

## **"We will promote the health of pregnant women in Fukushima Prefecture."**

The Pregnancy and Birth Survey was commenced in order to ascertain mental and physical health conditions of pregnant women in Fukushima Prefecture after the Great East Japan Earthquake and the subsequent accident at TEPCO's Fukushima Daiichi NPS, with the aim of alleviating their anxieties and providing necessary care.

## [Eligible subjects]

Pregnant women who obtained a maternity handbook within Fukushima Prefecture and those who obtained a maternity handbook somewhere else but gave birth in the prefecture during the survey period for every fiscal year

Fiscal year	Eligible subjects	Responses from
FY2011	16,001 people	9,316 people (58.2%)
FY2012	14,516 people	7,181 people (49.5%)
FY2013	15,218 people	7,260 people (47.7%)
FY2014	15,125 people	7,132 people (47.2%)
FY2015	14,572 people	7,031 people (48.3%)
FY2016	14,154 people	7,326 people (51.8%)
FY2017	13,552 people	6,449 people (47.6%)
FY2018	12,838 people	6,649 people (51.8%)

Eligible subjects	Responses from
7,252 people	2,554 people (35.2%)
5,602 people	2,021 people (36.1%)
5,734 people	2,706 people (47.2%)
5,856 people	2,719 people (46.4%)

Conducted a follow-up survey in approx. 4 years after delivery

## [Survey method]

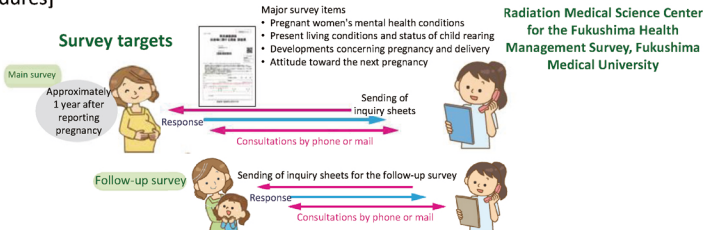
Inquiry sheets are sent to the targeted pregnant women, asking them to fill in the sheets and send them back.

(From the FY2016 survey, responses are accepted by post or online.)

Major survey items are as follows:

- Pregnant women's mental health conditions
- Present living conditions (circumstances of a refugee life or forced separation from family members)
- Situations during delivery and pregnant women's physical health conditions
- Confidence in raising children
- Attitude toward the next pregnancy

## [Survey procedures]



First survey (4 years after delivery): Conducted in FY2015 to FY2018 targeting respondents of the surveys conducted in FY2011 to FY2014

Second survey (8 years after delivery): Conducted in FY2019 or FY2020 targeting respondents of the surveys conducted in FY2011 or FY2012

[FY2020 Pregnancy and Birth Survey] Since the FY2016 survey, responses can be submitted online.

- Main survey
  - (i) Pregnant women who obtained a maternity handbook in any municipality in Fukushima Prefecture from August 1, 2019, to July 31, 2020
  - (ii) Pregnant women who obtained a maternity handbook outside Fukushima Prefecture during the period mentioned above but gave birth in Fukushima Prefecture
- Second follow-up survey  
FY2012 survey respondents

# Pregnancy and Birth Survey: Achievement and Content of Support

## [Changes in coverage]

Out of all respondents, for those who were judged to be in need of support from the content of their responses, support has been offered by full-time midwives, etc. by phone or mail.

Fiscal year	Number of people who received support by phone	Percentage of those who received support among all respondents		Number of people who received Support by phone	Percentage of those who received support among all respondents
FY2011	1,401 people	15.0%	Survey following up the FY2011 survey	375 people	14.7%
FY2012	1,104 people	15.4%	Survey following up the FY2012 survey	256 people	12.7%
FY2013	1,101 people	15.2%	Survey following up the FY2013 survey	393 people	14.5%
FY2014	830 people	11.6%	Survey following up the FY2014 survey	380 people	14.0%
FY2015	913 people	13.0%			
FY2016	951 people	13.0%			
FY2017	799 people	12.4%			
FY2018	711 people	10.7%			

