

Prevalence of Selected Maternal and Child Health Indicators for Vermont, 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	917	45.9 (42.7-49.2)	843	47.0 (43.5-50.4)	40.4 (39.7-41.2)
Pre-pregnancy Weight					
• Underweight (Body Mass Index [BMI]<18.5 kg/m ²)	904	3.5 (2.4-5.0)	819	1.7 (1.0-2.7)	3.7 (3.4-4.0)
• Overweight (BMI 25-29.9 kg/m ²)	904	23.4 (20.7-26.3)	819	21.6 (18.8-24.7)	25.6 (24.9-26.3)
• Obese (BMI≥30 kg/m ²)	904	22.4 (19.7-25.3)	819	27.0 (23.9-30.4)	25.3 (24.6-26.0)
Substance Use					
• Any cigarette smoking					
• During the 3 months before pregnancy	902	24.3 (21.5-27.4)	836	22.0 (19.1-25.2)	17.7 (17.1-18.3)
• During the last 3 months of pregnancy	903	14.1 (11.9-16.7)	836	12.2 (9.9-14.8)	8.1 (7.7-8.6)
• Postpartum	904	15.7 (13.3-18.3)	840	14.3 (11.9-17.1)	11.7 (11.2-12.2)
• Any e-cigarette use					
• During the 3 months before pregnancy	893	4.3 (3.1-5.9)	815	3.1 (2.0-4.7)	3.7 (3.4-4.0)
• During the last 3 months of pregnancy	894	2.3 (1.5-3.6)	816	1.4 (0.7-2.6)	1.1 (1.0-1.3)
• Hookah use in the last 2 years	893	2.6 (1.7-3.8)	810	2.5 (1.6-4.1)	4.8 (4.4-5.1)
• Heavy drinking (8 or more drinks a week) during the 3 months before pregnancy	906	4.9 (3.6-6.6)	837	5.6 (4.2-7.5)	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	893	3.7 (2.6-5.3)	827	2.2 (1.3-3.7)	3.0 (2.7-3.2)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	893	2.0 (1.2-3.3)	824	1.7 (1.0-3.1)	2.2 (2.0-2.4)
Depression					
• Self-reported depression in the 3 months before pregnancy	918	20.3 (17.7-23.1)	844	19.7 (17.0-22.7)	12.8 (12.3-13.3)
• Self-reported depression during pregnancy	894	17.2 (14.8-20.0)	833	15.1 (12.7-17.8)	12.0 (11.5-12.5)
• Self-reported postpartum depressive symptoms [‡]	905	12.7 (10.6-15.1)	831	11.5 (9.4-14.0)	12.5 (12.0-13.0)
Health Care Services					
• Health care visit in the 12 months before pregnancy	913	79.2 (76.3-81.8)	840	77.0 (73.8-80.0)	67.7 (67.0-68.4)
• Began prenatal care in 1st trimester	897	92.6 (90.6-94.2)	826	95.1 (93.2-96.4)	86.9 (86.4-87.4)
• Had a flu shot in the 12 months before birth	897	65.7 (62.5-68.9)	822	70.2 (66.8-73.4)	58.9 (58.2-59.7)
• Had maternal postpartum checkup	911	93.1 (91.2-94.6)	830	93.7 (91.4-95.4)	90.3 (89.8-90.7)
Pregnancy Intention					
• Mistimed	900	17.0 (14.6-19.8)	831	14.8 (12.4-17.7)	19.5 (18.9-20.1)
• Unwanted pregnancy	900	5.6 (4.2-7.5)	831	4.5 (3.2-6.2)	6.1 (5.7-6.5)
• Unsure whether wanted pregnancy	900	14.4 (12.2-16.9)	831	14.0 (11.7-16.7)	15.5 (15.0-16.1)
• Intended pregnancy	900	63.0 (59.6-66.2)	831	66.7 (63.2-70.0)	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**	898	83.5 (80.9-85.8)	814	83.6 (80.8-86.0)	77.0 (76.3-77.6)
• Highly effective contraceptive methods					
• Male or female sterilization	898	11.5 (9.5-13.9)	814	12.7 (10.4-15.3)	11.2 (10.7-11.6)
• Long acting reversible contraceptive method ^{††}	898	25.7 (22.8-28.7)	814	28.2 (25.1-31.5)	17.0 (16.5-17.6)
• Moderately effective contraceptive methods ^{††}	898	20.3 (17.7-23.1)	814	21.5 (18.7-24.6)	25.6 (24.9-26.3)
• Least effective contraceptive methods ^{††}	898	26.1 (23.3-29.1)	814	21.2 (18.5-24.2)	23.2 (22.5-23.8)
Oral Health					
• Teeth cleaned during pregnancy by a dentist or dental hygienist	908	59.9 (56.6-63.1)	839	58.7 (55.2-62.2)	46.3 (45.5-47.0)
Health Insurance Status One Month Before Pregnancy^{††}					
• Private insurance	893	67.7 (64.4-70.8)	821	63.9 (60.3-67.4)	63.0 (62.2-63.7)
• Medicaid	893	27.4 (24.4-30.6)	821	30.2 (26.9-33.7)	23.0 (22.3-23.6)
• No insurance	893	4.9 (3.6-6.7)	821	5.9 (4.4-8.0)	13.2 (12.6-13.7)
Health Insurance Status for Prenatal Care^{††}					
• Private insurance	873	62.9 (59.6-66.2)	797	58.7 (55.1-62.3)	60.7 (59.9-61.4)
• Medicaid	873	36.5 (33.2-39.9)	797	40.5 (36.9-44.2)	35.6 (34.9-36.4)
• No insurance	873	0.6 (0.2-1.6)	797	0.8 (0.3-2.0)	2.6 (2.3-2.9)
Health Insurance Status Postpartum^{††§§}					
• Private insurance	898	59.5 (56.2-62.8)	821	57.4 (53.8-60.9)	58.5 (57.7-59.2)
• Medicaid	898	38.4 (35.1-41.7)	821	40.2 (36.7-43.8)	29.7 (29.0-30.4)
• No insurance	898	2.1 (1.3-3.4)	821	2.4 (1.5-3.9)	10.8 (10.3-11.3)
Infant Sleep Practices					
• Baby most often laid on back to sleep	896	85.0 (82.3-87.2)	828	87.8 (85.3-89.9)	79.5 (78.9-80.2)
Breastfeeding Practices					
• Ever breastfed	899	93.2 (91.2-94.7)	834	92.2 (89.8-94.0)	87.7 (87.2-88.2)
• Any breastfeeding at 8 weeks	890	77.4 (74.4-80.2)	827	76.9 (73.6-79.8)	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.