



Prevalence of Selected Maternal and Child Health Indicators* for Massachusetts, 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	1524	46.9 (43.6-50.3)	1454	47.5 (44.0-51.0)	1524	48.8 (45.5-52.1)	1314	49.2 (45.9-52.5)	38.7
- Dieting during the 12 months before pregnancy	1530	31.4 (28.3-34.7)	1461	28.6 (25.5-31.9)	1526	32.2 (29.1-35.5)	1321	32.2 (29.1-35.4)	30.1
- Exercising \geq 3 days a week during the 12 months before pregnancy	1529	45.4 (42.1-48.8)	1460	46.3 (42.8-49.8)	1531	49.7 (46.4-53.0)	1320	49.6 (46.3-52.9)	47.3
Pre-pregnancy Weight									
- Underweight (BMI<18.5)	1468	3.7 (2.7-5.1)	1405	3.7 (2.5-5.2)	1475	3.4 (2.5-4.7)	1270	3.0 (2.1-4.3)	3.9
- Overweight (BMI 25-29.9)	1468	23.3 (20.5-26.3)	1405	23.7 (20.8-26.8)	1475	22.7 (19.9-25.7)	1270	23.7 (20.9-26.7)	24.3
- Obese (BMI \geq 30)	1468	18.4 (15.8-21.2)	1405	18.7 (16.1-21.7)	1475	18.7 (16.2-21.5)	1270	18.1 (15.7-20.7)	24.1
Substance Use									
- Any cigarette smoking during the 3 months before pregnancy	1509	19.4 (16.6-22.5)	1455	17.9 (15.1-21.1)	1529	15.1 (12.7-17.8)	1311	13.9 (11.6-16.5)	19.4
- Any cigarette smoking during the last 3 months of pregnancy	1507	8.3 (6.4-10.7)	1453	8.3 (6.3-10.9)	1529	5.7 (4.3-7.6)	1312	5.2 (3.9-7.1)	8.8
- Any cigarette smoking postpartum	1506	12.5 (10.2-15.3)	1453	11.2 (8.9-14.0)	1530	8.5 (6.7-10.7)	1313	8.5 (6.7-10.8)	12.6
- Any alcohol use during the 3 months before pregnancy	1506	64.2 (61.2-67.1)	1446	62.4 (59.1-65.6)	1524	64.6 (61.6-67.4)	1308	66.9 (64.0-69.6)	55.3
- Any alcohol use during the last 3 months of pregnancy	1505	11.0 (9.0-13.3)	1444	12.3 (10.1-14.9)	1526	12.5 (10.4-14.9)	1308	11.8 (9.7-14.2)	8.0
Intimate Partner Violence (IPV)									
- Experienced IPV during the 12 months before pregnancy	1511	2.3 (1.4-3.7)	1455	1.8 (1.1-3.0)	1528	1.3 (0.8-2.2)	1311	1.6 (0.9-2.6)	2.3
- Experienced IPV during pregnancy	1511	2.2 (1.3-3.7)	1456	1.0 (0.6-1.8)	1527	1.4 (0.8-2.5)	1309	1.4 (0.9-2.3)	2.1
Depression									
- Told by a provider had depression before pregnancy [#]	1513	15.2 (12.7-18.1)	1439	10.7 (8.5-13.3)	1504	11.5 (9.4-13.9)	1302	11.7 (9.6-14.1)	10.5
- Self-reported postpartum depressive symptoms	1479	12.1 (10.1-14.4)	1445	12.0 (9.8-14.5)	1507	10.3 (8.5-12.3)	1293	10.3 (8.5-12.4)	12.8
Pregnancy Intention and Family Planning									
- Mistimed/unwanted pregnancy	1319	26.8 (23.7-30.1)	1262	26.4 (23.3-29.8)	1313	24.5 (21.7-27.6)	1131	24.6 (21.7-27.9)	34.2
- Unsure about pregnancy	1510	11.2 (9.3-13.4)	1438	12.0 (9.8-14.6)	1516	11.5 (9.6-13.8)	1302	10.7 (8.9-12.8)	15.4
- Postpartum contraceptive use	1489	78.1 (75.2-80.8)	1447	81.8 (79.0-84.3)	1509	79.9 (77.1-82.4)	1305	81.7 (79.0-84.1)	78.4

Health Care Services									
