



Idaho's Pregnancy Risk Assessment Tracking System (PRATS)

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IDAHO DEPARTMENT OF
HEALTH & WELFARE



PRATS explained

PRATS data

- Hypertension
- Warning signs
- Mental Health
- Prenatal care



What is PRATS?

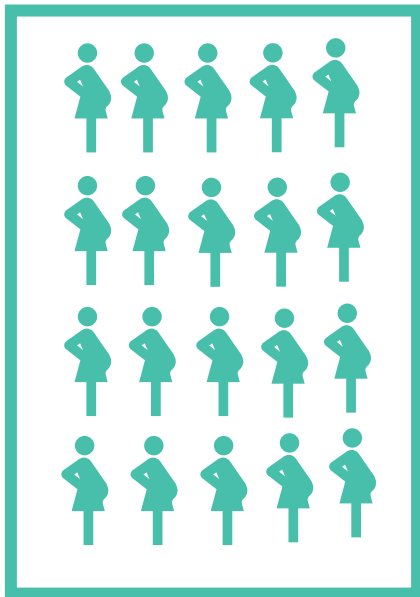
- Annual statewide survey
- Maternal experiences and health practices
- Modeled after CDC's PRAMS
- Funding: State Systems Development Initiative (SSDI) and Title V





PRATS Sample

**~20,000 births
in Idaho**



4,200 mothers randomly selected



18 years and older

Idaho mothers who gave birth in Idaho

Mother and baby (or babies) alive

No surrogacy or adoption



Advantages of PRATS

- 1 Self-reported and birth record data
- 2 Broad view of maternal health
- 3 Idaho-specific
- 4 Easy access





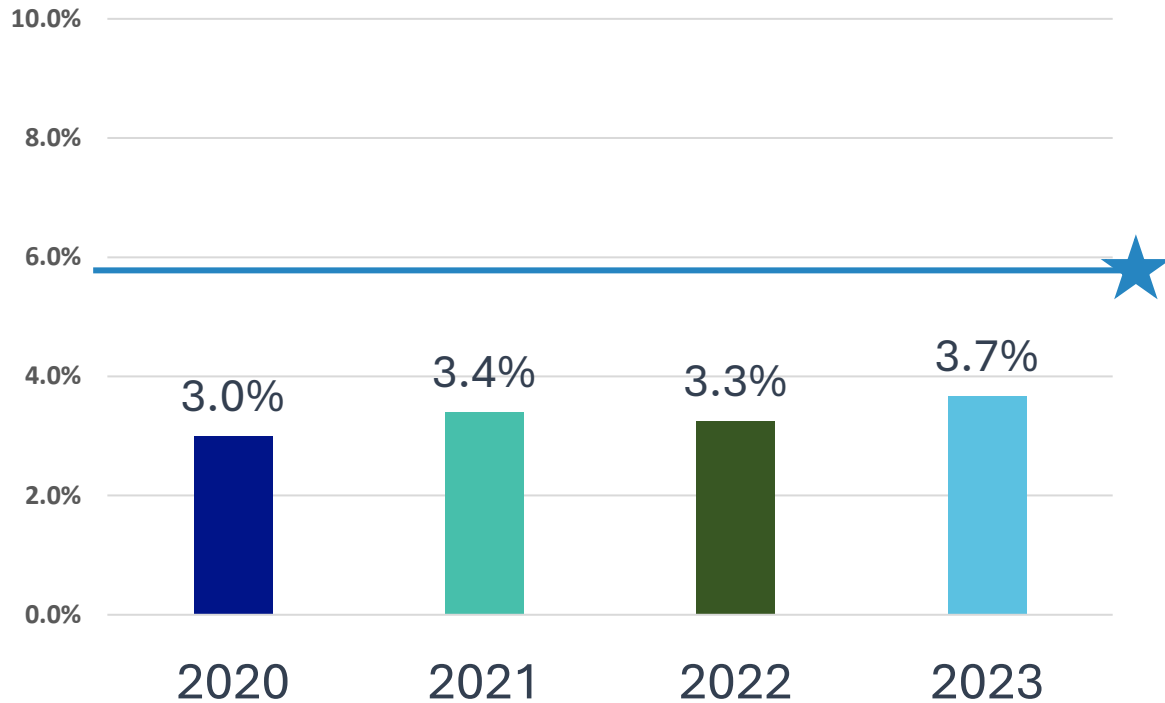
What's included in PRATS?

