



Prevalence of Selected Maternal and Child Health Indicators* for Vermont, 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	993	40.5 (37.5-43.6)	948	41.5 (38.4-44.8)	975	42.7 (39.7-45.8)	882	46.3 (42.9-49.6)	38.7
- Dieting during the 12 months before pregnancy	999	27.7 (25.0-30.5)	952	31.5 (28.6-34.7)	1001	25.3 (22.7-28.1)	896	26.1 (23.3-29.1)	30.1
- Exercising \geq 3 days a week during the 12 months before pregnancy	995	54.8 (51.7-57.9)	954	57.2 (54.0-60.4)	1002	55.8 (52.7-58.9)	901	54.6 (51.2-57.9)	47.3
Pre-pregnancy Weight									
- Underweight (BMI<18.5)	984	3.4 (2.4-4.8)	942	3.6 (2.6-5.1)	986	3.9 (2.8-5.3)	893	3.2 (2.2-4.6)	3.9
- Overweight (BMI 25-29.9)	984	23.5 (20.9-26.2)	942	26.0 (23.2-29.0)	986	20.5 (18.1-23.1)	893	20.8 (18.2-23.6)	24.3
- Obese (BMI \geq 30)	984	24.3 (21.6-27.1)	942	23.3 (20.5-26.2)	986	24.7 (22.1-27.6)	893	24.2 (21.4-27.3)	24.1
Substance Use									
- Any cigarette smoking during the 3 months before pregnancy	971	29.3 (26.5-32.3)	937	29.9 (27.0-33.1)	958	25.6 (22.9-28.6)	870	28.0 (25.0-31.2)	19.4
- Any cigarette smoking during the last 3 months of pregnancy	970	16.3 (14.1-18.9)	935	16.9 (14.6-19.6)	958	14.6 (12.4-17.0)	871	16.0 (13.6-18.8)	8.8
- Any cigarette smoking postpartum	971	20.6 (18.1-23.3)	936	19.2 (16.7-22.0)	959	17.9 (15.5-20.5)	869	19.5 (16.9-22.5)	12.6
- Any alcohol use during the 3 months before pregnancy	966	69.8 (66.8-72.6)	937	68.0 (64.8-71.0)	957	70.0 (67.0-72.8)	872	68.9 (65.6-72.0)	55.3
- Any alcohol use during the last 3 months of pregnancy	994	13.7 (11.7-16.0)	946	12.8 (10.8-15.1)	997	15.0 (13.0-17.3)	896	15.8 (13.6-18.3)	8.0
Intimate Partner Violence (IPV)									
- Experienced IPV during the 12 months before pregnancy	946	3.3 (2.4-4.7)	906	2.6 (1.7-4.0)	956	3.6 (2.6-5.1)	860	3.4 (2.4-5.0)	2.3
- Experienced IPV during pregnancy	946	2.6 (1.8-3.9)	907	1.7 (1.0-2.8)	954	2.3 (1.4-3.5)	857	2.9 (1.9-4.4)	2.1
Depression									
- Told by a provider had depression before pregnancy [#]	983	17.6 (15.4-20.2)	938	18.1 (15.6-20.8)	962	15.8 (13.6-18.3)	878	18.0 (15.5-20.9)	10.5
- Self-reported postpartum depressive symptoms	987	10.2 (8.4-12.2)	945	11.2 (9.2-13.5)	994	11.6 (9.7-13.8)	888	10.5 (8.6-12.9)	12.8
Pregnancy Intention and Family Planning									
- Mistimed/unwanted pregnancy	840	27.7 (24.7-30.8)	783	28.5 (25.3-31.9)	832	25.0 (22.1-28.1)	731	25.0 (21.9-28.5)	34.2
- Unsure about pregnancy	986	15.7 (13.5-18.2)	938	16.6 (14.2-19.2)	964	14.1 (12.0-16.4)	872	17.0 (14.6-19.8)	15.4
- Postpartum contraceptive use	990	83.3 (80.8-85.5)	952	85.6 (83.2-87.8)	996	84.7 (82.3-86.8)	896	86.5 (84.1-88.6)	78.4

Health Care Services									
