



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

Health Indicator*	2012		2013		2014		2015		Overall 2015 <sup>¶</sup>
	n <sup>†</sup>	% <sup>§</sup> (95% CI) <sup>‡</sup>	n <sup>†</sup>	% <sup>§</sup> (95% CI) <sup>‡</sup>	n <sup>†</sup>	% <sup>§</sup> (95% CI) <sup>‡</sup>	n <sup>†</sup>	% <sup>§</sup> (95% CI) <sup>‡</sup>	% <sup>§</sup>
<b>Nutrition and Exercise</b>									
- Multivitamin use $\geq$ 4 days a week during the month before pregnancy	673	43.2 (38.9-47.6)	941	45.2 (41.5-48.9)	909	45.4 (41.6-49.2)	832	47.2 (43.2-51.2)	38.7
- Dieting during the 12 months before pregnancy	678	30.4 (26.5-34.6)	951	30.5 (27.2-34.0)	915	30.2 (26.8-33.7)	842	28.1 (24.6-31.8)	30.1
- Exercising $\geq$ 3 days a week during the 12 months before pregnancy	679	51.0 (46.6-55.4)	952	53.3 (49.6-57.0)	914	54.5 (50.6-58.2)	839	54.5 (50.5-58.5)	47.3
<b>Pre-pregnancy Weight</b>									
- Underweight (BMI<18.5)	677	4.4 (2.9-6.6)	936	3.0 (1.9-4.5)	887	2.2 (1.3-3.6)	828	3.8 (2.4-5.8)	3.9
- Overweight (BMI 25-29.9)	677	26.0 (22.3-30.0)	936	21.5 (18.6-24.7)	887	24.4 (21.2-27.9)	828	24.3 (21.0-28.0)	24.3
- Obese (BMI $\geq$ 30)	677	22.4 (19.0-26.3)	936	26.7 (23.5-30.1)	887	24.8 (21.6-28.3)	828	24.8 (21.5-28.5)	24.1
<b>Substance Use</b>									
- Any cigarette smoking during the 3 months before pregnancy	672	35.0 (30.9-39.4)	945	28.7 (25.5-32.2)	912	28.6 (25.2-32.3)	833	26.3 (22.8-30.0)	19.4
- Any cigarette smoking during the last 3 months of pregnancy	672	21.1 (17.7-25.1)	945	16.9 (14.3-19.9)	911	14.4 (11.9-17.4)	835	14.6 (11.9-17.8)	8.8
- Any cigarette smoking postpartum	670	25.2 (21.5-29.4)	944	21.2 (18.3-24.4)	911	19.1 (16.2-22.3)	834	18.3 (15.3-21.7)	12.6
- Any alcohol use during the 3 months before pregnancy	678	63.8 (59.5-67.9)	949	65.8 (62.2-69.2)	913	68.3 (64.6-71.7)	837	67.9 (64.0-71.6)	55.3
- Any alcohol use during the last 3 months of pregnancy	679	8.1 (6.0-10.8)	951	11.1 (9.0-13.7)	912	8.7 (6.8-11.0)	839	6.0 (4.5-8.1)	8.0
<b>Intimate Partner Violence (IPV)</b>									
- Experienced IPV during the 12 months before pregnancy	678	2.1 (1.1-3.9)	955	2.5 (1.6-3.9)	912	2.1 (1.3-3.6)	846	1.4 (0.7-2.7)	2.3
- Experienced IPV during pregnancy	678	2.2 (1.2-4.0)	952	1.8 (1.1-3.1)	913	1.9 (1.1-3.3)	844	1.0 (0.4-2.2)	2.1
<b>Depression</b>									
- Told by a provider had depression before pregnancy <sup>#</sup>	671	19.8 (16.4-23.6)	942	17.2 (14.5-20.2)	910	14.8 (12.3-17.7)	832	16.1 (13.4-19.3)	10.5
- Self-reported postpartum depressive symptoms	673	10.5 (8.1-13.6)	945	9.1 (7.2-11.4)	906	9.5 (7.5-12.0)	839	8.3 (6.4-10.7)	12.8
<b>Pregnancy Intention and Family Planning</b>									
- Mistimed/unwanted pregnancy	594	38.3 (33.8-43.0)	799	29.6 (26.1-33.4)	764	32.9 (29.0-36.9)	709	29.2 (25.4-33.4)	34.2
- Unsure about pregnancy	667	11.5 (8.9-14.8)	933	13.8 (11.4-16.6)	907	15.6 (13.0-18.7)	829	13.4 (10.8-16.4)	15.4
- Postpartum contraceptive use	673	81.4 (77.7-84.6)	945	80.8 (77.7-83.5)	905	81.7 (78.5-84.5)	838	82.3 (79.0-85.1)	78.4

