



Prevalence of Selected Maternal and Child Health Indicators* for Iowa, 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			1159	40.3 (36.2-44.6)	1123	43.0 (38.6-47.5)	1104	40.2 (35.8-44.7)	38.7
- Dieting during the 12 months before pregnancy			1159	34.9 (30.9-39.2)	1125	30.5 (26.5-34.8)	1103	32.6 (28.5-37.1)	30.1
- Exercising \geq 3 days a week during the 12 months before pregnancy			1158	50.0 (45.7-54.3)	1126	51.8 (47.2-56.2)	1102	47.8 (43.3-52.4)	47.3
Pre-pregnancy Weight									
- Underweight (BMI<18.5)			1077	4.0 (2.6-6.2)	1055	2.3 (1.2-4.2)	1032	2.2 (1.3-3.8)	3.9
- Overweight (BMI 25-29.9)			1077	23.3 (19.8-27.1)	1055	23.7 (20.1-27.9)	1032	25.8 (22.0-30.0)	24.3
- Obese (BMI \geq 30)			1077	27.6 (23.9-31.6)	1055	24.3 (20.6-28.4)	1032	26.1 (22.1-30.5)	24.1
Substance Use									
- Any cigarette smoking during the 3 months before pregnancy			1153	24.4 (20.7-28.4)	1117	25.2 (21.4-29.4)	1101	25.5 (21.4-30.0)	19.4
- Any cigarette smoking during the last 3 months of pregnancy			1152	12.8 (10.0-16.2)	1117	11.5 (8.8-14.9)	1101	14.2 (10.9-18.2)	8.8
- Any cigarette smoking postpartum			1150	17.1 (13.9-20.8)	1116	16.5 (13.3-20.4)	1100	17.8 (14.2-22.1)	12.6
- Any alcohol use during the 3 months before pregnancy			1152	64.7 (60.6-68.6)	1108	62.6 (58.2-66.8)	1091	62.1 (57.6-66.4)	55.3
- Any alcohol use during the last 3 months of pregnancy			1153	5.5 (3.8-7.8)	1108	4.6 (3.0-6.9)	1094	5.7 (3.9-8.2)	8.0
Intimate Partner Violence (IPV)									
- Experienced IPV during the 12 months before pregnancy			1154	2.9 (1.8-4.8)	1117	2.4 (1.3-4.2)	1096	3.5 (2.0-5.9)	2.3
- Experienced IPV during pregnancy			1153	2.3 (1.3-4.0)	1118	1.5 (0.8-2.8)	1096	2.8 (1.6-4.9)	2.1
Depression									
- Told by a provider had depression before pregnancy [#]			1149	12.1 (9.5-15.3)	1116	15.2 (12.1-18.9)	1098	16.6 (13.2-20.6)	10.5
- Self-reported postpartum depressive symptoms			1129	9.3 (7.0-12.1)	1108	10.1 (7.7-13.2)	1090	8.8 (6.4-12.0)	12.8
Pregnancy Intention and Family Planning									
- Mistimed/unwanted pregnancy			974	33.9 (29.7-38.5)	933	30.4 (26.1-35.0)	917	27.9 (23.6-32.5)	34.2
- Unsure about pregnancy			1143	12.7 (10.1-15.8)	1112	11.1 (8.6-14.1)	1095	15.1 (11.9-18.9)	15.4
- Postpartum contraceptive use			1139	82.8 (79.3-85.8)	1112	81.5 (77.7-84.7)	1088	80.1 (76.2-83.5)	78.4

Health Care Services							
- Talked to provider about improving health before pregnancy [#]	1158	22.2 (18.9-25.9)	1126	23.5 (19.9-27.5)	1106	20.6 (17.4-24.3)	22.8
- Began prenatal care in 1st trimester	1139	87.0 (83.9-89.6)	1107	89.2 (86.3-91.5)	1086	86.1 (82.8-89.0)	83.0
- Took childbirth class [#]	1151	24.9 (21.4-28.9)	1117	20.8 (17.3-24.7)	1092	21.4 (18.0-25.3)	21.6
- Had home visitor during pregnancy [#]	1157	7.7 (5.8-10.1)	1122	7.2 (5.3-9.6)	1100	6.3 (4.6-8.5)	6.9
- Had flu shot before or during pregnancy	1130	64.2 (60.0-68.3)	1078	65.8 (61.3-70.0)	1079	69.1 (64.6-73.2)	57.3
- Had maternal postpartum checkup	1143	92.0 (89.3-94.1)	1115	92.0 (89.3-94.1)	1097	91.1 (88.0-93.4)	89.7
Oral Health							
- Teeth cleaned during 12 months before pregnancy	1158	68.6 (64.5-72.5)	1128	64.6 (60.2-68.7)	1100	65.3 (60.8-69.6)	56.3
- Teeth cleaned during pregnancy	1153	63.7 (59.4-67.7)	1114	59.2 (54.7-63.6)	1094	60.2 (55.6-64.7)	48.3
- Had dental insurance during pregnancy [#]	1146	86.0 (82.9-88.6)	1104	81.1 (77.4-84.2)	1081	84.7 (81.2-87.7)	72.6
Pre-pregnancy Health Insurance [‡] Status							
- Private insurance	1126	70.2 (66.2-73.8)	1096	70.6 (66.5-74.4)	1082	69.7 (65.3-73.8)	58.5
- Medicaid	1126	15.7 (12.9-19.1)	1096	16.4 (13.4-19.9)	1082	19.3 (15.8-23.4)	21.8
- No insurance	1126	13.1 (10.6-16.1)	1096	12.6 (10.1-15.6)	1082	10.3 (8.0-13.2)	18.7
Health Insurance [‡] Status During Pregnancy							
- Private insurance	1107	66.7 (62.6-70.6)	1074	67.6 (63.4-71.6)	1042	65.7 (61.2-70.0)	57.0
- Medicaid	1107	30.6 (26.8-34.7)	1074	29.0 (25.1-33.1)	1042	30.8 (26.7-35.3)	38.4
- No insurance	1153	3.0 (2.1-4.3)	1119	3.6 (2.5-5.2)	1099	3.3 (2.1-5.3)	2.9
Health Insurance Status Postpartum							
- Private insurance	1121	66.7 (62.6-70.6)	1093	67.9 (63.7-71.8)	1070	63.2 (58.6-67.5)	55.2
- Medicaid	1121	18.4 (15.3-21.9)	1093	21.7 (18.3-25.5)	1070	29.6 (25.6-34.1)	29.1
- No insurance	1153	13.2 (10.7-16.3)	1119	9.5 (7.5-12.0)	1101	6.9 (5.1-9.4)	14.2
Infant Sleep Practices							
- Baby most often laid on back to sleep	1134	87.0 (83.9-89.5)	1097	85.8 (82.4-88.7)	1089	85.8 (82.5-88.5)	78.4
Breastfeeding Practices							
- Ever breastfed	1144	80.8 (77.1-84.1)	1103	83.5 (79.8-86.6)	1085	84.9 (81.1-88.0)	87.1
- Any breastfeeding at 8 weeks	1135	59.0 (54.7-63.2)	1097	61.4 (56.8-65.7)	1081	63.7 (59.0-68.1)	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).