

Vermont PRAMS Data Brief

Prenatal Counseling – part 6 Breastfeeding

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-2008.

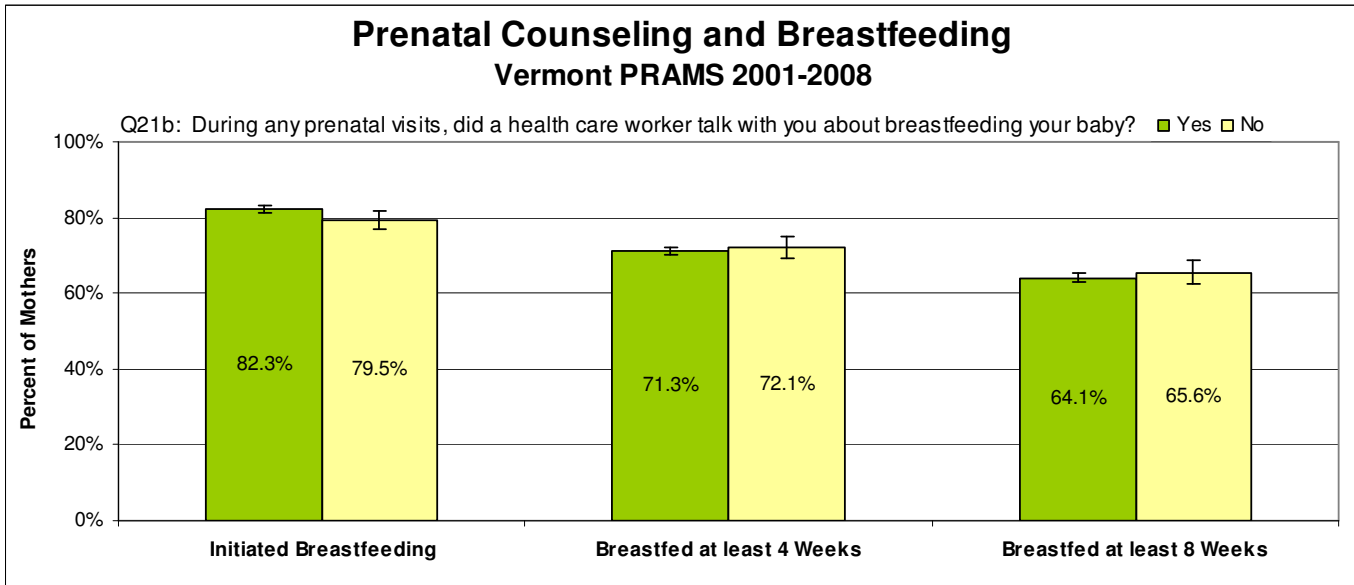
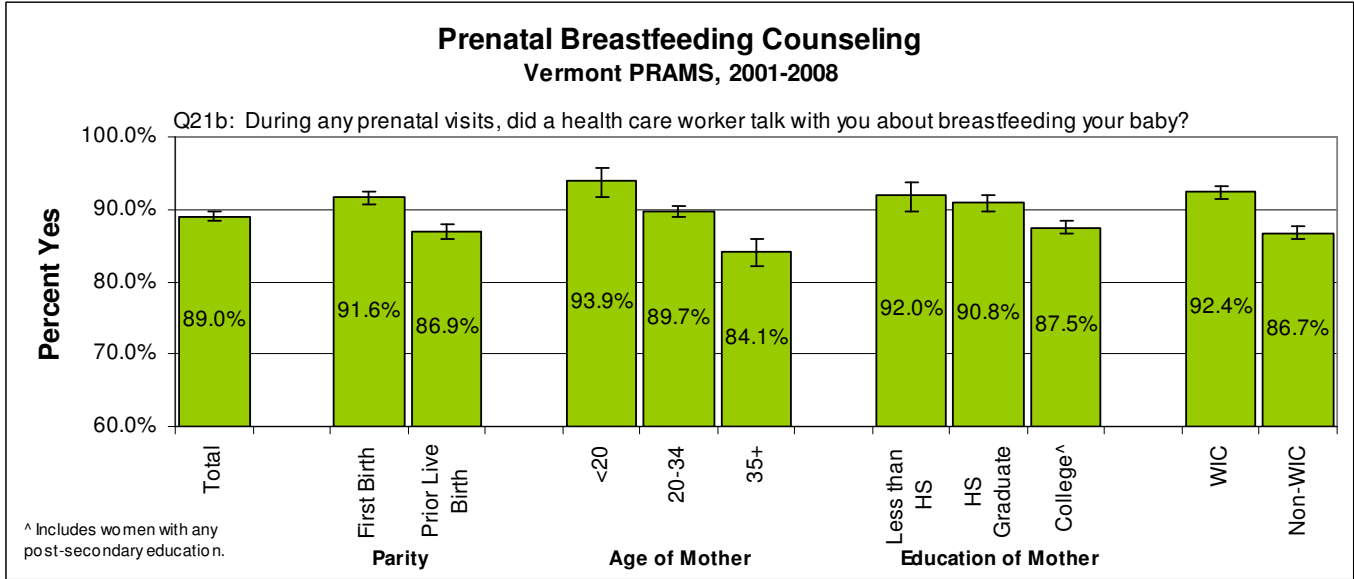
Included in the survey are questions about the content of prenatal care. Previous reports have examined trends in prenatal counseling, differences in responses across demographics for the prenatal counseling questions, and compared maternal behaviors and birth outcomes with prenatal counseling in specific topic areas. This report focuses on prenatal breastfeeding counseling and breastfeeding outcomes. The wording for the questions examined here is included at the end of this report.

