







Data Brief: Disability, Maternal Characteristics and Health Behaviors of the Pregnant Population in New Hampshire, in 2020

The New Hampshire Pregnancy Risk Assessment Monitoring System (NH PRAMS) is a survey of maternal behaviors and experiences shortly before, during, and just after pregnancy.

This report represents eight months of data collection among the New Hampshire population who had a live birth in 2020, based on 420 respondents who completed six supplemental questions on disabilities.

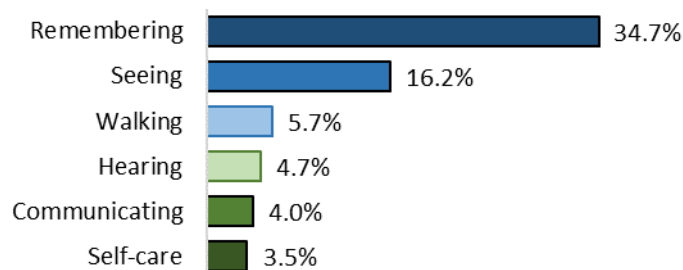
Do you have difficulty...

 seeing	 remembering/ concentrating
 hearing	 self-care
 walking/ climbing steps	 communicating/ being understood

Those who answered 'Some difficulty' |or| 'A lot of difficulty' |or| 'Unable to do at all' were classified as having a disability.

Those who answered 'No difficulty' were classified as having no disability.

Difficulty remembering and seeing were most frequently reported

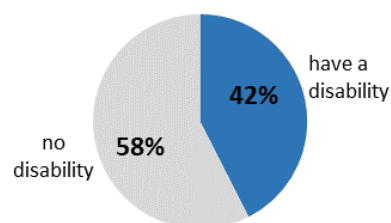


The six questions are a modified version of American Community Survey (ACS) questions based on the Washington Group Short Set on functioning (WG-SS), which was developed, tested and adopted by the Washington Group of Disability Statistics. The questions reflect advances in the conceptualization of disability and use the World Health Organization's International Classification of Functioning, Disability, and Health as a conceptual framework. The focus is on measuring difficulty functioning in six basic, universal actions (capabilities) that, in an unaccommodating environment would place an individual at risk of restricted social participation.¹

¹ <https://www.washingtongroup-disability.com/question-sets/wg-short-set-on-functioning-wg-ss/>; accessed March 2, 2022

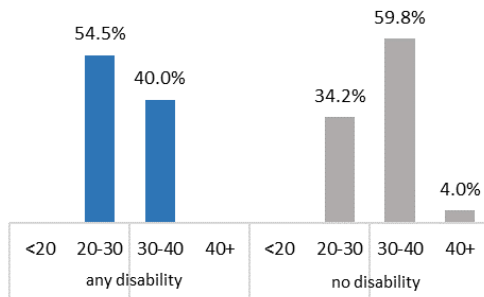
When all difficulties are combined for an overall measure of disability, it was found that 42% of persons who gave birth in 2020 reported having a disability.

Pregnant women who report a disability



Demographics

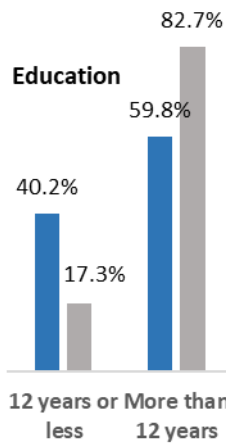
Maternal age (in years)



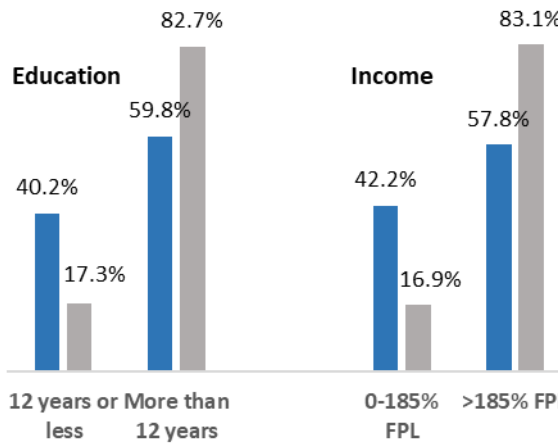
Women reporting a disability are generally younger than those who report no disability; more than half are in their 20s, compared to approximately one-third of those with no disability.

There were no differences in prevalence of disability between non-Hispanic Whites or People of Color; for People of Color, the numbers in each specific racial group are too small to report individually.

