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Data Brief:

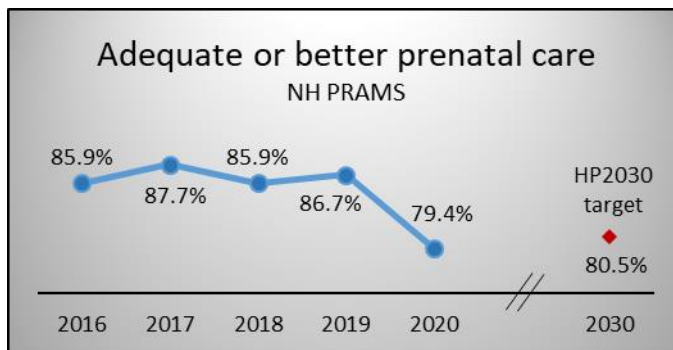
Healthy People 2030 and NH PRAMS – What the data show

The CDC’s Pregnancy Risk Assessment Monitoring System (PRAMS) is the source of data used to establish a baseline and set a target for the Healthy People 2030 (HP2030) objective MICH-14: to increase the proportion of infants placed to sleep on their backs.ⁱ

The PRAMS survey also collects data on several other indicators that are similar if not the same as other HP2030 objectives. This report examines data collected by New Hampshire (NH) PRAMS in 2016-2020, juxtaposed with HP2030 objectives that are the same or similar. While not always identical to the HP2030 definitions, the NH PRAMS data can provide a context for the HP2030 objectives, and the feasibility for New Hampshire of attaining or surpassing the HP2030 national targets.

MICH-08: Increase the proportion of pregnant women who receive **early and adequate prenatal care.**
HP2030 target: 80.5%

“Prenatal care is most effective when it starts early and continues throughout pregnancy. It can help prevent and address health problems in both mothers and babies. Interventions to increase access to health care can help more women get the prenatal care they need.”ⁱⁱ



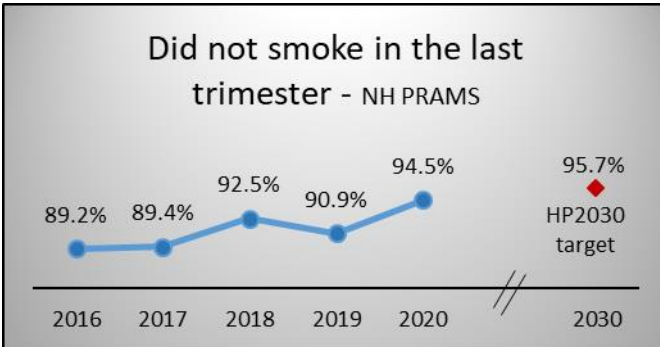
As defined by the Kotelchuck (Adequacy of Prenatal Care Utilization) index, based on when prenatal care began and the total number of prenatal visits, since 2016 approximately 85% of the NH birthing population has had adequate or better than adequate prenatal care, exceeding the HP2030 target of 80.5% with one exception, in the year 2020 (statistically, this is not significantly different from the prior four years). The HP2030 target is already being met.

MICH-10: Increase abstinence from cigarette **smoking among pregnant women.**
HP2030 target 95.7%

“Smoking during pregnancy is related to birth defects, preterm birth, and sleep-related deaths in infants. Providing screening and counseling during prenatal care visits can help pregnant women stop smoking.”

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Population-based interventions — like cigarette price increases, media campaigns, and comprehensive smoke-free laws — can also help prevent pregnant women from smoking.”ⁱⁱⁱ

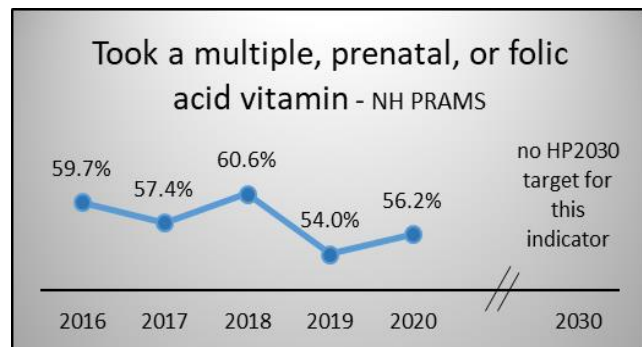


Smoking during the last trimester of pregnancy has been trending downwards in NH, and the number of persons not smoking is increasing, rising from just below 90% in 2016 to nearly 95% in 2020. This is slightly below the HP2030 target of 95.7% but this goal seems achievable over the next ten years.

