



Prevalence of Selected Maternal and Child Health Indicators* for Alaska, Pregnancy Risk Assessment Monitoring System (PRAMS), 2012-2015

Health Indicator*	2012		2013		2014		2015		Overall 2015 [¶]
	n [†]	% [§] (95% CI) [‡]	n [†]	% [§] (95% CI) [‡]	n [†]	% [§] (95% CI) [‡]	n [†]	% [§] (95% CI) [‡]	% [§]
Nutrition and Exercise									
- Multivitamin use \geq 4 days a week during the month before pregnancy	906	40.1 (36.5-43.9)	1315	39.9 (36.7-43.3)	1206	39.6 (36.3-43.0)	1226	40.4 (37.0-43.8)	38.7
- Dieting during the 12 months before pregnancy	907	28.1 (24.8-31.7)	1310	29.0 (26.0-32.2)	1213	27.9 (24.9-31.1)	1221	28.9 (25.9-32.2)	30.1
- Exercising \geq 3 days a week during the 12 months before pregnancy	907	48.9 (45.1-52.6)	1305	58.4 (55.1-61.7)	1205	58.6 (55.2-62.0)	1217	59.0 (55.6-62.3)	47.3
Pre-pregnancy Weight									
- Underweight (BMI<18.5)	875	3.1 (2.0-4.9)	1284	3.9 (2.8-5.6)	1166	2.9 (1.9-4.4)	1193	3.7 (2.5-5.3)	3.9
- Overweight (BMI 25-29.9)	875	26.4 (23.1-29.9)	1284	26.0 (23.1-29.0)	1166	26.5 (23.6-29.7)	1193	24.4 (21.5-27.5)	24.3
- Obese (BMI \geq 30)	875	22.9 (19.9-26.2)	1284	22.2 (19.5-25.1)	1166	23.6 (20.8-26.6)	1193	23.0 (20.2-26.1)	24.1
Substance Use									
- Any cigarette smoking during the 3 months before pregnancy	891	28.1 (24.9-31.4)	1297	27.7 (25.1-30.6)	1196	24.1 (21.6-26.9)	1205	25.3 (22.6-28.1)	19.4
- Any cigarette smoking during the last 3 months of pregnancy	895	13.1 (11.0-15.6)	1296	13.4 (11.5-15.4)	1195	13.0 (11.1-15.3)	1209	11.4 (9.7-13.4)	8.8
- Any cigarette smoking postpartum	892	18.2 (15.6-21.1)	1298	18.7 (16.4-21.2)	1196	15.2 (13.1-17.6)	1207	15.8 (13.7-18.1)	12.6
- Any alcohol use during the 3 months before pregnancy	891	58.9 (55.2-62.6)	1297	61.4 (58.1-64.6)	1190	57.7 (54.2-61.1)	1200	57.5 (54.0-60.9)	55.3
- Any alcohol use during the last 3 months of pregnancy	895	6.6 (5.0-8.7)	1296	7.8 (6.1-9.9)	1192	6.4 (4.8-8.4)	1205	6.8 (5.2-8.9)	8.0
Intimate Partner Violence (IPV)									
- Experienced IPV during the 12 months before pregnancy	898	3.1 (2.0-4.7)	1299	2.8 (1.9-4.1)	1196	2.5 (1.7-3.6)	1201	3.5 (2.5-4.9)	2.3
- Experienced IPV during pregnancy	896	1.6 (0.9-2.7)	1302	2.8 (1.9-4.0)	1193	2.3 (1.6-3.4)	1203	3.0 (2.1-4.3)	2.1
Depression									
- Told by a provider had depression before pregnancy [#]	902	8.9 (7.0-11.4)	1289	7.7 (6.1-9.7)	1187	9.9 (8.0-12.2)	1208	8.8 (7.1-11.0)	10.5
- Self-reported postpartum depressive symptoms	882	12.3 (10.0-15.0)	1285	11.4 (9.4-13.7)	1161	11.9 (9.9-14.4)	1189	12.7 (10.6-15.2)	12.8
Pregnancy Intention and Family Planning									
- Mistimed/unwanted pregnancy	728	33.3 (29.4-37.4)	1040	30.6 (27.2-34.2)	956	32.0 (28.5-35.7)	939	33.3 (29.7-37.2)	34.2
- Unsure about pregnancy	898	17.3 (14.7-20.2)	1302	18.5 (16.1-21.1)	1192	17.2 (14.9-19.8)	1214	20.4 (17.9-23.2)	15.4
- Postpartum contraceptive use	887	79.3 (76.1-82.2)	1295	79.5 (76.7-82.1)	1183	80.9 (78.0-83.5)	1199	77.5 (74.5-80.3)	78.4

