

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

Health Indicator	2016		2017		Overall 2017 <sup>§</sup>
	N*	% (95% CI) <sup>†</sup>	N*	% (95% CI) <sup>†</sup>	% (95% CI) <sup>†</sup>
<b>Nutrition</b>					
• Multivitamin use ≥4 times a week during the month before pregnancy			585	39.5 (34.9-44.4)	40.4 (39.7-41.2)
<b>Pre-pregnancy Weight</b>					
• Underweight (Body Mass Index [BMI]<18.5 kg/m <sup>2</sup> )			574	4.0 (2.4-6.5)	3.7 (3.4-4.0)
• Overweight (BMI 25-29.9 kg/m <sup>2</sup> )			574	24.1 (20.2-28.5)	25.6 (24.9-26.3)
• Obese (BMI≥30 kg/m <sup>2</sup> )			574	28.9 (24.6-33.5)	25.3 (24.6-26.0)
<b>Substance Use</b>					
• Any cigarette smoking					
• During the 3 months before pregnancy			582	23.6 (19.8-27.9)	17.7 (17.1-18.3)
• During the last 3 months of pregnancy			585	10.9 (8.3-14.3)	8.1 (7.7-8.6)
• Postpartum			583	18.0 (14.6-22.0)	11.7 (11.2-12.2)
• Any e-cigarette use					
• During the 3 months before pregnancy			583	3.3 (1.9-5.6)	3.7 (3.4-4.0)
• During the last 3 months of pregnancy			583	0.1 (0.0-0.3)	1.1 (1.0-1.3)
• Hookah use in the last 2 years			582	2.8 (1.6-5.0)	4.8 (4.4-5.1)
• Heavy drinking (8 or more drinks a week) during the 3 months before pregnancy			579	3.0 (1.7-5.1)	2.6 (2.4-2.9)
<b>Intimate Partner Violence (IPV)<sup>¶</sup></b>					
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or an ex-husband or partner			581	2.4 (1.4-4.3)	3.0 (2.7-3.2)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner			582	1.7 (0.9-3.1)	2.2 (2.0-2.4)
<b>Depression</b>					
• Self-reported depression in the 3 months before pregnancy			588	16.2 (12.9-20.1)	12.8 (12.3-13.3)
• Self-reported depression during pregnancy			587	14.5 (11.4-18.2)	12.0 (11.5-12.5)
• Self-reported postpartum depressive symptoms <sup>‡</sup>			575	9.9 (7.3-13.1)	12.5 (12.0-13.0)
<b>Health Care Services</b>					
• Health care visit in the 12 months before pregnancy			583	67.8 (63.1-72.1)	67.7 (67.0-68.4)
• Began prenatal care in 1st trimester			580	85.1 (81.4-88.2)	86.9 (86.4-87.4)
• Had a flu shot in the 12 months before birth			572	69.7 (65.0-74.0)	58.9 (58.2-59.7)
• Had maternal postpartum checkup			582	87.1 (83.6-90.0)	90.3 (89.8-90.7)
<b>Pregnancy Intention</b>					
• Mistimed			581	18.2 (14.8-22.3)	19.5 (18.9-20.1)
• Unwanted pregnancy			581	6.9 (4.8-9.8)	6.1 (5.7-6.5)
• Unsure whether wanted pregnancy			581	18.6 (15.1-22.7)	15.5 (15.0-16.1)
• Intended pregnancy			581	56.3 (51.4-61.1)	58.9 (58.1-59.6)

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<b>Postpartum<sup>§§</sup> Family Planning</b>					
• Use of any postpartum contraception**			573	74.2 (69.7-78.3)	77.0 (76.3-77.6)
• Highly effective contraceptive methods					
• Male or female sterilization			573	10.1 (7.5-13.4)	11.2 (10.7-11.6)
• Long acting reversible contraceptive method <sup>††</sup>			573	14.5 (11.5-18.3)	17.0 (16.5-17.6)
• Moderately effective contraceptive methods <sup>††</sup>			573	26.3 (22.2-30.8)	25.6 (24.9-26.3)
• Least effective contraceptive methods <sup>††</sup>			573	23.3 (19.4-27.8)	23.2 (22.5-23.8)
<b>Oral Health</b>					
• Teeth cleaned during pregnancy by a dentist or dental hygienist			586	47.3 (42.5-52.2)	46.3 (45.5-47.0)
<b>Health Insurance Status One Month Before Pregnancy<sup>††</sup></b>					
• Private insurance			560	76.0 (71.7-79.8)	63.0 (62.2-63.7)
• Medicaid			560	16.2 (13.1-20.0)	23.0 (22.3-23.6)
• No insurance			560	7.8 (5.6-10.7)	13.2 (12.6-13.7)
<b>Health Insurance Status for Prenatal Care<sup>††</sup></b>					
• Private insurance			542	75.3 (70.9-79.2)	60.7 (59.9-61.4)
• Medicaid			542	21.6 (17.8-25.8)	35.6 (34.9-36.4)
• No insurance			542	3.1 (1.8-5.2)	2.6 (2.3-2.9)
<b>Health Insurance Status Postpartum<sup>††§§</sup></b>					
• Private insurance			556	74.7 (70.3-78.6)	58.5 (57.7-59.2)
• Medicaid			556	21.0 (17.4-25.1)	29.7 (29.0-30.4)
• No insurance			556	4.3 (2.7-6.7)	10.8 (10.3-11.3)
<b>Infant Sleep Practices</b>					
• Baby most often laid on back to sleep			568	83.4 (79.3-86.8)	79.5 (78.9-80.2)
<b>Breastfeeding Practices</b>					
• Ever breastfed			574	86.1 (82.4-89.1)	87.7 (87.2-88.2)
• Any breastfeeding at 8 weeks			569	65.9 (61.1-70.3)	67.7 (67.0-68.4)

<sup>§</sup>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

<sup>†</sup>Weighted percent (95% Confidence Interval)

<sup>††</sup>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”

<sup>§§</sup>Postpartum is defined as the time the PRAMS survey was completed

<sup>§</sup>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).

<sup>†††</sup>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.

<sup>§§§</sup>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.