



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). Our goal is to collect information that will help MDHHS reduce disparities and improve the health of all Michigan's moms and babies. Numbers in these tables represent the experiences of the population of Michigan mothers who delivered live-born infants between January 1 and December 31, 2019.

2019 Operational Summary |

MI PRAMS mail data collection and analysis operations are housed within the Maternal and Child Health Epidemiology Section, a part of the Lifecourse Epidemiology and Genomics Division. Every year, MI PRAMS randomly selects about 3% of all Michigan mothers of live births for participation in the survey. We send out over 15,000 letters per year and make over 20,000 phone calls [through a phone contractor] in our efforts to secure responses from over 55% of mothers selected (1-2% of all mothers for the year).



" I was not very satisfied with my prenatal care. My medical needs & concerns were not addressed according to my ethnicity and culture. Very disappointing"

-2019 MI PRAMS Mom

Strengths of the PRAMS method and instrument |

To ensure that our data set is useful for MDHHS's mission to improve health and reduce disparities, MI PRAMS oversamples from among women of special interest: mothers who have had a low-birthweight infant, African American mothers, and mothers who reside in seven SE 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 asks about a mother's life experiences before and during pregnancy and in the months since her baby was born.

2019 Birth Year Findings of Interest

The MI PRAMS 2019 Birth Year Maternal and Infant Health Summary Tables contain data on topics of perennial interest as well as relatively newer topics. Findings from selected topics are highlighted below.

Breastfeeding | [Tables 56-62]

- In 2019, 87.3 percent of mothers initiated breastfeeding. This is still a great increase from 71.0 percent in 2004, but statistically unchanged from the proportion of mothers who initiated in 2017 and 2018.
- The most common reasons mothers gave for not initiating breastfeeding were that they did not want to breastfeed (44.5%), did not like breastfeeding (22.5%), or had other children to take care of (22.0%).

Breastfeeding among Non-Hispanic Black Mothers | [Tables 58-61]

- With the release of this 2019 data set, it has become apparent that breastfeeding initiation is now trending downwards among Michigan's Non-Hispanic Black mothers. Initiation peaked at 77.3% in 2014 and was mostly at that level until 2017.
- Since 2017, initiation has decreased from 77.2% to 72.0% of Non-Hispanic Black mothers.
- One-month duration remains steady, while there appears to be slight decreases in the proportion of Non-Hispanic Black mothers still breastfeeding at two and three months postpartum.



"Breast feeding is easier when you have a lot of support and I noticed that breastfeeding has helped my kid dodge a lot of illnesses with all of the antibodies."

-2019 MI PRAMS Mom

Marijuana Usage | [Tables 41-43]

- 2019 was the year between Michigan's 2018 vote to legalize recreational marijuana use and that policy's implementation in 2020.
- Compared to data from 2016 and 2017, marijuana use before, during, and after pregnancy remained elevated in 2019 as in 2018.
- About one in five Michigan mothers (19.6%) reported any use in the year before pregnancy; an increase from 12.4 percent in 2016-2017.
- One in fifteen mothers (6.5%) used marijuana during pregnancy; an increase from 3.1 percent in 2016-2017.
- The largest changes were in postpartum marijuana use. One in nine mothers (10.9%) reported marijuana use since the birth of their new baby; an increase from 7.5 percent in 2018 and 4.8 percent in 2016-2017.

Plans for Infant Immunization | [Table 101]

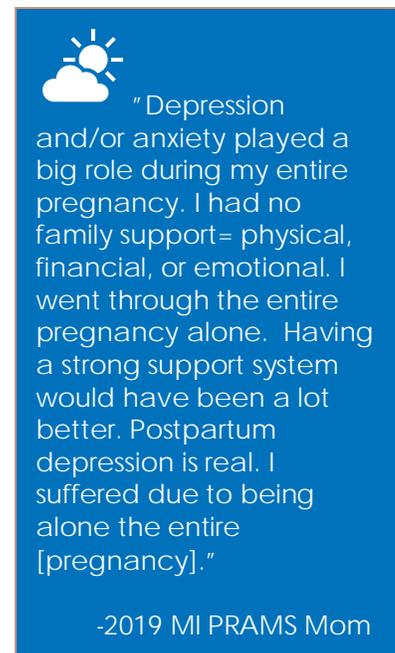
- The proportion of Michigan mothers who plan to follow all of their physician's recommendations for infant immunization has slowly decreased in the last four years (87.7% in 2016, 84.0% in 2019).
- One in sixteen (6.4%) plan for their infant to get all vaccines but on a modified schedule, and a comparable proportion (6.7%) plan for their infants to get only some vaccines.
- About one in thirty mothers plan that their infants will receive no vaccinations at all (2.9%).

