



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, 2020.

2020 Operational Summary |

MI PRAMS web and 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 do think that sometimes black women there's a disconnect between providers and women of color. there were times were I expressed I was in pain and I was not heard or listened to."

-2020 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 populations of special interest: mothers who have had a low-birthweight infant, African American 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 asks about mother's life experiences before and during pregnancy and in the months since her baby was born.

2020 Birth Year Findings of Interest

Within the MI PRAMS 2020 Birth Year Maternal and Infant Health Summary Tables there are some topics that are of perennial interest and data on relatively newer topics. Some 2020 findings of interest are important to interpret amidst the backdrop of the COVID-19 pandemic. Findings from selected topics are highlighted below.

Breastfeeding | [Tables 56-62]

- In 2020, 85.9 percent of mothers initiated breastfeeding. This represents an increase from 71.0 percent in 2004, but statistically unchanged from the proportion of mothers who initiated breastfeeding in 2018 and 2019.
- The most common reasons mothers gave for not initiating breastfeeding were that they did not want to breastfeed (52.2%), did not like breastfeeding (25.6%), or had other children to take care of (25.6%).
- Work-related barriers to breastfeeding were significantly less common in 2020 than in 2019. Half as many mothers listed returning to work as a reason for not initiating in 2020 (20.2% in 2019 vs 10.8% in 2020) and as a reason for stopping breastfeeding (20.0% in 2019 vs 9.7% in 2020).



"I wish I had more support in breastfeeding."

-2020 MI PRAMS Mom

Marijuana Usage | [Tables 41-43]

- The 2018 policy legalizing recreational marijuana use was implemented in 2020.
- Compared to data from 2016 and 2017, marijuana use before, during, and after pregnancy remained elevated in 2020 as in 2018 and 2019.
- About one in four mothers (23.4%) reported any use in the year before pregnancy; an increase from 12.4 percent in 2016-2017.
- One in 11 mothers (8.7%) used marijuana during pregnancy; an increase from 3.1 percent in 2016-2017.
- One in eight mothers (13.0%) reported marijuana use since the birth of their new baby; an increase from 10.9 percent in 2019, 7.5 percent in 2018 and 4.8 percent in 2016-2017.

Plans for Infant Immunization | [Table 101]

- The proportion of mothers who plan to follow all of their physician's recommendations for infant immunization has decreased significantly in the last five years (87.7% in 2016 and 80.7% in 2020).
- One in 21 mothers (4.6%) plan for their infant to get all vaccines but on a modified schedule.
- A significantly larger proportion of mothers in 2020 (10.9%) plan for their infants to get only some vaccines compared to mothers in 2019 (6.7%).
- About one in 28 mothers plan that their infants will receive no vaccinations at all (3.8%); an increase from 2.9 percent in 2019.

Perinatal Mood and Anxiety Disorders | [Tables 7, 34 and 99]

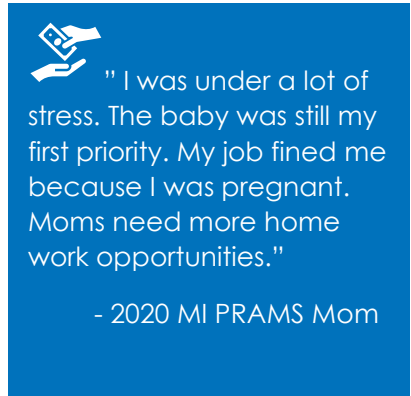
- Depression remains prevalent before (20.0%), during (18.9%), and following (16.1%) pregnancy.
- Nearly a third of mothers (31.8%) report anxiety in the three months before pregnancy.

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

- Due to an increasing proportion of women with Medicaid coverage, the proportion of 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 6.9 percent in 2020.
- 2020 sources of payment for prenatal care remain similar to 2019, with 49.9 percent of mothers covered by private insurance from work and 45.9 percent covered by Medicaid.

Maternal Postpartum Care | [Tables 97 -98]

- One in seven mothers (13.6%) 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 (38.8%), as were tests for diabetes (21.0%) and discussions around ideal pregnancy timing (50.4%).
- Screening for depression (91.0%) and discussions about contraceptives (88.3%) were both common.



Unmet Basic Needs | [Tables 87-88]

- One in six mothers (18.3%) had at least one basic need such as food, housing, or transportation that was not met during pregnancy.
- About one in fourteen (7.1%) had two or more unmet basic needs.
- These proportions were virtually unchanged across birth years 2016-2020.

Life Stressors | [Tables 85-86]

- Nearly seven in 10 mothers (68.5%) experienced at least one of the life stressors asked about on Michigan PRAMS.
- The proportion of mothers reporting that they or their husband or partner had a cut in work hours or pay significantly increased from 2019 (13.8%) to 2020 (21.6%).

New Annual Topics | [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, 2020, 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.
- Take care of themselves (i.e. bathing, dressing).

Responses to these questions can help answer important questions about 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 | [COVID-19 Pandemic]

MI PRAMS asked about the impacts of the COVID-19 pandemic during the 2020 birth year. Selected statistics on these topics will be compiled in mid-2022 and will be available in an online report, and more statistics will be available on request.

- Testing positive for COVID-19.
- Economic impacts of the pandemic.
- Impacts of the pandemic on access to healthcare.
- Whether the pandemic contributed to feelings of depression or anxiety.

For Additional Information |

The 2020 Birth Year Maternal and Infant Health Summary Tables as well as other Michigan PRAMS reports are available online at www.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 Epidemiologist, Pete Haak, at haakp@michigan.gov.



"I definitely didn't get the proper information about being pregnant do's and don'ts nor did I get the proper information about breastfeeding or the help. It should be more info about that."

-2020 MI PRAMS Mom



"Being limited at home w/ new baby during this pandemic without family help has been very hard. I can tell it has impacted my mental health but likely not enough to be concerned. This mom is ready for help w/ baby and a break!"

"I was scared during the pandemic and I'm glad I made through it. I hope everyone is safe. The baby is doing wonderful so I'm happy."

-2020 MI PRAMS Moms