

PERINATAL RISK FACTORS AND HEALTH BEHAVIORS: MONTANA PRAMS (2018)

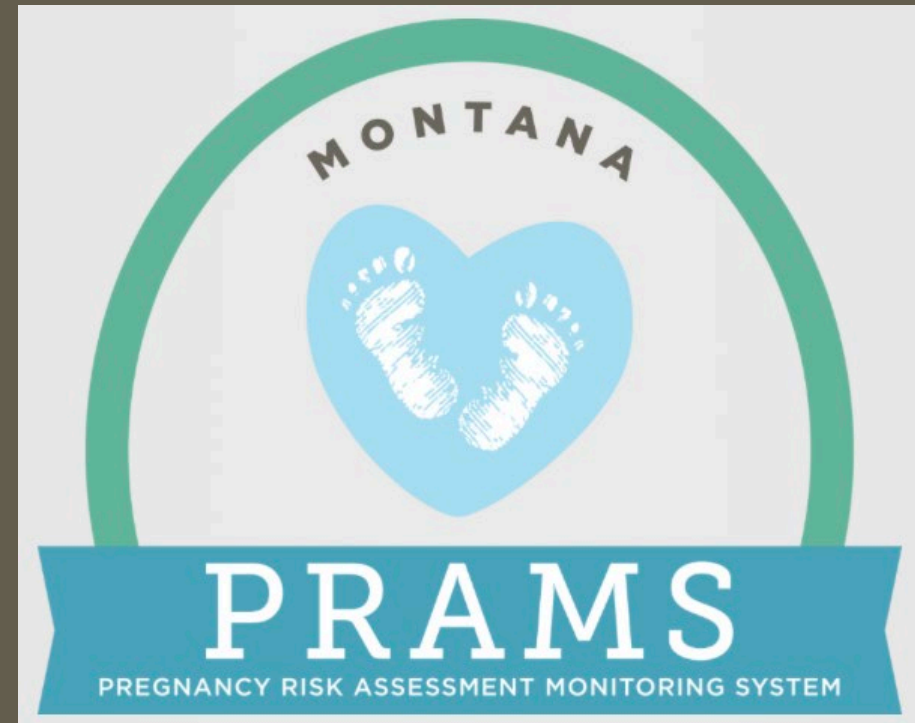
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MONTANA'S PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS)

- Random, population-based survey about maternal behaviors and experiences before, during, and after pregnancy
- Respondents are mailed a survey 3-6 months after delivering, telephone follow-up
- Collaborative effort with CDC
- Montana has conducted PRAMS survey since 2017
- DPHHS Staff:
 - Dr. Miriam Naiman-Sessions, PI and Project Director
 - Carol Hughes, Data Manager



