

Vermont PRAMS Data Brief

Unintended Pregnancy

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.

A previous data brief ([Preconception / Interconception Indicators](#), 9/28/07) examined intendedness in relation to various maternal health indicators and behaviors for 2004. This report will examine pregnancy intention across demographics, and the relationship between intendedness and prenatal care entry, birth outcomes, and postpartum health indicators. The exact wording for the PRAMS questions and responses analyzed here is included at the end of the report.

Pregnancy Intention Overview

- Over the seven-year period, 34.5% of mothers reported that their pregnancy was unintended. There is no significant trend in this rate.
- Teen mothers and mothers with less than a high school education had the highest rates of unintended pregnancies, and the rate declines with age and education level.
- Medicaid recipients were 2.5 times more likely than non-Medicaid recipients to report their pregnancy as unintended.
- Unmarried mothers were nearly three times as likely as married mothers to report their pregnancy as unintended.

Prenatal Care Entry and Birth Outcomes

- Women with unintended pregnancies have a significantly lower rate of first trimester prenatal care entry (76%) than women with intended pregnancies (89%).
- Unintended pregnancies are significantly more likely to result in a low birthweight or preterm delivery.

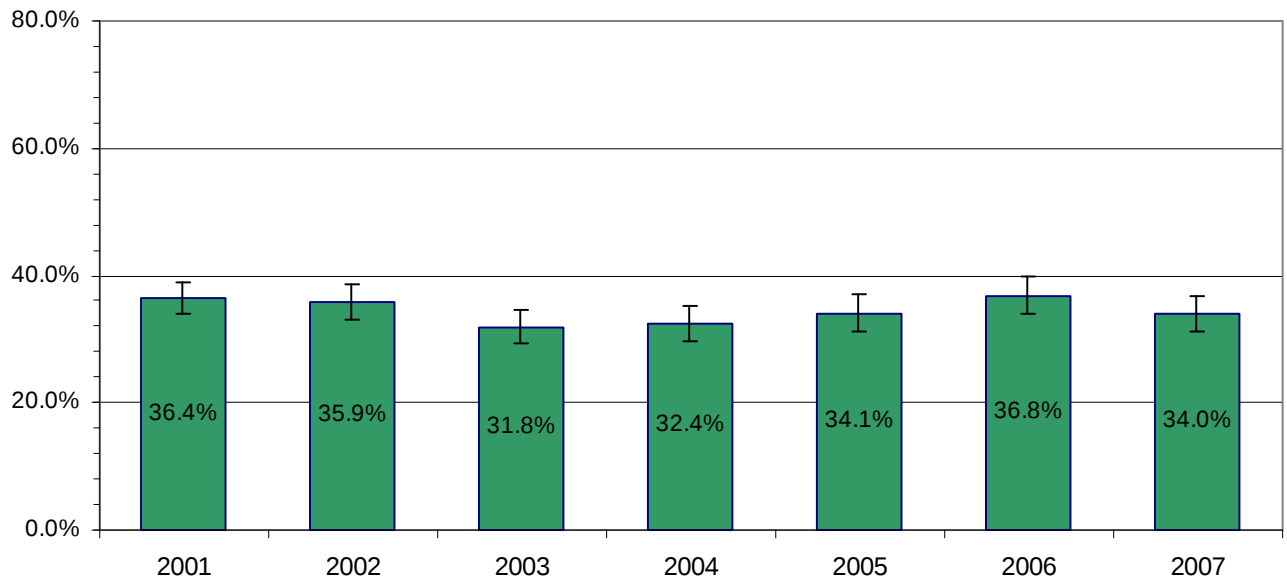
Postpartum Behaviors and Mental Health

- Women with unintended pregnancies are significantly less likely to initiate breastfeeding (77%) than women with intended pregnancies (84%).
- Of mothers who initiated breastfeeding, those with unintended pregnancies were also significantly less likely to maintain breastfeeding for at least 8 weeks (74%) than those with intended pregnancies (81%).
- Babies from unintended pregnancies are significantly less likely to be put to sleep on their backs.
- Mothers who had unintended pregnancies are at a significantly increased risk for postpartum depression.

