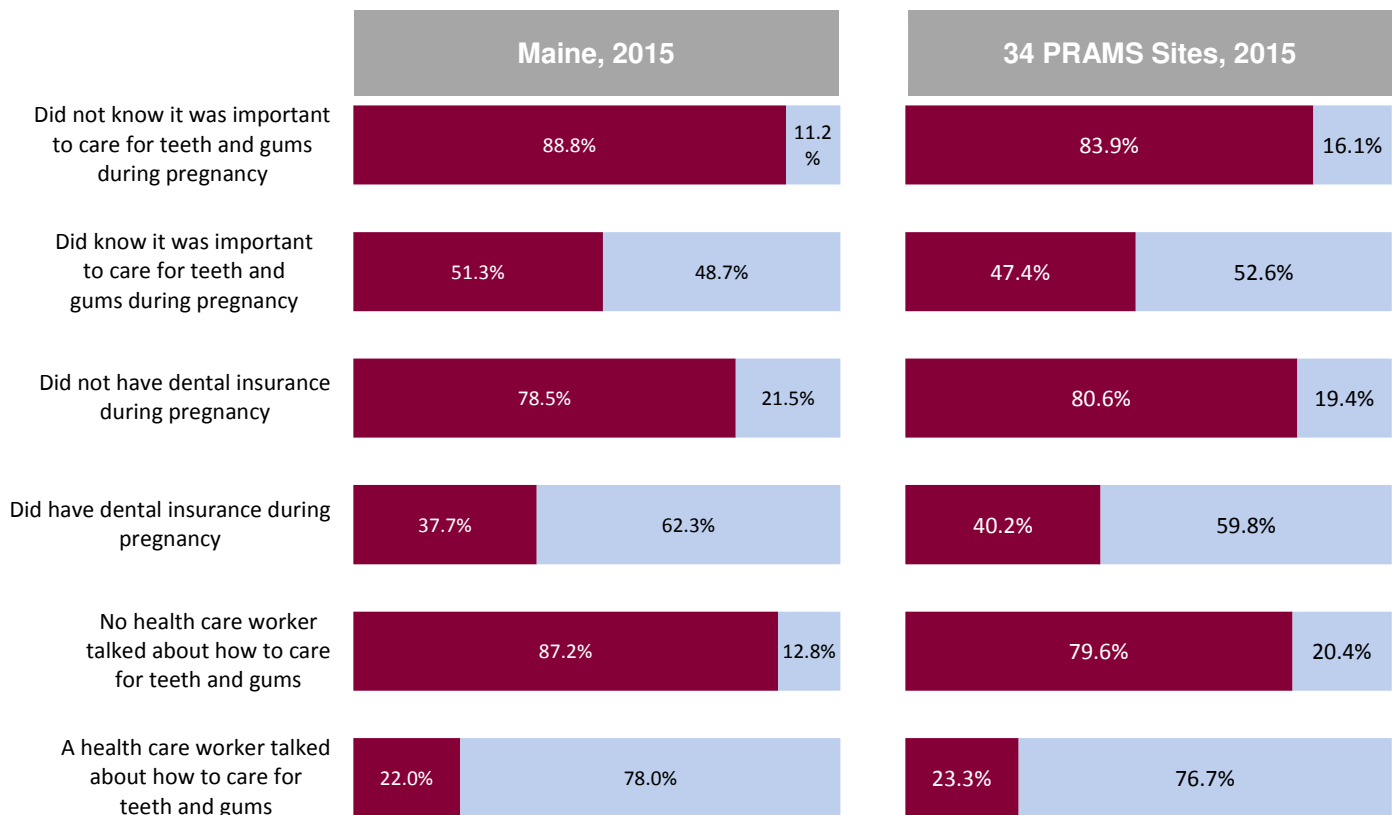
‡ < 60 respondents; may not be reliable.