MICH-12: Increase the proportion of women of childbearing age who have **optimal red blood cell folate** concentrations. — HP2030 target: 86.3%

“Getting enough folic acid through food or supplements during pregnancy can protect infants from neural tube defects, like spina bifida. The concentration of folate in a woman’s red blood cells shows whether she’s getting enough folic acid. Nationwide efforts to add folic acid to cereal grain products have helped reduce neural tube defects, and more recent efforts to add it to corn masa flour may have the same effect.”^{iv}

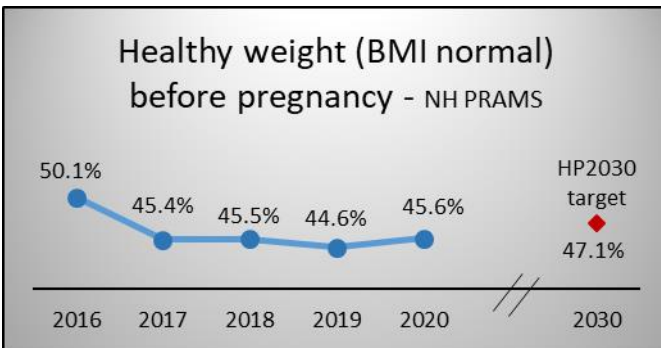
The PRAMS survey does not include clinical measures and so does not have information on blood folate concentrations. But NH PRAMS does collect information on taking vitamins in the month before pregnancy. It was found that approximately 54-60% of women took a multiple, prenatal, or folic acid vitamin at least once per week in the month before pregnancy. This behavior contributes to the outcome measure.



MICH-13: Increase the proportion of women delivering a live birth who had a **healthy weight** prior to pregnancy. — HP2030 target 47.1%

“More than half of women are overweight or underweight when they get pregnant. This is linked to complications and poor pregnancy outcomes. For example, obesity during pregnancy is linked to high blood pressure and gestational diabetes in mothers — as well as stillbirth and preterm birth in infants. Interventions related to healthy eating and physical activity can help more women have a healthy weight before getting pregnant.”^v

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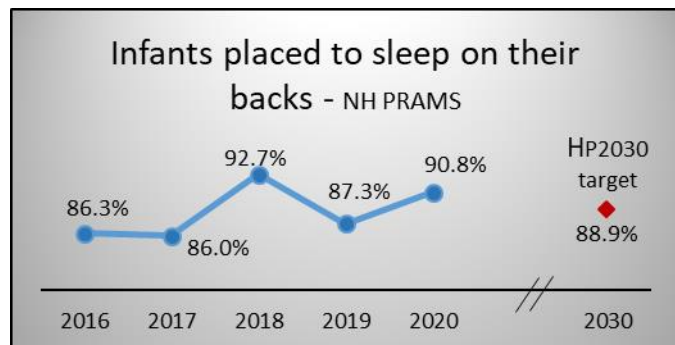


The percentage of NH residents who had a normal BMI before pregnancy saw an apparent (not statistically significant) drop in 2017 but has been level since that year, at approximately 45%. The HP2030 target of 47.1% seems achievable over the next ten years.

