



Prevalence of Selected Maternal and Child Health Indicators for Delaware, Pregnancy Risk Assessment Monitoring System (PRAMS), 2016-2017

Health Indicator	2016		2017		Overall 2017 [§]
	N*	% (95% CI) [†]	N*	% (95% CI) [†]	% (95% CI) [†]
Nutrition					
• Multivitamin use ≥4 times a week during the month before pregnancy	928	41.8 (38.5-45.1)	887	35.3 (32.2-38.7)	40.4 (39.7-41.2)
Pre-pregnancy Weight					
• Underweight (Body Mass Index [BMI]<18.5 kg/m ²)	876	2.7 (1.8-4.0)	832	2.6 (1.7-4.0)	3.7 (3.4-4.0)
• Overweight (BMI 25-29.9 kg/m ²)	876	26.9 (23.9-30.1)	832	26.3 (23.4-29.6)	25.6 (24.9-26.3)
• Obese (BMI≥30 kg/m ²)	876	26.9 (24.0-30.1)	832	28.4 (25.3-31.7)	25.3 (24.6-26.0)
Substance Use					
• Any cigarette smoking					
• During the 3 months before pregnancy	923	20.1 (17.5-22.9)	874	18.4 (15.9-21.1)	17.7 (17.1-18.3)
• During the last 3 months of pregnancy	925	9.0 (7.3-11.0)	878	9.5 (7.7-11.6)	8.1 (7.7-8.6)
• Postpartum	925	13.0 (10.9-15.5)	880	13.3 (11.1-15.8)	11.7 (11.2-12.2)
• Any e-cigarette use					
• During the 3 months before pregnancy	921	3.7 (2.7-5.3)	876	2.7 (1.8-4.0)	3.7 (3.4-4.0)
• During the last 3 months of pregnancy	921	1.0 (0.5-1.9)	877	0.5 (0.2-1.2)	1.1 (1.0-1.3)
• Hookah use in the last 2 years	916	4.5 (3.3-6.2)	872	4.3 (3.1-6.0)	4.8 (4.4-5.1)
• Heavy drinking (8 or more drinks a week) during the 3 months before pregnancy	921	3.1 (2.2-4.5)	874	1.7 (1.0-2.9)	2.6 (2.4-2.9)
Intimate Partner Violence (IPV)[¶]					
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or an ex-husband or partner	915	2.2 (1.4-3.5)	874	3.1 (2.1-4.6)	3.0 (2.7-3.2)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	916	2.1 (1.3-3.5)	875	2.5 (1.6-4.0)	2.2 (2.0-2.4)
Depression					
• Self-reported depression in the 3 months before pregnancy	928	12.5 (10.4-14.9)	881	13.0 (10.9-15.4)	12.8 (12.3-13.3)
• Self-reported depression during pregnancy	920	12.6 (10.5-15.1)	883	13.7 (11.5-16.2)	12.0 (11.5-12.5)
• Self-reported postpartum depressive symptoms [‡]	907	10.5 (8.6-12.7)	868	11.7 (9.7-14.1)	12.5 (12.0-13.0)
Health Care Services					
• Health care visit in the 12 months before pregnancy	920	69.4 (66.1-72.5)	879	66.5 (63.2-69.7)	67.7 (67.0-68.4)
• Began prenatal care in 1st trimester	914	80.9 (78.0-83.4)	878	83.2 (80.4-85.6)	86.9 (86.4-87.4)
• Had a flu shot in the 12 months before birth	919	58.2 (54.8-61.5)	877	56.8 (53.4-60.2)	58.9 (58.2-59.7)
• Had maternal postpartum checkup	911	88.8 (86.4-90.8)	870	86.9 (84.3-89.1)	90.3 (89.8-90.7)
Pregnancy Intention					
• Mistimed	926	20.8 (18.1-23.8)	883	19.2 (16.6-22.1)	19.5 (18.9-20.1)
• Unwanted pregnancy	926	8.1 (6.4-10.2)	883	7.4 (5.8-9.4)	6.1 (5.7-6.5)
• Unsure whether wanted pregnancy	926	16.1 (13.7-18.8)	883	15.8 (13.5-18.5)	15.5 (15.0-16.1)
• Intended pregnancy	926	55.0 (51.6-58.4)	883	57.6 (54.2-61.0)	58.9 (58.1-59.6)

