

## Prevalence of Selected Maternal and Child Health Indicators for Utah, 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	1392	48.3 (45.1-51.6)	1436	46.1 (42.8-49.4)	40.4 (39.7-41.2)
<b>Pre-pregnancy Weight</b>					
• Underweight (Body Mass Index [BMI]<18.5 kg/m <sup>2</sup> )	1360	3.4 (2.5-4.7)	1384	5.4 (4.0-7.2)	3.7 (3.4-4.0)
• Overweight (BMI 25-29.9 kg/m <sup>2</sup> )	1360	24.9 (22.2-27.9)	1384	25.2 (22.4-28.3)	25.6 (24.9-26.3)
• Obese (BMI≥30 kg/m <sup>2</sup> )	1360	18.9 (16.5-21.6)	1384	22.0 (19.4-24.9)	25.3 (24.6-26.0)
<b>Substance Use</b>					
• Any cigarette smoking					
• During the 3 months before pregnancy	1381	9.7 (8.1-11.5)	1430	8.7 (7.2-10.3)	17.7 (17.1-18.3)
• During the last 3 months of pregnancy	1379	3.5 (2.7-4.7)	1431	3.6 (2.8-4.6)	8.1 (7.7-8.6)
• Postpartum	1380	5.5 (4.3-6.8)	1431	4.8 (3.8-6.0)	11.7 (11.2-12.2)
• Any e-cigarette use					
• During the 3 months before pregnancy	1378	5.0 (3.8-6.4)	1418	4.6 (3.6-5.9)	3.7 (3.4-4.0)
• During the last 3 months of pregnancy	1386	1.5 (1.0-2.4)	1424	1.6 (1.1-2.4)	1.1 (1.0-1.3)
• Hookah use in the last 2 years	1352	3.0 (2.2-4.2)	1400	2.8 (1.9-4.2)	4.8 (4.4-5.1)
• Heavy drinking (8 or more drinks a week) during the 3 months before pregnancy	1381	1.4 (0.9-2.4)	1427	1.5 (0.9-2.6)	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	1384	2.3 (1.6-3.4)	1410	2.4 (1.7-3.5)	3.0 (2.7-3.2)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	1382	1.6 (1.0-2.5)	1413	1.7 (1.1-2.6)	2.2 (2.0-2.4)
<b>Depression</b>					
• Self-reported depression in the 3 months before pregnancy	1383	14.4 (12.4-16.7)	1431	17.4 (15.1-20.0)	12.8 (12.3-13.3)
• Self-reported depression during pregnancy	1374	16.7 (14.5-19.3)	1434	17.2 (14.9-19.8)	12.0 (11.5-12.5)
• Self-reported postpartum depressive symptoms <sup>‡</sup>	1365	14.9 (12.8-17.3)	1410	15.3 (13.0-17.8)	12.5 (12.0-13.0)
<b>Health Care Services</b>					
• Health care visit in the 12 months before pregnancy	1384	72.5 (69.6-75.1)	1436	73.6 (70.8-76.2)	67.7 (67.0-68.4)
• Began prenatal care in 1st trimester	1366	90.0 (88.1-91.7)	1414	86.7 (84.3-88.8)	86.9 (86.4-87.4)
• Had a flu shot in the 12 months before birth	1376	63.8 (60.7-66.9)	1427	60.7 (57.4-63.9)	58.9 (58.2-59.7)
• Had maternal postpartum checkup	1379	90.3 (88.4-91.9)	1418	91.2 (89.3-92.8)	90.3 (89.8-90.7)
<b>Pregnancy Intention</b>					
• Mistimed	1356	16.8 (14.5-19.3)	1415	17.3 (14.9-19.9)	19.5 (18.9-20.1)
• Unwanted pregnancy	1356	3.6 (2.5-5.0)	1415	4.9 (3.8-6.4)	6.1 (5.7-6.5)
• Unsure whether wanted pregnancy	1356	11.9 (10.1-14.1)	1415	12.5 (10.5-14.8)	15.5 (15.0-16.1)
• Intended pregnancy	1356	67.8 (64.7-70.6)	1415	65.3 (62.1-68.3)	58.9 (58.1-59.6)

Health Indicator	2016		2017		Overall 2017 <sup>§</sup>
	N*	% (95% CI) <sup>†</sup>	N*	% (95% CI) <sup>†</sup>	% (95% CI) <sup>†</sup>
<b>Postpartum<sup>§§</sup> Family Planning</b>					
• Use of any postpartum contraception**	1352	85.1 (82.7-87.3)	1405	86.3 (83.9-88.4)	77.0 (76.3-77.6)
• Highly effective contraceptive methods					
• Male or female sterilization	1352	9.6 (7.9-11.7)	1405	11.8 (9.8-14.0)	11.2 (10.7-11.6)
• Long acting reversible contraceptive method <sup>††</sup>	1352	26.4 (23.6-29.4)	1405	28.0 (25.0-31.1)	17.0 (16.5-17.6)
• Moderately effective contraceptive methods <sup>††</sup>	1352	22.6 (20.0-25.6)	1405	20.9 (18.3-23.8)	25.6 (24.9-26.3)
• Least effective contraceptive methods <sup>††</sup>	1352	26.5 (23.6-29.5)	1405	25.7 (22.8-28.8)	23.2 (22.5-23.8)
<b>Oral Health</b>					
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1389	52.3 (49.1-55.5)	1440	53.6 (50.3-56.8)	46.3 (45.5-47.0)
<b>Health Insurance Status One Month Before Pregnancy<sup>††</sup></b>					
• Private insurance	1354	81.0 (78.7-83.0)	1387	80.6 (78.3-82.7)	63.0 (62.2-63.7)
• Medicaid	1354	6.2 (5.0-7.5)	1387	7.2 (5.9-8.8)	23.0 (22.3-23.6)
• No insurance	1354	12.9 (11.1-14.9)	1387	12.2 (10.5-14.2)	13.2 (12.6-13.7)
<b>Health Insurance Status for Prenatal Care<sup>††</sup></b>					
• Private insurance	1294	80.7 (78.4-82.8)	1334	79.3 (76.8-81.6)	60.7 (59.9-61.4)
• Medicaid	1294	15.0 (13.1-17.1)	1334	17.0 (14.8-19.5)	35.6 (34.9-36.4)
• No insurance	1294	4.3 (3.3-5.6)	1334	3.7 (2.8-4.7)	2.6 (2.3-2.9)
<b>Health Insurance Status Postpartum<sup>††§§</sup></b>					
• Private insurance	1347	78.9 (76.5-81.1)	1385	76.8 (74.2-79.2)	58.5 (57.7-59.2)
• Medicaid	1347	10.3 (8.7-12.1)	1385	11.2 (9.3-13.3)	29.7 (29.0-30.4)
• No insurance	1347	10.9 (9.2-12.7)	1385	12.0 (10.3-14.0)	10.8 (10.3-11.3)
<b>Infant Sleep Practices</b>					
• Baby most often laid on back to sleep	1343	85.9 (83.6-87.9)	1386	87.1 (84.8-89.1)	79.5 (78.9-80.2)
<b>Breastfeeding Practices</b>					
• Ever breastfed	1357	93.6 (91.9-94.9)	1398	94.1 (92.3-95.4)	87.7 (87.2-88.2)
• Any breastfeeding at 8 weeks	1346	77.3 (74.6-79.8)	1391	79.3 (76.6-81.7)	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.