

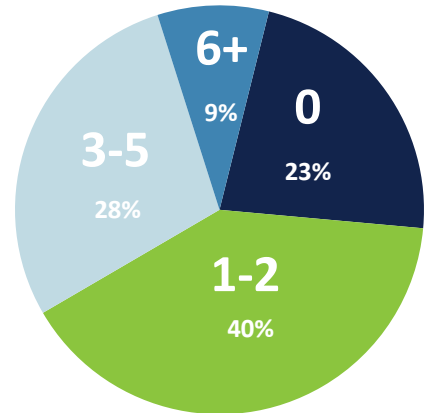
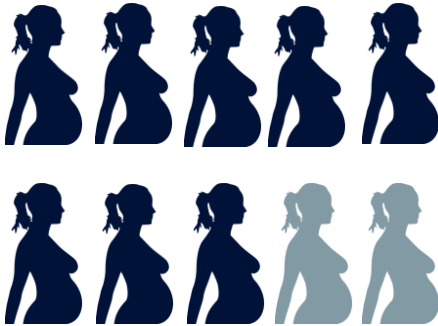
# Stress During Pregnancy

In the U.S., 7 in 10 women experience at least one stressful event during pregnancy<sup>1</sup>

Stressful events during pregnancy can increase a woman's risk of having poor birth outcomes, Such as preterm & low birth weight babies. They may also affect the baby's development.

In Louisiana, 8 in 10 women experience at least one stressful event during pregnancy<sup>2</sup>

# of stressful events experienced by Louisiana women during pregnancy<sup>2</sup>

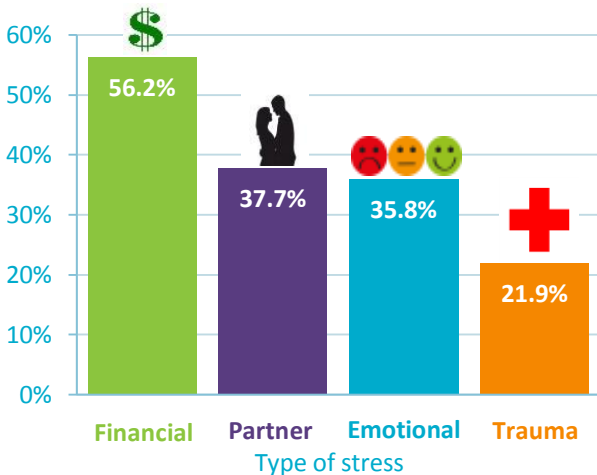


## Stress can come in many different forms

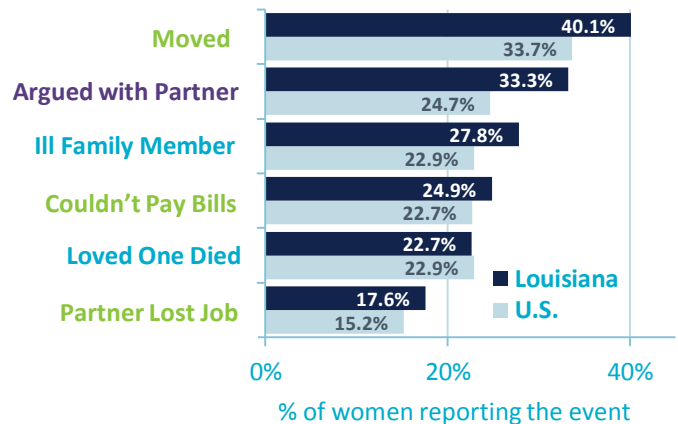
Louisiana women were asked if they experienced these specific types of stress during pregnancy<sup>2</sup>:

- Financial:** moving homes, losing her job, could not pay bills, partner lost his/her job
- Partner:** divorce, arguing with partner, partner did not want the pregnancy
- Emotional:** having an ill family member, a loved one died
- Trauma:** homelessness, being in a physical fight, partner in jail, friends using drugs

% of Louisiana women experiencing stressful events during pregnancy by type of stress<sup>2</sup>



The most reported stressful events<sup>1,3</sup>



Sources: <sup>1</sup>CDC, Pregnancy Risk Assessment Monitoring System (PRAMS), 2009-2010; <sup>2</sup>Louisiana PRAMS, 2009-2011; <sup>3</sup>Louisiana PRAMS, 2009-2010