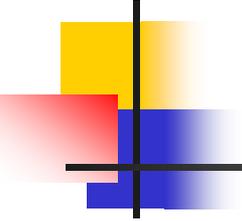


Women's Health Data Sources

for tribal public health program planners
and grant writers

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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
- <http://oregon.gov/DHS/ph/pnh/prams/index.shtml>



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
- Report 2003: on web at http://www.npaihb.org/epi/brfss/webpage_brfss.htm



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



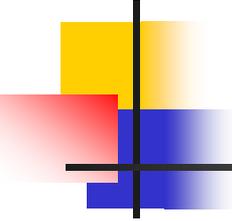
Northwest Tribal BRFSS: Smoking

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



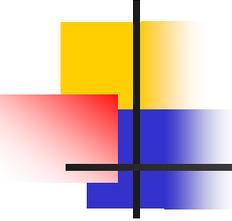
Northwest Tribal BRFSS: Cholesterol

- 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

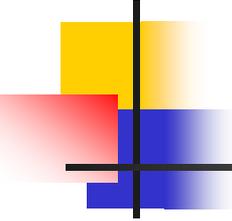
At <http://www.dhs.state.or.us/dhs/ph/chs/data/annrep.shtml>

- Infant mortality
- Low birth weight
- Prenatal care adequacy
- Maternal tobacco and alcohol use



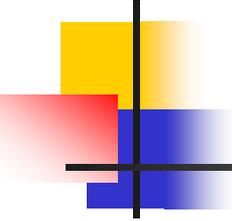
Teen Suicide Attempts Registry

- Not about women's health but a valuable resource



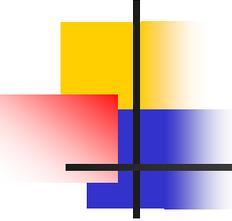
Oregon Healthy Teens Survey

- Methods
- Topics



Oregon Healthy Teens Survey

- Suicide ideation
- Depression



File name

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