



## Prevalence of Selected Maternal and Child Health Indicators\* for Nebraska, 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	1125	43.3 (39.8-46.9)	1619	40.8 (38.0-43.7)	1440	42.5 (39.3-45.8)	1389	43.6 (40.5-46.8)	38.7
- Dieting during the 12 months before pregnancy	1135	30.8 (27.6-34.3)	1616	30.0 (27.4-32.7)	1440	30.6 (27.7-33.8)	1388	28.9 (26.1-31.9)	30.1
- Exercising $\geq$ 3 days a week during the 12 months before pregnancy	1136	50.0 (46.5-53.6)	1614	50.4 (47.5-53.4)	1438	50.3 (47.1-53.6)	1388	50.4 (47.2-53.6)	47.3
<b>Pre-pregnancy Weight</b>									
- Underweight (BMI<18.5)	1072	4.4 (3.1-6.1)	1514	3.5 (2.5-4.8)	1338	3.5 (2.4-5.0)	1313	3.9 (2.8-5.5)	3.9
- Overweight (BMI 25-29.9)	1072	21.8 (18.9-24.9)	1514	25.3 (22.8-28.0)	1338	26.3 (23.4-29.4)	1313	25.1 (22.4-28.0)	24.3
- Obese (BMI $\geq$ 30)	1072	22.8 (19.9-26.0)	1514	22.6 (20.2-25.2)	1338	21.3 (18.7-24.3)	1313	24.5 (21.8-27.5)	24.1
<b>Substance Use</b>									
- Any cigarette smoking during the 3 months before pregnancy	1123	22.2 (19.3-25.4)	1608	21.9 (19.5-24.5)	1423	21.9 (19.2-25.0)	1380	20.4 (17.8-23.2)	19.4
- Any cigarette smoking during the last 3 months of pregnancy	1123	10.0 (8.0-12.5)	1606	9.7 (8.0-11.7)	1424	11.5 (9.4-14.1)	1382	10.3 (8.4-12.6)	8.8
- Any cigarette smoking postpartum	1123	14.4 (11.9-17.2)	1609	12.8 (10.9-14.9)	1425	14.6 (12.2-17.3)	1382	14.1 (11.9-16.6)	12.6
- Any alcohol use during the 3 months before pregnancy	1122	63.6 (60.3-66.8)	1605	62.3 (59.6-64.9)	1423	61.7 (58.7-64.6)	1375	62.9 (60.0-65.7)	55.3
- Any alcohol use during the last 3 months of pregnancy	1118	6.5 (4.9-8.6)	1609	5.2 (4.0-6.7)	1426	6.9 (5.4-8.9)	1378	7.0 (5.5-8.9)	8.0
<b>Intimate Partner Violence (IPV)</b>									
- Experienced IPV during the 12 months before pregnancy	1129	2.9 (1.9-4.2)	1611	2.7 (1.9-3.9)	1427	3.1 (2.1-4.6)	1385	2.4 (1.5-3.7)	2.3
- Experienced IPV during pregnancy	1129	2.1 (1.3-3.3)	1611	1.7 (1.1-2.6)	1427	2.3 (1.5-3.6)	1385	2.4 (1.5-3.6)	2.1
<b>Depression</b>									
- Told by a provider had depression before pregnancy <sup>#</sup>	1129	12.8 (10.5-15.4)	1610	11.7 (9.9-13.7)	1432	9.0 (7.2-11.2)	1385	11.6 (9.6-14.0)	10.5
- Self-reported postpartum depressive symptoms	1120	11.1 (9.2-13.5)	1597	10.7 (9.1-12.7)	1406	9.4 (7.8-11.4)	1359	11.9 (10.0-14.2)	12.8
<b>Pregnancy Intention and Family Planning</b>									
- Mistimed/unwanted pregnancy	947	33.7 (30.2-37.4)	1364	32.1 (29.2-35.1)	1226	31.0 (27.8-34.3)	1146	27.8 (24.8-31.0)	34.2
- Unsure about pregnancy	1121	12.3 (10.2-14.7)	1605	13.1 (11.3-15.2)	1421	13.2 (11.1-15.6)	1369	14.9 (12.8-17.3)	15.4
- Postpartum contraceptive use	1117	83.2 (80.4-85.7)	1599	80.1 (77.7-82.3)	1409	79.8 (77.0-82.3)	1365	81.7 (79.1-84.0)	78.4

Health Care Services									