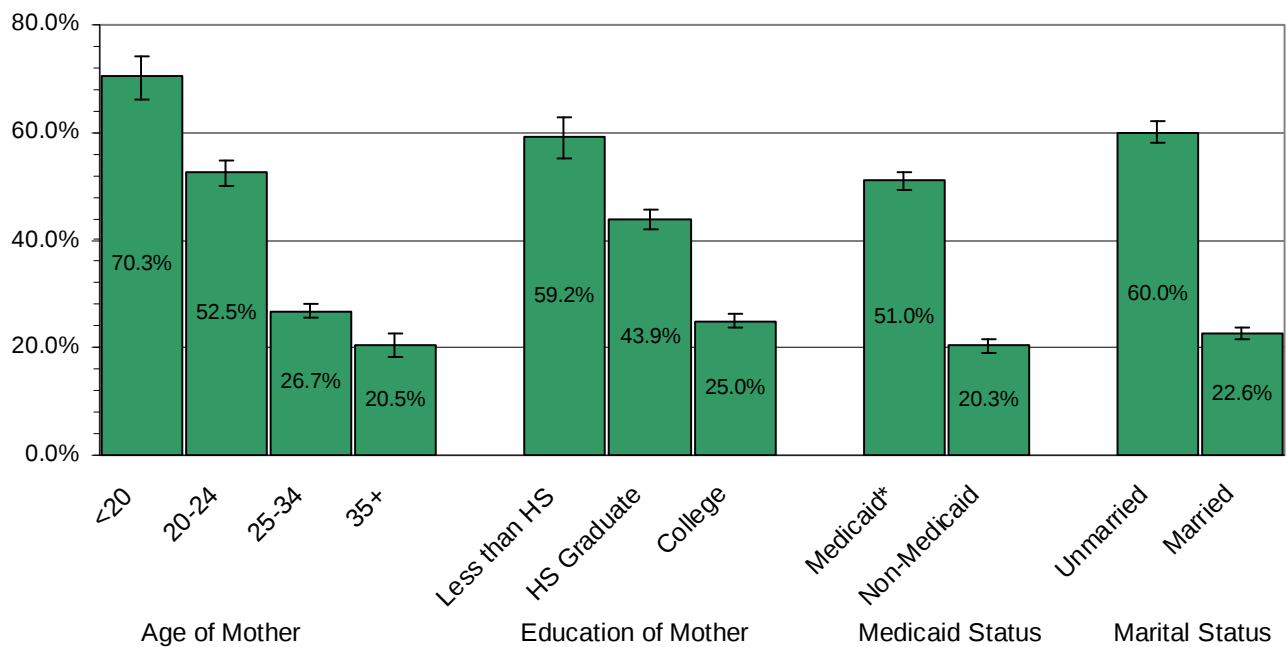
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^a 2001 data includes mothers who gave birth from October 2000 to December 2001. Data Collection began in January 2001.