Health Care Services									
- Talked to provider about improving health before pregnancy <sup>#</sup>	673	22.1 (18.7-25.9)	941	29.3 (26.1-32.8)	911	22.5 (19.6-25.8)	834	25.7 (22.3-29.3)	22.8
- Began prenatal care in 1st trimester	661	85.8 (82.3-88.7)	931	89.7 (87.2-91.8)	900	90.5 (88.0-92.6)	824	91.7 (89.1-93.8)	83.0
- Took childbirth class <sup>#</sup>	675	26.1 (22.5-30.1)	948	26.7 (23.6-30.1)	911	26.9 (23.6-30.4)	838	27.4 (24.0-31.1)	21.6
- Had home visitor during pregnancy <sup>#</sup>	674	7.4 (5.4-10.1)	946	7.9 (6.1-10.2)	913	7.1 (5.3-9.4)	836	6.6 (4.8-8.9)	6.9
- Had flu shot before or during pregnancy	668	52.6 (48.1-57.0)	933	66.3 (62.7-69.8)	888	60.6 (56.8-64.4)	828	59.7 (55.6-63.6)	57.3
- Had maternal postpartum checkup	674	90.7 (87.8-93.0)	947	92.8 (90.7-94.5)	912	91.5 (88.9-93.4)	843	93.4 (91.0-95.2)	89.7
Oral Health									
- Teeth cleaned during 12 months before pregnancy	678	55.3 (50.9-59.7)	952	55.4 (51.7-59.1)	910	51.8 (48.0-55.6)	840	56.7 (52.7-60.7)	56.3
- Teeth cleaned during pregnancy	672	43.3 (39.0-47.7)	945	45.5 (41.9-49.2)	909	41.3 (37.6-45.1)	831	45.6 (41.6-49.7)	48.3
- Had dental insurance during pregnancy <sup>#</sup>	668	57.3 (52.8-61.6)	939	57.1 (53.3-60.7)	902	56.9 (53.1-60.7)	826	59.7 (55.7-63.6)	72.6
Pre-pregnancy Health Insurance <sup>‡</sup> Status									
- Private insurance	666	50.1 (45.6-54.5)	922	57.1 (53.3-60.8)	897	54.5 (50.7-58.4)	808	63.4 (59.3-67.4)	58.5
- Medicaid	666	36.8 (32.6-41.3)	922	31.3 (27.9-34.9)	897	28.9 (25.4-32.6)	808	24.6 (21.1-28.5)	21.8
- No insurance	666	13.1 (10.4-16.4)	922	11.6 (9.4-14.2)	897	16.6 (13.8-19.8)	808	12.0 (9.6-15.0)	18.7
Health Insurance <sup>‡</sup> Status During Pregnancy									
- Private insurance	667	49.7 (45.3-54.2)	926	55.5 (51.7-59.2)	882	54.5 (50.6-58.4)	818	61.0 (56.9-64.9)	57.0
- Medicaid	667	48.8 (44.4-53.3)	926	43.0 (39.4-46.8)	882	42.6 (38.8-46.5)	818	37.2 (33.3-41.3)	38.4
- No insurance	673	1.9 (1.0-3.4)	949	2.1 (1.3-3.5)	911	4.1 (2.8-5.9)	844	2.3 (1.3-4.0)	2.9
Health Insurance Status Postpartum									
- Private insurance	672	46.2 (41.9-50.6)	936	51.7 (48.0-55.4)	902	51.8 (47.9-55.6)	823	58.9 (54.8-62.9)	55.2
- Medicaid	672	50.3 (45.9-54.7)	936	40.9 (37.3-44.7)	902	37.8 (34.1-41.6)	823	29.7 (26.1-33.6)	29.1
- No insurance	681	3.4 (2.1-5.4)	953	7.3 (5.6-9.5)	914	10.3 (8.1-13.0)	846	11.1 (8.7-14.0)	14.2
Infant Sleep Practices									
- Baby most often laid on back to sleep	653	83.0 (79.3-86.1)	908	84.2 (81.3-86.8)	885	83.6 (80.5-86.2)	803	84.0 (80.9-86.8)	78.4
Breastfeeding Practices									
- Ever breastfed	660	82.9 (79.1-86.0)	913	87.6 (84.9-89.9)	889	87.2 (84.3-89.6)	818	88.3 (85.3-90.7)	87.1
- Any breastfeeding at 8 weeks	657	61.1 (56.7-65.4)	910	65.5 (61.8-69.0)	883	69.3 (65.6-72.8)	814	69.1 (65.2-72.7)	65.6

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

<sup>†</sup> Unweighted sample size

<sup>§</sup> Weighted percent

<sup>¥</sup> 95% Confidence Interval

<sup>¶</sup> 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.

<sup>#</sup> Indicator is new for Phase 7 (2012-2015) survey and is not currently available in PRAMStat.

<sup>‡</sup> 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).