- Talked to provider about improving health before pregnancy <sup>#</sup>	1125	24.8 (21.8-28.0)	1610	21.1 (18.8-23.5)	1432	22.6 (20.0-25.5)	1384	20.5 (18.1-23.2)	22.8
- Began prenatal care in 1st trimester	1113	87.4 (85.1-89.4)	1578	87.7 (85.8-89.3)	1416	88.5 (86.5-90.3)	1365	86.0 (83.7-88.0)	83.0
- Took childbirth class <sup>#</sup>	1120	26.4 (23.4-29.7)	1599	24.2 (21.8-26.8)	1416	22.5 (19.8-25.5)	1367	21.0 (18.5-23.7)	21.6
- Had home visitor during pregnancy <sup>#</sup>	1129	5.0 (3.8-6.4)	1614	5.9 (4.8-7.2)	1428	5.4 (4.2-6.9)	1381	4.6 (3.6-5.9)	6.9
- Had flu shot before or during pregnancy	1095	58.7 (55.1-62.2)	1581	67.5 (64.7-70.2)	1389	70.9 (67.9-73.8)	1341	70.6 (67.5-73.4)	57.3
- Had maternal postpartum checkup	1126	94.5 (92.7-95.8)	1600	91.6 (90.0-93.1)	1417	92.4 (90.6-93.9)	1366	91.3 (89.4-92.9)	89.7
Oral Health									
- Teeth cleaned during 12 months before pregnancy	1136	62.2 (58.7-65.5)	1613	60.6 (57.8-63.4)	1442	62.0 (58.8-65.1)	1387	56.9 (53.7-60.0)	56.3
- Teeth cleaned during pregnancy	1121	54.8 (51.2-58.3)	1601	55.5 (52.6-58.3)	1413	56.7 (53.4-60.0)	1368	54.4 (51.3-57.6)	48.3
- Had dental insurance during pregnancy <sup>#</sup>	1108	75.6 (72.5-78.5)	1577	76.2 (73.8-78.5)	1403	77.3 (74.5-79.8)	1350	73.9 (71.0-76.5)	72.6
Pre-pregnancy Health Insurance <sup>‡</sup> Status									
- Private insurance	1119	66.7 (63.5-69.8)	1590	68.3 (65.7-70.8)	1410	68.0 (65.1-70.7)	1360	67.6 (64.7-70.3)	58.5
- Medicaid	1119	12.7 (10.5-15.2)	1590	12.9 (11.1-14.9)	1410	11.4 (9.6-13.4)	1360	12.4 (10.5-14.5)	21.8
- No insurance	1119	20.6 (18.1-23.3)	1590	18.8 (16.8-21.0)	1410	20.7 (18.3-23.2)	1360	20.1 (17.8-22.5)	18.7
Health Insurance <sup>‡</sup> Status During Pregnancy									
- Private insurance	1097	64.2 (60.9-67.4)	1582	63.5 (60.9-66.1)	1389	63.4 (60.4-66.4)	1349	64.1 (61.2-66.9)	57.0
- Medicaid	1097	31.4 (28.3-34.8)	1582	34.3 (31.8-36.9)	1389	34.8 (31.9-37.8)	1349	32.9 (30.1-35.7)	38.4
- No insurance	1121	4.9 (3.9-6.2)	1611	2.6 (1.9-3.6)	1426	2.4 (1.6-3.5)	1380	3.3 (2.4-4.7)	2.9
Health Insurance Status Postpartum									
- Private insurance	1110	64.7 (61.5-67.8)	1590	65.8 (63.2-68.3)	1389	65.3 (62.4-68.2)	1354	65.0 (62.1-67.7)	55.2
- Medicaid	1110	17.3 (14.9-20.1)	1590	16.9 (14.9-19.2)	1389	17.1 (14.8-19.6)	1354	17.7 (15.4-20.3)	29.1
- No insurance	1132	17.6 (15.4-20.1)	1614	17.0 (15.2-18.9)	1424	17.2 (15.1-19.5)	1381	17.1 (15.1-19.3)	14.2
Infant Sleep Practices									
- Baby most often laid on back to sleep	1114	82.1 (79.3-84.6)	1584	80.9 (78.6-83.0)	1392	83.5 (81.0-85.7)	1358	84.1 (81.8-86.2)	78.4
Breastfeeding Practices									
- Ever breastfed	1118	89.0 (86.5-91.1)	1594	89.1 (87.1-90.8)	1399	88.7 (86.4-90.7)	1361	90.0 (87.8-91.8)	87.1
- Any breastfeeding at 8 weeks	1113	64.7 (61.1-68.0)	1587	68.3 (65.5-71.0)	1393	68.9 (65.7-71.9)	1353	68.5 (65.4-71.4)	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).