Source: <https://dphhs.mt.gov/prams>

OVERVIEW



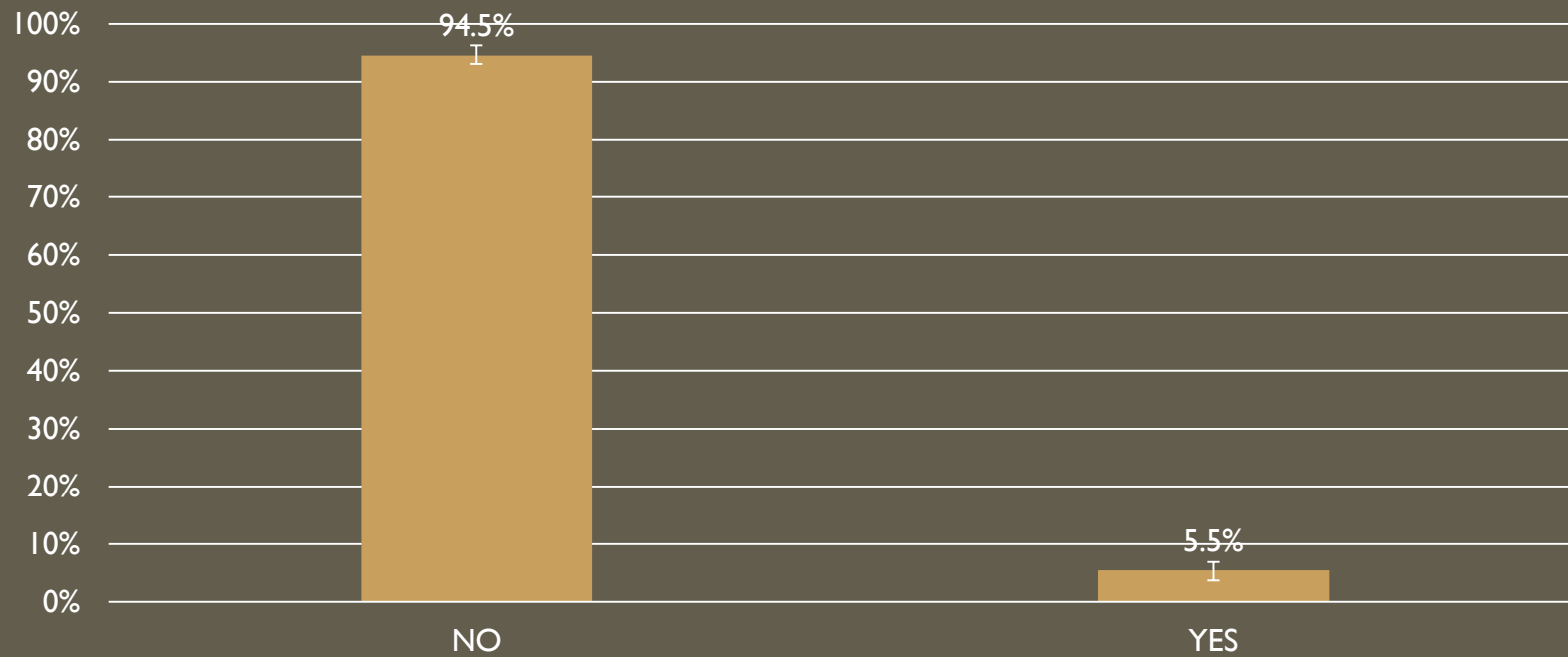
- PRAMS includes datapoints on:
 - Preconception health
 - Insurance coverage
 - Perinatal behavioral health
 - **Pregnancy health conditions**
 - Postpartum care
 - **Family planning**
- Most data points are not powered for stratified analysis (i.e. racial disparities)
- 95% confidence intervals denoted on bar graphs

