

Prevalence of Selected Maternal and Child Health Indicators for Nebraska, 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 | 1296 | 43.4 (40.2-46.7) | | | 40.4 (39.7-41.2) |
| Pre-pregnancy Weight | | | | | |
| • Underweight (Body Mass Index [BMI]<18.5 kg/m ²) | 1225 | 3.9 (2.7-5.5) | | | 3.7 (3.4-4.0) |
| • Overweight (BMI 25-29.9 kg/m ²) | 1225 | 25.2 (22.4-28.3) | | | 25.6 (24.9-26.3) |
| • Obese (BMI≥30 kg/m ²) | 1225 | 24.7 (21.9-27.8) | | | 25.3 (24.6-26.0) |
| Substance Use | | | | | |
| • Any cigarette smoking | | | | | |
| • During the 3 months before pregnancy | 1283 | 18.7 (16.1-21.6) | | | 17.7 (17.1-18.3) |
| • During the last 3 months of pregnancy | 1283 | 8.5 (6.7-10.9) | | | 8.1 (7.7-8.6) |
| • Postpartum | 1289 | 11.3 (9.2-13.9) | | | 11.7 (11.2-12.2) |
| • Any e-cigarette use | | | | | |
| • During the 3 months before pregnancy | 1275 | 3.6 (2.6-5.1) | | | 3.7 (3.4-4.0) |
| • During the last 3 months of pregnancy | 1275 | 0.8 (0.4-1.9) | | | 1.1 (1.0-1.3) |
| • Hookah use in the last 2 years | 1268 | 3.3 (2.3-4.7) | | | 4.8 (4.4-5.1) |
| • Heavy drinking (8 or more drinks a week) during the 3 months before pregnancy | 1284 | 3.3 (2.3-4.8) | | | 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 | 1283 | 3.5 (2.4-5.0) | | | 3.0 (2.7-3.2) |
| • Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner | 1281 | 2.3 (1.5-3.6) | | | 2.2 (2.0-2.4) |
| Depression | | | | | |
| • Self-reported depression in the 3 months before pregnancy | 1298 | 11.8 (9.8-14.2) | | | 12.8 (12.3-13.3) |
| • Self-reported depression during pregnancy | 1272 | 10.8 (8.9-13.2) | | | 12.0 (11.5-12.5) |
| • Self-reported postpartum depressive symptoms [‡] | 1276 | 10.2 (8.5-12.3) | | | 12.5 (12.0-13.0) |
| Health Care Services | | | | | |
| • Health care visit in the 12 months before pregnancy | 1288 | 68.1 (65.1-71.0) | | | 67.7 (67.0-68.4) |
| • Began prenatal care in 1st trimester | 1287 | 87.2 (84.9-89.1) | | | 86.9 (86.4-87.4) |
| • Had a flu shot in the 12 months before birth | 1278 | 73.4 (70.3-76.3) | | | 58.9 (58.2-59.7) |
| • Had maternal postpartum checkup | 1282 | 91.7 (89.7-93.2) | | | 90.3 (89.8-90.7) |
| Pregnancy Intention | | | | | |
| • Mistimed | 1290 | 18.2 (15.8-20.9) | | | 19.5 (18.9-20.1) |
| • Unwanted pregnancy | 1290 | 4.4 (3.3-5.8) | | | 6.1 (5.7-6.5) |
| • Unsure whether wanted pregnancy | 1290 | 16.3 (13.9-19.0) | | | 15.5 (15.0-16.1) |
| • Intended pregnancy | 1290 | 61.1 (57.9-64.3) | | | 58.9 (58.1-59.6) |

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|--|------|-------------------------|------|-------------------------|---------------------------|
| | N* | % (95% CI) [†] | N* | % (95% CI) [†] | % (95% CI) [†] |
| Postpartum^{§§} Family Planning | | | | | |
| • Use of any postpartum contraception** | 1255 | 80.4 (77.7-82.8) | | | 77.0 (76.3-77.6) |
| • Highly effective contraceptive methods | | | | | |
| • Male or female sterilization | 1255 | 11.4 (9.4-13.8) | | | 11.2 (10.7-11.6) |
| • Long acting reversible contraceptive method ^{††} | 1255 | 19.4 (17.0-22.2) | | | 17.0 (16.5-17.6) |
| • Moderately effective contraceptive methods ^{††} | 1255 | 22.3 (19.6-25.3) | | | 25.6 (24.9-26.3) |
| • Least effective contraceptive methods ^{††} | 1255 | 27.2 (24.4-30.3) | | | 23.2 (22.5-23.8) |
| Oral Health | | | | | |
| • Teeth cleaned during pregnancy by a dentist or dental hygienist | 1295 | 51.9 (48.6-55.2) | | | 46.3 (45.5-47.0) |
| Health Insurance Status One Month Before Pregnancy^{††} | | | | | |
| • Private insurance | 1265 | 71.4 (68.5-74.1) | | | 63.0 (62.2-63.7) |
| • Medicaid | 1265 | 11.0 (9.1-13.2) | | | 23.0 (22.3-23.6) |
| • No insurance | 1265 | 17.6 (15.4-20.1) | | | 13.2 (12.6-13.7) |
| Health Insurance Status for Prenatal Care^{††} | | | | | |
| • Private insurance | 1230 | 67.9 (64.9-70.7) | | | 60.7 (59.9-61.4) |
| • Medicaid | 1230 | 30.4 (27.6-33.4) | | | 35.6 (34.9-36.4) |
| • No insurance | 1230 | 1.7 (1.1-2.7) | | | 2.6 (2.3-2.9) |
| Health Insurance Status Postpartum^{††§§} | | | | | |
| • Private insurance | 1274 | 67.2 (64.3-70.0) | | | 58.5 (57.7-59.2) |
| • Medicaid | 1274 | 18.2 (15.8-21.0) | | | 29.7 (29.0-30.4) |
| • No insurance | 1274 | 14.5 (12.7-16.6) | | | 10.8 (10.3-11.3) |
| Infant Sleep Practices | | | | | |
| • Baby most often laid on back to sleep | 1268 | 85.0 (82.6-87.2) | | | 79.5 (78.9-80.2) |
| Breastfeeding Practices | | | | | |
| • Ever breastfed | 1265 | 92.4 (90.4-94.0) | | | 87.7 (87.2-88.2) |
| • Any breastfeeding at 8 weeks | 1261 | 70.9 (67.7-73.8) | | | 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.