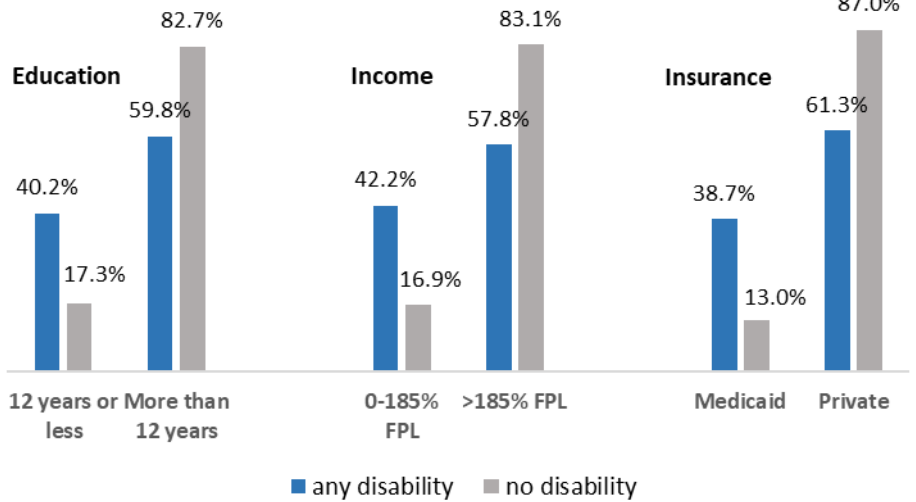
Those who report any disability have lower educational attainment than those with no disability.



Similarly, a larger percentage of women with any disability report having a lower household income.

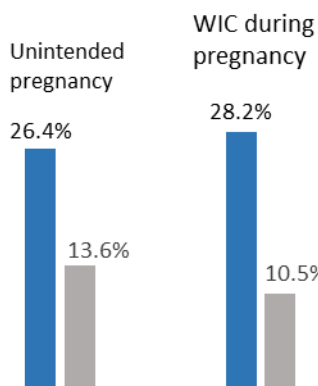


More than one in three women with a disability (38.7%) are enrolled in Medicaid compared to 13% of those without a disability.



Other characteristics

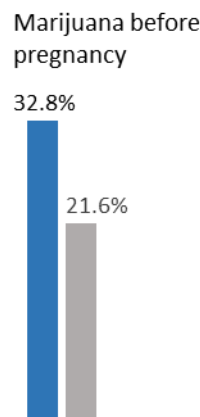
Over one-fourth of women with a disability had an **unintended pregnancy**; this proportion is twice as high as among those with no disability.



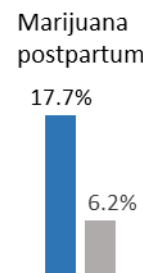
Women with a disability were much more frequently enrolled in **WIC during pregnancy** (28.2%) than those without a disability (10.5%).



After the pregnancy, the proportion of women enrolled in WIC was even higher among those with a disability (40.4%). Among those without a disability, WIC enrollment was nearly the same, before and after pregnancy.



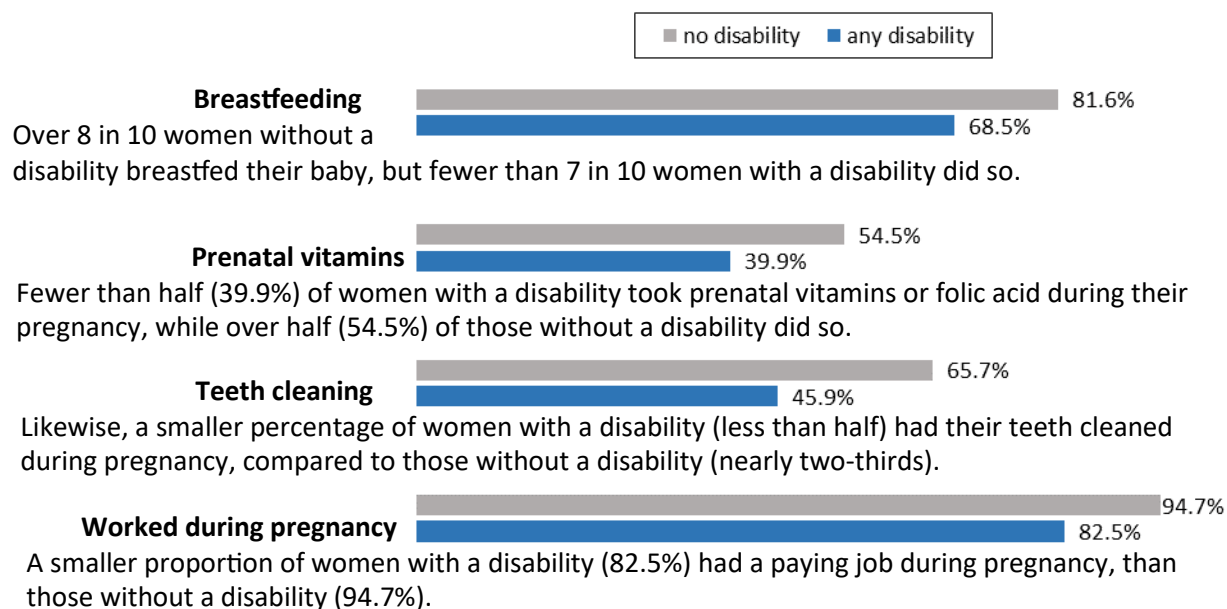
Use of **marijuana before the pregnancy** is higher among women with a disability (32.8%) than among women without a disability (21.6%).



