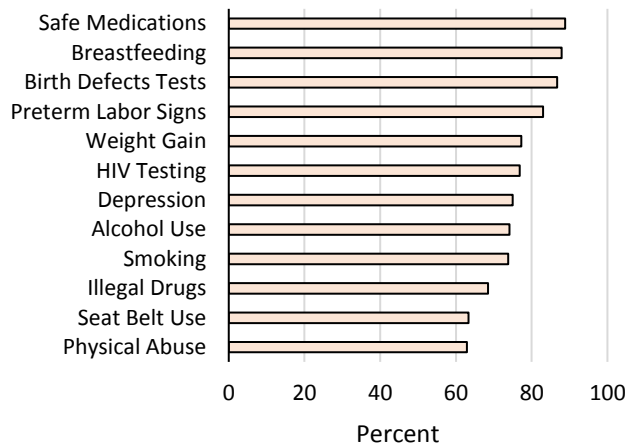


Prenatal Counseling, NM PRAMS 2012-2014

The Pregnancy Risk Assessment Monitoring System (PRAMS) is an ongoing population-based surveillance system designed to identify and monitor selected maternal attitudes and experiences that occur before and during and shortly after pregnancy.

The 2012-2014 New Mexico PRAMS survey included twelve questions about the content of prenatal counseling. The topics most likely to be discussed by a health care provider during a prenatal visit were safe medications, breastfeeding, birth defects testing and preterm labor signs.

Prevalence of Counseling During Prenatal Care by Topic, NM PRAMS 2012-2014



- **Only 34% of mothers received prenatal counseling on all 12 topics.**

Discussions on many of the topics followed similar patterns across maternal characteristics.

Women who received prenatal counseling were more likely to be:

- Aged < 20 years
- Native American or Hispanic
- Not married
- Living at or below the federal poverty level
- Had less than high school education
- Had Medicaid, other government insurance
- Were first time mothers.

Key findings for selected topics:

- ❖ Mothers who **smoked** during the three months before becoming pregnant were more likely to report receiving prenatal tobacco counseling than women who did not smoke.
- ❖ Mothers who **drank alcohol** during the three months before becoming pregnant were significantly less likely to report receiving prenatal alcohol counseling than mothers who did not drink alcohol.
- ❖ Women reporting prenatal **weight gain** discussion were no more likely to achieve the recommended weight gain than women who did not receive a discussion on weight gain.
 - Only 33.8% of NM women achieved the Institute of Medicine recommended weight gain during their pregnancy.
- ❖ Women who reported receiving prenatal counseling on **breastfeeding** were more likely to initiate breastfeeding than women who did not receive prenatal counseling on breastfeeding.
- ❖ Mothers who reported being **depressed** after their baby was born were significantly less likely to have received prenatal counseling on depression than mothers who indicated that they were not depressed.
- ❖ Mothers who reported they were **abused** by their husband or partner during the 12 months before becoming pregnant or during pregnancy were less likely to have received prenatal counseling on physical abuse than mothers who did not report physical abuse.
- ❖ Women who received counseling on **HIV testing** were more likely to be tested for HIV than women who did not receive counseling on HIV testing.

More information from NM PRAMS on maternal experiences before, during and after pregnancy can be queried on the NM-IBIS (Indicator Based Information System) website:

<https://ibis.health.state.nm.us/query/selection/prams/PRAMSSelection.html>

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