



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES

New Hampshire

NH PRAMS collects data pertaining to Title V Maternal and Child Health priorities and data on other important topics related to maternal behaviors and experiences just before, during, and just after pregnancy. NH PRAMS now has data for the 2013-2015 birth years.

What is PRAMS?

The Pregnancy Risk Assessment Monitoring System (PRAMS) was developed in 1987 by the Centers for Disease Control and Prevention (CDC) as part of an initiative to reduce infant mortality and low birth weight.

New Hampshire joined the PRAMS project and began data collection in 2013. NH staff work in the Maternal & Child Health Section of the Division of Public Health Services.

PRAMS was designed to supplement vital records data by providing state-specific information on maternal behaviors and experiences just before, during, and just after pregnancy, to be used for planning and assessing health programs for women and infants.

Because PRAMS uses standardized data collection methods nationwide, data can be compared among states. Nationally, PRAMS represents 83% of live births.

How does PRAMS work?

NH PRAMS questionnaire booklets are mailed each month to approximately one of every 12 New Hampshire resident women who have recently given birth and have been randomly selected from State birth certificate records.

All information is strictly confidential and all answers are grouped together. Each mailing includes an Informed Consent document, a FAQ sheet, and a Resource List with useful phone numbers and websites. In the near future respondents will have the option of completing the survey online.

Every woman's experience and perspective is different. Participation is voluntary but since only a small number of women are selected to participate it is important that each one complete the survey for the data to be representative of the entire population of New Hampshire women who give birth.

Information collected by PRAMS will help the Department of Health and Human Services to develop and improve programs for new moms and babies.

Where to Find NH PRAMS Data

The NH PRAMS 2013-2015 survey reports and other publications including infographics and data briefs are available online: <http://www.dhhs.nh.gov/dphs/bchs/mch/prams.htm>

CDC's PRAMS data from participating states is available online at: <http://www.cdc.gov/prams/pramstat/>

Some Highlights of 2015 NH PRAMS Data

Pre-pregnancy

- 16% of all women were told they had depression prior to pregnancy.
- 27% of women were overweight and more than 19% were obese by BMI calculation.
- Over 62% of women had their teeth cleaned in the 12 months before their pregnancy.
- Nearly 13% had no insurance prior to pregnancy.
- 39% of women took vitamins daily during the month before their pregnancy, but over 44% did not take vitamins at all during this time.
- 61% of women wanted to be pregnant then or sooner.
- Of the nearly 44% of women who were using contraception when they became pregnant, 28% were using the pill, 29% were using condoms, and 36% were using withdrawal.

During Pregnancy

- Nearly 92% of women began prenatal care in the first trimester.
- Slightly over 31% of women had their prenatal care paid by Medicaid.
- Nearly 91% of women were advised to get a flu shot during the 12 months before delivery of their new baby, and over 68% did get a flu shot just before or during their pregnancy.
- 21% of all respondents smoked in the three months before their pregnancy, 9% smoked in the last three months of their pregnancy, and over 12% reported smoking postpartum.
- Over 68% of all respondents drank alcohol in the three months before pregnancy and nearly 10% of all respondents drank in the last three months of pregnancy.
- 34% of women had their labor induced.
- Over 87% of women always used a seat belt during pregnancy.

Postpartum

- Almost 92% of women ever breastfed their babies and over 68% of women breastfed their baby for more than 8 weeks.
- The most often cited reasons for breastfeeding discontinuation were not producing enough milk, milk not satisfying the baby, and difficulty latching.
- Approximately 69% of women got information from a health care worker on what happens if a baby is shaken, and 76% got information on how to quiet a crying baby.
- Nearly 87% of mothers place their baby to sleep on his or her back. Approximately 30% of women report that no one (including herself) ever sleeps with the baby in the same bed, couch or chair.
- Among postpartum users of contraception, the three most often cited methods were condoms (30%), the pill (23%), and IUDs (20%).
- Nearly 13% of women reported symptoms of postpartum depression.
- Of those with a private water system, 15% were advised by a health care provider to have their water tested for arsenic and 28% had their water tested for arsenic.



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