

## Implementation status of the Fukushima health survey: ‘Pregnancy and Birth Survey’

### I. Purpose

Our goal is to comprehend physical and mental health status of expectant and nursing mothers so that we can alleviate their anxiety and provide them with necessary care, and also accurately recognize their status quo, opinions and requests. Based on this survey, these data will be used to provide quality Perinatal care services offered in Fukushima in the future.

### II. Survey implementation status in FY 2013

#### 1. Target population

- Women who received a maternal and child handbook from municipal government in Fukushima Prefecture between August 1, 2012 and July 31, 2013.
- Women who received a maternal and child handbook from a location outside Fukushima during the above time period, and then returned to give birth in Fukushima.

#### 2. Implementation status

##### (1) Response rates

Survey year	Number of surveys sent	Number responded (response rate %)
FY 2013※	15,187	5,056 (33.3)
FY 2012	14,516	7,181 (49.5)
FY 2011	16,001	9,316 (58.2)

※As of March 31, 2014.

NB: Respondents were asked to submit the survey form after filling out the information on the baby’s one-month old checkup results.

##### (2) Status of support provision

Survey responses were used to identify mothers in need of support, and to provide them with an opportunity to consult specialists such as midwives and public health nurses through telephone counseling, pertaining to concerns about their health- or childcare-related matters. We have also established a support system through e-mail to give advice to those in need.

##### ① Telephone counseling

Survey year	Number responded	Number (%) in need of support	Type of response that prompted support	
			Depression-related items	Free comments
FY 2013※	5,056	820 (16.2)	517 (63.0)	303 (37.0)
FY 2012	7,181	1,104 (15.4)	751 (68.0)	353 (32.0)
FY 2011	9,316	1,401 (15.0)	1,224 (87.4)	177 (12.6)

##### ② E-mail counseling

Survey year	Number of consultations
FY 2013※	1
FY 2012	6
FY 2011	13

※As of March 31, 2014.

##### ③ Other matters

A booklet containing easy-to-understand information about maintaining mental health and also about radiation, entitled ‘Mental and Physical Health Support Book for Children and Parents’ (issued by the Fukushima Prefectural Children and Families Section), has been sent to all eligible residents.

#### 3. Major survey items (concerning next pregnancy)

Analysis population:

(FY 2013 survey) Of the respondents who submitted the form between December 24, 2013 and January 15, 2014, data entry of 3,415 cases was completed. Of those, 11 were excluded (6 cases beyond the scope of the survey, 4 cases of no answer or refusal and 1 redundant case), and thus data from 3,404 respondents were analyzed.

(FY 2012 survey) 7,139 valid respondents who submitted the form between December 14, 2012 and November 30, 2013 were analyzed.

Are you planning your next pregnancy and delivery?

Response	FY 2013	FY 2012
Yes	1,844 (54.2)	3,775 (52.9)
No	1,510 (44.4)	3,239 (45.4)
No/invalid answer	50 (1.5)	125 (1.8)

If you answered 'Yes' above (= planning next pregnancy), what services would you wish to have (multiple answers allowed)?

Response	FY 2013	FY 2012
Improved childcare facilities, extended-hours childcare, sick child care	1,225 (69.4)	2,435 (66.2)
Childcare-/pediatric medicine-related services	1,177 (66.7)	2,613 (71.0)
Improved maternity and parental leave systems	988 (56.0)	1,893 (51.4)
Information on radiation and its health risks	733 (41.5)	2,220 (60.3)
Other	171 (9.7)	247 (6.7)

※Denominator is the number of valid respondents (1,765 in FY 2013; 3,681 in FY 2012).

If you answered 'No' above (= no plan for next pregnancy), please provide the reason (multiple answers allowed).

Response	FY 2013	FY 2012
Not wanted	736 (49.2)	1,690 (52.6)
Still busy with ongoing childcare	527 (35.2)	1,153 (35.9)
Age- or health-related issue	486 (32.5)	1,012 (31.5)
Lack of financial stability	331 (22.1)	828 (25.8)
Lack of support with housework or childcare	147 (9.8)	310 (9.7)
Lack of childcare facilities/services	95 (6.4)	222 (6.9)
Still worried about radiation effect	92 (6.1)	475 (14.8)
Still living away from family members	25 (1.7)	78 (2.4)
Still living as an evacuee	21 (1.4)	78 (2.4)
Other	228 (15.2)	81 (2.5)

※Denominator is the number of valid respondents (1,496 in FY 2013; 3,212 in FY 2012).

#### 4. Evaluation of survey results

- Although the response rate was initially 58.2% in FY 2011, it decreased by approximately 10% to 49.5% in FY 2012. Likewise in FY 2013, the response rate obtained so far is approximately 10% lower than the levels recorded around the same time in previous years; therefore, we plan to send out a reminder in May to those who are yet to respond.
- The rate of respondents who received telephone counseling increased slightly in FY 2013 compared to FY 2012. This is because of our greater focus on such free comments as seeking advice on childcare issues or indicating physical/mental distress of the respondent, enabling more precise support services.
- At present, the number of respondents who are planning next pregnancy and delivery is on the rise in

FY 2013 compared to FY 2012. Desired services are now ‘improved childcare facilities, extended-hours childcare, sick child care’ rather than ‘childcare-/pediatric medicine-related services,’ and differ from the FY 2012 data. Furthermore, in those who have no plan for next pregnancy, the most prevailing reason is ‘not wanted’ in both FY 2013 as with 2012.

### III. Survey implementation plan for FY 2014 (draft)

#### 1. Survey in FY 2014

##### (1) Target population

- Women who received a maternal and child health handbook from municipal government in Fukushima Prefecture between August 1, 2013 and July 31, 2014.
- Women who received a maternal and child health handbook from a location outside Fukushima during the above time period, and then returned to give birth in Fukushima.

##### (2) Procedure and time of survey

A questionnaire survey will be conducted in late November 2014.

#### 2. Closer collaboration with affiliated organizations to improve the support system for expectant and nursing mothers

We will seek closer collaboration with affiliated organizations, while taking in various opinions from different communities, in order to achieve a higher response rate and ultimately to improve the support system for expectant and nursing mothers based on the survey results.

##### (1) Questionnaire survey in municipal government officers

We will carry out a questionnaire survey in persons in charge of maternal and child health in municipal governments and gather their views on the surveys and support systems.

##### (2) Survey outcome report meeting

In order to seek closer collaboration with municipal governments, we will host FY 2012 survey outcome report meetings for public health nurses and other concerned staff members in municipal governments as scheduled below.

Area	Date	Venue
Kempoku	Fri, May 23, 2014	Fukushima Youth Hall
Kenchu and Kennan	Mon, June 9, 2014	Fukushima Agricultural Technology Center
Aizu and Minamiaizu	Tue, June 24, 2014	Aizuwakamatsu Lifelong Learning Center
Soso	Mon, June 2, 2014	Minamisoma Hara Welfare Hall
Iwaki	Fri, June 13, 2014	Iwaki Labor Welfare Hall

##### (3) Preparation and distribution of survey leaflets

In order to call for cooperation to raise awareness of survey respondents, survey leaflets will be distributed to obstetrics clinics and municipal government offices in Fukushima.