

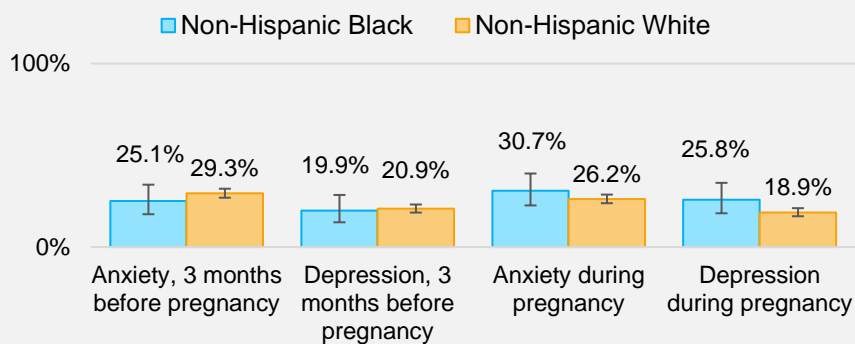
Health & Experiences of Black Mothers in Kansas



Racial disparities persist in maternal and infant health outcomes. Non-Hispanic Black women in Kansas experience a higher rate of severe maternal morbidity, compared to non-Hispanic White women.¹ Non-Hispanic Black infants in Kansas also die at around twice the rate of non-Hispanic White infants.² To help prevent these outcomes, it is important to better understand the health and experiences of non-Hispanic Black women around the time of pregnancy. The information in this fact sheet came from the Kansas Pregnancy Risk Assessment Monitoring System (PRAMS), a statewide survey of women with a recent live birth. To learn more about Kansas PRAMS, visit: <https://www.kdheks.gov/prams>

Mental Health

Depression and anxiety were commonly reported.



17.1% of non-Hispanic Black women with a recent live birth exhibited symptoms of postpartum depression* (95% CI: 11.3%, 25.1%).

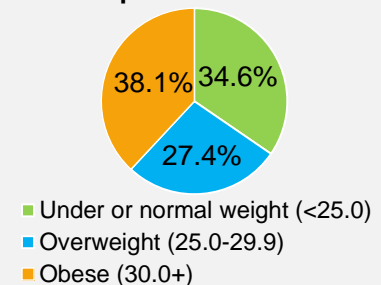
There was not enough evidence to show that there were statistically significant differences in prevalence of anxiety or depression before or during pregnancy, or in postpartum depressive symptoms, between non-Hispanic White and non-Hispanic Black women.

Preconception Health

More than **1 in 3** non-Hispanic Black women with a recent live birth (**38.1%**) were obese prior to pregnancy (95% CI: 29.5%, 47.5%), based on self-reported height and pre-pregnancy weight.

This was significantly higher than among non-Hispanic White women (**25.4%**; 95% CI: 23.1%, 27.8%).

Pre-pregnancy BMI among Non-Hispanic Black Women



Health Care Utilization

55.2%

of non-Hispanic Black women with a recent live birth reported going to a **healthcare visit in the year before** their pregnancies (95% CI: 45.8%, 64.1%). This was significantly lower than among non-Hispanic White women (**74.3%**; 95% CI: 71.8%, 76.6%).

82.7%

of non-Hispanic Black women with a recent live birth reported starting **prenatal care** during the first trimester of pregnancy (95% CI: 74.2%, 88.9%). This was significantly lower than among non-Hispanic White women (**90.8%**; 95% CI: 89.0%, 92.3%).

References:

1. Kansas Department of Health and Environment. Kansas Maternal Mortality Report, 2016-2018. December 2020.
2. Kansas Department of Health and Environment. Infant Mortality and Stillbirth Report: Kansas, 2018. August 2020.

95% Confidence Intervals (95% CIs) are provided in the text and bar charts of this document. The CI is a range of values in which the true estimate likely lies.

* Postpartum depressive symptoms were indicated if the mother answered "often" or "always" to at least one of the questions, "Since your new baby was born, how often have you felt down, depressed, or hopeless?" and "Since your new baby was born, how often have you had little interest or little pleasure in doing things you usually enjoyed?"

