

Table 7.29 Stressful Life Events by Mother's Race/Ethnicity in Hawai'i, Aggregate 2004-2008.

| Race/Ethnicity | Prevalance (%) |
|-----------------|----------------|
| Samoan | 24.5 |
| Native Hawaiian | 22.8 |
| Black | 17.4 |
| All Others | 15.5 |
| White | 12.5 |
| Filipino | 9.7 |
| Japanese | 7.7 |
| Korean | 7.6 |
| Chinese | 4.2 |

Background:

“Experiencing stressful life events can affect a woman’s health and result in poor health practices as a way to alleviate the stress. Poor health practices such as smoking, drinking, poor diet, lack of exercise, unsafe sexual activity, and poor hygienic practices, can adversely affect an unborn child. In addition, there are several theories that stress may be biologically linked with prematurity and other adverse outcomes.”

PRAMS Definition:

“Stressful life events was defined by the occurrence of at least 4 of the following self reported situations during the 12 months before the baby was born: ‘close family member hospitalized;’ ‘separation/divorce;’ ‘moved to a new address;’ ‘was homeless;’ ‘husband/partner/mother lost job;’ ‘argued with partner/ husband more than usual;’ ‘husband/partner said he did not want me to be pregnant;’ ‘couldn’t pay bills;’ ‘was in a physical fight;’ ‘partner/husband went to jail;’ ‘someone close had bad problem with drinking or drugs;’ or ‘someone very close died.’ “

Differences Related to Maternal Race:

“Samoan and Hawaiian mothers reported the highest estimates of stressful life events”

Source: Hawai'i State, Department of Health, Pregnancy Risk Assessment Monitoring System. (Honolulu)