

Vermont PRAMS Data Brief

Prenatal Counseling – part 1

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Vermont women with live births since 2001. This report includes data from 2001^a-2007.

Included in the survey are questions about the content of prenatal care. Women are asked if health care workers talked with them about topics including smoking, drug and alcohol use, breastfeeding, postpartum birth control, medical tests and physical abuse (core questions). Since 2004, mothers have also been asked if health care workers told them how much weight to gain during pregnancy, about their use of alcohol and drugs, whether they were experiencing abuse, and their intentions regarding postpartum birth control (state added questions). The question wording is included at the end of this report.

This report focuses on the overall trends in the responses. Future reports will examine demographic differences and relationships between the responses to these questions and behaviors.

Topics most likely to be discussed by a health care worker during a prenatal visit:

- Birth defects testing (94% in 2007)
- Safe medications (90%)
- Breastfeeding (89%)
- What to do if labor starts early (88%)

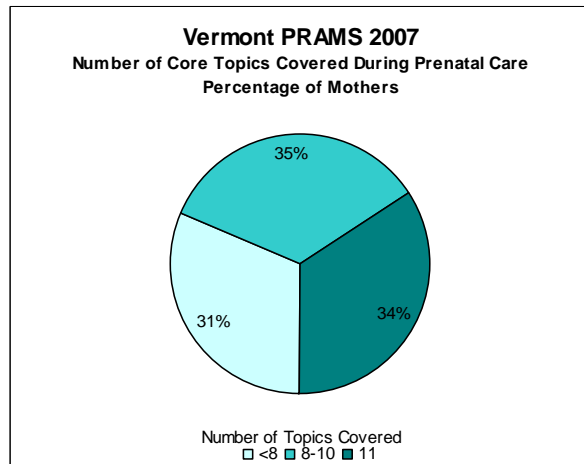
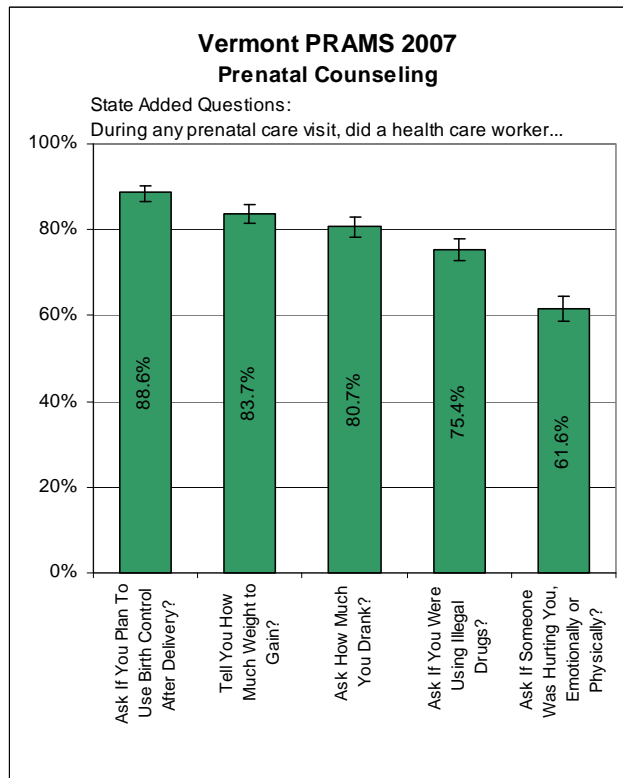
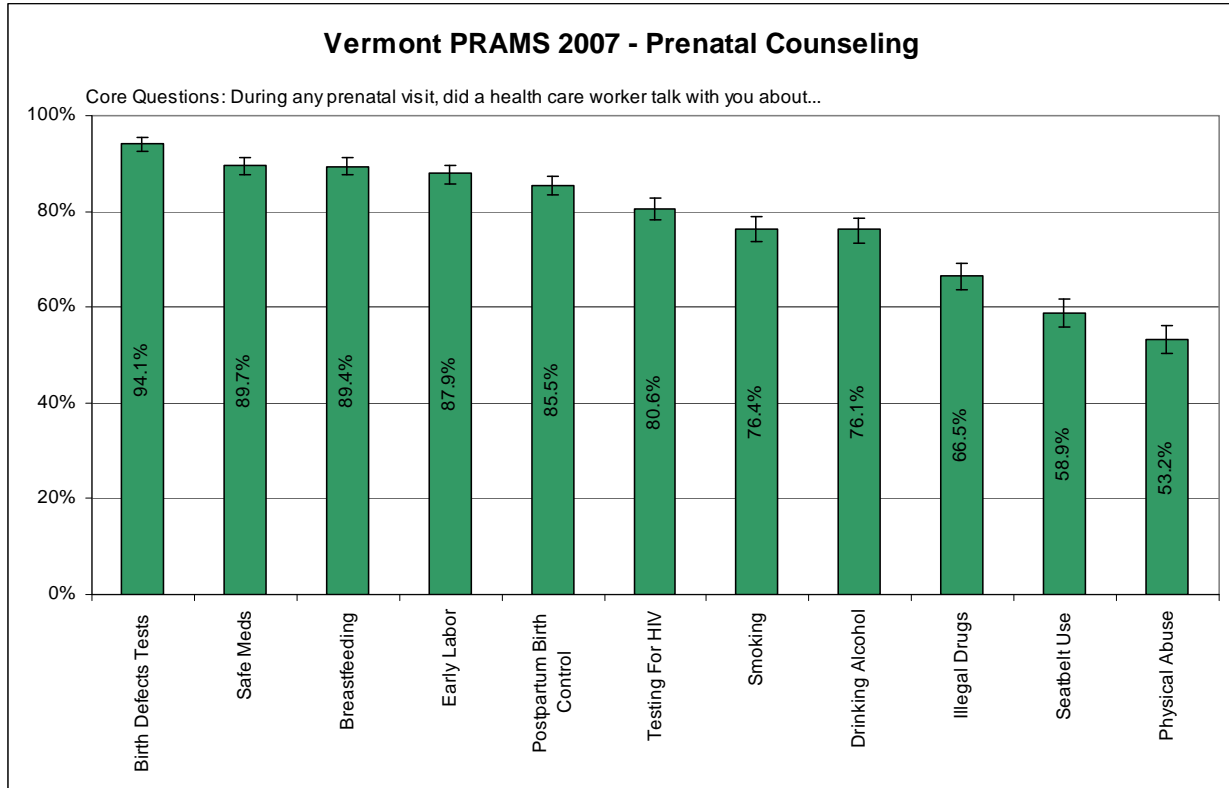
Topics being discussed with significantly increasing frequency:

- Physical abuse (32% in 2001, increasing to 53% in 2007)
- Illegal drug use (60% to 66%)
- Drinking (70% to 76%)
- Smoking (72% to 76%)
- Birth defects testing (90% to 94%)

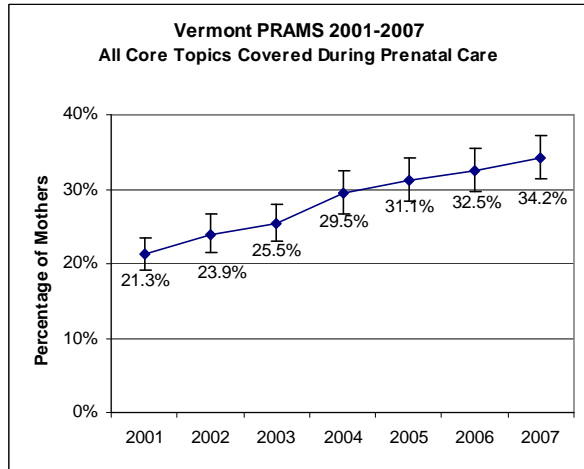
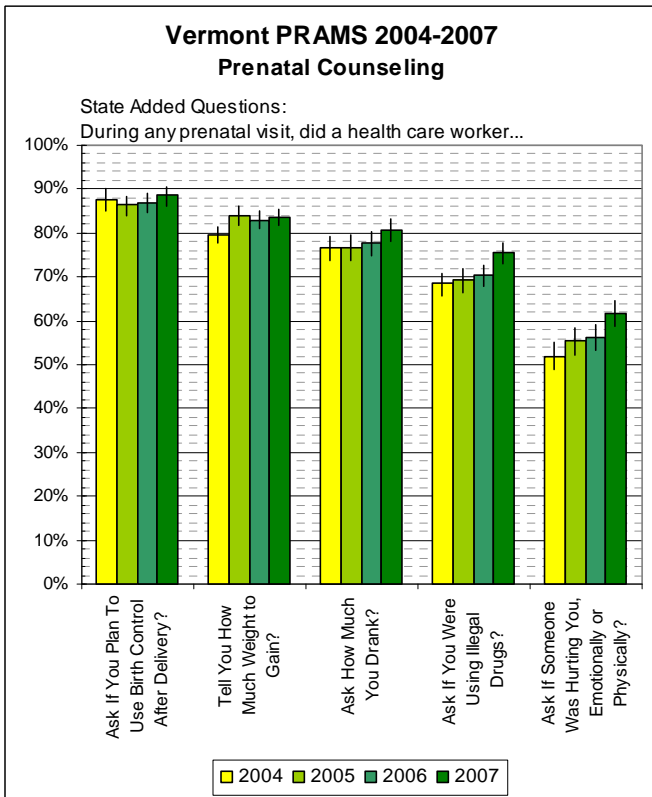
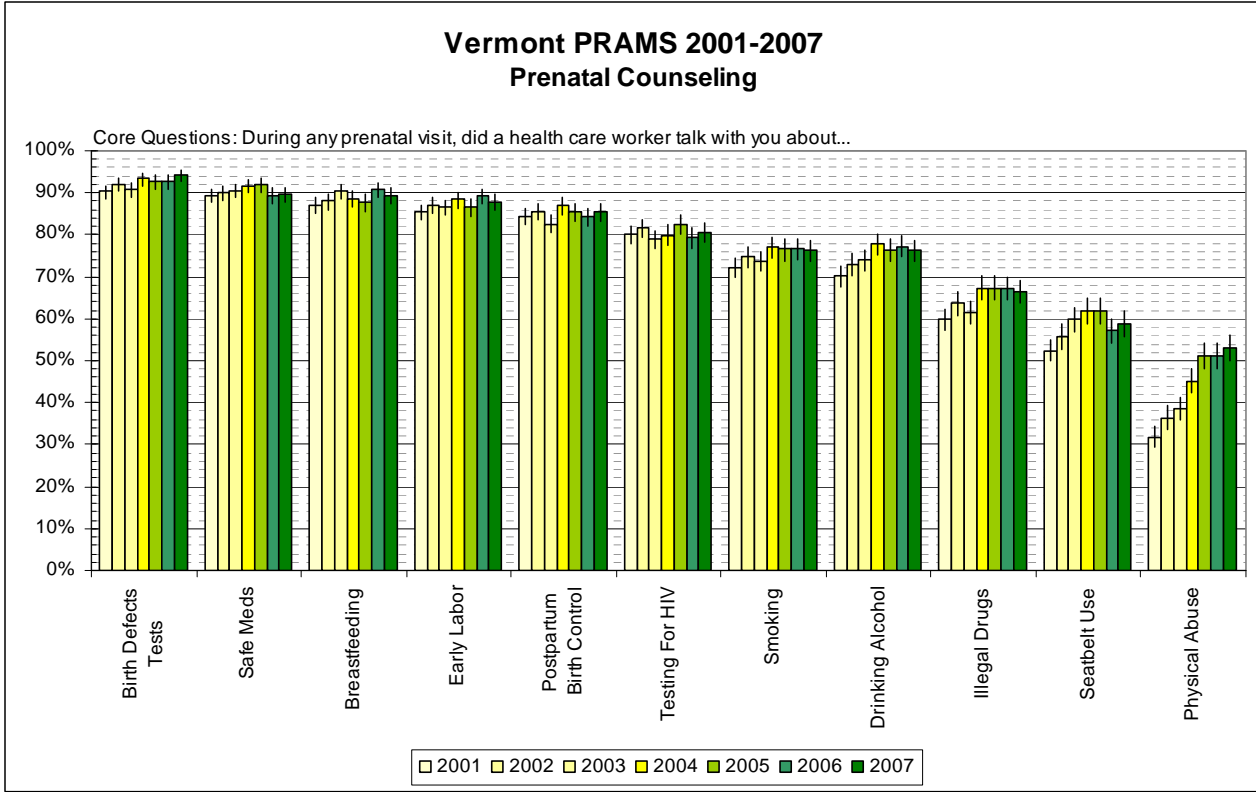
While most topics asked about in the survey are covered with most mothers, it is rare that all the topics asked about are touched upon. In 2001, only 21% of mothers had a health care worker discuss all eleven core topics. This increased to 34% in 2007, while 35% had discussion of 8-10 topics, and 31% had discussion of fewer than eight topics.

^a 2001 data includes mothers who gave birth from October 2000-December 2001; data collection began in January 2001.

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PRAMS Prenatal Counseling Questions:

Core Questions:

21. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle **Y** (Yes) if someone talked with you about it or circle **N** (No) if no one talked with you about it.

		No	Yes
a. How smoking during pregnancy could affect my baby.	N		Y
b. Breastfeeding my baby	N		Y
c. How drinking alcohol during pregnancy could affect my baby	N		Y
d. Using a seat belt during my pregnancy	N		Y
e. Birth control methods to use after my pregnancy	N		Y
f. Medicines that are safe to take during my pregnancy	N		Y
g. How using illegal drugs could affect my baby.	N		Y
h. Doing tests to screen for birth defects or diseases that run in my family	N		Y
i. What to do if my labor starts early	N		Y
j. Getting tested for HIV (the virus that causes AIDS).	N		Y
k. Physical abuse to women by their husbands or partners	N		Y

State Added Questions (added in 2004):

22. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about how much weight you should gain during your pregnancy?

- No
 Yes

23. During any of your prenatal care visits, did a doctor, nurse, or other health care worker ask you—

		No	Yes
a. How much alcohol you were drinking.	N		Y
b. If someone was hurting you emotionally or physically	N		Y
c. If you were using illegal drugs (marijuana or hash, cocaine, crack, etc.).	N		Y
d. If you planned to use birth control after your baby was born	N		Y

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