MICH-14: Increase the proportion of infants who are put to **sleep on their backs**.
HP2030 target: 88.9%

“Putting infants to sleep on their backs reduces the risk of sudden infant death syndrome (SIDS) and other sleep-related deaths. Although rates of SIDS have fallen over the last few decades, SIDS is still the leading cause of death in infants aged 28 days and over. Teaching caregivers about safe sleep practices is key to increasing the proportion of infants put to sleep on their backs.”^{vi}

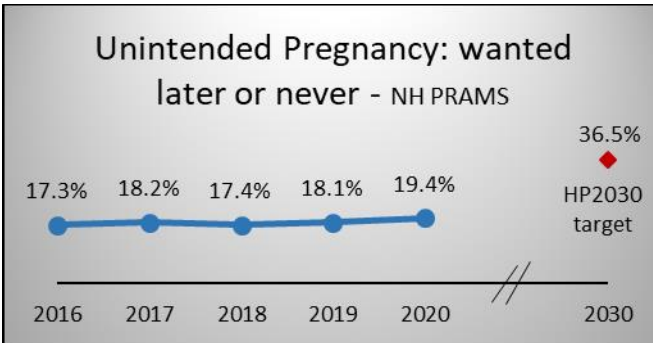
National data from PRAMS is used to set the target for this indicator. The NH PRAMS data show that approximately 86-93% of NH infants were placed to sleep on their backs in the years 2016-2020, so the HP2030 target of 88.9% should be achieved if the current range is maintained over the next ten years.



FP-01: Reduce the proportion of **pregnancies that are unintended**. — HP2030 target: 36.5%

“Women who have unintended pregnancies are more likely to delay prenatal care, experience violence, and have mental health problems. In addition, children of women who have unintended pregnancies are at increased risk for mental and physical health problems — and they’re more likely to struggle in school. Rates of unintended pregnancies are decreasing overall, but disparities by race/ethnicity, age, income, and education level remain. Interventions to increase the use of birth control are critical for preventing unintended pregnancies.”^{vii}

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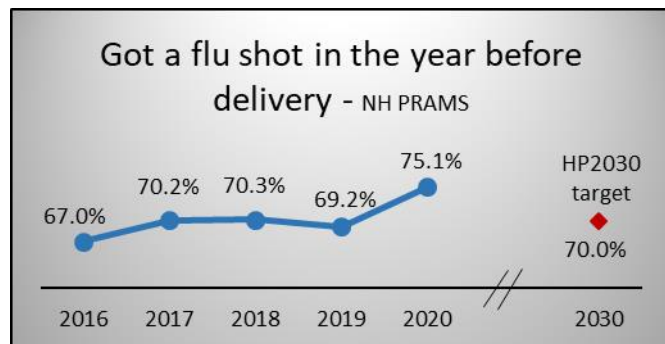


Among the NH birthing population in the years 2016-2020, the percentage who had an unintended pregnancy (unwanted or mistimed) was quite low compared to national figures, at approximately 17-19%. The HP2030 target of 36.5% has already been largely surpassed.

IID-09: Increase the proportion of persons who are **vaccinated annually against seasonal influenza**.
HP2030 target: 70.0%

“Millions of people get seasonal flu every year. For most people, the flu is mild, but it can be very serious and even cause death. Yearly vaccination can help prevent seasonal flu. Sending vaccination reminders, making vaccines available in non-traditional places like workplaces, and reducing costs are important strategies for making sure more people get the flu vaccine.”^{viii}

This HP2030 objective covers all noninstitutionalized persons aged six months and over. The PRAMS data is based on the birthing population, usually aged 15-44 years. So the PRAMS data come from a subset of the larger HP2030 target population, and their vaccination coverage may be different and therefore require a different target. Nonetheless, the data show that the flu vaccination rate of those who gave birth in 2016-2020 was between 67% and 75%. So in this sub-group the current HP2030 target has already been attained.

