

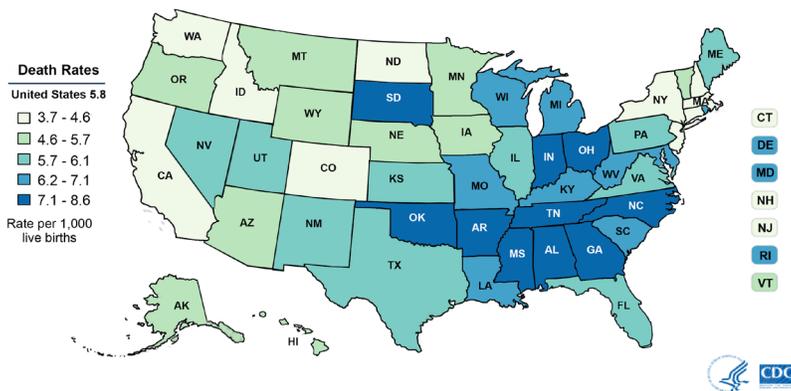
**Mississippi**  
**Maternal and Child Health**  
Indicators and Factsheets

*November 2020*

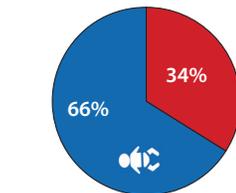
# Safe Sleep for Babies

This study utilized an ongoing, population-based surveillance called Pregnancy Risk Assessment Monitoring System (PRAMS). PRAMS is sponsored by the Centers for Disease Control and Prevention and the Mississippi State Department of Health. The purpose of PRAMS is to find out why some babies are born healthy and others are not. The survey asks new mothers about their pregnancy and their new baby. These findings help us create a better future for mothers and babies. In this study we analyzed **Mississippi PRAMS** data from 1,081 moms who had a live birth in 2016 to assess safe sleeping practices in Mississippi.

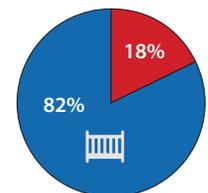
## Infant Mortality Rates by State, 2017



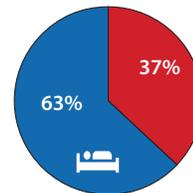
Mississippi is among the states with the highest rate of infant mortality (death within their first year of life). Sudden Unexpected Infant Death is the leading cause of death for infants ages one and four months of age. The deaths often occur while an infant is sleeping or in a sleep area.



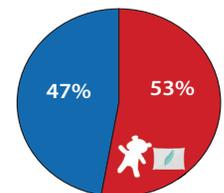
One out of three infants (34 percent) do not sleep on back.



One out of five infants (18 percent) do not sleep in a crib, bassinet or Pack and Play.

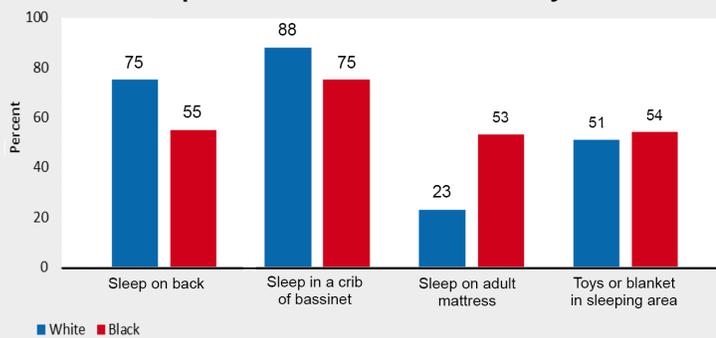


One out of three infants (37 percent) sleep on an adult mattress.



One out of two infants (53 percent) sleep with toys cushions, pillows or a blanket.

## Sleep Position and Environment by Race



White mothers are more likely to place the baby on his/her back, in a crib, bassinet or pack and play. Black mothers are more likely to place the baby on an adult mattress. There was no significant difference among black mothers and white mothers in using toys, cushions, pillows or blanket in baby's sleeping area.

If you need more information about the Mississippi PRAMS please check the website at <https://HealthyMS/PRAMS>

## The ABC's Safe Sleep

Infants and babies should always sleep:

- A** ALONE
- B** on their **BACKS**
- C** in a safe **CRIB**

- Share a bedroom with parents but not in the same sleeping surface, preferably until the baby turns a year old at least for the first six months.
- Avoid use of soft bedding, including crib bumpers, blankets, pillows and soft toys. The crib should be bare.
- Place the baby on their back on a firm sleep surface such as a crib or bassinet with tight fitting sheets.



