



Prevalence of Selected Maternal and Child Health Indicators* for Washington, 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	1000	46.4 (42.5-50.3)	1076	42.1 (38.5-45.7)	1177	45.0 (41.6-48.5)	1210	43.8 (40.4-47.1)	38.7
- Dieting during the 12 months before pregnancy	1000	30.9 (27.4-34.7)	1077	34.9 (31.4-38.6)	1173	29.9 (26.8-33.3)	1208	30.2 (27.1-33.4)	30.1
- Exercising \geq 3 days a week during the 12 months before pregnancy	1002	51.0 (47.2-54.9)	1072	57.5 (53.8-61.1)	1169	56.0 (52.5-59.4)	1211	53.8 (50.4-57.2)	47.3
Pre-pregnancy Weight									
- Underweight (BMI<18.5)	969	5.3 (3.8-7.3)	1038	3.5 (2.4-5.2)	1126	3.6 (2.5-5.1)	1162	3.1 (2.1-4.4)	3.9
- Overweight (BMI 25-29.9)	969	25.1 (21.7-28.7)	1038	23.3 (20.2-26.6)	1126	25.0 (22.0-28.2)	1162	22.9 (20.2-25.9)	24.3
- Obese (BMI \geq 30)	969	17.8 (15.1-20.9)	1038	24.3 (21.1-27.7)	1126	20.0 (17.2-23.0)	1162	24.7 (21.8-27.9)	24.1
Substance Use									
- Any cigarette smoking during the 3 months before pregnancy	993	17.8 (14.7-21.2)	1063	17.2 (14.4-20.3)	1165	16.8 (14.2-19.8)	1204	16.2 (13.7-19.0)	19.4
- Any cigarette smoking during the last 3 months of pregnancy	993	8.2 (6.1-11.0)	1063	7.0 (5.2-9.4)	1169	5.7 (4.1-7.7)	1206	7.0 (5.3-9.2)	8.8
- Any cigarette smoking postpartum	993	11.5 (9.0-14.5)	1064	10.6 (8.3-13.3)	1167	8.5 (6.6-10.8)	1200	8.7 (6.8-11.0)	12.6
- Any alcohol use during the 3 months before pregnancy	985	55.4 (51.7-59.1)	1065	57.8 (54.2-61.3)	1160	57.6 (54.3-60.8)	1186	58.0 (54.8-61.2)	55.3
- Any alcohol use during the last 3 months of pregnancy	984	12.1 (9.7-15.0)	1069	9.8 (7.8-12.3)	1164	11.4 (9.3-14.0)	1202	14.0 (11.8-16.5)	8.0
Intimate Partner Violence (IPV)									
- Experienced IPV during the 12 months before pregnancy	993	2.5 (1.4-4.3)	1070	1.9 (1.1-3.2)	1166	1.5 (0.9-2.6)	1205	1.5 (0.9-2.7)	2.3
- Experienced IPV during pregnancy	993	1.6 (0.8-3.2)	1069	1.2 (0.6-2.1)	1166	1.4 (0.7-2.5)	1203	2.0 (1.2-3.4)	2.1
Depression									
- Told by a provider had depression before pregnancy [#]	996	10.0 (7.7-12.7)	1072	8.7 (6.8-11.1)	1174	10.9 (8.8-13.4)	1213	11.6 (9.6-14.1)	10.5
- Self-reported postpartum depressive symptoms	965	10.2 (8.1-12.7)	1045	11.1 (9.0-13.7)	1135	12.5 (10.4-15.0)	1169	11.1 (9.1-13.4)	12.8
Pregnancy Intention and Family Planning									
- Mistimed/unwanted pregnancy	855	31.7 (27.9-35.7)	893	25.6 (22.3-29.2)	967	25.5 (22.3-29.0)	1005	30.0 (26.7-33.5)	34.2
- Unsure about pregnancy	984	11.3 (9.0-14.2)	1055	11.8 (9.6-14.3)	1153	15.1 (12.7-17.9)	1194	14.7 (12.5-17.4)	15.4
- Postpartum contraceptive use	987	80.6 (77.2-83.6)	1067	82.8 (79.9-85.4)	1157	82.3 (79.5-84.8)	1193	81.6 (78.8-84.1)	78.4

Health Care Services									
