

EXECUTIVE SUMMARY

Michigan's Pregnancy Risk Assessment Monitoring System (MI PRAMS) is an annual population-based survey of new mothers, assessing behaviors and experiences around the time of pregnancy. MI PRAMS is a collaboration between the Centers for Disease Control and Prevention (CDC) and the Michigan Department of Health and Human Services (MDHHS). The goal of MI PRAMS is to collect information that will help MDHHS reduce disparities and improve the health of all Michigan's moms and babies.

Strengths of the PRAMS Tool |

2018 represents the 31st year MI PRAMS has collected the stories of Michigan's mothers and babies and helped make Michigan a healthier place to live. To ensure that the MI PRAMS data set is able to address the MDHHS' mission of improving health and reducing disparities, in 2018 MI PRAMS oversampled women of special interest: mothers who have had a low-birthweight infant, Black mothers, and mothers who reside in seven southeast Michigan counties. Random selection and high response rates ensure that MI PRAMS hears from a wide spectrum of Michigan mothers - from across the state and from all socioeconomic groups. The PRAMS survey and this report provides population-based and selected sub-population estimates.



"I don't know if there was a cultural disconnect or a racial bias [in my prenatal care] but the experience for me was ruined. I didn't feel safe or cared for."

-2018 MI PRAMS Mom

2018 Operational Summary |

This report reflects the responses of 1,870 mothers who had a live birth that occurred in Michigan in 2018 and completed the MI PRAMS survey two to nine months postpartum. The weighted response rate was 58 percent. In addition to stratified random sampling from recent birth certificates, MI PRAMS helped the Health Resources and Services Administration (HRSA) with a national evaluation of its Healthy Start Programs by collecting PRAMS surveys from about three dozen women enrolled in Michigan Healthy Start Programs.

2018 Birth Year Findings of Interest

Within the MI PRAMS 2018 Birth Year Maternal and Infant Health Summary Tables there are some topics that are of perennial interest, and also data on relatively newer topics that have only been collected since 2016. Findings from selected topics are highlighted below.

Plans for Immunization | [Table 101]

- The proportion of Michigan mothers who plan to follow their physician's recommendations for infant immunization is slowly decreasing (87.7% in 2016, 86.2% in 2017, and 84.4% in 2018).

- There is a corresponding rise in the proportions of mothers planning that their infants will receive no vaccinations at all (2.3% in 2016, 2.9% in 2017, and 3.7% in 2018) or only some vaccinations (5.7% in 2016-2017 vs. 7.0% in 2018).

Pregnancy Intention | [Tables 13-21]

- In 2018, 57.2 percent of Michigan mothers reported that their pregnancy was intended, with the remainder stating that their pregnancies were either unintended or that they were not sure what they wanted at the time of conception. This was similar to the proportion of intended pregnancies seen in 2016 (58.9%) and 2017 (55.8%).

Breastfeeding | [Tables 56-62]

- In 2018, 86.9 percent of mothers initiated breastfeeding. This is still a great increase from 71.0 percent in 2004, but statistically similar to the 87.7 percent of mothers who initiated in 2017.
- While state-level trends are increasing, breastfeeding initiation and duration among non-Hispanic black mothers remain unchanged for the fourth year in a row (since 2014).
- The most common reasons for not initiating breastfeeding were that mothers did not want to breastfeed (34.6%), did not like breastfeeding (29.6%), or had other children to take care of (19.0%).



"I wish someone had talked to me about breastfeeding before my baby was born (and at the hospital). Apparently, my body cannot make a lot of breast milk and my nipples are smaller than normal. Because of this, my baby did not get a lot of food her first few days and I didn't know to get a breast pump that had smaller parts."

-2018 MI PRAMS Mom

Marijuana Usage | [Tables 41-43]

- In 2018, marijuana use increased before, during, and after pregnancy compared to the 2016 and 2017 birth years.
- About one in six Michigan mothers (17.0%) reported any use in the year before pregnancy; an increase from 12.4 percent in 2016-2017.
- One in sixteen mothers (6.1%) used marijuana during pregnancy; an increase from 3.1 percent in 2016-2017.
- One in thirteen mothers (7.5%) reported marijuana use since the birth of their new baby; an increase from 4.8 percent in 2016-2017.