MISSISSIPPI  
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PRAMS  
Health Data and Research

The researchers would like to thank the Mississippi PRAMS team and participants who have contributed to the data collection.

August 2020

## Selected Maternal and Child Health Indicators for Mississippi

### Prevalence of Selected Maternal and Child Health Indicators for Mississippi, Pregnancy Risk Assessment Monitoring System (PRAMS), 2016

Health Indicator	N*	%† (95% CI) ‡
<b>Nutrition</b>		
• Multivitamin use ≥4 days a week during the month before pregnancy	1076	32 (28.1-35.8)
<b>Pre-pregnancy Weight</b>		
• Underweight (BMI<18.5)	1045	5.5 (3.5-7.5)
• Overweight (BMI 25-29.9)	1045	23.9 (20.3-27.5)
• Obese (BMI≥30)	1045	35.0 (31.0-39.1)
<b>Substance Use</b>		
• Any cigarette smoking during the 3 months before pregnancy	1064	25.8 (22.1-29.5)
• Any cigarette smoking during the last 3 months of pregnancy	1059	14.7 (11.7-17.7)
• Any cigarette smoking postpartum	1059	21.1 (17.7-24.6)
• Hookah use in the last 2 years	1064	1.7 (0.6-2.8)
• Any alcohol use during the 3 months before pregnancy	1061	47.8 (43.6-52.1)
<b>Intimate Partner Physical Abuse</b>		
• Experienced IPV during the 12 months before pregnancy by a husband or partner	1066	4.8 (2.9-6.7)
• Experienced IPV during the 12 months before pregnancy by an ex-husband or ex-partner	1065	2.0 (0.8-3.3)
• Experienced IPV during pregnancy by a husband or partner	1066	4.4 (2.6-6.3)
• Experienced IPV during pregnancy by an ex-husband or ex-partner	1064	1.3 (0.3-2.3)
<b>Depression</b>		
• Self-reported depression in the 3 months before pregnancy	1076	14.7 (11.7-17.7)
• Self-reported depression during pregnancy	1066	14.1 (11.2-17.1)
• Self-reported postpartum depressive symptoms	1055	23.7 (20.1-27.3)
<b>Health Care Services</b>		
• Health care visit in the 12 months before pregnancy	1068	56.2 (52.0-60.4)
• Began prenatal care in 1st trimester	1063	80.9 (77.5-84.3)
• Had flu shot before or during pregnancy	1065	48.5 (44.3-52.7)

• Had maternal postpartum checkup	1050	89.3 (86.6-92.0)
• Mistimed	1071	28.1 (24.3-31.9)
• Unwanted pregnancy	1071	8.4 (6.0-10.7)
• Unsure about pregnancy	1071	18.9 (15.5-22.3)
• Intended pregnancy	1071	44.6 (40.5-48.8)
• Use of any postpartum contraception	1051	80.4 (77.1-83.8)
• Use of a long acting reversible contraceptive method (Intrauterine Device [IUD] or contraceptive implant) postpartum	1030	13.0 (10.1-15.9)
<b>Oral Health</b>		
• Teeth cleaned during pregnancy	1070	31.3 (27.5-35.2)
<b>Pre-pregnancy Health Insurance<sup>‡</sup> Status</b>		
• Private insurance	1030	50.6 (46.4-54.9)
• Medicaid	1030	22.4 (18.7-26.0)
• No insurance	1030	26.6 (22.8-30.5)
<b>Health Insurance<sup>‡</sup> Status for Prenatal Care During Pregnancy</b>		
• Private insurance	1027	44.3 (40.1-48.6)
• Medicaid	1027	53.8 (49.5-58.1)
• No insurance	1027	1.9 (0.6-3.1)
<b>Health Insurance<sup>‡</sup> Status Postpartum</b>		
• Private insurance	1020	46.3 (42.1-50.6)
• Medicaid	1020	32.7 (28.6-36.8)
• No insurance	1020	20.8 (17.3-24.4)
<b>Infant Sleep Practices</b>		
• Baby most often laid on back to sleep	993	66.0 (61.9-70.1)
<b>Breastfeeding Practices</b>		
• Ever breastfed	997	67.0 (62.9-71.1)
• Any breastfeeding at 8 weeks	982	39.2 (35.0-43.3)

\* Unweighted sample size

† Weighted percent

‡ 95% Confidence Interval

‡ Insurance is coded as Medicaid (Medicaid or state-named Medicaid program); Private (Private only, both Medicaid & private, any other insurance in combination with private, TRICARE or other military insurance); and No insurance (no insurance or Indian Health Service (IHS) only

Note: Responses with relative standard error above 30% are shaded in gray. Results should be interpreted with caution.

