



## 2014 Maine PRAMS Data Brief

August 21, 2017

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 2014 the third 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**

- 30.2% of mothers reported dieting to lose weight in the year prior to pregnancy, and over 54% reported exercising 3 or more times per week. (Q 7 a & b)
- 19% of women reported visiting a health care worker in the year prior to pregnancy, to be checked or treated for diabetes and 29% for high blood pressure, while 28% of women reported visiting a health care worker to be checked or treated for depression or anxiety. (Q 7 d, e, & f)
- 49% of women reported not taking a multivitamin during the month prior to pregnancy, while 41% reported taking a vitamin every day. (Q 9)
  - Of those not taking a vitamin, 62% reported their pregnancy was unplanned. (Q 10)
- 51% of women reported when they got pregnant, they were trying to get pregnant (49% not trying). (Q 15)
- 46% of women who were not trying to get pregnant reported using birth control at conception (Q 16). 82% reported using birth control at the time of the survey (mothers are mailed surveys 3 months after the birth of their babies). (Q 75)

### **Prenatal Care**

- Most women (87%, Q 20) 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 (26%). (Q 21 i)
  - Could not get an appointment (35%). (Q 21 a)
  - Health plan wouldn't start (27%). (Q 21 d)
  - Didn't have enough money or insurance (14%) (Q 21 b).
- 28% of women reported they did not get advice from a healthcare worker how smoking during pregnancy could affect their baby. (Q 23 b)
- 67% reported being tested for HIV during their most recent pregnancy. (Q 25 j)
- 80% reported talking with a healthcare worker about the health affects of mercury on babies and 78% were given a mercury brochure. (Q 24 & 82)
- 79% reported talking with a healthcare worker about how much weight they should gain during their pregnancy. (Q 23 a)



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### Alcohol and Tobacco Use

- 29% of women reported smoking in the 3 months prior to pregnancy. (Q 37) 32% reported having smoked some cigarettes in the past 2 years. (Q 36)
- 14% reported smoking during the last trimester. (Q 38)
- 19% reported smoking at the time of the survey. (Q 39)
- 76% reported drinking at least some alcohol in the 2 years prior to pregnancy, (Q 41) and 30% reported at least one binge (4+ drinks/sitting) during the 3 months before pregnancy (among women who drank). (Q 43)

### Stress and Abuse

- 59% of women reported at least two stressors during the year before giving birth, while 32% reported 3-5, and 10% reported 6 or more. (Q 46)
- 10% reported not having enough money to buy food during the 12 months before their new baby was born. (Q 47)
- 11% 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. (Q 48)
- After childbirth, 42% reported never feeling down, depressed or sad while 6% reported those feelings often. (Q 79)
- 98% of mothers reported no domestic abuse during their pregnancy. (Q 51)

### Breastfeeding

- 87% of mothers reported having ever breastfed their new baby. (Q 66)
  - Of those that breastfed, 64% were still breastfeeding at least 2 months later, at the time the survey was completed. (Q 67)

### Sleep Environment

- 84% of mothers reported most often putting their infant to sleep on his or her back. (Q 72) 40% of mothers reported their new infant never sleeps in the same bed with them or anyone. (Q 73)

### Dental Health

- 52% of women reported they had their teeth cleaned during their most recent pregnancy. (Q 7 h)
- 11% reported visiting a dentist or dental clinic **for a problem**<sup>i</sup> while pregnant. (Q 29 f)
- 65% reported having dental insurance that pays for some or all dental care. (Q 83)



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### Postpartum Care

- 10% of newborns were reportedly placed in the intensive care unit. (Q 62)
- Birth certificate data indicated 6.6% 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). (Q 5)
- Maine birth certificate data indicate 8.3% of births in 2014 were premature (<37 weeks). 10% reported having previously delivered a premature baby (PRAMS). (Q 6)

### Delivery

- 17% reported planning a cesarean section at least 1 week before birth. (Q 55)
  - 28% of all births were cesarean delivery. (Q 56)
- 3.3% reported they received shots to prevent early labor. (Q 35)

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<sup>i</sup> Previously the question asked “went to dentist or dental clinic” (which included cleanings).