

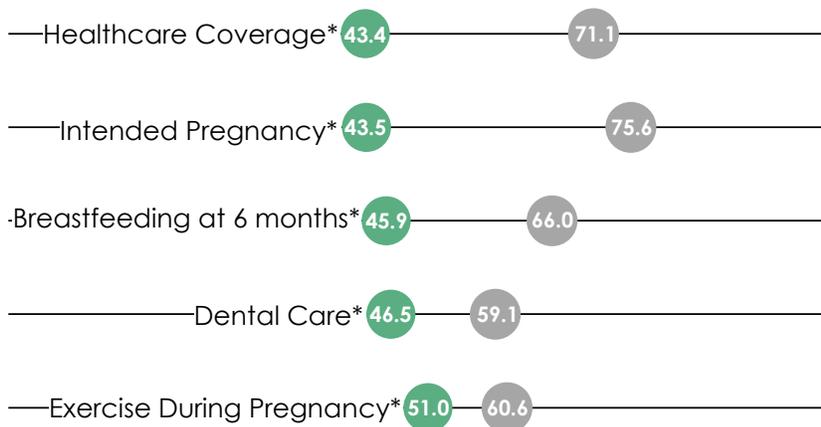


# Pregnancy and Stressful Life Events

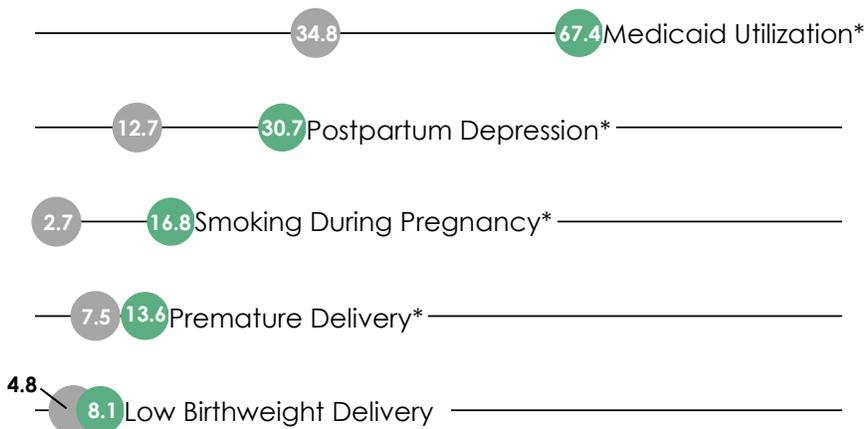
## 2013 Idaho PRATS

Stressful life events can lead to high prenatal stress, which can have negative impacts on the health of moms and babies. In the 2013 PRATS survey, Idaho mothers were asked about difficult or stressful life events that may have happened in the 12 months prior to delivery. This fact sheet illustrates the relationship between high levels of prenatal stress (3 or more stressful life events occurring in the 12 months prior to delivery) and certain pregnancy outcomes. A large number of stressful life events in the 12 months before delivery leads to a high level of prenatal stress, and a high level of prenatal stress can lead to negative health outcomes for mothers and babies.

**Compared with mothers with little or no prenatal stress, mothers with high prenatal stress reported lower percentages of healthy outcomes.**



**Mothers with high prenatal stress also reported higher percentages of unhealthy outcomes compared with mothers with little or no prenatal stress.**



\*Statistically significant at the 95% confidence level



In the 12 months prior to delivery,

**35.6%** of mothers experienced no stressful life events

**27.2%** of mothers experienced one stressful life event

**14.9%** of mothers experienced two stressful life events

**22.4%** of mothers experienced three or more stressful life events

# Pregnancy and Stressful Life Events

## 2013 Idaho PRATS

In 2013, PRATS respondents reported that the most prevalent stressful life event was "I moved to a new address" (35.1%). Stressful life events are separated into 4 categories: Financial, Emotional, Partner Relationship, and Traumatic.

**The most common stressor experienced by Idaho mothers during pregnancy was **moving to a new address**.**



### 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

In the 12 months prior to delivery,

**48.6%** of mothers experienced **financial stress**

**24.8%** of mothers experienced **emotional stress**

**21.6%** of mothers experienced **partner relationship stress**

**13.9%** of mothers experienced **traumatic stress**

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