STRESS DURING PREGNANCY

The health and emotional well-being of a woman, both before and during her pregnancy, can impact the future health of her child. Experiencing stressful events or environmental hardships, such as financial instability, the death of a loved one, or divorce, while pregnancy can place an additional strain on a woman and increase her likelihood of adverse birth outcomes, including preterm birth and low birthweight.\textsuperscript{74,75} Pregnant women are encouraged to utilize their support networks to help manage stress and to speak with their provider if they experience depression.\textsuperscript{76}

In 2009-2010, nearly three-fourths of recent mothers in a 30-state area reported that they had experienced at least one stressful event in the 12 months prior to delivery of their child. The most commonly reported stressful events were moving to a new address (33.7 percent), arguing with husband or partner more than usual (24.7 percent), serious illness and hospitalization of a family member (22.9 percent), and inability to pay lots of bills (22.7 percent).

The proportion of mothers reporting that they had experienced at least one stressful event ranged from 80.1 percent among Non-Hispanic American Indian/Alaska Native women to 56.4 percent among non-Hispanic Asian women. Experiencing six or more stressful events was most common among non-Hispanic American Indian/Alaska Native mothers (13.6 percent), and least common among non-Hispanic Asian mothers (1.0 percent).

“Stressful Events Experienced During the 12 Months Prior to Delivery, 2009-2010\u201d

\textsuperscript{*Includes data from a total of 30 states and New York City; 25 states contributed both years. Mothers completed surveys between 2 and 9 months postpartum.}

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\begin{itemize}
  \item Moved to a new address
  \item Argued more than usual with husband/partner
  \item Serious illness and hospitalization of a family member
  \item Unable to pay lots of bills
  \item Death of someone close to her
  \item Husband or partner lost his job
  \item Drug use by someone close to her
  \item Mother lost her job
  \item Was separated or divorced from husband/partner
  \item Husband/partner did not want pregnancy
  \item Husband/partner went to jail
  \item Experienced homelessness
  \item Mother was in a fight
\end{itemize}

\textbf{Mothers Experiencing Stressful Events* During the 12 Months Prior to Delivery, by Number of Events and Race/Ethnicity, 2009-2010**}

\textsuperscript{Includes data from a total of 30 states and New York City; 25 states contributed both years. Mothers completed surveys between 2 and 9 months postpartum.}