- Talked to provider about improving health before pregnancy [#]	985	22.2 (19.8-24.9)	943	21.2 (18.6-24.0)	973	22.1 (19.7-24.8)	879	25.7 (23.0-28.8)	22.8
- Began prenatal care in 1st trimester	982	91.0 (89.0-92.7)	941	90.6 (88.4-92.4)	986	89.7 (87.6-91.5)	890	88.6 (86.2-90.7)	83.0
- Took childbirth class [#]	977	28.2 (25.5-31.0)	935	30.3 (27.4-33.4)	960	30.5 (27.7-33.5)	877	29.2 (26.3-32.3)	21.6
- Had home visitor during pregnancy [#]	968	6.5 (5.1-8.3)	935	6.7 (5.2-8.5)	959	7.1 (5.6-8.9)	877	11.0 (8.9-13.4)	6.9
- Had flu shot before or during pregnancy	965	57.4 (54.2-60.4)	936	65.5 (62.3-68.5)	957	64.9 (61.8-67.9)	862	59.9 (56.5-63.3)	57.3
- Had maternal postpartum checkup	995	89.4 (87.3-91.2)	949	86.9 (84.5-89.0)	998	89.9 (87.8-91.7)	899	88.8 (86.4-90.8)	89.7
Oral Health									
- Teeth cleaned during 12 months before pregnancy	997	64.0 (60.9-66.9)	955	65.3 (62.1-68.4)	1002	63.2 (60.1-66.2)	901	63.1 (59.8-66.3)	56.3
- Teeth cleaned during pregnancy	969	55.4 (52.2-58.5)	935	59.2 (55.9-62.4)	956	59.4 (56.2-62.5)	873	62.0 (58.7-65.3)	48.3
- Had dental insurance during pregnancy [#]	963	73.9 (71.0-76.6)	925	79.3 (76.5-81.9)	950	77.3 (74.5-79.8)	868	81.3 (78.5-83.8)	72.6
Pre-pregnancy Health Insurance [‡] Status									
- Private insurance	979	57.6 (54.5-60.7)	932	58.7 (55.4-62.0)	947	58.2 (55.0-61.4)	851	54.4 (50.9-57.8)	58.5
- Medicaid	979	17.3 (15.0-19.9)	932	17.3 (14.8-20.1)	947	21.4 (18.8-24.2)	851	26.0 (23.0-29.2)	21.8
- No insurance	979	9.8 (8.1-11.8)	932	9.3 (7.5-11.4)	947	8.4 (6.8-10.4)	851	7.9 (6.2-10.1)	18.7
Health Insurance [‡] Status During Pregnancy									
- Private insurance	974	56.1 (53.0-59.3)	936	57.2 (53.8-60.4)	952	57.9 (54.7-61.0)	860	53.1 (49.7-56.5)	57.0
- Medicaid	974	32.1 (29.2-35.1)	936	32.7 (29.6-35.9)	952	32.4 (29.4-35.4)	860	35.9 (32.6-39.3)	38.4
- No insurance	996	1.6 (1.0-2.6)	953	0.9 (0.4-1.8)	995	1.3 (0.8-2.2)	901	1.2 (0.6-2.3)	2.9
Health Insurance Status Postpartum									
- Private insurance	983	52.0 (48.9-55.1)	934	54.4 (51.0-57.7)	968	54.3 (51.1-57.4)	865	50.1 (46.7-53.5)	55.2
- Medicaid	983	24.5 (21.9-27.4)	934	28.6 (25.7-31.8)	968	33.2 (30.2-36.3)	865	34.8 (31.6-38.2)	29.1
- No insurance	1000	5.3 (4.1-7.0)	956	3.4 (2.4-4.8)	1003	1.8 (1.1-2.8)	905	1.9 (1.1-3.2)	14.2
Infant Sleep Practices									
- Baby most often laid on back to sleep	973	84.7 (82.2-86.8)	921	86.1 (83.6-88.3)	973	86.2 (83.9-88.3)	880	84.7 (82.0-87.0)	78.4
Breastfeeding Practices									
- Ever breastfed	985	88.3 (86.0-90.2)	934	90.1 (87.8-91.9)	976	91.9 (89.9-93.5)	891	91.4 (89.2-93.2)	87.1
- Any breastfeeding at 8 weeks	976	74.5 (71.6-77.1)	932	72.1 (69.0-75.0)	973	75.0 (72.1-77.7)	887	76.6 (73.5-79.4)	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).