Authors: prepared by Mississippi PRAMS, Office of Health Data and Research, August 2020

## Selected Maternal and Child Health Indicators for Mississippi

### Prevalence of Selected Maternal and Child Health Indicators for Mississippi, Pregnancy Risk Assessment Monitoring System (PRAMS), 2017

Health Indicator	N*	%† (95% CI) ‡
<b>Nutrition</b>		
• Multivitamin use ≥4 days a week during the month before pregnancy	1097	33.9 (29.9-37.8)
<b>Pre-pregnancy Weight</b>		
• Underweight (BMI<18.5)	1080	4.4 (2.7-6.2)
• Overweight (BMI 25-29.9)	1080	23.2 (19.7-26.7)
• Obese (BMI≥30)	1080	32.2 (28.2-36.2)
<b>Substance Use</b>		
• Any cigarette smoking during the 3 months before pregnancy	1070	21.6 (18.2-25.1)
• Any cigarette smoking during the last 3 months of pregnancy	1070	10.4 (7.8-13.1)
• Any cigarette smoking postpartum	1072	17.7 (14.5-20.9)
• Hookah use in the last 2 years	1064	3.0 (1.6-4.3)
• Any alcohol use during the 3 months before pregnancy	1074	45.1 (40.8-49.3)
<b>Intimate Partner Physical Abuse</b>		
• Experienced IPV during the 12 months before pregnancy by a husband or partner	1074	2.3 (1.1-3.5)
• Experienced IPV during the 12 months before pregnancy by an ex-husband or ex-partner	1071	2.2 (0.9-3.6)
• Experienced IPV during pregnancy by a husband or partner	1072	2.1 (0.9-3.3)
• Experienced IPV during pregnancy by an ex-husband or ex-partner	1069	1.1 (0.2-2.0)
<b>Depression</b>		
• Self-reported depression in the 3 months before pregnancy	1098	13.2 (10.4-15.9)
• Self-reported depression during pregnancy	1064	14.0 (11.1-16.9)
• Self-reported postpartum depressive symptoms	1052	19.3 (16.0-22.7)
<b>Health Care Services</b>		
• Health care visit in the 12 months before pregnancy	1090	59.2 (55.0-63.3)
• Began prenatal care in 1st trimester	1081	82.4 (79.1-85.7)
• Had flu shot before or during pregnancy	1084	44.6 (40.4-48.8)

• Had maternal postpartum checkup	1060	89.4 (86.7-92.2)
• Mistimed	1093	27.3 (23.6-31.0)
• Unwanted pregnancy	1093	9.1 (6.5-11.7)
• Unsure about pregnancy	1093	19.7 (16.3-23.2)
• Intended pregnancy	1093	43.8 (39.7-48.0)
• Use of any postpartum contraception	1059	83.3 (80.1-86.5)
• Use of a long acting reversible contraceptive method (Intrauterine Device [IUD] or contraceptive implant) postpartum	1050	15.9 (12.8-19.1)
<b>Oral Health</b>		
• Teeth cleaned during pregnancy	1087	34.2 (30.2-38.2)
<b>Pre-pregnancy Health Insurance<sup>‡</sup> Status</b>		
• Private insurance	1058	49.8 (45.5-54.1)
• Medicaid	1058	27.8 (28.3-36.3)
• No insurance	1058	22.1 (18.5-25.7)
<b>Health Insurance<sup>‡</sup> Status for Prenatal Care During Pregnancy</b>		
• Private insurance	1044	42.0 (37.8-46.2)
• Medicaid	1044	55.8 (51.5-60.0)
• No insurance	1044	2.2 (0.8-3.6)
<b>Health Insurance<sup>‡</sup> Status Postpartum</b>		
• Private insurance	1063	43.8 (39.6-48.0)
• Medicaid	1063	35.1 (31.0-39.3)
• No insurance	1063	21.0 (17.1-24.6)
<b>Infant Sleep Practices</b>		
• Baby most often laid on back to sleep	966	68.8 (64.7-72.8)
<b>Breastfeeding Practices</b>		
• Ever breastfed	1004	70.2 (66.1-74.3)
• Any breastfeeding at 8 weeks	995	43.1 (38.8-47.3)

\* Unweighted sample size

† Weighted percent

‡ 95% Confidence Interval

‡ Insurance is coded as Medicaid (Medicaid or state-named Medicaid program); Private (Private only, both Medicaid & private, any other insurance in combination with private, TRICARE or other military insurance); and No insurance (no insurance or Indian Health Service (IHS) only

. Note: Responses with relative standard error above 30% are shaded in gray. Results should be interpreted with caution.

