

# What Moms Tell Us

## *Wisconsin* PRAMS

Statewide Advisory Committee on  
Eliminating Racial and Ethnic Disparities in Birth Outcomes

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**Wisconsin Department of Health Services**

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# What is PRAMS?

- Pregnancy
- Risk
- Assessment
- Monitoring
- System



CDC surveillance system started in 1987

# Wisconsin PRAMS

[www.dhs.wisconsin.gov/births/prams](http://www.dhs.wisconsin.gov/births/prams)

**Wisconsin PRAMS**  
Pregnancy Risk Assessment Monitoring System

Please call 1-866-753-9739:  
 • To answer the survey by phone  
 • For more information on PRAMS

For Email, contact: 1-866-753-9739:  
 • Para recibir la encuesta en español.  
 • Para consultar la encuesta por el telefono.  
 • Para más información sobre PRAMS

Please Help Us Improve  
 Wisconsin Babies

**What Moms Tell Us**  
 Pregnancy Risk Assessment Monitoring System July 2010  
*Draft*

**Postpartum Depression**

Postpartum depression affects XX % of women and can appear at any time in the first year after delivery. If untreated postpartum depression can be disabling for the mother and limit her ability to care for her new infant resulting in increased use of health care services. Most cases of postpartum depression can be successfully treated when identified early.

**Is it just the Baby Blues?**

Typically, the baby blues occur within a few days of giving birth and go away within a few days or a week without intervention. Postpartum depression may occur any time in the first year after delivery. Symptoms are more severe than the blues and do not resolve on their own.

**Symptoms of postpartum depression:**

- Loss of appetite
- Intense irritability and anger
- Insomnia or overwhelming fatigue
- Loss of interest or pleasure in activities
- Lack of joy in life
- Feelings of shame, guilt or inadequacy
- Severe mood swings
- Difficulty bonding with the baby
- Withdrawal from family and friends
- Thoughts of harming yourself or the baby

**Risk Factors:**

- Stressful events during pregnancy
- Pregnancy intention
- Maternal age
- Race/ethnicity
- Alcohol and drug abuse

**Main Mothers**

unemployed  
 I  
 after my baby's birth I always felt depressed  
 sort of having my daughter was the first days back at home. I was in pain and couldn't  
 be good postpartum depression.

**PRAMS**  
 at Birth  
 Department of Health Services

Please call 1-866-753-9739 if you have questions or concerns about the survey.  
 Thank you for your help!



# PRAMS Topics

- Health insurance
- Attitudes & feelings towards pregnancy
- Prenatal care
- Smoking & alcohol use
- Violence
- Postpartum depression & stress
- Racism
- Oral health
- Breastfeeding
- Infant sleep behaviors

# WIC Participation

<u>Race/ethnicity</u>	<u>Yes</u>
White, non-Hispanic	26%
Black, non-Hispanic	78%
Hispanic/Latina	74%
Other, non-Hispanic	56%

# Pre-pregnancy Weight

<u>Race/ethnicity</u>	<u>Obese &amp; Overweight</u>
White, non-Hispanic	43%
Black, non-Hispanic	56%
Hispanic/Latina	37%
Other, non-Hispanic	32%

# Access to Prenatal Care



# Did you get prenatal care as early in your pregnancy as you wanted?

<u>Race/ethnicity</u>	<u>No</u>	<u>Yes</u>
White, non-Hispanic	12%	87%
Black, non-Hispanic	25%	72%
Hispanic/Latina	22%	76%
Other, non-Hispanic	23%	72%

# Prenatal Care – Problems\*

	Insurance	
	<u>Self-pay</u>	<u>Medicaid</u>
Didn't have money or insurance	4%	14%
Couldn't get appointment when I wanted one	6%	14%
Couldn't take time off from work	2%	9%
Physician/health plan would not start as early as I wanted	4%	8%
Had no way to get to the clinic	2%	9%
Too many other things going on	3%	7%

\*Among women who did not get prenatal care as early as they wanted.

# Breastfeeding



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

<u>Race/ethnicity</u>	<u>Yes</u>
White, non-Hispanic	78%
Black, non-Hispanic	56%
Hispanic/Latina	85%
Other, non-Hispanic	70%

