Women’s Health Data Sources for tribal public health program planners and grant writers

Kenneth D. Rosenberg, MD, MPH
MCH Epidemiologist,
Oregon Public Health Division
Northwest Portland Area Indian Health Board
Quarterly Meeting
October 17, 2006, Pendleton, Oregon
Data Sources

- **Oregon PRAMS**: a survey of women a few months after they have had a baby
- **Oregon BRFSS**: a survey of adults
- **Northwest Tribal BRFSS**: a survey of adults from 7 tribes
- **Oregon Vital Statistics**: especially birth certificate data
- **Oregon Teen Suicide Attempts Registry**: reported by hospitals
- **Oregon Healthy Teens Survey**: survey of 8th and 11th grade students
Oregon PRAMS

- Ongoing survey of women 3 months after they have a baby
- Continuously since 1999
- Sponsored by CDC; 37 states now including Oregon & Washington (Idaho did PRAMS in 1999)
- Oversamples minorities including AI/AN: half of all AI new mothers

Oregon PRAMS: infant sleep position

- Sudden Infant Death Syndrome (SIDS)
- Back to Sleep Campaign
- Decreased infant death
- 8% of Oregon Indian women put their baby to sleep on their stomach
- Nurses: remind mothers and caretakers
Oregon PRAMS: Folic acid

- Folic acid (in multivitamin) before pregnancy: baby less likely to have a birth defect
- Only 25% of Oregon Indian women were taking multivitamins before pregnancy
Oregon PRAMS: Breastfeeding

- Breastfeeding: decreases asthma, allergies and obesity
- Infants should exclusively breastfeed for at least 6 months.
- 96% of Indian women initiate breastfeeding
- 8 weeks old:
  - 73% of Indian women are still breastfeeding at all
  - 37% are exclusively breastfeeding
- New mothers need support to continue to breastfeed
  - People can help new mothers
  - Schools and workplaces can make breastfeeding easier for new mothers
Oregon PRAMS: emergency contraception

- Plan B: approved for over-the-counter for women over 16. Young women will still need a prescription
- Prevents unwanted pregnancies within 5 days of unprotected sex; the sooner the better
- Only 56% of Indian women who had just had a baby had heard of it (1999)
- Make sure your local pharmacy has it in stock
- We need to make sure that [young] women know this is available
- 2004: 80%: SUCCESS STORY
Oregon PRAMS: Smoking Cessation Counseling During Prenatal Care

- Smoking cessation counseling, 3A’s
- 31% of pregnant smokers got adequate smoking cessation counseling
  - Ask
  - Advise
  - Assist
Oregon PRAMS

- Other PRAMS topics:
  - Drinking; Binge drinking
  - IPV
  - HIV testing during pregnancy
  - Postpartum depression
  - Baby to bed with bottle
  - Adequate PNC
BRFSS: Behavioral Risk Factor Surveillance System

- Sponsored by CDC
- Oregon BRFSS (ongoing; >10 yrs)
  - Random digit telephone survey
  - Combined 2004-2005: 376 Indian women
- Northwest Tribal BRFSS (2003)
Northwest Tribal BRFSS

- 2428 people interviewed 2001-2002
- From 7 randomly chosen Northwest tribes
Northwest Tribal BRFSS: Pap tests

- Pap smears for early detection of cervical cancer
- Average ~85%
- This could be called a success story
- Maybe omit??????
Northwest Tribal BRFSS: Mammograms

- Mammograms for early detection of breast cancer
- Only about 65% of women had had a mammogram in the past 2 years
Northwest Tribal BRFSS: Smoking

- Smoking
- About 36% of respondents were smoking at the time of the survey.
- Women were a little more likely to be smoking than men
Northwest Tribal BRFSS: Cholesterol

- High cholesterol
  - Increased risk for heart attack and stroke
  - Treatable
- 30%: ever told had high cholesterol
- 60%: cholesterol checked past 5 years
Northwest Tribal BRFSS

- Fruits and vegetables?
- Vitamins and supplements?
- Alcohol use?
- Obesity/overweight
- Physical activity
- Mental health
- Diabetes
- Cholesterol: women die of heart disease!
Vital Statistics

- Birth certificates
- Death certificates
- Annual reports
  At http://www.dhs.state.or.us/dhs/ph/chs/data/annrep.shtml
  - Infant mortality
  - Low birth weight
  - Prenatal care adequacy
  - Maternal tobacco and alcohol use
Teen Suicide Attempts Registry

- Not about women’s health but a valuable resource
Oregon Healthy Teens Survey

- Methods
- Topics
Oregon Healthy Teens Survey

- Suicide ideation
- Depression
File name

- NPAIHB Quarterly Meeting 101706g.ppt
- 10/12/06 (2pm)