Authors: prepared by Mississippi PRAMS, Office of Health Data and Research, August 2020

## Selected Maternal and Child Health Indicators for Mississippi

### Prevalence of Selected Maternal and Child Health Indicators for Mississippi, Pregnancy Risk Assessment Monitoring System (PRAMS), 2018

Health Indicator	N*	%† (95% CI) ‡
<b>Nutrition</b>		
• Multivitamin use ≥4 days a week during the month before pregnancy	1204	31.8 (28.6-35.08)
<b>Pre-pregnancy Weight</b>		
• Underweight (BMI<18.5)	1172	3.7 (2.4-5.1)
• Overweight (BMI 25-29.9)	1172	22.7 (19.7-25.7)
• Obese (BMI≥30)	1172	32.8 (29.5-36.1)
<b>Substance Use</b>		
• Any cigarette smoking during the 3 months before pregnancy	1183	23.6(20.6-26.6)
• Any cigarette smoking during the last 3 months of pregnancy	1179	11.4 (9.2-13.7)
• Any cigarette smoking postpartum	1180	17.6 (14.9-20.3)
• Hookah use in the last 2 years	1176	2.9 (1.7-4.1)
• Any alcohol use during the 3 months before pregnancy	1178	49.5 (46.0-53.0)
<b>Intimate Partner Physical Abuse</b>		
• Experienced IPV during the 12 months before pregnancy by a husband or partner	1181	2.7(1.5-3.8)
• Experienced IPV during the 12 months before pregnancy by an ex-husband or ex-partner	1182	2.7 (1.5-3.9)
• Experienced IPV during pregnancy by a husband or partner	1180	2.9 (1.7-4.1)
• Experienced IPV during pregnancy by an ex-husband or ex-partner	1181	1.9 (0.9-2.9)
<b>Depression</b>		
• Self-reported depression in the 3 months before pregnancy	1205	16.4 (13.8-19.1)
• Self-reported depression during pregnancy	1183	14.9 (12.4-17.4)
• Self-reported postpartum depressive symptoms	1169	23.5 (20.5-26.6)
<b>Health Care Services</b>		
• Health care visit in the 12 months before pregnancy	1201	59.5 (56.1-63.0)
• Began prenatal care in 1st trimester	1187	84.0 (81.4-86.7)

• Had flu shot before or during pregnancy	1189	45.4 (41.9-48.9)
• Had maternal postpartum checkup	1174	88.3 (86.0-90.6)
• Mistimed	1195	26.7 (23.6-29.9)
• Unwanted pregnancy	1195	9.7 (7.6-11.8)
• Unsure about pregnancy	1195	18.3 (15.6-21.0)
• Intended pregnancy	1195	45.2 (41.7-48.7)
• Use of any postpartum contraception	1166	79.8 (76.9-82.6)
• Use of a long acting reversible contraceptive method (Intrauterine Device [IUD] or contraceptive implant) postpartum	1156	13.7 (11.2-16.2)
<b>Oral Health</b>		
• Teeth cleaned during pregnancy	1193	35.4 (32.1-38.8)
<b>Pre-pregnancy Health Insurance<sup>‡</sup> Status</b>		
• Private insurance	1173	52.9 (49.3-56.4)
• Medicaid	1173	21.5 (18.6-24.4)
• No insurance	1173	25.4 (22.3-28.5)
<b>Health Insurance<sup>‡</sup> Status for Prenatal Care During Pregnancy</b>		
• Private insurance	1158	45.6 (42.0-49.2)
• Medicaid	1158	52.6 (49.1-56.2)
• No insurance	1158	1.6 (0.7-2.5)
<b>Health Insurance<sup>‡</sup> Status Postpartum</b>		
• Private insurance	1168	46.4 (42.9-50.0)
• Medicaid	1168	36.0 (32.6-39.5)
• No insurance	1168	17.5 (14.8-20.3)
<b>Infant Sleep Practices</b>		
• Baby most often laid on back to sleep	1125	72.2 (69.0-75.4)
<b>Breastfeeding Practices</b>		
• Ever breastfed	1139	71.2 (68.0-74.5)
• Any breastfeeding at 8 weeks	1123	41.5 (38.0-45.0)

\* Unweighted sample size

† Weighted percent

‡ 95% Confidence Interval

§ Insurance is coded as Medicaid (Medicaid or state-named Medicaid program); Private (Private only, both Medicaid & private, any other insurance in combination with private, TRICARE or other military insurance); and No insurance (no insurance or Indian Health Service (IHS) only)

