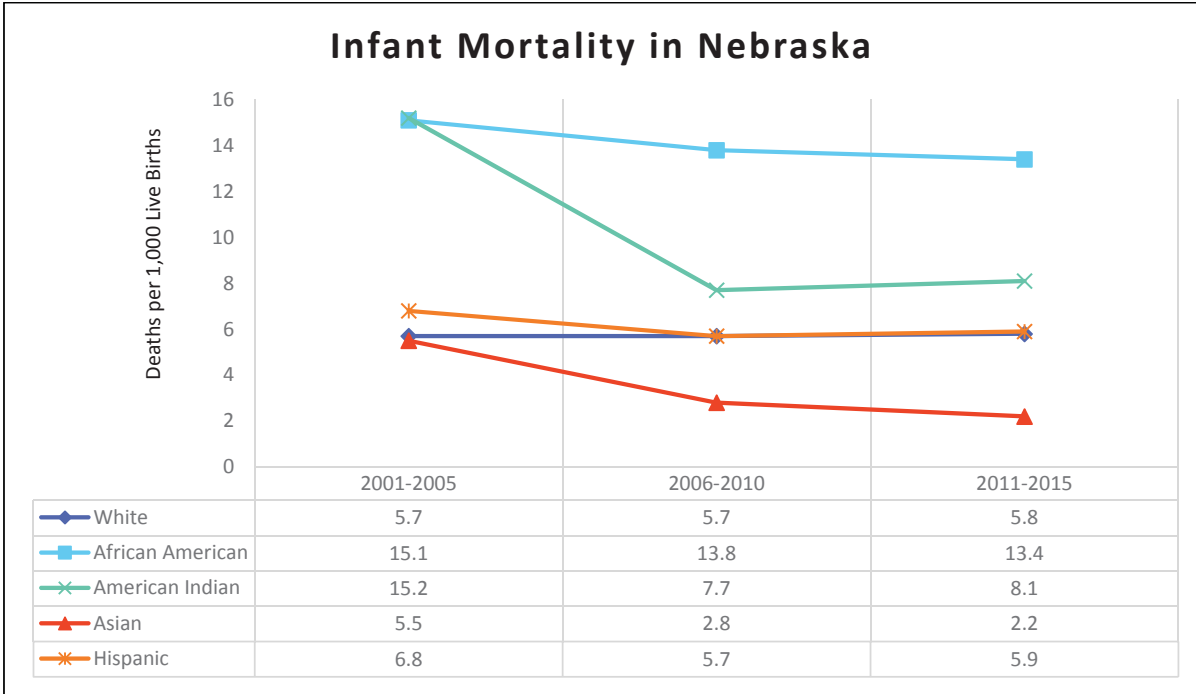


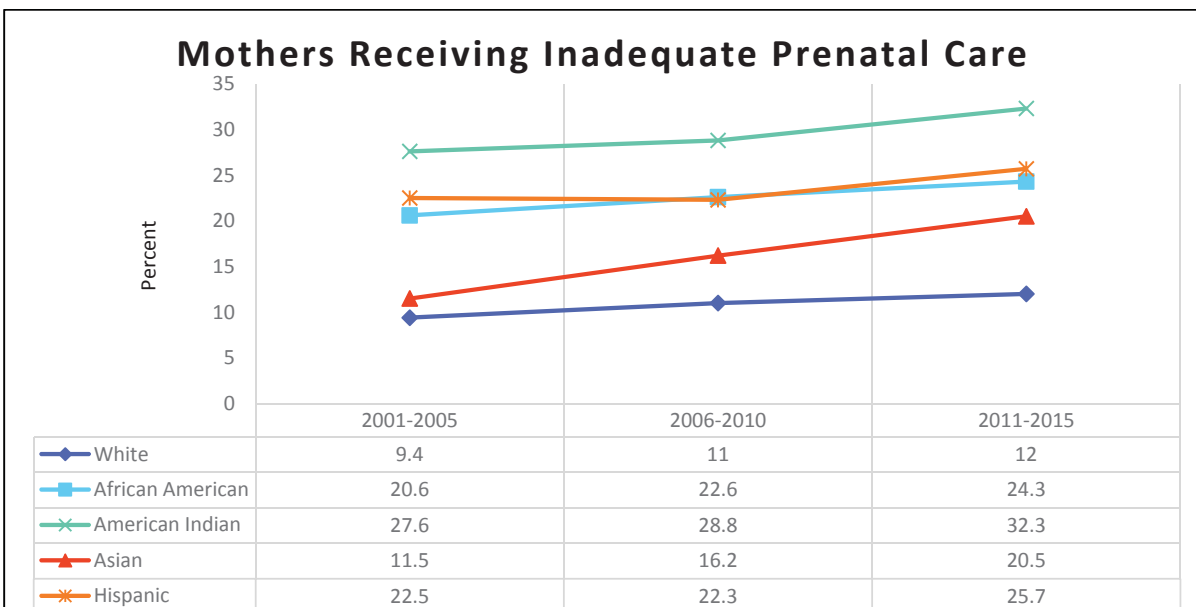
## Emerging Issues and Trends in Women's Health

