

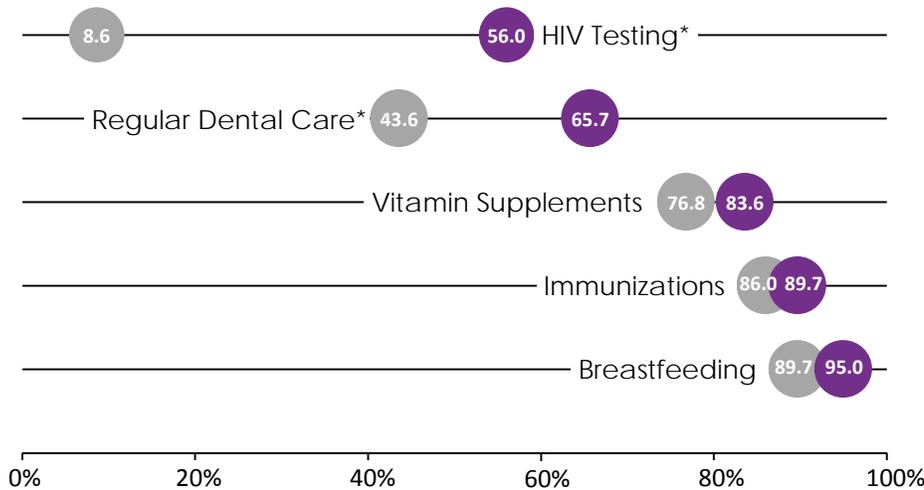


Prenatal Care Content Matters

2013 Idaho PRATS

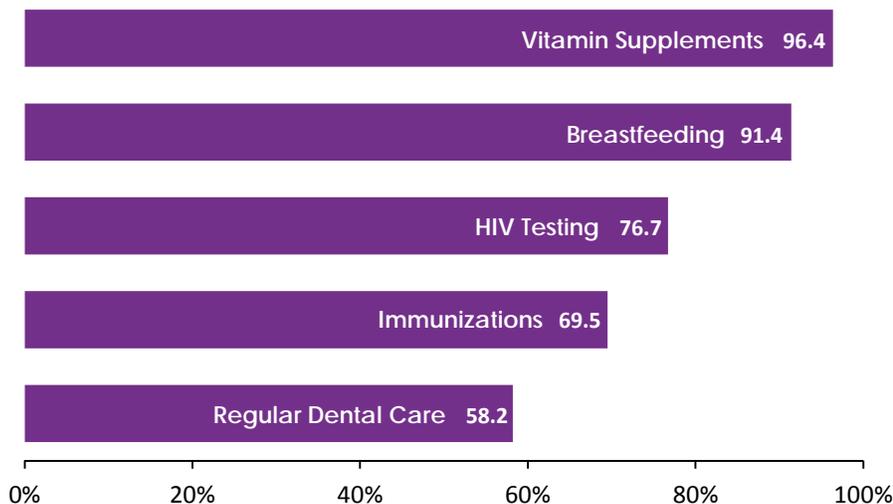
The information that moms receive during prenatal care (PNC) checkups may affect their health choices. This fact sheet compares the behavior of moms who received information about certain healthy activities from their PNC providers with moms who did not receive information. The following are results from the 2013 PRATS survey of Idaho resident mothers.

A higher percentage of moms participated in healthy activities who received information about them from PNC providers than moms who did not receive information.



*Statistically significant at the 95% confidence level.

Most moms did receive information about these activities from their PNC providers.



91.6% of moms had first trimester prenatal care.

In the 2013 PRATS survey, mothers who participated in first trimester prenatal care were asked whether they were given information about the importance of these issues by their prenatal care providers.

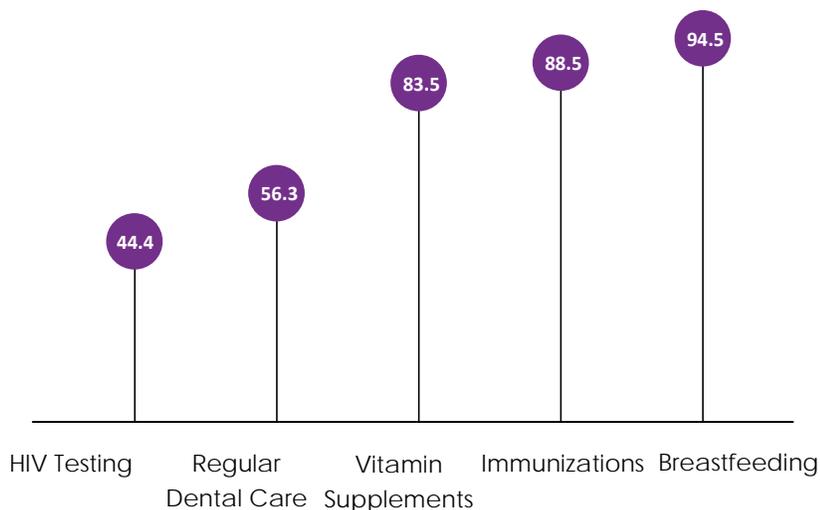
The survey also asks whether information was provided about pregnancy weight gain, substance abuse, depression, physical abuse, safe foods and medications, the affects of shaking a baby, and the dangers of pertussis.

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What other factors influence the prevalence of healthy activities? Regardless of prenatal care content, prevalence of certain activities, such as breastfeeding and immunizations, are relatively high, while others, such as regular dental care or HIV testing, are relatively low overall.

The following table shows the **percentage** of moms' participation in healthy activities regardless of prenatal care information.



What is PRATS?

The Pregnancy Risk Assessment Tracking System (PRATS) is an annual survey of new mothers in Idaho. It is a population-based tracking system that identifies and examines maternal experiences and health practices associated with pregnancy which may affect pregnancy outcomes and infant health. PRATS was first conducted in Idaho in 1999, and has been conducted annually since 2001*. PRATS is modeled after the Centers for Disease Control and Prevention (CDC) Pregnancy Risk Assessment Monitoring System (PRAMS).

*Except 2012

The PRATS survey asks specific questions about healthy activities. Moms are asked whether:

- They were tested for HIV (the virus that causes AIDS) at any time during their pregnancy.
- They went to a dentist or dental clinic for routine care such as teeth cleaning or regular check up during their pregnancy.
- They took a multiple vitamin during the third trimester of their pregnancy.
- Their baby's immunizations are up to date according to the immunization schedule.
- They ever breastfed or pumped milk to feed their baby.

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