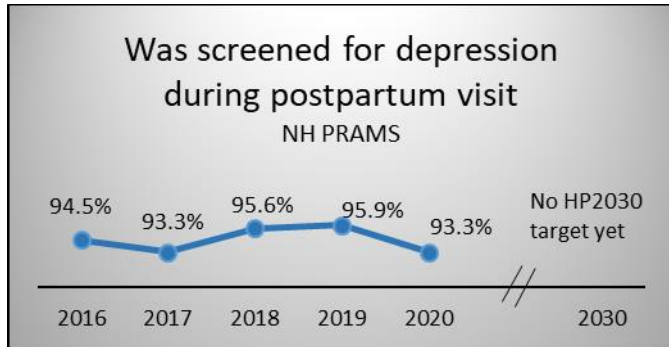


MICH-D01: Increase the proportion of women who are **screened for postpartum depression** at their postpartum checkup. — Developmental; no target established

“This objective currently has developmental status, meaning it is a high-priority public health issue that has evidence-based interventions to address it, but doesn’t yet have reliable baseline data. Once baseline data are available, this objective may be considered to become a core Healthy People 2030 objective.”^{ix}

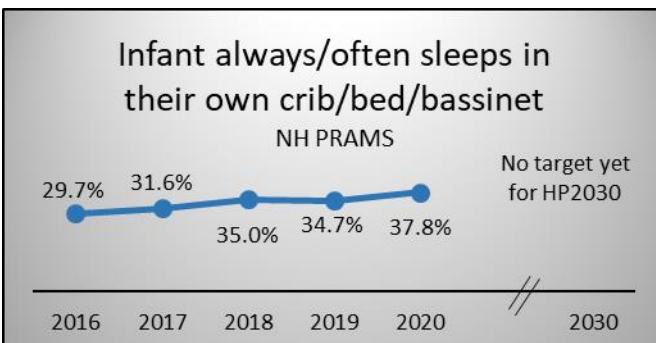
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In the period 2016-2020, 93-96% of the birthing population reported being screened for depression at their postpartum checkup. This data may be used to assist in the target-setting for HP2030.

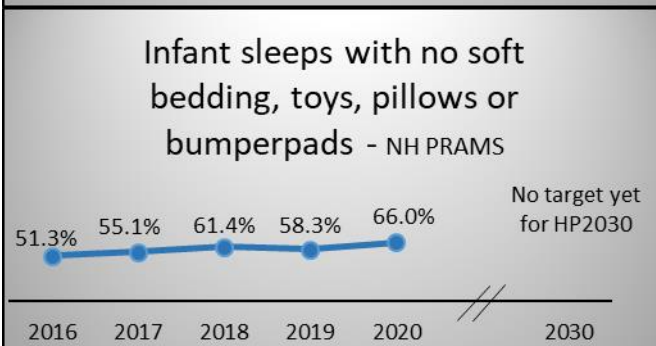


MICH-D03: Increase the proportion of infants who are put to sleep in a safe sleep environment.
Developmental; no target established

“This objective currently has developmental status, meaning it is a high-priority public health issue that has evidence-based interventions to address it, but doesn’t yet have reliable baseline data. Once baseline data are available, this objective may be considered to become a core Healthy People 2030 objective.”^x



PRAMS is the data source for these two items, which, along with MICH-14 (infants placed to sleep on their backs) comprise the National Performance Measure #5 on Safe Sleep as outlined by the Maternal and Child Health Bureau (MCHB) of the US Health Resources and Services Administration (HRSA). Targets have not yet been set by HP2030.



NH PRAMS data show that some 30-38% of infants sleep in their own crib or bed (i.e., a separate, approved sleep surface); currently, the NH-specific HRSA target for 2026 is 40%.

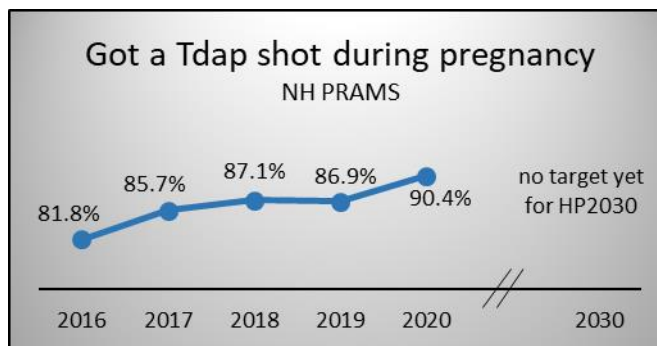
And some 51-66% of infants sleep with no soft objects or loose bedding; currently, the NH-specific HRSA target for 2026 is 63%.