## [Topics of the consultations by phone]

Main survey					Follow-up survey		
	FY2011	FY2012	FY2013	FY2014 to FY2017 (the same ranking for both years)	FY2015	FY2016	FY2017 to FY2018
					FY2011 survey respondents	FY2012 survey respondents	FY2013-2014 survey respondents
1st	Worries over radiation and its effects	Mothers' mental and physical health	Mothers' mental and physical health	Mothers' mental and physical health	Mothers' mental and physical health	Mothers' mental and physical health	Mothers' mental and physical health
2nd	Mothers' mental and physical health	Matters concerning child rearing	Matters concerning child rearing	Matters concerning child rearing	Worries over radiation and its effects	Matters concerning child rearing	Matters concerning child rearing
3rd	Matters concerning child rearing	Worries over radiation and its effects	Children's mental and physical health	Matters concerning family life	Matters concerning child rearing	Children's mental and physical health	Matters concerning family life

Matters concerning child rearing include concerns about baby food, night crying, constipation, vaccination, etc.

Prepared based on the material for the 37th Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

## [Percentages of premature births, low birth-weight babies, and congenital abnormalities or anomalies]

Percentages of premature births, low birth-weight babies, and congenital abnormalities or anomalies obtained through the Pregnancy and Birth Survey were almost the same as the general level and those obtained through nationwide surveys.

	Percentage of premature births (%)		Percentage of low birth-weight babies (%)		Percentage of congenital abnormalities or anomalies (%)	
	Main survey*	Nationwide survey	Main survey*	Nationwide survey	Main survey	General level
FY2011	4.6	5.7	8.6	9.6	2.85	3 to 5 (based on the 2020 Obstetric Care Guidelines)
FY2012	5.6	5.7	9.2	9.6	2.39	
FY2013	5.2	5.8	9.6	9.6	2.35	
FY2014	5.3	5.7	9.8	9.5	2.30	
FY2015	5.6	5.6	9.4	9.5	2.24	
FY2016	5.3	5.6	9.2	9.4	2.55	
FY2017	5.3	5.7	9.2	9.4	2.38	
FY2018	5.2	5.6	9.0	9.4	2.19	

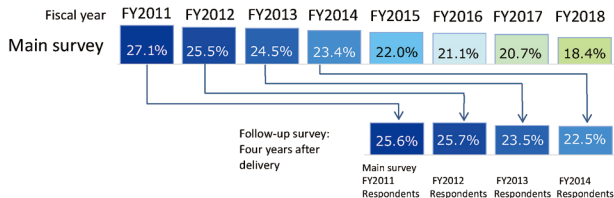
\* As percentages are retabulated by excluding cases of dead births, values differ from those in the reports on the surveys in FY2011 to FY2018.  
 Premature births: Babies born at a gestational age from 22 weeks to less than 37 weeks  
 Low birth-weight babies: Babies born smaller than 2500g  
 Nationwide surveys: Annual percentages based on the Vital Statistics

## [Changes in pregnant women's depressive tendencies]

The percentage of respondents who replied that they tend to feel depressed and/or that they are not interested in things



Pregnant women's depressive tendencies have been decreasing gradually.



## [Changes in percentage of respondents who answered "Yes" to the question "Are you considering another pregnancy?"]

Nationwide survey		Main survey						
FY2010	FY2015	FY2012	FY2013	FY2014	FY2015	FY2016	FY2017	FY2018
51.0%	50.0%	52.9%	52.8%	57.1%	53.3%	54.6%	52.4%	52.2%

Nationwide survey 2010 : Percentage of respondents who are married for less than 10 years and plan to have a child in the nationwide survey, "Fourteenth Japanese National Fertility Survey in 2010" (when having any children already)

Nationwide survey 2015 : Percentage of respondents who are married for less than 10 years and plan to have a child in the nationwide survey, "fifteenth Japanese National Fertility Survey in 2015" (when having any children already)

\* The 2011 survey did not contain the relevant question.