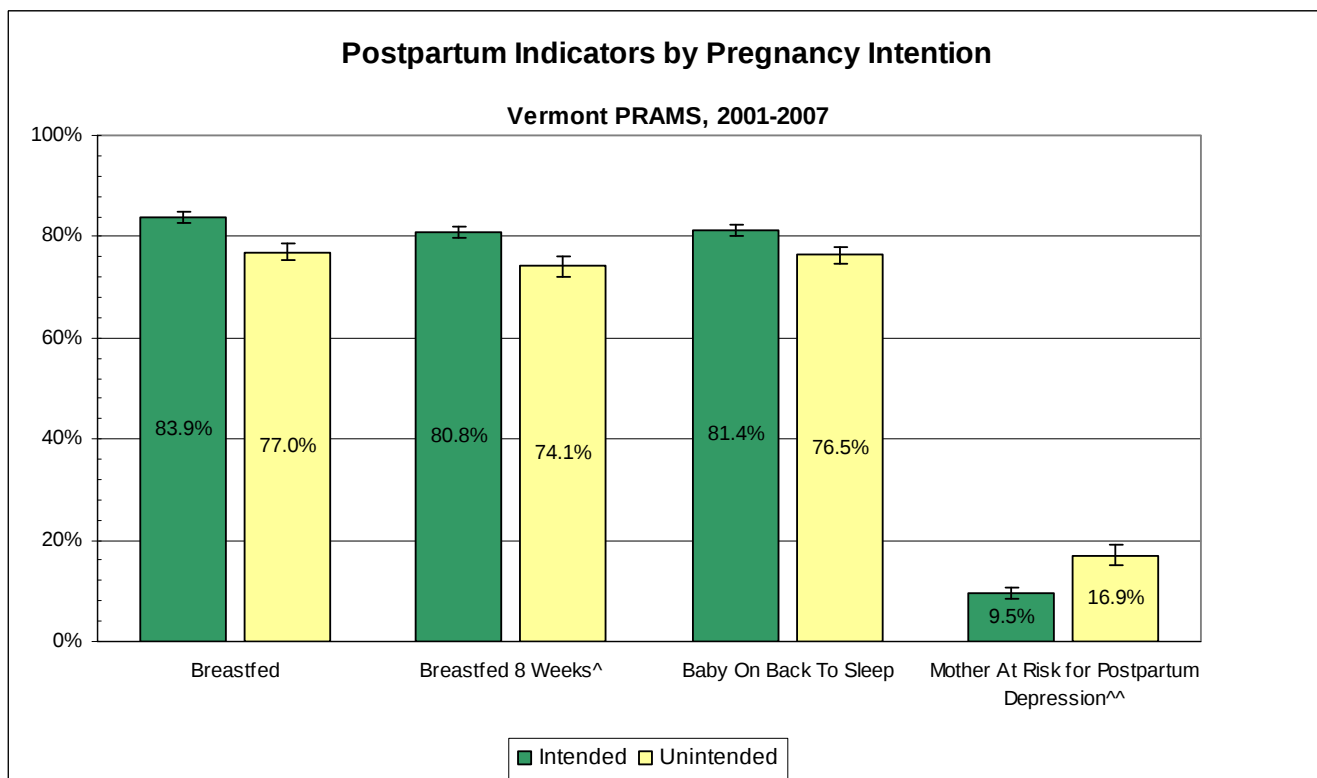
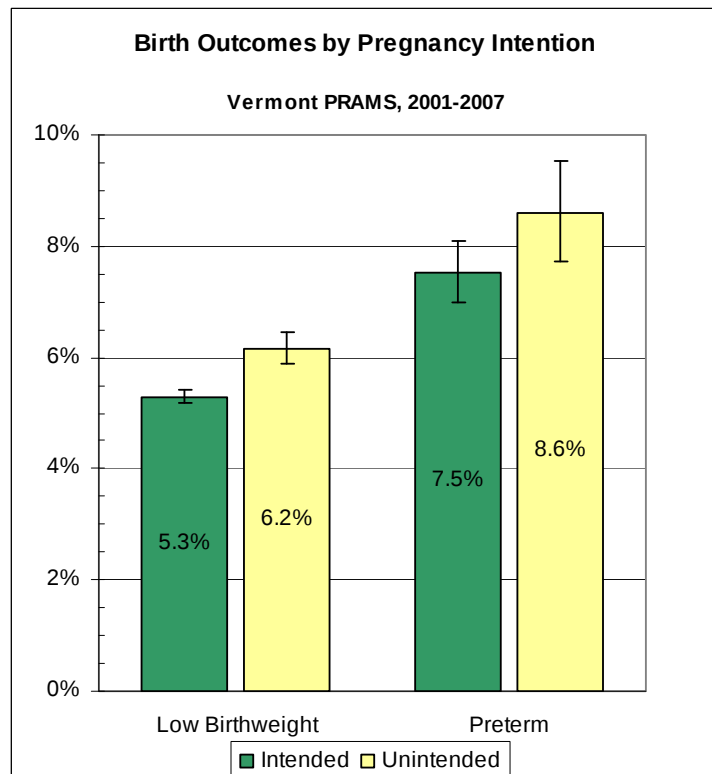
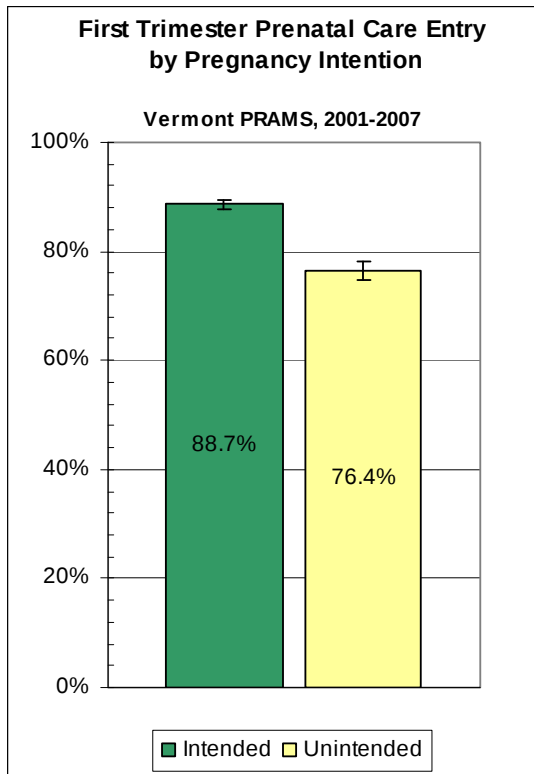
**Percent Unintended Pregnancies
Vermont PRAMS, 2001-2007**



**Percent Unintended Pregnancies
Vermont PRAMS, 2001-2007**



* Includes women on Medicaid prior to pregnancy, and women for whom Medicaid or Dr. Dynasaur paid for either prenatal care or delivery.



^ This is the percentage of mothers who initiated breastfeeding who breastfed for at least 8 weeks.

^^ 2004-2007 only. See question wording for explanation of this definition.

PRAMS question on Intendedness:

12. Thinking back to *just before* you got pregnant with your *new* baby, how did you feel about becoming pregnant?

Check one answer

- ☐ I wanted to be pregnant sooner
- ☐ I wanted to be pregnant later
- ☐ I wanted to be pregnant then
- ☐ I didn't want to be pregnant then or at any time in the future

Mothers choosing the 2nd or 4th option were coded as having an unintended pregnancy.

PRAMS questions on Breastfeeding Initiation and Duration:

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

PRAMS question on Infant Sleep Position:

62. How do you *most often* lay your baby down to sleep now?

Check one answer.

- ☐ On his or her side
 - ☐ On his or her back
 - ☐ On his or her stomach
-

PRAMS questions on Postpartum Mental Health:

82a. *Since your new baby was born*, how often have you felt down, depressed, or hopeless?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

82b. *Since your new baby was born*, how often have you had little interest or little pleasure in doing things?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Mothers answering Always or Often to either question are considered at increased risk for postpartum depression.¹

¹ Centers for Disease Control and Prevention

Prevalence of Self-Reported Postpartum Depressive Symptoms —17 States, 2004–2005

Morbidity and Mortality Weekly Report, April 11, 2008 / Vol. 57 / No. 14, pp 361-366.