



Prevalence of Selected Maternal and Child Health Indicators* for Delaware, 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	1021	34.1 (31.2-37.2)	999	33.7 (30.8-36.8)	930	38.3 (35.2-41.6)	935	38.2 (35.0-41.4)	38.7
- Dieting during the 12 months before pregnancy	1020	29.8 (27.0-32.8)	1006	30.0 (27.1-33.1)	927	29.5 (26.5-32.6)	939	31.5 (28.5-34.6)	30.1
- Exercising \geq 3 days a week during the 12 months before pregnancy	1018	43.6 (40.5-46.8)	1009	42.1 (39.0-45.3)	926	44.4 (41.1-47.8)	940	45.7 (42.4-49.0)	47.3
Pre-pregnancy Weight									
- Underweight (BMI<18.5)	962	4.5 (3.3-6.0)	948	4.1 (3.0-5.7)	896	3.0 (2.1-4.4)	899	3.7 (2.6-5.2)	3.9
- Overweight (BMI 25-29.9)	962	26.9 (24.1-29.9)	948	26.6 (23.8-29.7)	896	24.7 (21.9-27.8)	899	28.7 (25.7-31.8)	24.3
- Obese (BMI \geq 30)	962	25.7 (22.9-28.6)	948	25.7 (22.9-28.7)	896	26.4 (23.5-29.6)	899	26.6 (23.8-29.7)	24.1
Substance Use									
- Any cigarette smoking during the 3 months before pregnancy	1015	27.2 (24.5-30.1)	1005	26.2 (23.5-29.2)	924	21.4 (18.8-24.3)	930	19.8 (17.3-22.6)	19.4
- Any cigarette smoking during the last 3 months of pregnancy	1015	13.3 (11.4-15.6)	1003	14.4 (12.3-16.8)	923	11.0 (9.1-13.3)	929	9.0 (7.3-11.0)	8.8
- Any cigarette smoking postpartum	1015	18.6 (16.2-21.1)	1003	18.7 (16.4-21.4)	923	14.7 (12.5-17.2)	929	13.4 (11.3-15.8)	12.6
- Any alcohol use during the 3 months before pregnancy	1017	55.4 (52.2-58.5)	998	56.1 (52.9-59.3)	921	58.4 (55.0-61.7)	932	55.6 (52.3-58.9)	55.3
- Any alcohol use during the last 3 months of pregnancy	1020	6.0 (4.7-7.7)	1000	7.6 (6.1-9.5)	923	6.3 (4.8-8.1)	932	8.1 (6.5-10.1)	8.0
Intimate Partner Violence (IPV)									
- Experienced IPV during the 12 months before pregnancy	1020	2.9 (2.0-4.2)	1006	3.7 (2.6-5.2)	927	4.0 (2.9-5.6)	939	2.8 (1.8-4.1)	2.3
- Experienced IPV during pregnancy	1020	3.0 (2.1-4.3)	1006	3.6 (2.6-5.1)	927	2.4 (1.5-3.7)	937	2.2 (1.4-3.5)	2.1
Depression									
- Told by a provider had depression before pregnancy [#]	1012	9.3 (7.6-11.3)	996	10.4 (8.7-12.5)	927	9.9 (8.1-12.0)	928	11.7 (9.7-14.0)	10.5
- Self-reported postpartum depressive symptoms	1010	13.8 (11.7-16.1)	999	13.0 (10.9-15.3)	923	13.4 (11.3-15.8)	928	13.9 (11.7-16.4)	12.8
Pregnancy Intention and Family Planning									
- Mistimed/unwanted pregnancy	852	44.7 (41.3-48.1)	843	41.0 (37.6-44.5)	787	40.5 (37.0-44.1)	759	37.4 (33.9-41.1)	34.2
- Unsure about pregnancy	1009	15.0 (12.8-17.4)	1000	15.6 (13.4-18.1)	923	14.2 (12.0-16.7)	924	18.3 (15.8-21.0)	15.4
- Postpartum contraceptive use	1015	82.8 (80.3-85.1)	1003	82.3 (79.7-84.7)	928	82.3 (79.7-84.7)	931	80.1 (77.3-82.6)	78.4

Health Care Services									