- insurance
- provider type
- unintended pregnancy
- prenatal care
- hypertension
- gestational diabetes
- vaccinations
- screenings
- mental health
- dental care
- smoking, vaping, and drinking
- food insecurity
- trauma and hardship during pregnancy
- domestic abuse
- delivery
- postpartum care
- breastfeeding
- sleep practices
- parent demographics
- and more!



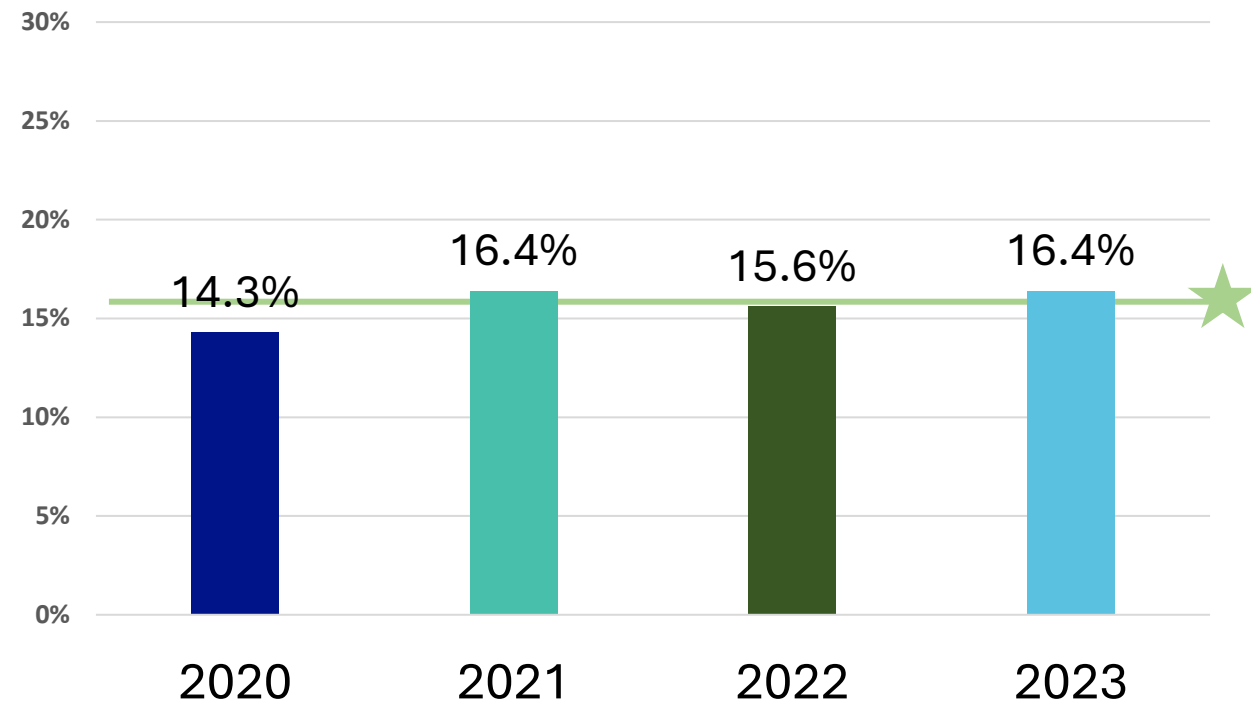
Hypertension

Pre-Pregnancy Hypertension



★ From March of Dimes PRAMS Peristats report for Montana (5.8%) and Washington (5.9%) for the year 2022

Pregnancy Hypertension



★ From CDC MMWR Report: Hypertensive Disorders in Pregnancy and Mortality at Delivery Hospitalization — United States, 2017–2019



Among mothers diagnosed with hypertension during pregnancy....

during prenatal care

75% told to regularly check their blood pressure during pregnancy

43% informed of the risk of postpartum hypertension

during postpartum care

57% told to regularly checking their blood pressure during postpartum





A healthcare provider informed them of warning signs...

