

Maine Perinatal Indicators of Health by Income¹

2016-2020 Maine Pregnancy Risk Assessment Monitoring System (PRAMS) Survey Results

¹Income is a marker for systemic class discrimination's impact on perinatal health

Income Level	Less than or equal to 185% FPL		Greater than 185% FPL		State	
Indicator	N	Estimate [95% CI]	N	Estimate [95% CI]	N	Estimate [95% CI]
Health Care Access						
Preventative visit 12 months before pregnancy (regular check-up with doctor or OBGYN, visit for family planning, or visit for teeth cleaning)	1877	54.4 [51.7-57.2]	2071	84.2 [82.3-85.9]	4207	68.1 [66.3-69.7]
Adequate prenatal care	1883	86.1 [84.0-88.0]	2059	93.5 [92.2-94.6]	4201	89.2 [88.0-90.4]
Postpartum checkup	1878	88.8 [86.8-90.5]	2069	97.3 [96.4-98.0]	4188	92.4 [91.3-93.4]
If depression before pregnancy, had a visit for depression	418	56.7 [50.8-62.5]	263	41.0 [34.4-48.0]	745	50.7 [46.4-55.1]
Dental insurance during pregnancy	1825	46.6 [43.8-49.4]	2041	80.5 [78.4-82.4]	4106	63.4 [61.6-65.1]
Type of Insurance Before Pregnancy:						
Private	1828	35.2 [32.6-37.8]	2041	94.7 [93.4-95.8]	4121	63.3 [61.5-65.1]
MaineCare	1828	40.5 [37.8-43.3]	2041	1.4 [0.9-2.1]	4121	22.4 [20.8-24.0]
No insurance	1828	24.3 [22.0-26.9]	2041	3.9 [0.5-5.1]	4121	14.3 [13.0-15.7]
Type of Insurance During Pregnancy:						
Private	1827	30.8 [28.3-33.4]	2023	94.3 [93.0-95.4]	4092	60.8 [59.0-62.6]
MaineCare	1827	66.3 [63.6-68.8]	2023	4.7 [3.7-5.9]	4092	37.0 [35.3-38.9]
No insurance	1827	2.9 [2.1-4.0]	2023	1.0 [0.6-1.7]	4092	2.1 [1.6-2.7]
Type of Insurance After Pregnancy:						
Private	1857	27.3 [24.9-29.8]	2046	92.5 [91.0-93.7]	4156	58.0 [56.2-59.8]
MaineCare	1857	57.2 [54.4-59.9]	2046	3.3 [2.5-4.4]	4156	31.7 [30.0-33.5]

No insurance	1857	15.6 [13.6-17.7]	2046	4.2 [3.3-5.4]	4156	10.3 [9.2-11.5]
Mental Health and Stress						
Depression before pregnancy	1874	29.5 [27.1-32.1]	2063	13.3 [11.8-15.1]	4193	22.2 [20.7-23.7]
Depression during pregnancy	1862	25.0 [22.7-27.5]	2054	9.4 [8.1-11.0]	4169	17.9 [16.5-19.3]
Depression after pregnancy	1874	14.1 [12.3-16.1]	2065	6.8 [5.7-8.2]	4176	11.3 [10.2-12.5]
3 or more stressors 12 months before baby born	1876	41.4 [38.7-44.1]	2073	17.0 [15.2-18.9]	4193	29.5 [27.9-31.2]
Health care worker asked about depression during pregnancy	1850	90.4 [88.6-91.9]	2045	87.7 [86.0-89.2]	4139	89.1 [87.9-90.1]
Health care worker asked about depression after pregnancy	1645	96.4 [95.1-97.3]	2012	93.9 [92.6-95.0]	3847	94.9 [94.0-95.7]
Experienced abuse before, during, or after pregnancy	1868	9.8 [8.2-11.6]	2066	1.6 [1.0-2.3]	4171	5.8 [5.0-6.8]
Breastfeeding						
Ever breastfed	1810	84.7 [82.5-86.6]	2030	95.6 [94.5-96.5]	4070	90.2 [89.0-91.2]
If breastfed, breastfed at least 2 months	1514	73.5 [70.7-76.1]	1926	87.7 [85.9-89.2]	3635	80.5 [78.9-82.0]
Stopped breastfeeding due to returning to work or school, or too many household duties	738	30.4 [26.5-34.7]	461	31.0 [26.3-36.3]	1302	30.0 [27.0-33.1]
Received breastfeeding support at the hospital (help with, information on, and number to call for support with breastfeeding)	1411	65.7 [62.6-68.7]	1809	78.5 [76.2-80.5]	3392	71.9 [70.1-73.7]
Notes: Federal Poverty Level (FPL) is a calculation of income and household size and is updated annually. 100% FPL and lower is considered poverty. 185% is the FPL for Food Supplement benefits (SNAP) and WIC. N=unweighted sample size and %=weighted percentage (95% confidence interval [CI]) Sub-totals may not sum to the State column due to missing data <i>Produced by the Data, Research, and Vital Statistics Office/Maine Center for Disease Control and Prevention (12/16/22)</i>						