

Prevalence of Selected Maternal and Child Health Indicators for North Carolina, 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			994	38.7 (35.2-42.3)	40.4 (39.7-41.2)
Pre-pregnancy Weight					
• Underweight (Body Mass Index [BMI]<18.5 kg/m ²)			938	3.8 (2.6-5.6)	3.7 (3.4-4.0)
• Overweight (BMI 25-29.9 kg/m ²)			938	26.3 (23.1-29.8)	25.6 (24.9-26.3)
• Obese (BMI≥30 kg/m ²)			938	28.1 (24.8-31.6)	25.3 (24.6-26.0)
Substance Use					
• Any cigarette smoking					
• During the 3 months before pregnancy			977	19.5 (16.7-22.7)	17.7 (17.1-18.3)
• During the last 3 months of pregnancy			977	9.6 (7.6-12.1)	8.1 (7.7-8.6)
• Postpartum			978	14.5 (12.0-17.5)	11.7 (11.2-12.2)
• Any e-cigarette use					
• During the 3 months before pregnancy			982	2.5 (1.6-4.1)	3.7 (3.4-4.0)
• During the last 3 months of pregnancy			981	0.9 (0.4-1.8)	1.1 (1.0-1.3)
• Hookah use in the last 2 years			970	5.3 (3.8-7.3)	4.8 (4.4-5.1)
• Heavy drinking (8 or more drinks a week) during the 3 months before pregnancy			976	3.3 (2.2-5.0)	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			968	2.7 (1.7-4.3)	3.0 (2.7-3.2)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner			967	2.1 (1.3-3.6)	2.2 (2.0-2.4)
Depression					
• Self-reported depression in the 3 months before pregnancy			986	13.0 (10.7-15.7)	12.8 (12.3-13.3)
• Self-reported depression during pregnancy			973	13.7 (11.4-16.6)	12.0 (11.5-12.5)
• Self-reported postpartum depressive symptoms [‡]			974	11.7 (9.5-14.2)	12.5 (12.0-13.0)
Health Care Services					
• Health care visit in the 12 months before pregnancy			983	65.8 (62.1-69.2)	67.7 (67.0-68.4)
• Began prenatal care in 1st trimester			974	87.4 (84.7-89.7)	86.9 (86.4-87.4)
• Had a flu shot in the 12 months before birth			984	65.1 (61.5-68.6)	58.9 (58.2-59.7)
• Had maternal postpartum checkup			965	92.8 (90.6-94.6)	90.3 (89.8-90.7)
Pregnancy Intention					
• Mistimed			988	23.4 (20.3-26.7)	19.5 (18.9-20.1)
• Unwanted pregnancy			988	7.1 (5.3-9.3)	6.1 (5.7-6.5)
• Unsure whether wanted pregnancy			988	13.4 (11.0-16.1)	15.5 (15.0-16.1)
• Intended pregnancy			988	56.2 (52.5-59.8)	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**			954	78.1 (74.9-81.0)	77.0 (76.3-77.6)
• Highly effective contraceptive methods					
• Male or female sterilization			954	11.6 (9.5-14.1)	11.2 (10.7-11.6)
• Long acting reversible contraceptive method ^{††}			954	20.2 (17.3-23.4)	17.0 (16.5-17.6)
• Moderately effective contraceptive methods ^{††}			954	27.2 (24.0-30.6)	25.6 (24.9-26.3)
• Least effective contraceptive methods ^{††}			954	19.1 (16.4-22.2)	23.2 (22.5-23.8)
Oral Health					
• Teeth cleaned during pregnancy by a dentist or dental hygienist			990	42.4 (38.8-46.0)	46.3 (45.5-47.0)
Health Insurance Status One Month Before Pregnancy^{††}					
• Private insurance			963	58.1 (54.3-61.7)	63.0 (62.2-63.7)
• Medicaid			963	23.1 (19.9-26.5)	23.0 (22.3-23.6)
• No insurance			963	18.8 (16.1-21.9)	13.2 (12.6-13.7)
Health Insurance Status for Prenatal Care^{††}					
• Private insurance			953	55.2 (51.5-58.9)	60.7 (59.9-61.4)
• Medicaid			953	37.5 (33.9-41.3)	35.6 (34.9-36.4)
• No insurance			953	7.3 (5.6-9.4)	2.6 (2.3-2.9)
Health Insurance Status Postpartum^{††§§}					
• Private insurance			963	53.9 (50.2-57.6)	58.5 (57.7-59.2)
• Medicaid			963	31.8 (28.4-35.5)	29.7 (29.0-30.4)
• No insurance			963	13.7 (11.4-16.4)	10.8 (10.3-11.3)
Infant Sleep Practices					
• Baby most often laid on back to sleep			927	79.9 (76.7-82.8)	79.5 (78.9-80.2)
Breastfeeding Practices					
• Ever breastfed			941	86.4 (83.5-88.9)	87.7 (87.2-88.2)
• Any breastfeeding at 8 weeks			918	68.3 (64.6-71.8)	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.