- Talked to provider about improving health before pregnancy [#]	997	25.9 (22.6-29.4)	1075	23.9 (20.9-27.2)	1180	23.6 (20.7-26.6)	1216	21.4 (18.8-24.2)	22.8
- Began prenatal care in 1st trimester	973	86.3 (83.4-88.9)	1051	89.4 (86.9-91.4)	1152	88.3 (85.8-90.4)	1182	86.9 (84.4-89.0)	83.0
- Took childbirth class [#]	994	27.9 (24.6-31.4)	1069	28.3 (25.1-31.7)	1169	27.3 (24.2-30.5)	1207	26.1 (23.2-29.2)	21.6
- Had home visitor during pregnancy [#]	994	11.0 (8.8-13.7)	1069	10.4 (8.5-12.7)	1167	11.2 (9.2-13.6)	1209	11.4 (9.5-13.6)	6.9
- Had flu shot before or during pregnancy	957	61.0 (56.9-64.8)	1038	62.5 (58.7-66.1)	1140	66.5 (63.0-69.8)	1171	65.0 (61.5-68.2)	57.3
- Had maternal postpartum checkup	985	90.6 (87.7-92.8)	1067	92.2 (90.1-93.9)	1159	91.9 (89.8-93.6)	1199	90.5 (88.3-92.3)	89.7
Oral Health									
- Teeth cleaned during 12 months before pregnancy	1003	62.6 (58.8-66.2)	1072	59.6 (56.0-63.2)	1172	62.4 (58.9-65.7)	1210	62.1 (58.7-65.3)	56.3
- Teeth cleaned during pregnancy	987	64.6 (60.7-68.3)	1061	58.5 (54.8-62.1)	1156	58.0 (54.5-61.5)	1194	59.0 (55.5-62.3)	48.3
- Had dental insurance during pregnancy [#]	967	83.3 (80.0-86.2)	1040	83.5 (80.5-86.1)	1133	82.3 (79.3-85.0)	1167	84.9 (82.2-87.2)	72.6
Pre-pregnancy Health Insurance [‡] Status									
- Private insurance	962	66.6 (63.0-70.1)	1045	63.1 (59.6-66.5)	1148	64.1 (60.8-67.2)	1148	62.8 (59.6-65.9)	58.5
- Medicaid	962	12.7 (10.1-15.9)	1045	10.9 (8.8-13.5)	1148	15.2 (12.8-17.9)	1148	20.4 (17.7-23.3)	21.8
- No insurance	962	20.6 (17.9-23.6)	1045	26.0 (23.0-29.2)	1148	20.7 (18.1-23.5)	1148	16.8 (14.5-19.3)	18.7
Health Insurance [‡] Status During Pregnancy									
- Private insurance	924	64.3 (60.5-68.0)	1000	64.1 (60.5-67.5)	1112	61.8 (58.4-65.0)	1112	62.1 (58.8-65.3)	57.0
- Medicaid	924	34.2 (30.6-38.0)	1000	34.3 (30.9-37.8)	1112	36.8 (33.5-40.1)	1112	36.9 (33.8-40.2)	38.4
- No insurance	995	2.1 (1.3-3.6)	1065	1.9 (1.2-3.1)	1174	1.7 (1.1-2.8)	1206	1.0 (0.5-1.9)	2.9
Health Insurance Status Postpartum									
- Private insurance	944	63.6 (59.9-67.2)	1022	61.8 (58.2-65.3)	1100	62.7 (59.4-66.0)	1122	61.7 (58.4-64.9)	55.2
- Medicaid	944	15.0 (12.3-18.2)	1022	20.4 (17.5-23.7)	1100	27.2 (24.1-30.5)	1122	26.8 (23.8-30.1)	29.1
- No insurance	989	20.2 (17.4-23.4)	1069	17.0 (14.5-19.8)	1159	9.6 (7.9-11.5)	1203	10.7 (8.9-12.7)	14.2
Infant Sleep Practices									
- Baby most often laid on back to sleep	982	76.1 (72.5-79.4)	1047	82.1 (79.1-84.7)	1142	78.8 (75.8-81.4)	1189	82.5 (79.8-84.9)	78.4
Breastfeeding Practices									
- Ever breastfed	987	95.7 (93.7-97.0)	1054	94.7 (92.6-96.2)	1153	96.9 (95.4-97.9)	1191	96.3 (94.7-97.4)	87.1
- Any breastfeeding at 8 weeks	980	80.6 (77.3-83.5)	1045	78.7 (75.4-81.7)	1142	83.8 (81.0-86.2)	1187	82.5 (79.6-85.0)	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).