



## CHILDHOOD RISK

# Maternal Stressors During Pregnancy

### INDICATOR

Percent of mothers experiencing three or more large life stressors in the 12 months before her baby was born.

<b>Numerator</b>	Number of mothers who reported three or more stressors in the 12 months before giving birth
<b>Denominator</b>	Mothers aged 18 to 39

### DESCRIPTION

This measure combines thirteen potential stressors that a mother could face during pregnancy, including emotional (close family member getting sick or dying); financial (mother or her partner losing a job, not having enough money to pay bills, moving houses); partner (intense arguing or separating from partner, partner not wanting mother to be pregnant); or trauma-related stress (being in a fight, mother or partner being jailed, being homeless, close family member having a problem with drinking/drugs).

### IMPORTANCE

Maternal stress during pregnancy has the potential to trigger physiological changes in the fetus, leading to negative child outcomes (DiPietro, 2012). Women who experience stress during pregnancy, particularly stress related to their partner, are more likely to develop symptoms of post-partum depression, which may lead to negative outcomes for the child (Stone, 2015). This metric is included in the Association of Maternal and Child Health Programs (AMCHP) Life Course Indicators because of the multi-generational impact, along with the long-term implications for public health (AMCHP, 2013). The data are collected through the Pregnancy Risk Assessment Monitoring System (PRAMS), providing a consistent and reliable source of

### LIMITATIONS

- Only 26 states report PRAMS data, limiting available state comparisons.
- Mothers may experience other critical stressors during pregnancy that are not captured in any of these questions.
- PRAMS is completed after the pregnancy, which may introduce bias due to self-reporting and recall.
- Only pregnancies leading to live births are included in the PRAMS sample.

### ADDITIONAL ANALYSES

#### Wisconsin Analyses

Race/Ethnicity	% of Mothers Experiencing Stress
Black, non-Hispanic	47.7%
Hispanic	31.5%
Other, non-Hispanic	27.0%
White, non-Hispanic	24.5%

#### National Analyses

Race/Ethnicity	% of Mothers Experiencing Stress
Black, non-Hispanic	16.5%
Hispanic	14.7%
Other, non-Hispanic	11.1%
White, non-Hispanic	11.4%

### SOURCE

AMCHP. (2013) Life Course Indicator: Stressors During Pregnancy. Life Course Metrics Project. Retrieved from [http://www.amchp.org/programsandtopics/data-assessment/LifeCourseIndicatorDocuments/LC-56\\_Stressors%20During%20Pregnancy\\_Final-12-16-2013.pdf](http://www.amchp.org/programsandtopics/data-assessment/LifeCourseIndicatorDocuments/LC-56_Stressors%20During%20Pregnancy_Final-12-16-2013.pdf).  
Centers for Disease Control and Prevention. (2015). Pregnancy Risk Assessment Monitoring System (PRAMS) [Data table]. Retrieved from <https://www.cdc.gov/prams/pramstat/mch-indicators.html>. Subgroup analyses based on median value.

DiPietro, J. A. (2012). Maternal stress in pregnancy: considerations for fetal development. *Journal of Adolescent Health, 51*(2), S3-S8.  
Stone, S. L., Diop, H., Declercq, E., Cabral, H. J., Fox, M. P., & Wise, L. A. (2015). Stressful events during pregnancy and postpartum depressive symptoms. *Journal of Women's Health, 24*(5), 384-393.  
WI Department of Health Services. (2014). Data Book 2009-2011. Key findings from the Wisconsin Pregnancy Risk Assessment Monitoring System. Retrieved from <https://www.dhs.wisconsin.gov/publications/po/p00740.pdf>.

YEAR:		2013	
WI	US	Best	Worst
31.9%	28.8%	Not available	
PAST YEAR:		2011	
WI	US		
22.5%*	25.2%		

\* Indicates a statistically significant difference from the US value at  $p < 0.05$ .