PREGNANCY HEALTH CONDITIONS

MT PRAMS 2018

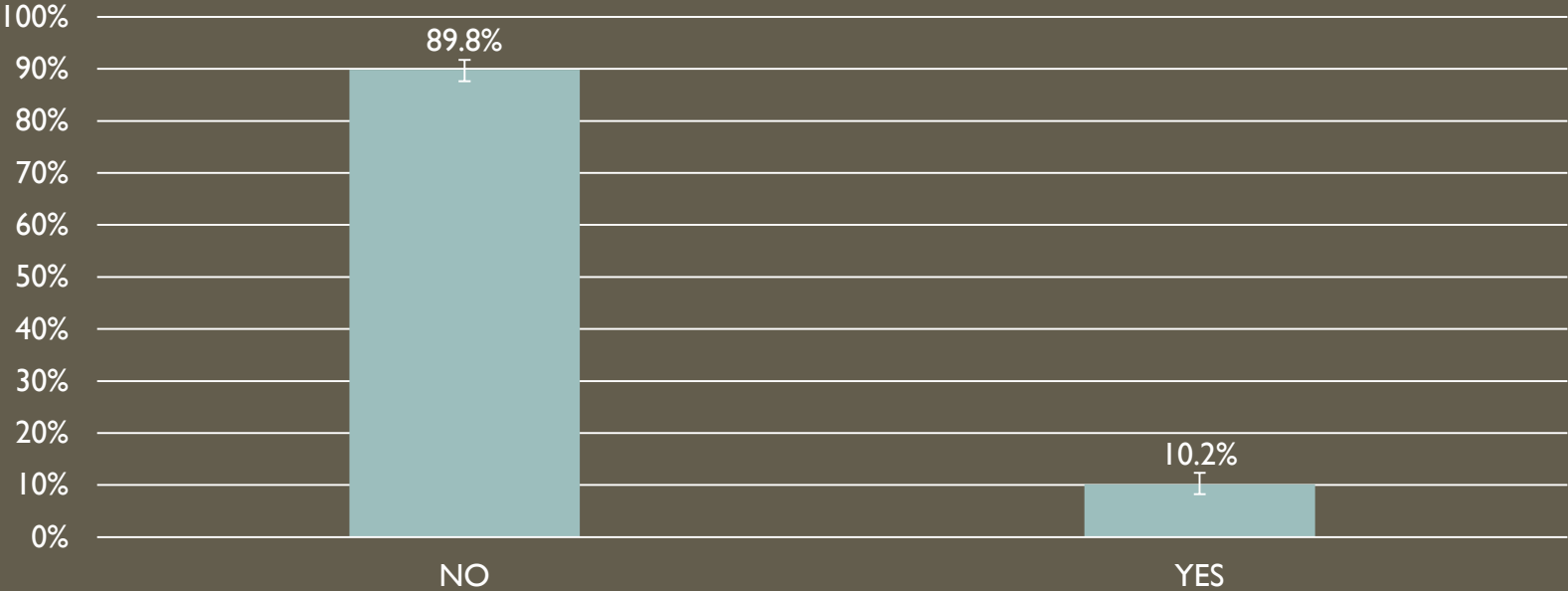
GESTATIONAL DIABETES

Percent reporting diabetes developed during last pregnancy
(MT PRAMS, 2018)