- Talked to provider about improving health before pregnancy [#]	1022	22.6 (20.1-25.4)	998	22.5 (20.0-25.3)	930	24.8 (22.0-27.8)	935	23.0 (20.3-25.9)	22.8
- Began prenatal care in 1st trimester	1008	80.5 (77.8-82.9)	992	78.6 (75.8-81.2)	923	79.2 (76.3-81.8)	923	82.3 (79.5-84.7)	83.0
- Took childbirth class [#]	1021	20.2 (17.8-22.9)	1007	17.7 (15.3-20.2)	925	17.1 (14.8-19.8)	935	17.1 (14.7-19.7)	21.6
- Had home visitor during pregnancy [#]	1020	8.8 (7.1-10.8)	1008	8.0 (6.4-9.9)	927	7.1 (5.5-9.1)	935	7.5 (5.9-9.5)	6.9
- Had flu shot before or during pregnancy	1003	42.0 (38.9-45.2)	993	51.5 (48.3-54.7)	911	56.3 (52.9-59.6)	916	57.4 (54.1-60.7)	57.3
- Had maternal postpartum checkup	1017	89.1 (86.9-90.9)	1009	89.0 (86.8-90.8)	931	90.3 (88.2-92.1)	927	89.1 (86.9-91.1)	89.7
Oral Health									
- Teeth cleaned during 12 months before pregnancy	1020	49.3 (46.2-52.5)	1010	51.2 (48.0-54.4)	928	50.6 (47.3-54.0)	936	53.0 (49.7-56.3)	56.3
- Teeth cleaned during pregnancy	1018	40.8 (37.8-44.0)	1003	42.2 (39.0-45.4)	919	42.2 (38.9-45.5)	929	44.4 (41.2-47.8)	48.3
- Had dental insurance during pregnancy [#]	1013	55.2 (52.1-58.4)	994	54.9 (51.6-58.1)	912	57.3 (53.9-60.6)	913	58.8 (55.5-62.1)	72.6
Pre-pregnancy Health Insurance [‡] Status									
- Private insurance	1001	51.7 (48.5-54.9)	971	52.4 (49.2-55.7)	902	55.2 (51.8-58.5)	912	55.6 (52.2-58.9)	58.5
- Medicaid	1001	34.1 (31.1-37.2)	971	32.4 (29.4-35.6)	902	28.2 (25.3-31.4)	912	31.6 (28.6-34.9)	21.8
- No insurance	1001	11.3 (9.4-13.4)	971	11.5 (9.6-13.8)	902	12.9 (10.7-15.3)	912	10.0 (8.1-12.2)	18.7
Health Insurance [‡] Status During Pregnancy									
- Private insurance	976	50.4 (47.2-53.6)	963	49.6 (46.3-52.9)	891	53.1 (49.6-56.4)	907	56.1 (52.8-59.4)	57.0
- Medicaid	976	43.0 (39.8-46.2)	963	45.5 (42.2-48.8)	891	41.4 (38.0-44.8)	907	37.6 (34.4-40.9)	38.4
- No insurance	1013	4.4 (3.3-5.9)	1000	2.5 (1.7-3.7)	920	3.3 (2.3-4.7)	934	3.0 (2.1-4.4)	2.9
Health Insurance Status Postpartum									
- Private insurance	1004	47.2 (44.1-50.4)	983	46.2 (43.0-49.4)	903	50.8 (47.4-54.1)	908	52.7 (49.3-56.0)	55.2
- Medicaid	1004	43.3 (40.2-46.5)	983	44.5 (41.3-47.8)	903	39.8 (36.6-43.2)	908	37.1 (33.9-40.4)	29.1
- No insurance	1021	5.7 (4.4-7.4)	1011	5.4 (4.2-7.1)	930	5.6 (4.2-7.4)	939	6.0 (4.6-7.8)	14.2
Infant Sleep Practices									
- Baby most often laid on back to sleep	979	77.0 (74.1-79.6)	971	78.7 (75.8-81.3)	895	79.7 (76.8-82.3)	907	81.3 (78.5-83.9)	78.4
Breastfeeding Practices									
- Ever breastfed	993	79.4 (76.7-81.9)	985	81.4 (78.7-83.8)	908	83.7 (81.0-86.0)	916	86.6 (84.2-88.8)	87.1
- Any breastfeeding at 8 weeks	983	51.2 (48.0-54.4)	977	54.2 (51.0-57.5)	893	59.3 (56.0-62.6)	912	66.6 (63.4-69.7)	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).