



August 2016

What is PRAMS?

PRAMS (Pregnancy Risk Assessment Monitoring System) is a population-based risk factor surveillance system jointly sponsored by the Wyoming Department of Health and the Centers for Disease Control and Prevention (CDC). The purpose of PRAMS is to find out why some babies are both healthy and others are not. To do this, PRAMS asks a sample of Wyoming women who had a live birth infant in the past two to six months, questions about their experience and behaviors before, during, and shortly after pregnancy.

PRAMS Mission

To promote the collection, analysis, and dissemination of population-based data of high scientific quality and to support the use of data to develop policies and programs in order to decrease maternal and infant morbidity and mortality.

Visit our WY PRAMS website for more information: <https://health.wyo.gov/publichealth/chronic-disease-and-maternal-child-health-epidemiology-unit/data/>

What have we learned from the 2012-2013 WY PRAMS Data?

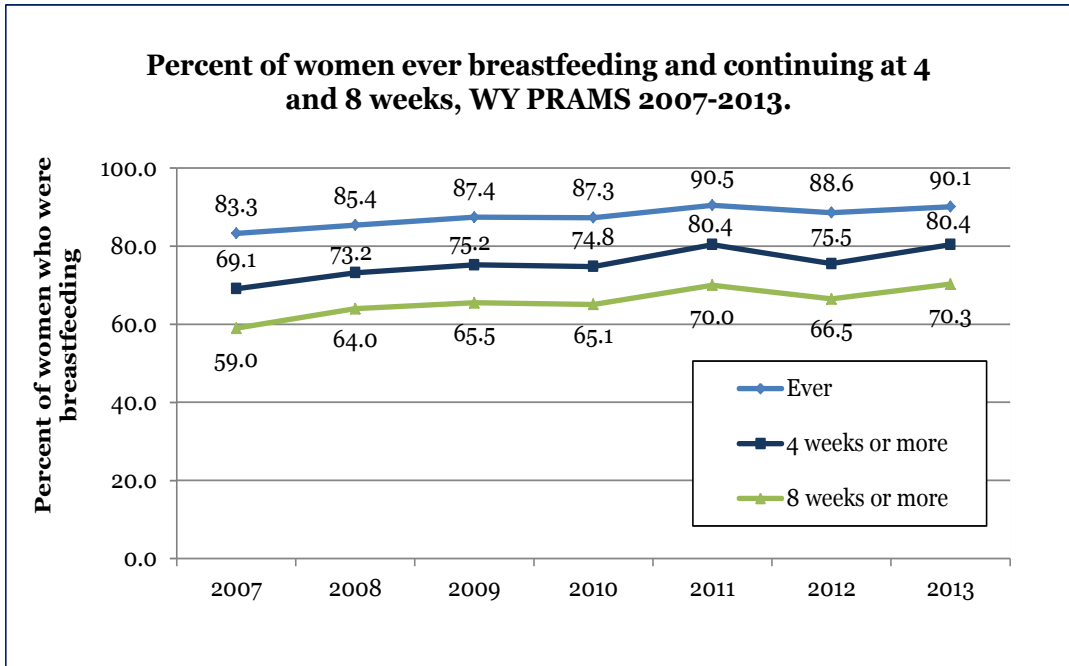
August is National Breastfeeding Month as declared in 2011 by the United States Breastfeeding Committee. The benefits of breastfeeding are well understood by health professionals and Healthy People 2020 set a target for the nation to increase the percent of infants who are *ever* breastfed from 74.0% (2006) to 81.9% (2020) and to increase those who are breastfed *exclusively* through 6 months from 14.1% (2006) to 25.5% (2020).

What did PRAMS data tell us about breastfeeding choices by Wyoming mothers?

- 90.1% of Wyoming moms reported breastfeeding initiation, exceeding the Healthy People 2020 goal for this measure.
- 80.4% reported breastfeeding to at least 4 weeks
- 70.3% reported breastfeeding to at least 8 weeks

Data from 2007-2013 indicate a potential increase in overall breastfeeding rates; however disparities exist by age, race, ethnicity, and insurance status.

WY PRAMS (2012-2013) data reveals significant differences between teen mothers and older women who report breastfeeding for 8 or more weeks.



A higher proportion of older mothers (20+) reported breastfeeding their infant at 8 weeks postpartum (69.5%) as compared to teen mothers (55.4%). No differences were seen in breastfeeding initiation or duration at 4 weeks postpartum.

White mothers were more likely to initiate breastfeeding (90.3%) than Native American women (80.3%), and more likely to continue to 4

weeks (White, 79.9%; Native American, 62.7%). At 8 weeks postpartum, about half (50.8%) of Native American women reported that they were still breastfeeding as compared to 70.7% of White women.

Rates of breastfeeding initiation and duration are higher among non-Hispanic women. The only statistically significant difference is seen in the rate of those breastfeeding at 4 weeks postpartum (non-Hispanic, 79.3%; Hispanic, 66.8%).

Finally, women enrolled in Medicaid were significantly less likely to initiate breastfeeding (Medicaid, 85.9%; Non-Medicaid, 91.9%), to continue at 4 weeks (Medicaid, 67.9%; Non-Medicaid, 85.3%), or 8 weeks postpartum (Medicaid, 54.2%; Non-Medicaid 78.6%) as compared to women with other types of insurance.

The top four reasons* that women reported who did not *initiate* breastfeeding were:

1. I didn't want to (50.3%)
2. I didn't like breastfeeding (20.9%)
3. I went back to school or work (18.5%)
4. I was sick or on medicine (14.3%)

The top four reasons* that women reported for *discontinuation* of breastfeeding (among those who initiated) were:

1. I thought I was not producing enough milk, or my milk dried up (60.2%)
2. Breast milk alone did not satisfy my baby (39.1%)
3. My baby had difficulty latching or nursing (26.2%)
4. I went back to work or school (25.0%)

* Respondents could select multiple responses for both questions.

Our goals with WY PRAMS continue to be to:

- Work with **YOU** to disseminate data from WY PRAMS; to inform WY stakeholders, programs, and policies.
- Conduct and present analyses of WY PRAMS data pertaining to priorities of stakeholders and programs across the state.

We look forward to working with you! Keep checking your inbox for **monthly** WY PRAMS data and updates!

If you would like more information please contact the WY PRAMS Project (wdh-wyprams@wyo.gov)

To Subscribe to the WY PRAMS Listserv

Please encourage anyone you feel would be interested in participating in PRAMS activities to subscribe to the Wyoming PRAMS Listserv. To subscribe, send an email to sympa@lists.health.wyo.gov. In the subject line of the email please type "subscribe wyoprams" , and in the body of the email, please provide your first and last name.

To unsubscribe send an email to sympa@lists.health.wyo.gov. In the subject line of the email please type "unsubscribe wyoprams", and in the body of the email please provide your first name and last name.