Pregnancy Intention | [Tables 13-21]

- In 2019 59.8% of Michigan mothers reported that their pregnancy was intended. The remainder stated that their pregnancies were either unintended or that they were not sure what they wanted at the time of conception. This is similar to the proportion of intended pregnancies seen since 2016.
- MI PRAMS will soon release a comprehensive report on pregnancy intention available at michigan.gov/PRAMS.

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 four years it was measured by PRAMS (6.4% in 2016, 5.7% in 2017, 4.4% in 2018, 2.8% in 2019).
- Use during pregnancy did not change significantly in 2019 (2.1% in 2019, 3.1% in 2018, 4.1% in 2016-2017).
- Prescription opioid pain reliever use since baby's birth has fallen dramatically since 2016 but showed no change from 2018 (23.6% in 2016, 19.0% in 2017, 17.3% in 2018, 18.1% in 2019). 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, 34 and 99]

- Depression remains prevalent before (18.8%), during (17.0%), and following (14.8%) pregnancy.
- Over a quarter of women (28.4%) report 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 7.0 percent in 2019.

Maternal Postpartum Care | [Tables 97 -98]

- One in nine Michigan mothers (11.3%) 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 (31.4%), as were tests for diabetes (18.3%) and discussions around ideal pregnancy timing (53.7%).
- Screening for depression (90.9%) and discussions about contraceptives (88.1%) were both common.



"[My doctors and nurses] never discussed tubal ligation leading up to my delivery. I had to wait 30 days after I had the baby because birth control was never discussed beforehand."

- 2019 MI PRAMS Mom

Unmet Basic Needs | [Tables 87-88]

- One in four (23.1%) Michigan mothers had at least one basic need such as food, housing, or transportation that was not met during pregnancy.
- About one in ten (8.4%) had two or more unmet basic needs.
- These proportions were virtually unchanged across birth years 2016-2019.

Maternal Adverse Childhood Experiences | [Tables 92-94]

- Given a list of seven possible childhood hardships, about half of Michigan mothers (51.2%) reported enduring one or more of them during their own childhood.
- About a quarter (23.6%) of all mothers experienced one adverse childhood experience and another quarter (27.6%) reported two or more childhood hardships.

Maternal Sleep | [Tables 102 - 103]

- Most Michigan mothers reported that, on average, they slept for either 4-6 (59.8%) or 7-8 (34.7%) hours each night. Some mothers (3.5%) reported a very low amount of sleep (0-3 hours) per night. Very few mothers (2.0%) averaged nine or more hours of sleep each night.
- The amount of sleep that mothers of 3- to 6-month-old infants do get is frequently interrupted. A minority of Michigan moms (24.1%) woke up 0-1 times per night. Around a third (34.2%) woke up twice each night, another quarter (24.9%) averaged three times per night, and about a sixth (16.8%) woke up four or more times per night.

New Annual Topics | [Maternal Disability]

During a multi-year Michigan PRAMS survey phase, questions that measure core indicators are unchanged. To address emerging public health topics, Michigan PRAMS may include other questions for a short period of time. For births between November 15, 2018 and December 31, 2019, MI PRAMS asked six new questions about disabilities among Michigan mothers. Mothers were asked to rank the amount of difficulty they faced with

- Seeing
- Hearing
- Walking or climbing

- Remembering or concentrating
- Making themselves understood to others
- Taking care of themselves (i.e. bathing, dressing)

Responses to these questions can help us understand how prevalent these challenges are for Michigan mothers and whether the care they and their infants receive is impacted. A stand-alone report on this topic is forthcoming.

[New Annual Topics](#) | [\[Other Topics\]](#)

MI PRAMS asked about the following new topics starting with the 2019 birth year. Statistics on these topics will be compiled in mid-2021 and will be available on request.

- Paid and unpaid work leave
- Factors affecting postpartum work leave decisions
- Perinatal dental care
- Barriers to pregnancy oral health care
- HIV testing during pregnancy
- Maternal flu and Tdap immunization
- Home visiting participation and visit content
- Maternal knowledge of sources of childhood lead poisoning
- Well water use and testing for contaminants



" I was denied intermittent FMLA [beyond] 12 weeks. 12 weeks-paid or unpaid is not enough time to be home with baby. I wanted more time but was told I could lose my job."

"Support working moms with extended paid leave! Babies are a blessing not a burden. SUPPORT US!"

"I feel 6 week paid leave needs to be longer. After 6 weeks a mothers body is just feeling better- now back to work. 12 week pd leave should be mandated. This way both mother and child are healed. Help families start strong."

-2019 MI PRAMS Moms

[For Additional Information](#) |

The 2019 Birth Year Maternal and Infant Health Summary Tables as well as other Michigan PRAMS reports are available online at [Michigan.gov/prams](https://michigan.gov/prams).

For more information about Michigan PRAMS or about using Michigan PRAMS data to support programs that help Michigan mothers and babies, contact the Michigan PRAMS Project Coordinator, Pete Haak, at haakp@michigan.gov.