

Prevalence of Preterm Births Among Florida Mothers, 2011



Introduction

The Florida Pregnancy Risk Assessment Monitoring System (PRAMS) is an ongoing surveillance system designed to collect data on maternal behaviors and experiences before, during, and shortly after pregnancy. Each year, approximately 2,500 new mothers in Florida are randomly selected to participate. In 2011, Florida PRAMS had a total of 1,392 respondents who completed the survey. Data presented in this fact sheet are weighted to be representative of new mothers and infants in Florida.

Background

A preterm birth is defined as a birth that takes place before 37 gestational weeks. The last few weeks before birth are important for the full development of an infant's organs, including the brain.¹ Preterm babies do not have as much time to develop as full-term babies.

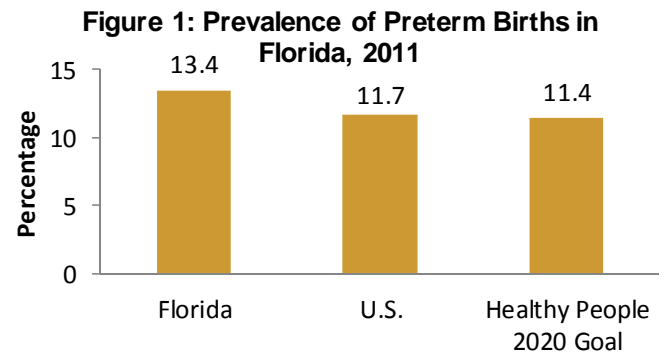
Babies born preterm may have serious health problems, including breathing difficulties, cerebral palsy, delayed development, and vision and hearing problems. Preterm births also have an increased risk of infant death.²

A few potential causes of preterm birth include giving birth to multiple babies at once, stress, smoking or alcohol use during pregnancy, and adverse maternal health conditions during pregnancy.² African-American women have a higher rate of giving birth to a preterm infant than white women.¹

In 2011, the United States had a preterm birth rate of 11.7%. Each year, one out of every eight babies in the United States is born preterm.² This fact sheet examines the prevalence of preterm births among mothers in Florida.

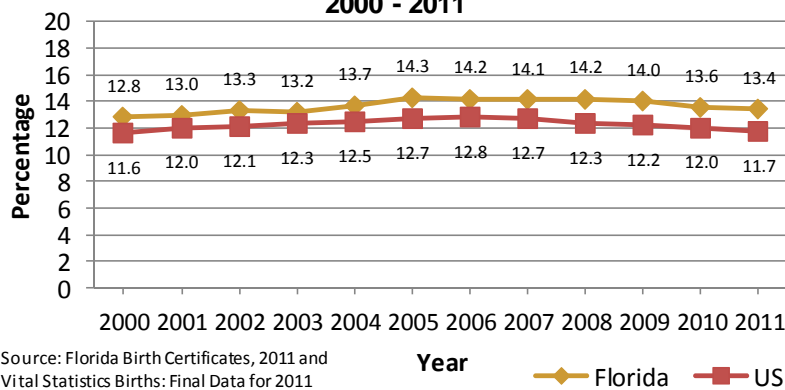
Results

- In 2011, data from birth certificates showed 13.4% of new mothers in Florida delivered a preterm baby. This rate was higher among non-Hispanic black mothers, with 17.9% delivering a preterm baby, compared to 11.5% among non-Hispanic whites.³
- The U.S. Healthy People 2020 goal is to reduce the percentage of preterm births to 11.4%. Florida has not yet met this goal (Figure 1).



Source: Florida Birth Certificates, 2011 and Vital Statistics Births: Final Data for 2011

Figure 2: Prevalence of Preterm Births in Florida, 2000 - 2011



Source: Florida Birth Certificates, 2011 and Vital Statistics Births: Final Data for 2011

- From 2000 to 2011, the rate of preterm births in Florida rose by 4.7%, from 12.8% in 2000 to 13.4% in 2011.
- In Florida, the preterm birth rate slightly increased from 2000 to 2005, then showed a decrease since 2005 (Figure 2).
- The rate of preterm births in Florida has been higher than the overall United States rate throughout this time period.

During prenatal care visits, 81.4% of new mothers reported that a health care worker talked with them about the signs and symptoms of preterm labor.

Among mothers who had previously given birth to a preterm baby during their last pregnancy, 26.7% gave birth to a preterm baby during their current pregnancy.

Mothers who had high blood pressure or anemia in the three months before pregnancy had a significantly higher prevalence rate of preterm births compared to mothers who did not have these problems (Figure 3).

Mothers who had a cerclage for incompetent cervix or experienced high blood pressure, placental problems, or vaginal bleeding during pregnancy had a statistically significant higher prevalence of preterm births compared to mothers who did not have these problems (Figure 3).