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IID-D01: Increase the proportion of pregnant women who receive 1 dose of the tetanus-diphtheria-acellular pertussis (**Tdap**) vaccine during pregnancy. — **Developmental; no target established**

“This objective currently has developmental status, meaning it is a high-priority public health issue that has evidence-based interventions to address it, but doesn’t yet have reliable baseline data. Once baseline data are available, this objective may be considered to become a core Healthy People 2030 objective.”^{xi}

NH PRAMS data show that some 82-90% of the birthing population have been receiving the Tdap shot during pregnancy. This data may be used to assist with the target-setting for HP2030.



SUMMARY

Of the ten HP2030 targets discussed in this report, the NH PRAMS data indicate that three have already been met: MICH-08 for **early and adequate prenatal care**; FP-01 on **unintended pregnancies**; and IID-09 on **flu vaccination**.

Three other HP2030 targets seem attainable, based on the NH PRAMS data for 2016-2020 which approach the target numbers: MICH-10 on **smoking during pregnancy**; MICH-13 on **healthy weight prior to pregnancy**; and MICH-14 on **infants placed to sleep on their backs**.

Three other HP2030 targets are under development, and PRAMS data may contribute to the setting of targets for these health indicators: MICCH-D01 on **postpartum depression screening**; MICH-D03 on **infants’ safe sleep** environment; and IID-D01 on the **TDap vaccine** during pregnancy.

Lastly, one is an outcome indicator (MICH-12, on blood folate levels), while PRAMS collects data on a process indicator towards this outcome (taking folic acid before pregnancy). So PRAMS data can contribute to the background information, but not directly to this indicator as it is currently written.

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ⁱ Healthy People 2030 | PRAMS: <https://health.gov/healthypeople/objectives-and-data/data-sources-and-methods/data-sources/pregnancy-risk-assessment-monitoring-system-prams>; retrieved 19 January 2022.

ⁱⁱ Healthy People 2030 | MICH-08; <https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/increase-proportion-pregnant-women-who-receive-early-and-adequate-prenatal-care-mich-08>; retrieved 20 January 2022.

ⁱⁱⁱ Healthy People 2030 | MICH-10; <https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/increase-abstinence-cigarette-smoking-among-pregnant-women-mich-10>; retrieved 20 January 2022.

^{iv} Healthy People 2030 | MICH-12; <https://health.gov/healthypeople/objectives-and-data/browse-objectives/women/increase-proportion-women-childbearing-age-who-get-enough-folic-acid-mich-12>; retrieved 20 January 2022.

^v Healthy People 2030 | MICH-13; <https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/increase-proportion-women-who-had-healthy-weight-pregnancy-mich-13>; retrieved 20 January 2022.

^{vi} Health People 2030 | MICH-14; <https://health.gov/healthypeople/objectives-and-data/browse-objectives/infants/increase-proportion-infants-who-are-put-sleep-their-backs-mich-14>; retrieved 20 January 2022.

^{vii} Healthy People 2030 | FP-01; (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/family-planning/reduce-proportion-unintended-pregnancies-fp-01>); retrieved 20 January 2022

^{viii} Healthy People 2030 | IID-09; <https://health.gov/healthypeople/objectives-and-data/browse-objectives/vaccination/increase-proportion-people-who-get-flu-vaccine-every-year-iid-09>; retrieved 20 January 2022.

^{ix} Healthy People 2030 | MICH-D01; (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/increase-proportion-women-who-get-screened-postpartum-depression-mich-d01>); retrieved 20 January 2022.

^x Healthy People 2030 | MICH-D03 (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/infants/increase-proportion-infants-who-are-put-sleep-safe-sleep-environment-mich-d03>); retrieved 20 January 2022.

^{xi} Healthy People 2030 | IID-D01; (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/vaccination/increase-proportion-women-who-get-tdap-vaccine-during-pregnancy-iid-d01>); retrieved 20 January 2022.