**Pregnancy**

- **3 in 4** women said their pregnancies were planned
- **27%** of women said they had experienced a health problem that was related to their pregnancy
- **87%** of women had booking appointments in the first 12 weeks
- **1 in 10** women had a long-term health problem which complicated their pregnancy

**About Birth**

- **3%** of women gave birth at home
- **8%** of babies were pre-term (less than 37 weeks)
- **7%** of babies had a low birth weight (less than 2,500 grams)
- **27%** of births were caesarean sections
- **12%** of babies were admitted to neonatal intensive care unit
- **93%** of mothers with full-term babies (more than 37 weeks) had skin-to-skin contact within the first hour
- **1 in 4** women said labour and birth were worse than they expected

**Infant Feeding**

- **85%** of women had started breastfeeding
- **45%** of women breastfed their baby for six months or longer
- **82%** of women had given formula milk to their baby by six months
- **30%** of women wanted more help with breastfeeding
- **54%** of women introduced solid food to their baby before they were six months of age
- **7%** of babies had a low birth weight (less than 2,500 grams)
- **8%** of babies were pre-term (less than 37 weeks)
- **93%** of mothers with full-term babies (more than 37 weeks) had skin-to-skin contact within the first hour
- **1 in 4** women said labour and birth were worse than they expected

**KEY FINDINGS**

from 4,509 women
### Key Findings 2018 from 4,509 women

**You & Your Baby**
A national survey of health and care

#### Pregnancy

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Anxiety</th>
<th>Depression</th>
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<tbody>
<tr>
<td>Pregnancy</td>
<td>13</td>
<td>7</td>
</tr>
<tr>
<td>1 Month</td>
<td>18</td>
<td>10</td>
</tr>
<tr>
<td>3 Month</td>
<td>14</td>
<td>7</td>
</tr>
<tr>
<td>6 Month</td>
<td>12</td>
<td>7</td>
</tr>
</tbody>
</table>

- **78%** of women were asked about their mental health at their pregnancy booking appointment.
- **91%** of women had a postnatal check-up of their own health with their GP.
- **1 in 5** women did not recall being asked about their mental health in the first six to nine months after giving birth.
- **4%** of women used an e-cigarette or vaped during pregnancy.
- **18%** of women lived with someone who smoked during their pregnancy.
- **61%** of women were on paid or unpaid maternity leave for at least six months.
- **9%** of women were in paid work six to nine months after they’d given birth.
- **56%** of spouses/partners had taken parental leave.
- **1 in 2** women planned to use grandparents for childcare.

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