### Improving Birth Outcomes for Nebraska Babies

Women's Health Initiatives staff researches, monitors and reports on emerging trends in women's health. Recently, DHHS unveiled a new set of health priorities for the current fiscal year as part of its annual business plan. The plan includes a focus on improving birth outcomes. In partnership with Nebraska Pregnancy Risk Assessment Monitoring System (PRAMS), Women's Health Initiatives and NE Office of Health Disparities and Health Equity the following is a snapshot of birth outcomes in Nebraska:



SOURCE: NE DHHS Vital Statistics, 2001-2015



SOURCE: NE DHHS Vital Statistics, 2001-2015



## Prenatal Visits and Mental Health

Twenty-two percent of Nebraska mothers reported binge drinking right before becoming pregnant and 10.3% of pregnant women reported seeking help for depression during pregnancy, according to the 2015 Nebraska Pregnancy Risk Assessment Monitoring System (PRAMS). The PRAMS Prenatal Care Work Group developed the 2018 Screening Resource Infographic to assist health care providers who serve pregnant women with appropriate behavioral health and substance abuse screenings and referrals. The majority of health care providers address these serious issues with expectant mothers, but between 30 and 47% of providers aren't discussing smoking, drug use and physical abuse with their patients, according to PRAMS. To access this resource online, please click [HERE](#).

NE PRAMS Data :: Recommended Screenings :: Referral Resources



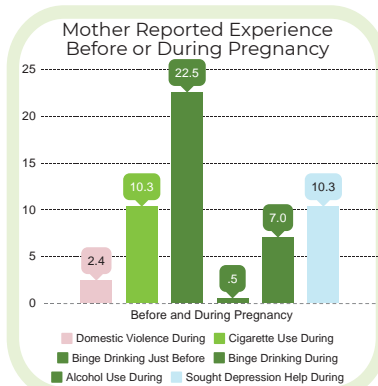
Developed by the Nebraska PRAMS Prenatal Care Work Group [www.dhhs.ne.gov/prams](http://www.dhhs.ne.gov/prams)

Prenatal care visits are an important place to assess mental and physical health.

Women experiencing depression, substance use, or domestic violence benefit from referrals provided during prenatal care visits.

Regardless of income, race, appearance, etc. All women have the potential to experience these issues.

Assessing risk and providing critical referrals for care can provide women with opportunities to safely prepare their world for their new baby.



ALL women should be screened.

During prenatal care visits, mothers had conversations with providers. During these conversations, mothers reported that...

- 52.5% of providers talked about physical abuse
- 64.2% of providers talked about illegal drugs
- 70.0% of providers talked about smoking
- 72.1% of providers talked about drinking alcohol
- 77.2% of providers talked about depression

Source: Nebraska 2015 Pregnancy Risk Assessment Monitoring System

## Recommended Prenatal Care Screenings

### Depression

Center for Epidemiological Studies Depression Scale - Revised (CES-D R)

Antenatal Risk Questionnaire (ANRQ)

Edinburgh Postnatal Depression Scale (EPDS)

### Domestic Violence

Abuse Assessment Screen

Antenatal Risk Questionnaire (ANRQ)\*

\*Should be used with the EPDS

\*Brain injury can be assessed using the HELPS TBI screening tool

### Substance Use

Alcohol Use Disorders Identification Test - C (AUDIT-C)

Drug Abuse Screen Test (DAST-10)

Screenings should be done with adequate systems in place to ensure accurate diagnosis, effective referrals and treatment, and appropriate follow-up are available to all women. 2

Hyperlinks to these screening tools can be accessed at [http://dhhs.ne.gov/publichealth/Pages/prams\\_reports.aspx](http://dhhs.ne.gov/publichealth/Pages/prams_reports.aspx)

1 This screening is appropriate for use before or after a woman gives birth. It is recommended to be completed before and after birth. (Ideal use of this screening tool for postnatal women is 6-12 weeks after birth.)  
2 U.S. Preventive Services Task Force. July 2017. "Published Recommendations" <https://www.uspreventiveservicestaskforce.org/BrowseRec/Index>

## Referral Resources in Nebraska

Nebraska is large and available services vary by location. These resources can provide information about the services available in your area.

Healthy Mothers, Healthy Babies Helpline  
1-800-862-1889



Nebraska Rural Response Hotline  
1-800-464-0258

Nebraska Behavioral Health Network of Care  
[http://dhhs.ne.gov/behavioral\\_health/Pages/networkofcare\\_index.aspx](http://dhhs.ne.gov/behavioral_health/Pages/networkofcare_index.aspx)

Network of Care

NEBRASKA FAMILY HELPLINE  
Any Problem. Any Time.  
1-888-866-8660

A woman's health can be severely impacted by these issues before, during, and after pregnancy.

Providing referrals for care may be **life saving.**

Don't forget to do these screenings at the postpartum visit too!

NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

This resource is designed for health staff who have contact with pregnant women.

Developed: February 2018