Health Indicator	2016		2017		Overall 2017 [§]
	N*	% (95% CI) [†]	N*	% (95% CI) [†]	% (95% CI) [†]
Postpartum^{§§} Family Planning					
• Use of any postpartum contraception**	890	77.1 (74.0-79.9)	859	79.7 (76.8-82.4)	77.0 (76.3-77.6)
• Highly effective contraceptive methods					
• Male or female sterilization	890	11.4 (9.3-13.8)	859	10.6 (8.7-12.9)	11.2 (10.7-11.6)
• Long acting reversible contraceptive method ^{††}	890	16.1 (13.7-18.9)	859	19.3 (16.7-22.2)	17.0 (16.5-17.6)
• Moderately effective contraceptive methods ^{††}	890	28.2 (25.2-31.4)	859	28.0 (25.0-31.3)	25.6 (24.9-26.3)
• Least effective contraceptive methods ^{††}	890	21.4 (18.7-24.3)	859	21.8 (19.1-24.8)	23.2 (22.5-23.8)
Oral Health					
• Teeth cleaned during pregnancy by a dentist or dental hygienist	925	43.5 (40.2-46.8)	884	40.8 (37.5-44.2)	46.3 (45.5-47.0)
Health Insurance Status One Month Before Pregnancy^{††}					
• Private insurance	898	57.6 (54.1-61.0)	855	57.9 (54.4-61.3)	63.0 (62.2-63.7)
• Medicaid	898	30.9 (27.8-34.2)	855	31.6 (28.5-34.9)	23.0 (22.3-23.6)
• No insurance	898	9.1 (7.3-11.3)	855	8.8 (7.0-10.9)	13.2 (12.6-13.7)
Health Insurance Status for Prenatal Care^{††}					
• Private insurance	880	55.6 (52.1-59.0)	852	56.1 (52.6-59.5)	60.7 (59.9-61.4)
• Medicaid	880	40.0 (36.7-43.5)	852	39.9 (36.5-43.4)	35.6 (34.9-36.4)
• No insurance	880	1.8 (1.1-3.1)	852	1.6 (0.9-2.7)	2.6 (2.3-2.9)
Health Insurance Status Postpartum^{††§§}					
• Private insurance	900	50.9 (47.5-54.4)	863	52.0 (48.5-55.4)	58.5 (57.7-59.2)
• Medicaid	900	40.9 (37.5-44.4)	863	39.5 (36.2-43.0)	29.7 (29.0-30.4)
• No insurance	900	4.9 (3.6-6.5)	863	5.3 (4.0-7.1)	10.8 (10.3-11.3)
Infant Sleep Practices					
• Baby most often laid on back to sleep	876	81.0 (78.0-83.6)	844	81.9 (79.0-84.5)	79.5 (78.9-80.2)
Breastfeeding Practices					
• Ever breastfed	883	86.5 (83.9-88.7)	854	87.3 (84.8-89.4)	87.7 (87.2-88.2)
• Any breastfeeding at 8 weeks	881	63.8 (60.4-67.0)	847	64.2 (60.8-67.5)	67.7 (67.0-68.4)

[§]PRAMS site aggregate for 2017: Alabama, Alaska, Colorado, Connecticut, Delaware, Georgia, Illinois, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Missouri, Montana, New Hampshire, New Jersey, New Mexico, New York City, New York State, North Carolina, North Dakota, Oklahoma, Pennsylvania, Puerto Rico, Rhode Island, South Dakota, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming met the required 55% response rate threshold for inclusion.

*Unweighted sample size

[†]Weighted percent (95% Confidence Interval)

^{††}Defined as being pushed, hit, slapped, kicked, choked, or physically hurt in any way by a husband/partner and/or an ex-husband/ex-partner. In 2016 (Phase 8), the question response options were expanded to include "my ex-husband or ex-partner" in addition to "my husband or partner"

^{§§}Postpartum is defined as the time the PRAMS survey was completed

^{§§§}Defined as "always" or "often" feeling down, depressed, or hopeless or having little interest or little pleasure in doing things she usually enjoyed since delivery.

**Defined as using any kind of birth control postpartum (female or male sterilization; intrauterine device (IUD); contraceptive implant; birth control pills; shots or injections; contraceptive patch; vaginal ring; condoms; rhythm method/natural family planning; withdrawal).

^{†††}Long-acting reversible contraception (LARC) methods include Intrauterine Device (IUD) or contraceptive implant. Moderately effective methods include birth control pills, shots or injections (e.g., Depo-Provera), contraceptive patch, and vaginal ring. Least effective methods include condom, rhythm method/natural family planning, and withdrawal. Women who selected the "other" write-in option were excluded from the analysis.

^{§§§§}Insurance is coded as Medicaid (Medicaid or state-named Medicaid program); Private (Private only, any other insurance in combination with private, TRICARE or other military insurance); No insurance (no insurance or Indian Health Service (IHS) only; in Alaska this also includes Alaska Tribal Health System that are part of the IHS response option); other state-specific government plans or programs such as SCHIP/CHIP are excluded from estimates.