- Talked to provider about improving health before pregnancy [#]	1522	28.7 (25.8-31.7)	1456	29.2 (26.1-32.4)	1526	30.0 (27.1-33.1)	1309	27.1 (24.4-30.1)	22.8
- Began prenatal care in 1st trimester	1492	90.6 (88.7-92.2)	1436	92.2 (90.3-93.8)	1507	91.7 (89.8-93.2)	1300	90.1 (87.9-91.9)	83.0
- Took childbirth class [#]	1503	24.9 (22.2-27.9)	1450	24.5 (21.6-27.6)	1528	24.9 (22.1-27.9)	1311	25.9 (23.1-29.0)	21.6
- Had home visitor during pregnancy [#]	1501	5.5 (4.3-7.0)	1452	6.0 (4.5-7.9)	1527	5.8 (4.6-7.3)	1314	5.9 (4.6-7.5)	6.9
- Had flu shot before or during pregnancy	1473	66.3 (62.9-69.5)	1407	71.3 (67.9-74.6)	1503	72.1 (68.9-75.1)	1284	75.6 (72.6-78.4)	57.3
- Had maternal postpartum checkup	1493	93.9 (92.1-95.3)	1449	93.2 (91.2-94.8)	1517	94.2 (92.6-95.4)	1308	91.9 (89.9-93.6)	89.7
Oral Health									
- Teeth cleaned during 12 months before pregnancy	1528	70.5 (67.4-73.4)	1463	72.5 (69.4-75.5)	1533	71.0 (67.9-73.8)	1320	70.3 (67.2-73.2)	56.3
- Teeth cleaned during pregnancy	1494	63.0 (59.7-66.2)	1442	61.9 (58.5-65.3)	1517	62.4 (59.1-65.5)	1308	62.2 (58.9-65.3)	48.3
- Had dental insurance during pregnancy [#]	1480	80.5 (77.6-83.1)	1424	81.9 (79.1-84.4)	1508	83.5 (80.8-85.8)	1295	84.7 (82.0-87.0)	72.6
Pre-pregnancy Health Insurance [‡] Status									
- Private insurance	1485	63.5 (60.3-66.6)	1394	66.9 (63.6-70.0)	1456	65.4 (62.3-68.4)	1289	65.0 (62.0-67.9)	58.5
- Medicaid	1485	27.1 (24.4-30.1)	1394	25.3 (22.5-28.4)	1456	27.2 (24.5-30.2)	1289	30.5 (27.7-33.4)	21.8
- No insurance	1485	5.3 (3.9-7.2)	1394	4.4 (3.3-6.0)	1456	3.8 (2.7-5.3)	1289	2.7 (1.9-3.9)	18.7
Health Insurance [‡] Status During Pregnancy									
- Private insurance	1465	62.5 (59.3-65.6)	1412	64.4 (61.2-67.6)	1464	64.3 (61.2-67.3)	1285	63.8 (60.8-66.8)	57.0
- Medicaid	1465	35.1 (32.0-38.2)	1412	32.2 (29.2-35.4)	1464	33.3 (30.4-36.3)	1285	34.3 (31.5-37.3)	38.4
- No insurance	1510	0.7 (0.3-1.5)	1455	0.9 (0.4-1.9)	1526	0.4 (0.2-0.7)	1309	0.6 (0.2-1.4)	2.9
Health Insurance Status Postpartum									
- Private insurance	1453	61.1 (57.9-64.3)	1418	62.1 (58.7-65.3)	1486	62.1 (59.0-65.0)	1280	60.8 (57.7-63.9)	55.2
- Medicaid	1453	33.7 (30.6-36.8)	1418	33.3 (30.2-36.6)	1486	35.3 (32.4-38.3)	1280	36.9 (33.9-40.0)	29.1
- No insurance	1507	2.1 (1.3-3.3)	1459	1.8 (1.2-2.9)	1529	0.8 (0.4-1.4)	1313	1.1 (0.6-2.2)	14.2
Infant Sleep Practices									
- Baby most often laid on back to sleep	1473	80.0 (77.3-82.4)	1424	82.7 (80.1-85.0)	1484	85.1 (82.7-87.2)	1278	85.8 (83.5-87.9)	78.4
Breastfeeding Practices									
- Ever breastfed	1491	86.8 (84.1-89.1)	1440	87.5 (84.6-89.8)	1501	90.4 (88.1-92.3)	1282	90.4 (88.0-92.4)	87.1
- Any breastfeeding at 8 weeks	1481	70.4 (67.1-73.5)	1429	68.5 (65.0-71.8)	1483	72.7 (69.6-75.7)	1279	73.7 (70.6-76.6)	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).