Health Care Services									
- Talked to provider about improving health before pregnancy [#]	906	24.7 (21.7-28.0)	1313	25.5 (22.7-28.6)	1207	23.6 (20.8-26.7)	1226	22.6 (19.9-25.6)	22.8
- Began prenatal care in 1st trimester	882	83.0 (80.0-85.7)	1275	82.2 (79.5-84.6)	1166	83.6 (80.9-86.1)	1179	81.0 (78.1-83.6)	83.0
- Took childbirth class [#]	904	26.5 (23.3-29.9)	1307	27.2 (24.3-30.4)	1197	26.3 (23.4-29.5)	1216	24.3 (21.4-27.4)	21.6
- Had home visitor during pregnancy [#]	903	3.8 (2.6-5.4)	1305	5.9 (4.5-7.8)	1196	5.3 (3.9-7.1)	1215	5.9 (4.5-7.8)	6.9
- Had flu shot before or during pregnancy	866	49.3 (45.5-53.1)	1268	57.3 (53.9-60.7)	1165	61.3 (57.8-64.7)	1175	57.0 (53.5-60.5)	57.3
- Had maternal postpartum checkup	885	85.8 (83.0-88.2)	1288	88.3 (86.1-90.1)	1183	86.3 (83.8-88.5)	1199	87.6 (85.3-89.5)	89.7
Oral Health									
- Teeth cleaned during 12 months before pregnancy	900	57.8 (54.0-61.5)	1305	60.4 (57.1-63.7)	1210	62.5 (59.1-65.7)	1212	61.6 (58.2-64.9)	56.3
- Teeth cleaned during pregnancy	895	47.9 (44.1-51.7)	1296	52.0 (48.6-55.3)	1195	52.7 (49.2-56.1)	1207	55.5 (52.0-58.9)	48.3
- Had dental insurance during pregnancy [#]	880	77.1 (73.7-80.1)	1278	79.3 (76.4-81.9)	1183	78.5 (75.6-81.2)	1194	80.3 (77.5-83.0)	72.6
Pre-pregnancy Health Insurance [‡] Status									
- Private insurance	888	54.9 (51.3-58.4)	1304	58.5 (55.4-61.6)	1187	59.8 (56.6-62.9)	1203	61.3 (58.2-64.3)	58.5
- Medicaid	888	20.3 (17.6-23.4)	1304	19.5 (17.2-22.1)	1187	17.6 (15.4-20.1)	1203	20.0 (17.7-22.5)	21.8
- No insurance	888	24.8 (21.7-28.1)	1304	21.9 (19.4-24.7)	1187	22.5 (19.9-25.5)	1203	18.7 (16.2-21.4)	18.7
Health Insurance [‡] Status During Pregnancy									
- Private insurance	889	53.6 (49.9-57.2)	1276	57.2 (54.0-60.3)	1176	59.6 (56.4-62.7)	1179	59.9 (56.7-63.0)	57.0
- Medicaid	889	37.6 (34.1-41.1)	1276	35.8 (32.7-39.0)	1176	34.1 (31.0-37.3)	1179	34.1 (31.1-37.2)	38.4
- No insurance	901	8.8 (6.9-11.1)	1300	7.5 (6.2-9.2)	1202	6.7 (5.4-8.3)	1207	6.7 (5.3-8.5)	2.9
Health Insurance Status Postpartum									
- Private insurance	867	55.0 (51.4-58.6)	1282	60.0 (56.9-63.0)	1167	58.9 (55.7-62.0)	1183	60.0 (56.9-63.2)	55.2
- Medicaid	867	23.1 (20.3-26.2)	1282	21.9 (19.5-24.6)	1167	25.2 (22.5-28.1)	1183	29.0 (26.1-32.0)	29.1
- No insurance	893	21.2 (18.3-24.4)	1299	17.8 (15.5-20.3)	1187	15.7 (13.4-18.2)	1198	10.9 (9.1-13.0)	14.2
Infant Sleep Practices									
- Baby most often laid on back to sleep	851	76.0 (72.6-79.2)	1239	71.0 (67.8-74.1)	1134	75.4 (72.2-78.3)	1135	77.0 (73.8-79.9)	78.4
Breastfeeding Practices									
- Ever breastfed	862	94.0 (91.9-95.6)	1254	94.2 (92.3-95.6)	1153	96.0 (94.2-97.2)	1151	95.0 (93.2-96.4)	87.1
- Any breastfeeding at 8 weeks	848	76.6 (73.2-79.8)	1242	77.1 (74.2-79.9)	1147	80.6 (77.7-83.2)	1146	81.3 (78.4-83.9)	65.6

* Indicators and definitions available in PRAMStat (<http://www.cdc.gov/prams/pramstat/index.html>) unless otherwise indicated.

[†] Unweighted sample size

[§] Weighted percent

[¥] 95% Confidence Interval

[¶] PRAMS site aggregate for 2015: Alabama, Alaska, Arkansas, Colorado, Connecticut, Delaware, Hawaii, Illinois, Iowa, Louisiana, Maine, Maryland, Massachusetts, Michigan, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, New York City, New York State, Ohio, Oklahoma, Oregon, Pennsylvania, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming met the required 55% response rate threshold for inclusion.

[#] Indicator is new for Phase 7 (2012-2015) survey and is not currently available in PRAMStat.

[‡] Insurance is coded as Medicaid (Medicaid or state-named Medicaid program); Private (Private only, both Medicaid & private, any other insurance in combination with private, TRICARE or other military insurance); and No insurance (no insurance or Indian Health Service (IHS) only; in Alaska this also includes Alaska Native Health Services and Native Regional Health Corporations that are part of the IHS response option)