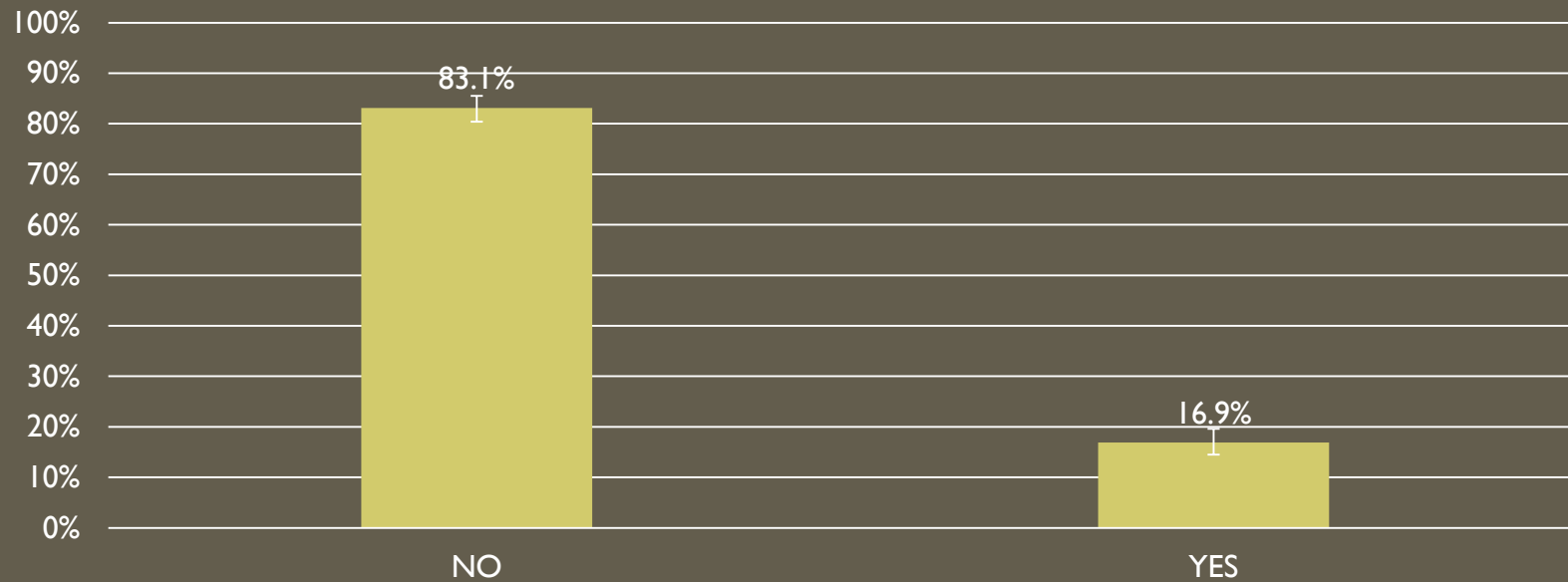
GESTATIONAL HYPERTENSION

Percent reporting hypertension developed during last pregnancy (MT PRAMS, 2018)



DEPRESSION DURING PREGNANCY

Percent reporting depression during last pregnancy (MT PRAMS, 2018)