Opioid Pain Reliever Usage | [Tables 44-46]

- Use of prescription opioid pain relievers (such as hydrocodone [Vicodin®], oxycodone, [Percocet®], or codeine) in the year before pregnancy became less prevalent during the three years it was measured by PRAMS (6.4% in 2016, 5.7% in 2017, and 4.4% in 2018).
- Use during pregnancy did not change significantly in 2018 (4.1% in 2016-2017 vs. 3.1% in 2018).

- Prescription opioid pain reliever use since baby's birth has fallen dramatically over the last three years (23.6% in 2016, 19.0% in 2017, and 17.3% in 2018). It is possible that much of the postpartum use reported to PRAMS is associated with managing pain following labor and delivery, but the survey cannot confirm this.

Perinatal Mood and Anxiety Disorders | [Tables 7 and 99]

- Depression remains prevalent before (15.6%), during (15.6%), and following (16.4%) pregnancy.
- One quarter of women (25.4%) reported anxiety in the three months before pregnancy.

Health Insurance Coverage | [Table 1 and by pre- or post-pregnancy insurance status throughout]

- Thanks to an increasing proportion of women with Medicaid coverage, the proportion of Michigan mothers who had no insurance before pregnancy remains low. In 2012, 16.3 percent of mothers were uninsured in the month before pregnancy; this is down to 7.1 percent in 2018.

Prenatal Care | [Tables 26-33]

- Many women start prenatal care during the first trimester; among those who do not, just under half (47.6%) wish care had started sooner.
- The most prevalent barriers to timely prenatal care in 2018 were that t did not know she was pregnant (50.4%) or could not get an appointment (40.8%), the same barriers cited in 2016 and 2017.

Maternal Postpartum Care | [Tables 97 -98]

- One in nine Michigan mothers (10.9%) did not have a postpartum visit for themselves following pregnancy.
- Among those who do have a postpartum visit, screening for postpartum opioid pain reliever use was rare (37.5%), as were tests for diabetes (23.6%) and discussions around ideal pregnancy timing (50.5%).
- Screening for depression and discussions about contraceptives were both common, reported by 88.6 percent and 89.8 percent of women receiving postpartum care.

Unmet Basic Needs | [Tables 87-88]

- One in four (25.2%) Michigan mothers had at least one basic need such as food, housing, or transportation that was not met during pregnancy.
- About one in ten (10.1%) had two or more unmet basic needs.
- These proportions were virtually unchanged across birth years 2016 -2018.



"As a first- time mother, I was truly not prepared to cope with the dramatic hormone changes I experienced directly after my son's birth. I felt very sad and upset for the first few weeks, and I wish there was more support for moms who are navigating post-partum challenges both physical and emotional."

-2018 MI PRAMS Mom

Maternal Adverse Childhood Experiences | [Tables 92-94]

- Given a list of seven possible childhood hardships, about half of Michigan mothers (52.6%) reported enduring one or more of them during their own childhood.
- About a quarter (24.5%) of all mothers experienced one adverse childhood experience and another quarter (27.1%) reported two or more childhood hardships.

Maternal Sleep | [Tables 102 - 103]

- Most Michigan mothers reported that, on average, they slept for either 4-6 (58.9%) or 7-8 (32.4%) hours each night. Some mothers (6.5%) reported a very low amount of sleep (0-3 hours) per night. Very few mothers (2.3%) averaged nine or more hours of sleep each night.
- The amount of sleep that mothers of 3-6 month old infants do get is frequently interrupted. A minority of Michigan moms (22.9%) awoke 0-1 times per night. Around a third (34.1%) awoke twice each night, another quarter (25.5%) averaged three times per night, and about a sixth (17.5%) averaged four or more times per night.

For Additional Information |

The 2018 Birth Year Maternal and Infant Health Summary Tables as well as other Michigan PRAMS reports are available online at <https://www.michigan.gov/prams>.

For more information about Michigan PRAMS contact the Michigan PRAMS Project Coordinator, Pete Haak, at haakp@michigan.gov or 1-884-997-7267.



"Going through pregnancy with less stress is a lot better! The baby is happier, healthier, chunkier. I have more milk supply. I was very stressed in my first pregnancy, and [my baby] was low birth weight."

- 2018 MI PRAMS Mom



" I think this is a very important survey and it is a serious concern of mine that the infant, pregnancy, and labor death rates in the U.S. are so high compared to other developed countries. This is something that needs to be studied and should be actively worked toward being reduced."

-2018 MI PRAMS Mom