during pregnancy

of pregnancy complications that
require immediate medical attention

84%

during postpartum

of medical problems they were at risk
for due to pregnancy

46%

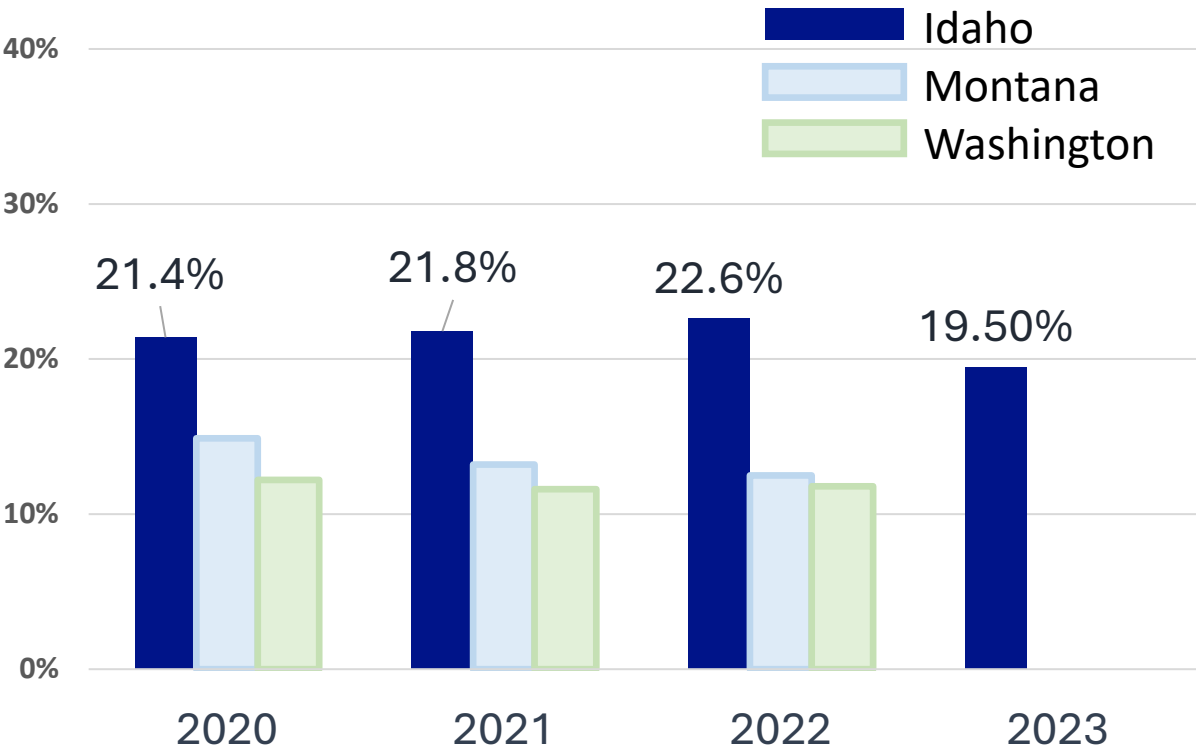




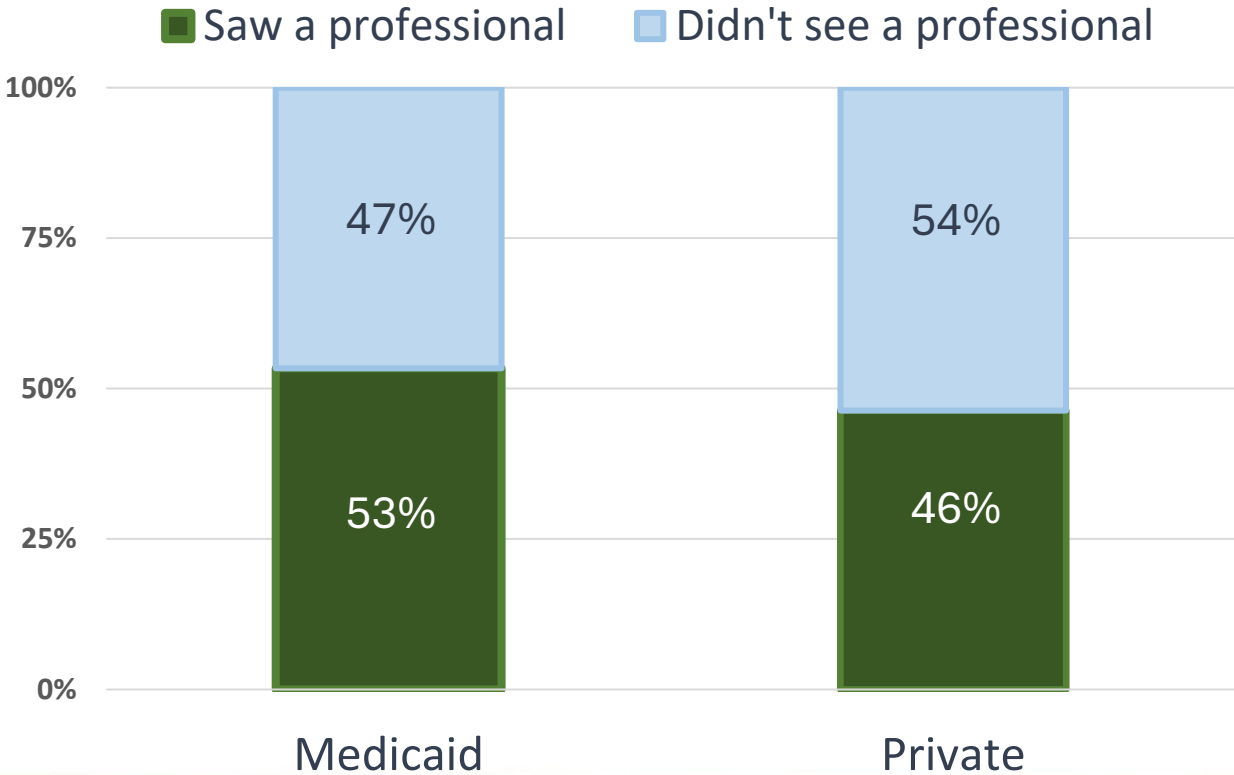
Mental Health

Source: 2023 PRATS data

Postpartum Depression:
Always or Often



Seeking Help:
Postpartum Depression and Anxiety

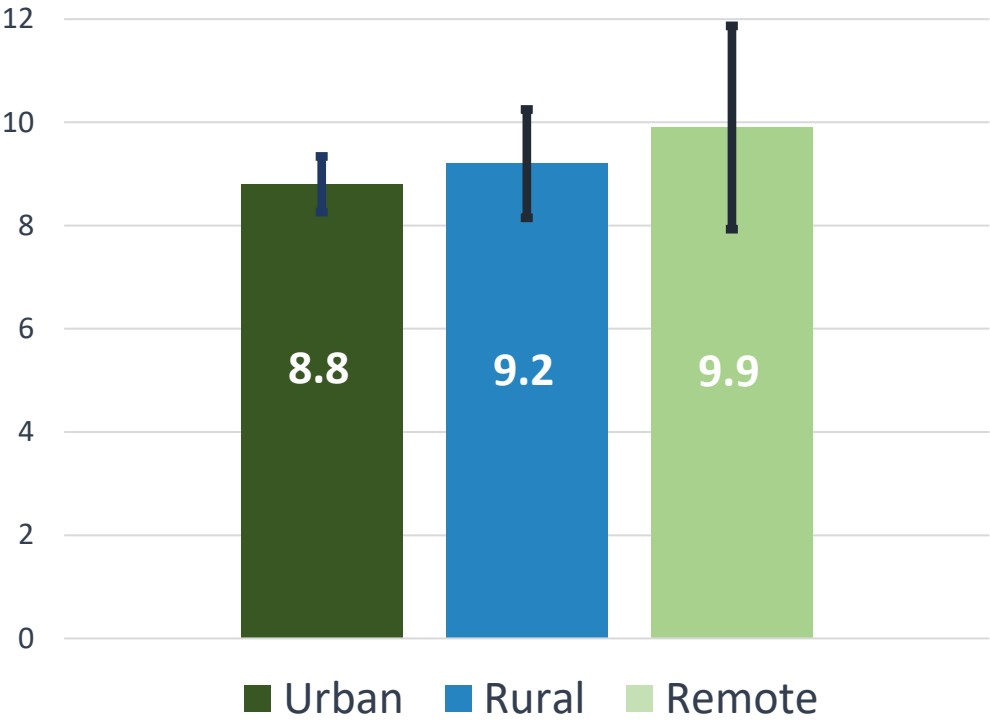




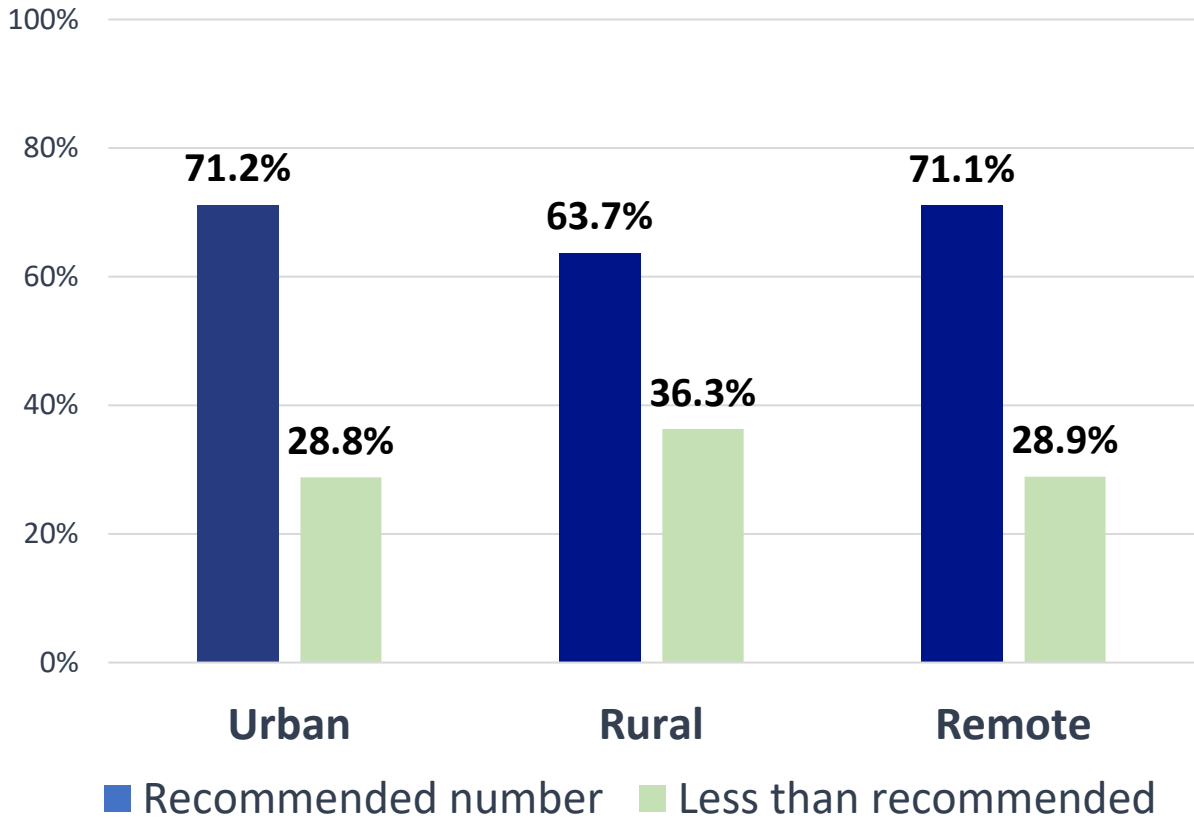
Prenatal Care

Source: 2023 PRATS data

Prenatal Care Initiation by County Designation



Number of Prenatal Visits by County Designation





Linear Regression Model

Outcome: Prenatal care initiation (weeks)

Predictors:

- County designation
- Insurance type
- Parity
- Pregnancy intendedness
- Demographics (age, ethnicity, education, FPL)

Results

Later prenatal care was associated with...

- Younger maternal age ($\beta = -0.07$; $p < .01$)
- Unintended pregnancy ($\beta = 0.63$; $p < .05$)
- Higher parity ($\beta = 0.41$; $p < .01$)

Logistic Regression Model

Outcome: recommended number of prenatal visits (Yes/No)

Predictors:

- County designation
- Insurance type
- Parity
- Pregnancy intendedness
- Preterm birth
- Demographics (age, ethnicity, education, FPL)

Results

Less than recommended number of prenatal visits was associated with...

- Younger maternal age (OR= 1.06; $p < .05$)
- Higher parity (OR= 0.75; $p < .01$)
- Preterm birth (OR = 0.22; $p < .01$)



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