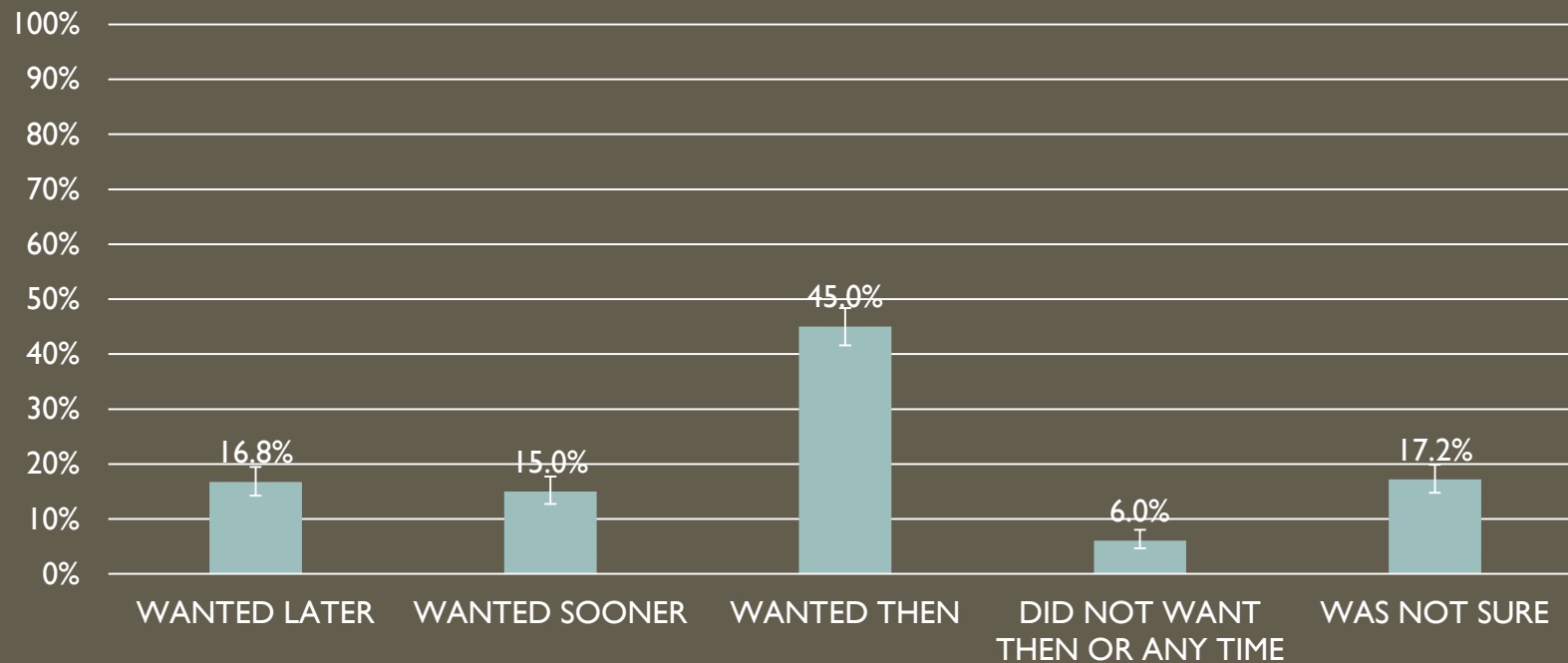


FAMILY PLANNING

MT PRAMS 2018

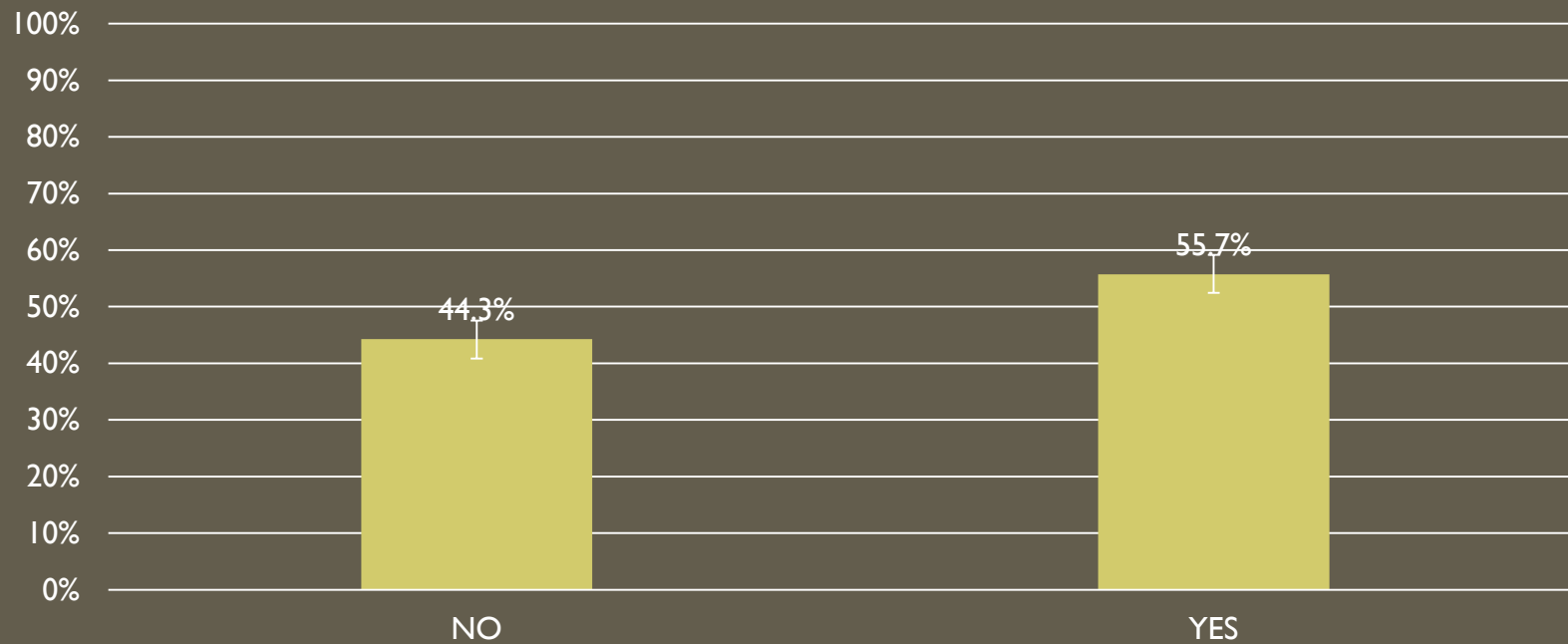
PREGNANCY TIMING

Feelings about becoming pregnant prior to last pregnancy
(MT PRAMS, 2018)