Use of **marijuana since the pregnancy** is higher among women with a disability, with nearly 18% using, compared to 6% among those without a disability.

■ any disability ■ no disability

Maternal Behaviors

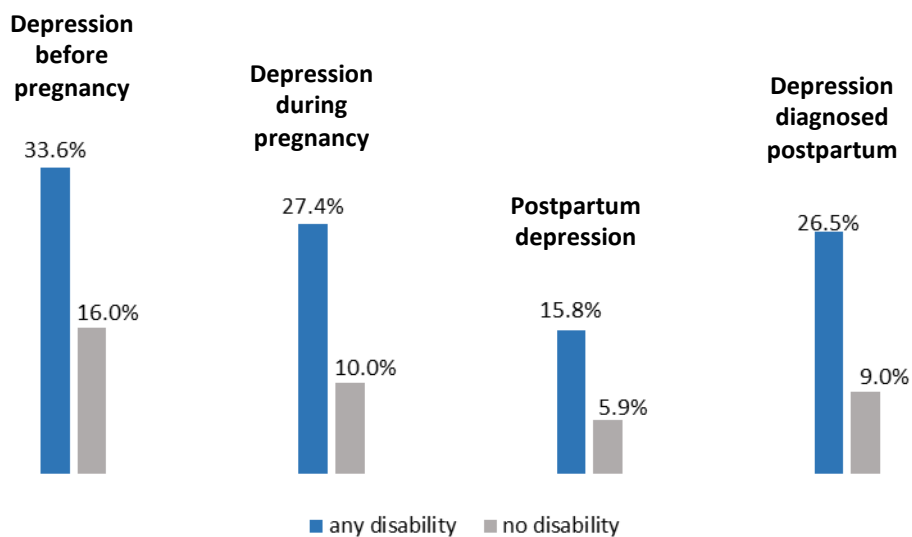


Maternal depression

Before the pregnancy, proportionately twice as many women with a disability (33.6%) reported having depression compared to those with no disability (16%).

During pregnancy the gap widened to nearly 3 to 1, with over 27% of women with a disability self-reporting depression, while 10% of women with no disability self-reported depression.

Postpartum depression was reported by nearly 16% of women with a disability, compared to under 6% of those who did not have a disability



Over one in four women with a disability (26.5%) were diagnosed with depression since the pregnancy, compared to one in 11 among those without a disability (9%).

No significant differences in birthweight, prematurity or adequacy of prenatal care were seen between those with a disability, and those without.

Summary

This report is based on data collected on the six American Community Survey (ACS) disability questions, which are currently the standard used in disability research.

The analysis shows that a combined total of 42% of pregnant NH residents report having difficulty with seeing, hearing, walking, remembering, self-care, or communication. These functional difficulties in six basic capabilities place these individuals at risk of restricted social participation.

It was found that women reporting any disability had lower educational attainment and lower household income than those without a disability; they were also more frequently enrolled in Medicaid than those with no disability. Unintended pregnancies were more prevalent among those with a disability.

Women with any disability more frequently participated in WIC, both during and after the pregnancy, than other women. Also, women with a disability more frequently utilized marijuana, both during and after pregnancy, than those with no disability.

Maternal behaviors that have a negative association with having a disability included ever breastfeeding, taking prenatal vitamins, teeth cleaning during pregnancy, and working at a job for pay — all of these were reported less frequently among those with any disability, than those without.

Maternal depression was also significantly associated with disability. Women with any disability more frequently reported having depression before and during the pregnancy, as well as postpartum. And depression diagnosis in the postpartum period was nearly three times more frequent among women with any disability, than those with no disability. (all differences cited attained statistical significance)

Conclusion

The basic actions represented in this set of six questions are those that are most often found to limit an individual and result in participation restrictions. The health indicators measured and reported in this analysis show that having any disability is significantly associated with a reduced participation in education and employment, and a lower household income. It is likewise significantly associated with a reduction in behaviors that are indicators of health among populations. Also, having a disability was seen to have a significant association with mental health, with affected persons more frequently reporting depression before, during and after pregnancy. These findings, however, are not an indication of causality; this would require a deeper analysis including examination of confounding factors.



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