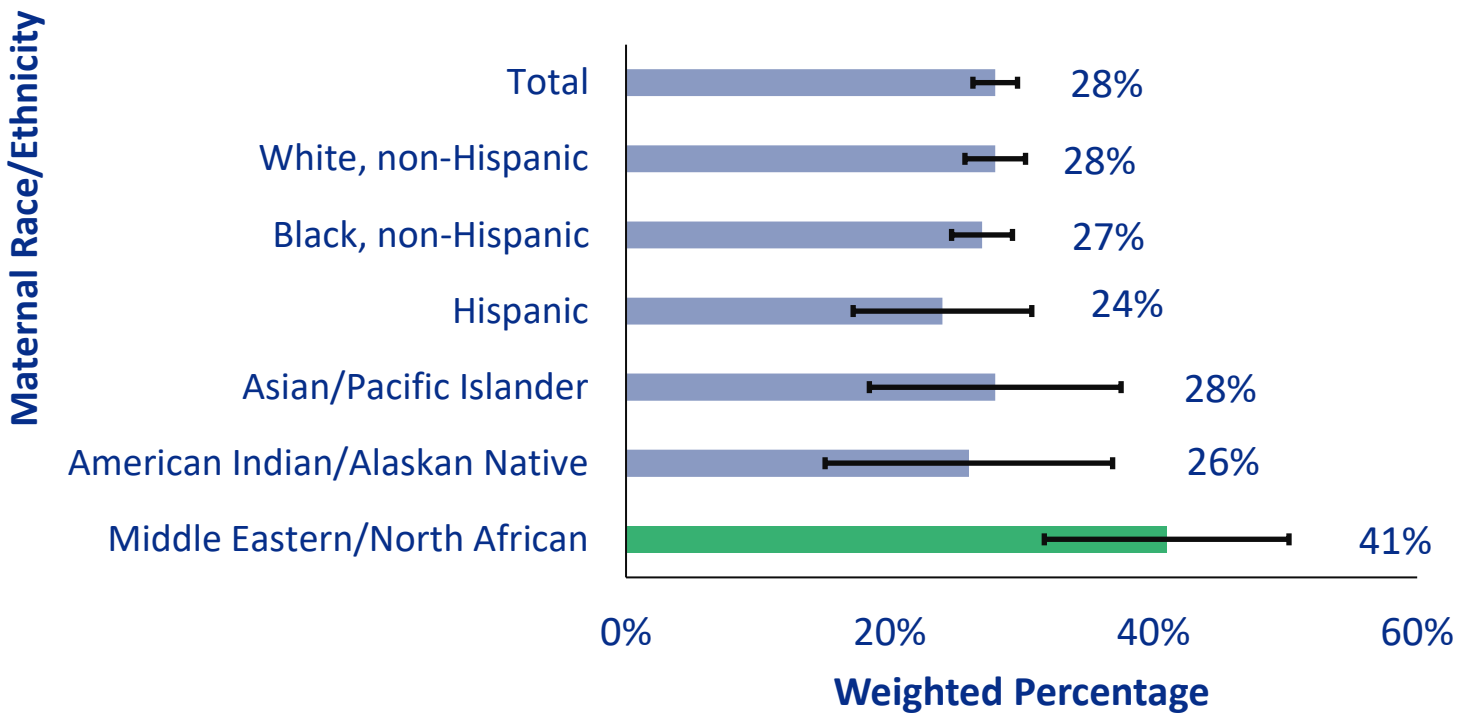


Mercury in Fish: Dietary Counseling for Pregnant Patients

The Michigan Pregnancy Risk Assessment Monitoring System (PRAMS) collects self-report information on maternal attitudes and behaviors representative of people who recently gave birth in Michigan. Results from the analysis of PRAMS responses indicates that not all prenatal care providers are educating pregnant women on the importance of consuming fish with low mercury content.

28% of Michigan PRAMS participants reported that their prenatal care provider did not counsel them about consuming fish low in mercury during 2019 -2021.

Prevalence who reported that their prenatal care provider did not discuss the risk of mercury in fish, by maternal race/ethnicity, MI PRAMS 2019-2021.



— Error bar denotes 95% confidence intervals. Green colored bar identifies statistically significant difference.

Middle Eastern/North African participants were significantly more likely to report that their prenatal care provider did not discuss consuming fish low in mercury compared to the state overall.

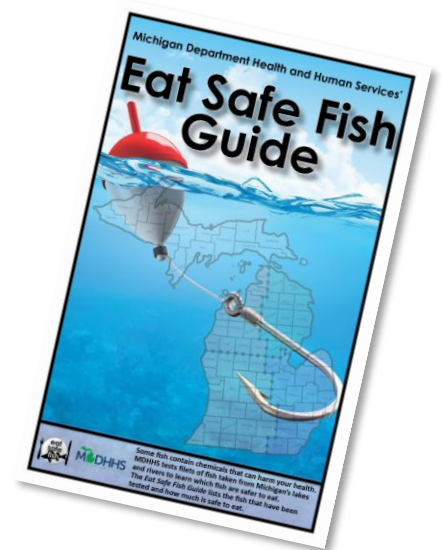
As prenatal care providers, it is important to routinely educate patients about consuming fish low in mercury.

Maternal dietary mercury can have adverse fetal effects. Fetal exposure to high levels of dietary mercury has been associated with cognitive and neuromotor deficits. Pregnant women should avoid mercury consumption.

Educational opportunities include:

- Discussing safe fish consumption at prenatal appointments.
- Providing educational materials on fish consumption.

The Michigan Department of Health and Human Services' (MDHHS) *Eat Safe Fish Guides* can help pregnant women choose safer fish to eat from Michigan lakes and rivers. Prenatal care providers can encourage pregnant patients to consume 8-12 ounces of low mercury fish each week and avoid fish with high levels of mercury.



The MDHHS *Eat Safe Fish Guides* and other educational materials can be found online at Michigan.gov/EatSafeFish.

PRAMS selects participants via birth certificates from the same calendar year. The data are weighted to represent the entire population of new moms in Michigan. For more information on PRAMS methods, visit CDC.gov/PRAMS/php/methodology/index.html.

For more information on MI PRAMS, visit Michigan.gov/PRAMS.