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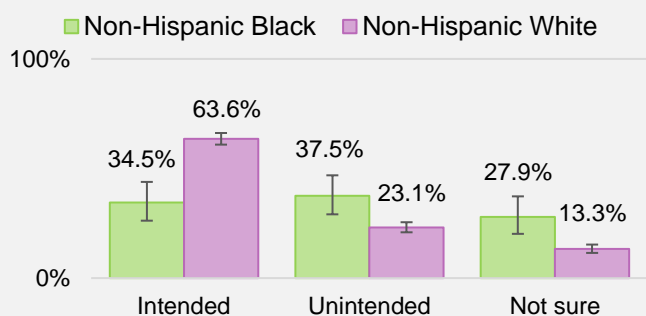
Source: Kansas Pregnancy Risk Assessment Monitoring System (PRAMS), 2017-2019
Updated April 2021

Pregnancy Intent

Only **34.5%** of non-Hispanic Black women with a recent live birth had **intended** to become pregnant[†] (95% CI: 26.2%, 43.9%).

This was significantly lower than among non-Hispanic White women with a recent live birth (**63.6%**; 95% CI: 60.9%, 66.2%).

Pregnancy Intent, Just Before Becoming Pregnant



Postpartum Contraception

67.6% of non-Hispanic Black women with a recent live birth (who were not currently pregnant, wanting to get pregnant, or not having sex) reported using a **most or moderately effective contraceptive method**[‡] (95% CI: 57.4%, 76.3%). This was similar to the prevalence among non-Hispanic White women (**60.4%**; 95% CI: 57.7%, 63.1%).

Stress

Non-Hispanic Black women with a recent live birth frequently reported experiencing four types of stressors in the year before the birth:

Emotional stressors

30.6%

family member was ill and hospitalized, someone very close to her died, or she was apart from her husband/partner due to military deployment or extended work-related travel (95% CI: 22.9%, 39.7%)

Partner-related stressors

34.9%

got separated/divorced, argued more than usual with husband/partner, or her husband/partner said they did not want the pregnancy (95% CI: 26.6%, 44.1%)

Traumatic stressors

12.1%

was homeless, she or husband/partner went to jail, or someone very close to her had a problem with drinking or drugs (95% CI: 7.4%, 19.1%)

Financial stressors

62.7%

moved to a new address, lost her job, husband/partner lost their job, or she was unable to pay bills (95% CI: 45.4%, 63.5%)

The prevalence of experiencing **partner-related stress** was significantly higher among non-Hispanic Black women, compared to non-Hispanic White women (**23.4%**; 95% CI: 21.2%, 25.8%). There was not enough evidence to show significant differences in prevalence of other stress types, between non-Hispanic Black women and non-Hispanic White women.

Infant Sleep Safety

Indicator	Estimated Prevalence (95% CI)	
	Non-Hispanic Black Women	Non-Hispanic White Women
Infant slept most often on his/her back [§]	77.0% 68.2%, 84.0%	83.6% 81.5%, 85.6%
Infant slept on a separate approved sleep surface [¶]	19.6% 12.9%, 28.6%	34.8% 32.3%, 37.5%
Infant shared a room but not a bed [#]	30.2% 22.2%, 39.7%	42.3% 39.6%, 45.0%
Infant had been placed to sleep without soft objects or loose bedding in the past two weeks ^{**}	39.1% 30.0%, 48.9%	51.7% 48.9%, 54.4%

The prevalence of reporting that the infant slept on a separate approved surface, without soft objects/loose bedding, and shared a room but not a bed, were each significantly lower among non-Hispanic Black women compared to non-Hispanic White women.

[†] Intended pregnancy: wanted to be pregnant then or sooner. Unintended pregnancy: wanted to be pregnant later, or did not want to be pregnant then or at any time in the future. Not sure: wasn't sure what she wanted.

[‡] Most or moderately effective contraceptive methods: sterilization, implant, IUD, injections, pills, patch/ring.

[§] Infant most often placed to sleep on his/her back, rather than on his/her side, stomach, or a combination of positions.

[¶] Infant "always" slept alone (in his/her own crib or bed), in a crib, bassinet, or pack and play, and not in a standard bed, couch, armchair, car seat, or swing, in the past two weeks.

[#] Infant "always" slept alone (in his/her own crib or bed) in the past two weeks, and in the same room as where she slept.

^{**} Soft objects or loose bedding could have included blankets; toys, cushions, or pillows; or crib bumper pads.