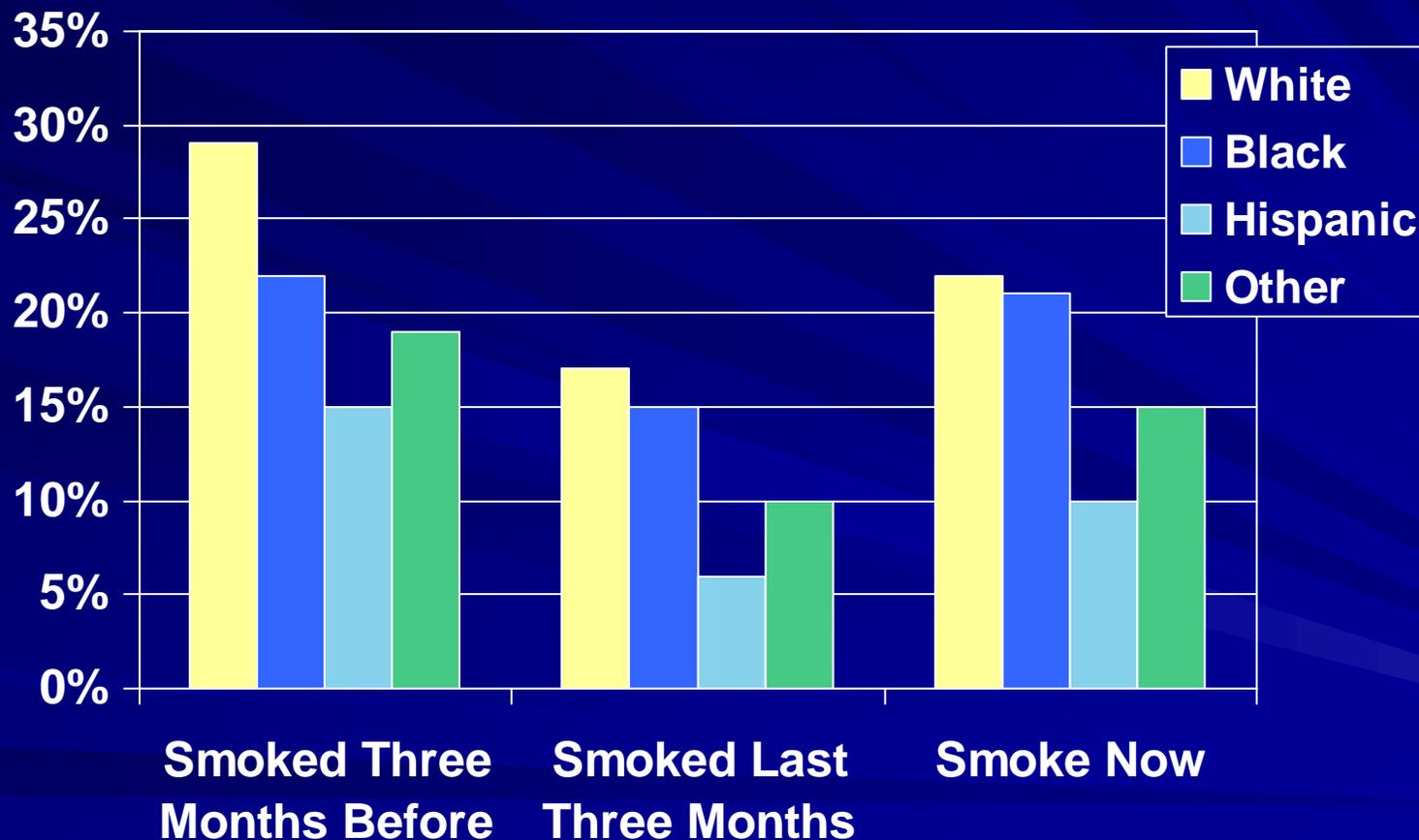
# Reasons for Not Breastfeeding

I didn't like breastfeeding	11%
I went back to school or work	5%
I had other children to take care of	5%
I had too many other household duties	3%
I wanted my body back to myself	3%

# Smoking



# Smoking – Moms Tell Us They Smoke



# Next for PRAMS

- Next 5 year cycle beginning in April
- Collaboration with the Wisconsin Partnership Program and its Lifecourse Initiative for Healthy Families coalitions in southeast Wisconsin
- Phase 7: 2012
- Distribution, dissemination of PRAMS data and information working with our partners

# What Moms Tell Us



Thank you for doing these types of research. My son was in the NICU for a while and it was very hard.



Prenatal care is so important to ensuring a healthy pregnancy.

Wisconsin is a great place to have and raise a baby. I wish there were more classes/seminars on how to raise & care for a baby after he/she is born.

I think healthcare providers and family members should watch closely for post partum depression.



Get the word out about how much better, and enjoyable, breastfeeding is. Many of my family, friends, co-workers, etc. have the wrong ideas regarding breastfeeding because they did not have the knowledge or support to do it successfully.



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## *Wisconsin* PRAMS

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# From a PRAMS Mom



“Thank you for allowing me to answer the questions in this survey; and I do hope that my answers will be of help to women out there including members of my family.”

# Many Thanks!

Thanks!

Thanks!

Thanks!

¡Gracias!

Thanks!



Hey!  
Thanks!

Thanks!

¡Gracias!

Thanks!

¡Gracias!

Thanks!

Thanks!