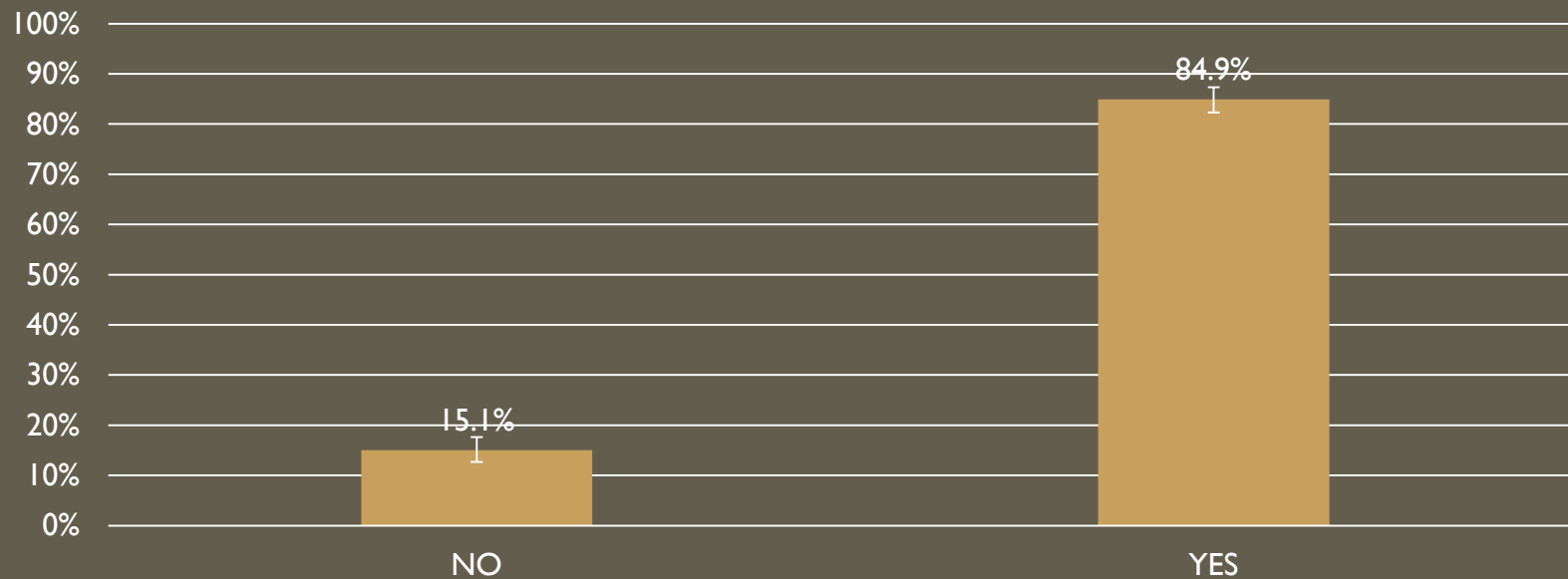
PREGNANCY INTENTION

Percent reporting they were trying to get pregnant prior to last pregnancy (MT PRAMS, 2018)



POSTPARTUM CONTRACEPTION

Percent reporting that self or partner are practicing any form of contraception, including natural methods, in the postpartum period (MT PRAMS, 2018)



CONCLUSIONS

- 1 out of 10 (10%) of Montanans develop hypertension during pregnancy
 - Can lead to preeclampsia, eclampsia, and other serious cardiovascular complications
- 1 out of 6 (17%) of pregnant Montanans experience depression
- Less than half (45%) of Montanans report their last pregnancy was well-timed
 - Indicates need for greater investment in both contraception and fertility support care
- Most (85%) of couples practice some form of postpartum contraception
 - Spacing/limiting in postpartum period is a priority for Montanans