Prenatal Counseling and Breastfeeding:

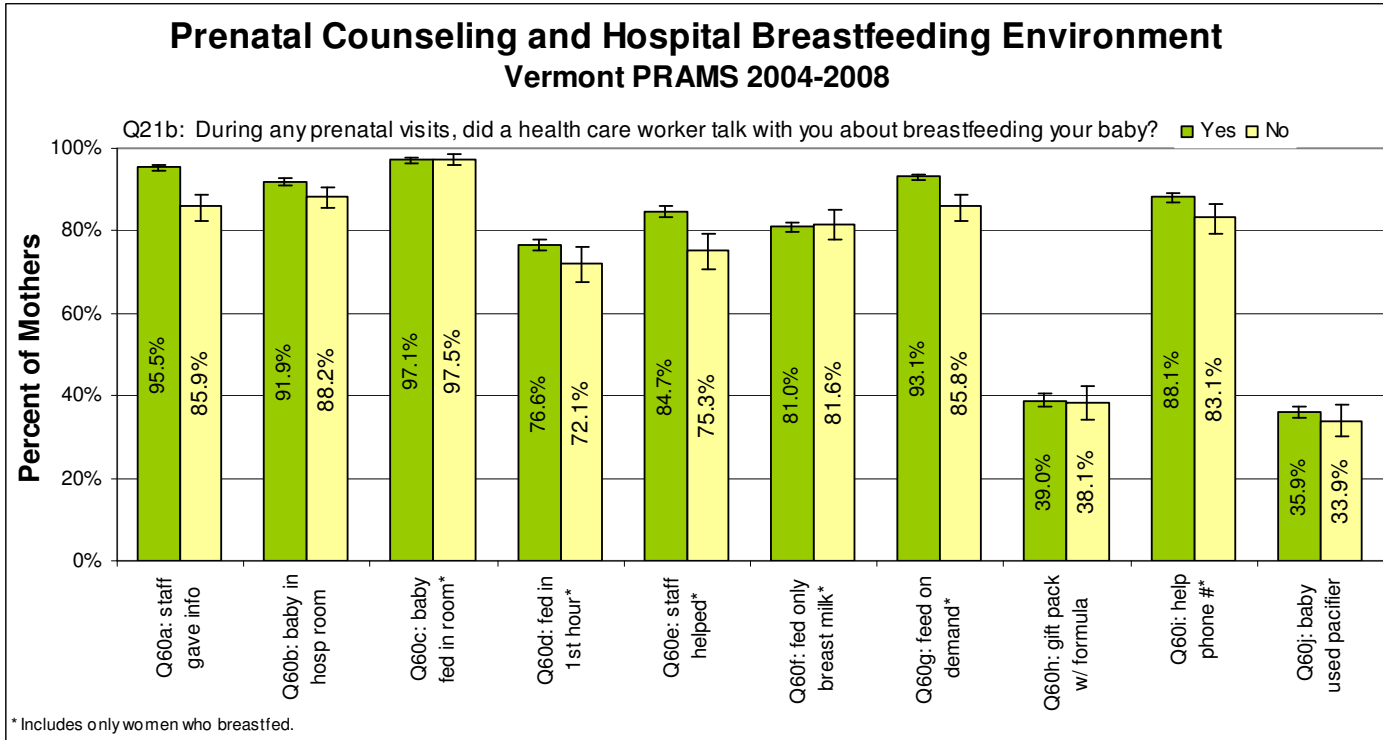
- Nearly 90% of mothers indicated that a prenatal health care worker had talked with them about breastfeeding their baby.
- First time mothers, younger mothers, and mothers on WIC were most likely to have had a prenatal breastfeeding discussion.
- Mothers reporting a prenatal breastfeeding discussion were significantly more likely to initiate breastfeeding than women who did not report a prenatal breastfeeding discussion.
- Despite the higher rate of breastfeeding initiation, mothers reporting prenatal breastfeeding counseling were no more likely to continue breastfeeding beyond 4 or 8 weeks than women who did not have prenatal breastfeeding counseling.
- Mothers reporting that they had prenatal breastfeeding counseling also reported a more supportive breastfeeding environment in the hospital.

^a 2001 data includes mothers who gave birth from October 2000 to 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 | |

Other PRAMS Questions used in this brief (Q60 added in 2004):

54. Did you ever breastfeed or pump breast milk to feed your new baby after delivery?

- No
 Yes **Go to Question 56**

56. Are you still breastfeeding or feeding pumped milk to your new baby?

- No
 Yes **Go to Question 59**

57. How many weeks or months did you breastfeed or pump milk to feed your baby?

_____ Weeks **OR** _____ Months

- Less than 1 week

60. This question asks about things that may have happened at the hospital where your new baby was born. For each item, circle **Y** (Yes) if it happened or circle **N** (No) if it did not happen.

- | | | No | Yes |
|---|---|----|-----|
| a. Hospital staff gave me information about breastfeeding | N | Y | |
| b. My baby stayed in the same room with me at the hospital | N | Y | |
| c. I breastfed my baby in the hospital. | N | Y | |
| d. I breastfed my baby in the first hour after my baby was born. | N | Y | |
| e. Hospital staff helped me learn how to breastfeed | N | Y | |
| f. My baby was fed only breast milk at the hospital | N | Y | |
| g. Hospital staff told me to breastfeed whenever my baby wanted | N | Y | |
| h. The hospital gave me a gift pack with formula | N | Y | |
| i. The hospital gave me a telephone number to call for help with breastfeeding. | N | Y | |
| j. My baby used a pacifier in the hospital | N | Y | |