

# Social Determinants of Perinatal Health in Maine

Maine Pregnancy Risk Assessment Monitoring System (PRAMS)

Social Determinants of Health Supplement Results, 2022

This fact sheet reports the responses of recently postpartum people who gave birth in Maine in 2022.

<b>Housing Security</b>	<b>18%</b> were unable to pay their mortgage, rent or utility bills in the past year. <b>7%</b> did not currently have a steady place to live or might lose their housing in the future.
<b>Food Security</b>	<b>24%</b> could not afford to eat balanced meals. <b>20%</b> did not have money to buy food in the past year.
<b>Transportation</b>	<b>10%</b> did not have reliable transportation in the past year.
<b>Provider Communication</b>	<b>92%</b> reported their health care provider explained things in a way that was easy to understand.
<b>Postpartum Mental Health Services</b>	<b>33%</b> needed postpartum mental health services, and <b>74%</b> were able to get postpartum mental health services.
<b>Barriers to Mental Health Services</b>	The top 4 barriers to accessing mental health services were: <b>Did not know where to access</b> <b>Did not want to have to take medication</b> <b>Did not want people to find out</b> <b>Could not afford</b>
<b>Postpartum Anxiety</b>	<b>18%</b> experienced anxiety symptoms in the past 30-days.
<b>Social and Emotional Support</b>	<b>79%</b> usually or always received the social and emotional support they needed in the past year.
<b>Racism and Discrimination</b>	<b>12%</b> were treated badly or unfairly because of their race or ethnicity in their lifetime.

For more information or additional PRAMS data, contact Maine PRAMS at: [maine.prams@maine.gov](mailto:maine.prams@maine.gov) or visit [www.maine.gov/dhhs/prams](http://www.maine.gov/dhhs/prams)  
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