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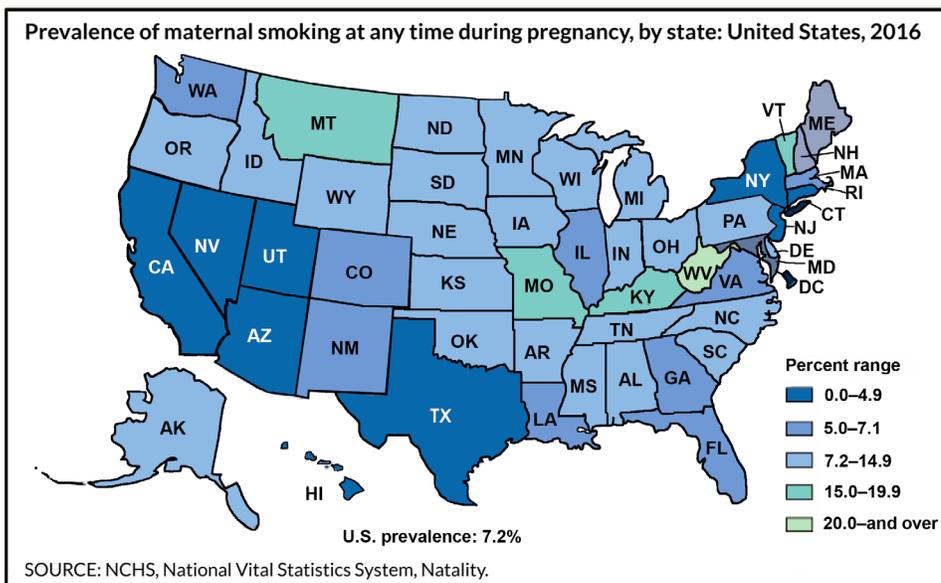
# Smoking Before, During and After Pregnancy

## What we did and who we are

Smoking is one of the most important preventable causes of poor birth outcomes in the United States. In addition to the negative health effects of maternal smoking on mothers themselves, maternal smoking is associated with low birth weight, and many childhood medical problems including respiratory illness, asthma, obesity and cardiovascular disease. In this study we analyzed Mississippi Pregnancy Risk Assessment Monitoring System (PRAMS) data from 1,081 moms who had a live birth in 2016 in Mississippi to assess smoking before, during and after pregnancy. PRAMS is an ongoing, population-based surveillance sponsored by the Centers for Disease Control and Prevention and the Mississippi State Department of Health.

The purpose of PRAMS is to find out why some babies are born healthy and others are not. The survey asks new moms about their pregnancy and their new baby. These findings can help us create a better future for moms and babies. If you need more information about Mississippi PRAMS please check the website:

<https://HealthyMS.com/PRAMS>



**42 percent**  
of women quit smoking  
during pregnancy

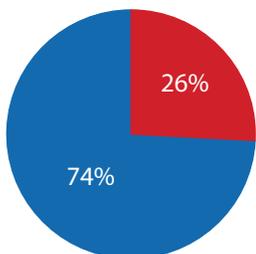
**63 percent**  
of women resume  
smoking after pregnancy

Given that almost half of pregnant smokers quit smoking during pregnancy, the postnatal period provides a golden opportunity to maintain this positive attempt and achieve lifelong cessation. If you or someone you know wants to quit smoking, talk to your healthcare provider about strategies.

For further support, please call the Mississippi Tobacco Quitline, for free counseling, and tips on kicking the habit.

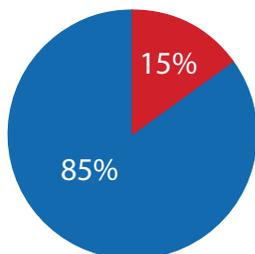
Call: 1-800-QUIT-NOW  
1-800-794-8669

Smoking Three Months Before Pregnancy



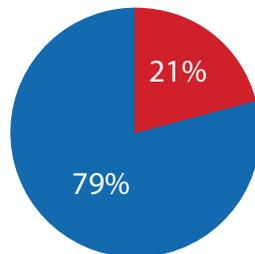
One out of four women smoke three months before pregnancy.

Smoking During Last Three Months of Pregnancy



One out of six women smoke during pregnancy.

Smoking After Delivery



One out of five women smoke during postpartum.

The researchers would like to thank the Mississippi PRAMS team and participants who have contributed to the data collection.

August 2020



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