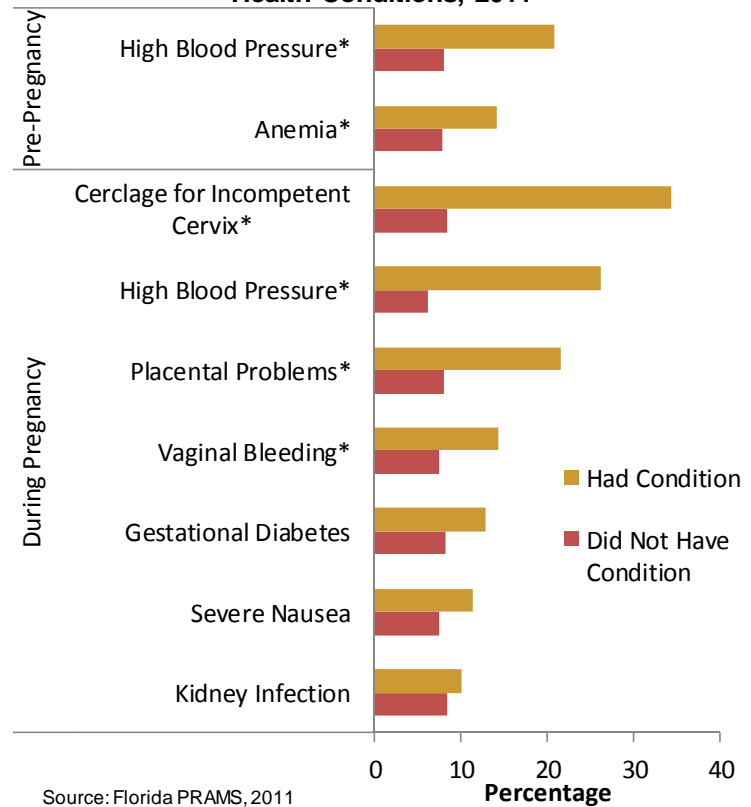
The prevalence of giving birth to a preterm baby among Florida PRAMS participants was:

- Higher among non-Hispanic blacks compared to non-Hispanic whites and Hispanics.
- Higher among mothers younger than 19 or older than 35 compared to mothers between 20 and 34 years old.
- Higher among mothers with an annual family income of \$35,000 or more compared to mothers with an annual family income of less than \$35,000.
- Higher among mothers who were overweight or obese compared to mothers who were normal or underweight.
- Higher among married mothers compared to unmarried mothers.

Among Florida PRAMS participants who gave birth to a preterm baby:

- 57.4% delivered by cesarean section (c-section).
- 59.5% had a low birth weight baby.
- 17.6% had a very low birth weight baby.
- 66.9% had a baby who went to the neonatal intensive care unit (NICU).

Figure 3: Prevalence of Preterm Births Among Florida New Mothers, by Maternal Health Conditions, 2011



Summary

- In 2011, Florida birth certificates data reported 13.4% of infants were born preterm. This was 1.15 times as high as the overall United States rate.
- The prevalence of giving birth to a preterm baby was significantly higher among mothers who had high blood pressure or anemia before pregnancy and mothers who had high blood pressure, placental problems, vaginal bleeding, or a cerclage for incompetent cervix during pregnancy.

If you are concerned about preterm birth or would like more information, please visit <http://doh.state.fl.us/family/mch/mch.html>, call the Family Health Line at 1-800-451-2229, contact your local Healthy Start Coalition, or talk with your doctor.



Selected Citations

- 1) MedlinePlus. (updated 2011). *Premature Infants*. Bethesda (MD): National Library of Medicine (US). Retrieved from: <http://www.nlm.nih.gov/medlineplus/ency/article/001562.htm>.
- 2) Centers for Disease Control and Prevention [CDC]. (2013). *Preterm Birth*. Division of Reproductive Health, National Center for Chronic Disease Prevention and Health Promotion. Retrieved from: <http://www.cdc.gov/reproductivehealth/MaternalInfantHealth/PretermBirth.htm>.
- 3) Florida CHARTS. Florida Department of Health, Division of Public Health Statistics & Performance Management. Retrieved from: <http://www.floridacharts.com/charts/DataViewer/BirthViewer/BirthViewer.aspx?cid=0473>.

For more information, please contact:
 Division of Disease Control and Health Protection
 Bureau of Epidemiology
 4052 Bald Cypress Way Bin A-12
 Tallahassee, FL 32399-1720
 850-245-4401
www.floridaprams.org

Funding Source

This publication was made possible by grant number 1U01 DP003148 from the Centers for Disease Control and Prevention.