# Maine PRAMS: Maternal Oral Health Care

## Oral Health Care During Pregnancy

Core PRAMS Indicator	Maine % (95% CI)*				34 PRAMS Sites % (95% CI)*
	2012	2013	2014	2015	2015
I knew it was important to care for my teeth and gums during my pregnancy	86.2 (82.8-89.0)	89.0 (86.5-91.1)	88.3 (85.5-90.6)	91.9 (89.4-93.9)	88.4 (87.8-89.0)
During pregnancy, a dental or other health care worker talked with me about how to care for my teeth and gums	45.8 (41.5-50.2)	49.4 (45.8-53.1)	47.8 (44.0-51.6)	50.7 (46.6-54.7)	49.6 (48.8-50.4)
I had insurance to cover dental care during pregnancy	57.3 (52.8-61.6)	57.1 (53.3-60.7)	56.9 (53.1-60.7)	59.7 (55.7-63.6)	72.6 (71.8-73.4)
During pregnancy, I needed to see a dentist for a problem	16.3 (13.2-19.9)	17.2 (14.6-20.2)	17.6 (14.9-20.7)	20.8 (17.7-24.4)	19.6 (19.0-20.3)
During pregnancy, I went to a dentist or dental clinic about a problem	9.9 (7.6-12.9)	10.3 (8.2-12.8)	11.2 (9.0-13.9)	12.0 (9.6-15.0)	14.8 (14.2-15.3)

### Teeth cleaning during pregnancy, by oral health care knowledge, insurance coverage, and talking with a health care provider



■ No Teeth Cleaning During Pregnancy
 ■ Teeth Cleaning During Pregnancy

# Maine PRAMS: Maternal Oral Health Care

## Barriers to oral health care during pregnancy

Standard PRAMS indicator completed by mothers who reported they had a problem with their teeth or gums during pregnancy	Maine % (95% CI)*				Subset of PRAMS Sites % (95% CI)*
	2012	2013	2014	2015	2015
I could not find a dentist or dental clinic that would take pregnant patients	†	†	†	†	13.3 (10.8-16.3)
During pregnancy, I could not find a dentist or dental clinic that would take Medicaid patients	†	†	†	†	17.2 (14.5-20.4)
I did not think it was safe to go to the dentist during pregnancy	†	†	†	†	18.4 (15.5-21.7)
During pregnancy, I could not afford to go to the dentist or dental clinic	†	†	†	†	27.0 (23.9-30.4)

\*Subset of PRAMS Sites\* estimates include 6 PRAMS sites (Alabama, Connecticut, Maryland, Missouri, New York, and Vermont)  
 † PRAMS site-level data unavailable

## Public Health Action

- Despite most (88.4%) PRAMS respondents knowing it was important to care for their teeth and gums during pregnancy, only about half (52.6%) of these respondents had their teeth cleaned during pregnancy.
- Nearly three quarters (72.6%) of PRAMS respondents reported they had dental insurance during pregnancy, but less than two thirds (59.8%) of these respondents had their teeth cleaned during pregnancy.
- Among mothers without dental insurance during pregnancy, only one in five (19.4%) mothers reported having their teeth cleaned during pregnancy.
- Oral health programmatic efforts could focus on increasing oral health care before and during pregnancy for all women, regardless of insurance coverage.

Public Health Action conclusions based on results from "Multiple Sites" estimates for 34 PRAMS sites

## Resources

**American Dental Association:** <http://www.mouthhealthy.org/en/pregnancy/healthy-habits>

**Office on Women's Health:** <https://www.womenshealth.gov/publications/our-publications/fact-sheet/oral-health.html>

### References:

1. Oral Health Care During Pregnancy Expert Workgroup. Oral Health Care During Pregnancy: A National Consensus Statement-Summary of an Expert Workgroup Meeting. 2012. Washington, DC: National Maternal and Child Oral Health Resource Center. Available at: <https://www.mchoralhealth.org/PDFs/OralHealthPregnancyConsensus.pdf>
2. Office on Women's Health, U.S. Department of Health and Human Services-Oral Health Fact sheet. Available at: <https://www.womenshealth.gov/publications/our-publications/fact-sheet/oral-health.html>
3. American Dental Association: Is It Safe To Go To the Dentist During Pregnancy? Available at: <http://www.mouthhealthy.org/en/pregnancy/concerns>
4. Healthy People 2020 Objectives. Available at: <https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives>
5. Title V National Performance Measures. Available at: <https://mchb.tvisdata.hrsa.gov/PrioritiesAndMeasures/NPMDistribution>

To learn more about PRAMS methods and to see data availability by state and year visit: <https://www.cdc.gov/prams>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES