

Prevalence of Selected Maternal and Child Health Indicators for Washington, 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	1266	44.2 (40.8-47.7)	1230	45.1 (41.8-48.5)	40.4 (39.7-41.2)
Pre-pregnancy Weight					
• Underweight (Body Mass Index [BMI]<18.5 kg/m ²)	1227	2.9 (2.0-4.4)	1188	3.6 (2.5-5.1)	3.7 (3.4-4.0)
• Overweight (BMI 25-29.9 kg/m ²)	1227	23.6 (20.7-26.7)	1188	27.7 (24.6-31.0)	25.6 (24.9-26.3)
• Obese (BMI≥30 kg/m ²)	1227	22.4 (19.6-25.5)	1188	23.6 (20.7-26.7)	25.3 (24.6-26.0)
Substance Use					
• Any cigarette smoking					
• During the 3 months before pregnancy	1265	15.5 (12.9-18.4)	1224	16.3 (13.7-19.3)	17.7 (17.1-18.3)
• During the last 3 months of pregnancy	1265	5.6 (4.0-7.6)	1232	6.0 (4.3-8.2)	8.1 (7.7-8.6)
• Postpartum	1263	8.7 (6.7-11.1)	1231	9.7 (7.6-12.3)	11.7 (11.2-12.2)
• Any e-cigarette use					
• During the 3 months before pregnancy	1256	3.7 (2.5-5.5)	1223	3.7 (2.5-5.5)	3.7 (3.4-4.0)
• During the last 3 months of pregnancy	1259	1.1 (0.5-2.4)	1227	1.4 (0.7-2.8)	1.1 (1.0-1.3)
• Hookah use in the last 2 years	1249	3.0 (2.0-4.6)	1218	3.0 (2.0-4.4)	4.8 (4.4-5.1)
• Heavy drinking (8 or more drinks a week) during the 3 months before pregnancy	1230	3.5 (2.3-5.2)	1209	4.1 (2.8-5.9)	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	1251	2.5 (1.5-4.0)	1209	2.3 (1.4-3.7)	3.0 (2.7-3.2)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	1246	1.6 (0.9-2.8)	1201	1.9 (1.1-3.4)	2.2 (2.0-2.4)
Depression					
• Self-reported depression in the 3 months before pregnancy	1263	11.6 (9.5-14.2)	1223	12.5 (10.3-15.1)	12.8 (12.3-13.3)
• Self-reported depression during pregnancy	1249	12.1 (9.9-14.7)	1215	11.3 (9.2-13.7)	12.0 (11.5-12.5)
• Self-reported postpartum depressive symptoms [‡]	1202	11.8 (9.7-14.2)	1193	11.3 (9.3-13.8)	12.5 (12.0-13.0)
Health Care Services					
• Health care visit in the 12 months before pregnancy	1255	63.9 (60.5-67.1)	1223	65.1 (61.8-68.2)	67.7 (67.0-68.4)
• Began prenatal care in 1st trimester	1238	88.9 (86.5-90.9)	1220	88.0 (85.5-90.2)	86.9 (86.4-87.4)
• Had a flu shot in the 12 months before birth	1229	67.4 (63.9-70.7)	1217	64.9 (61.4-68.1)	58.9 (58.2-59.7)
• Had maternal postpartum checkup	1251	91.2 (89.0-93.0)	1226	89.9 (87.6-91.8)	90.3 (89.8-90.7)
Pregnancy Intention					
• Mistimed	1235	15.2 (12.8-17.9)	1217	17.2 (14.7-20.0)	19.5 (18.9-20.1)
• Unwanted pregnancy	1235	5.5 (4.1-7.4)	1217	4.2 (3.0-5.9)	6.1 (5.7-6.5)
• Unsure whether wanted pregnancy	1235	14.2 (11.9-17.0)	1217	14.1 (11.8-16.8)	15.5 (15.0-16.1)
• Intended pregnancy	1235	65.1 (61.6-68.4)	1217	64.5 (61.1-67.8)	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**	1241	77.8 (74.8-80.6)	1194	77.4 (74.4-80.1)	77.0 (76.3-77.6)
• Highly effective contraceptive methods					
• Male or female sterilization	1241	10.6 (8.6-12.9)	1194	10.7 (8.7-13.1)	11.2 (10.7-11.6)
• Long acting reversible contraceptive method ^{††}	1241	23.8 (20.9-26.9)	1194	23.7 (20.9-26.7)	17.0 (16.5-17.6)
• Moderately effective contraceptive methods ^{††}	1241	19.6 (16.9-22.5)	1194	19.9 (17.3-22.8)	25.6 (24.9-26.3)
• Least effective contraceptive methods ^{††}	1241	23.9 (21.1-27.0)	1194	23.1 (20.3-26.1)	23.2 (22.5-23.8)
Oral Health					
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1259	53.9 (50.4-57.4)	1222	51.1 (47.6-54.5)	46.3 (45.5-47.0)
Health Insurance Status One Month Before Pregnancy^{††}					
• Private insurance	1222	70.4 (67.2-73.5)	1190	67.5 (64.2-70.7)	63.0 (62.2-63.7)
• Medicaid	1222	17.5 (14.9-20.4)	1190	21.5 (18.6-24.7)	23.0 (22.3-23.6)
• No insurance	1222	12.1 (10.1-14.3)	1190	11.0 (9.2-13.2)	13.2 (12.6-13.7)
Health Insurance Status for Prenatal Care^{††}					
• Private insurance	1181	69.1 (65.7-72.2)	1157	66.1 (62.6-69.4)	60.7 (59.9-61.4)
• Medicaid	1181	30.6 (27.4-33.9)	1157	33.3 (30.0-36.8)	35.6 (34.9-36.4)
• No insurance	1181	0.4 (0.1-1.2)	1157	0.6 (0.2-1.8)	2.6 (2.3-2.9)
Health Insurance Status Postpartum^{††§§}					
• Private insurance	1211	64.7 (61.3-67.9)	1176	63.7 (60.3-67.0)	58.5 (57.7-59.2)
• Medicaid	1211	25.2 (22.2-28.5)	1176	27.8 (24.7-31.3)	29.7 (29.0-30.4)
• No insurance	1211	10.1 (8.4-12.1)	1176	8.5 (6.9-10.3)	10.8 (10.3-11.3)
Infant Sleep Practices					
• Baby most often laid on back to sleep	1235	80.6 (77.8-83.2)	1200	85.3 (82.8-87.4)	79.5 (78.9-80.2)
Breastfeeding Practices					
• Ever breastfed	1239	96.0 (94.4-97.2)	1207	94.2 (92.3-95.7)	87.7 (87.2-88.2)
• Any breastfeeding at 8 weeks	1233	82.0 (79.1-84.6)	1200	79.4 (76.3-82.1)	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.