



**Prevalence of Selected Maternal and Child Health Indicators for Arkansas, Pregnancy Risk Assessment Monitoring System (PRAMS), 2016–2019**

Health Indicator	2016		2017 <sup>II</sup>		2018		2019		Overall 2019 <sup>S</sup>
	N <sup>#</sup>	% (95% CI) <sup>II</sup>	N <sup>#</sup>	% (95% CI) <sup>II</sup>	N <sup>#</sup>	% (95% CI) <sup>II</sup>	N <sup>#</sup>	% (95% CI) <sup>II</sup>	% (95% CI) <sup>II</sup>
<b>Nutrition</b>									
• Multivitamin use ≥4 times a week during the month before pregnancy	901	35.9 (31.4-40.7)			893	32.7 (28.0-37.8)	970	35.5 (30.8-40.4)	41.8 (41.0-42.5)
<b>Pre-pregnancy Weight</b>									
• Underweight (Body Mass Index [BMI]<18.5 kg/m <sup>2</sup> )	864	3.8 (2.3-6.0)			860	2.6 (1.5-4.5)	920	3.5 (2.0-5.9)	3.3 (3.0-3.6)
• Overweight (BMI 25-29.9 kg/m <sup>2</sup> )	864	25.6 (21.5-30.1)			860	24.6 (20.4-29.4)	920	28.9 (24.5-33.9)	26.2 (25.5-26.9)
• Obese (BMI≥30 kg/m <sup>2</sup> )	864	28.9 (24.7-33.6)			860	29.8 (25.1-34.9)	920	32.7 (28.0-37.7)	27.1 (26.4-27.8)
<b>Substance Use</b>									
• Any cigarette smoking									
• During the 3 months before pregnancy	878	24.3 (20.4-28.7)			877	27.0 (22.5-32.0)	961	23.2 (19.2-27.9)	15.1 (14.6-15.7)
• During the last 3 months of pregnancy	880	15.7 (12.5-19.6)			879	16.4 (12.8-20.7)	959	13.4 (10.1-17.4)	6.8 (6.5-7.2)
• Postpartum	878	19.9 (16.3-24.1)			875	21.5 (17.4-26.3)	958	14.6 (11.3-18.6)	9.7 (9.2-10.1)
• Any e-cigarette use									
• During the 3 months before pregnancy	884	8.3 (5.9-11.6)			878	5.9 (3.7-9.4)	956	6.3 (4.2-9.3)	4.3 (4.0-4.6)
• During the last 3 months of pregnancy	883	3.4 (2.0-5.8)			880	3.7 (2.2-6.3)	956	3.0 (1.6-5.5)	1.3 (1.1-1.4)
• Hookah use in the last 2 years	883	4.4 (2.8-7.0)			869	2.0 (0.9-4.0)	948	2.9 (1.6-5.2)	4.7 (4.4-5.1)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	884	3.2 (1.8-5.5)			872	1.1 (0.4-2.7)	954	1.2 (0.5-2.9)	2.9 (2.6-3.2)
<b>Intimate Partner Violence (IPV)<sup>X</sup></b>									
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or an ex-husband or partner	880	6.0 (4.0-8.7)			874	6.7 (4.4-10.0)	952	4.8 (3.0-7.6)	3.0 (2.8-3.3)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	881	2.1 (1.1-4.0)			875	5.4 (3.4-8.5)	953	2.7 (1.5-5.0)	2.0 (1.8-2.2)
<b>Depression</b>									
• Self-reported depression in the 3 months before pregnancy	900	19.0 (15.5-23.1)			892	20.5 (16.6-25.1)	957	22.9 (18.8-27.6)	15.1 (14.5-15.7)
• Self-reported depression during pregnancy	880	20.8 (17.1-25.0)			876	19.6 (15.8-24.1)	955	22.9 (18.8-27.5)	14.8 (14.2-15.4)
• Self-reported postpartum depressive symptoms**	884	19.2 (15.7-23.3)			871	21.0 (16.9-25.7)	944	19.1 (15.4-23.4)	13.4 (12.9-14.0)
<b>Health Care Services</b>									
• Health care visit in the 12 months before pregnancy	895	56.4 (51.5-61.2)			877	65.4 (60.1-70.3)	959	59.8 (54.7-64.7)	68.0 (67.2-68.7)
• Began prenatal care in 1st trimester	886	80.1 (75.9-83.8)			864	85.9 (81.9-89.1)	951	83.3 (79.0-86.8)	87.7 (87.2-88.3)
• Had a flu shot in the 12 months before birth	888	61.0 (56.2-65.7)			876	60.3 (55.0-65.4)	957	61.8 (56.8-66.6)	60.8 (60.1-61.6)
• Had maternal postpartum checkup	875	89.9 (86.6-92.5)			877	91.5 (88.3-94.0)	951	88.8 (85.2-91.6)	90.7 (90.3-91.2)
<b>Pregnancy Intention</b>									
• Mistimed	894	21.5 (17.7-25.8)			892	19.6 (15.7-24.2)	966	20.4 (16.6-24.9)	19.3 (18.7-19.9)
• Unwanted pregnancy	894	9.8 (7.2-13.0)			892	8.8 (6.4-12.1)	966	8.0 (5.7-11.2)	6.5 (6.2-6.9)
• Unsure whether wanted pregnancy	894	17.7 (14.3-21.6)			892	19.2 (15.4-23.6)	966	19.5 (15.7-23.9)	15.7 (15.1-16.2)
• Intended pregnancy	894	51.1 (46.2-56.0)			892	52.5 (47.2-57.7)	966	52.0 (46.9-57.1)	58.5 (57.7-59.3)

Health Indicator	2016		2017 <sup>l</sup>		2018		2019		Overall 2019 <sup>s</sup>
	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	% (95% CI) <sup>¶</sup>
<b>Postpartum<sup>++</sup> Family Planning</b>									
• Use of any postpartum contraception <sup>+++</sup>	872	83.4 (79.4-86.7)			868	80.7 (76.4-84.4)	941	78.8 (74.4-82.6)	76.4 (75.7-77.0)
• Highly effective contraceptive methods									
• Male or female sterilization	872	14.7 (11.6-18.5)			868	18.0 (14.3-22.3)	941	15.7 (12.3-19.9)	11.5 (11.0-12.0)
• Long acting reversible contraceptive method <sup>§§</sup>	872	15.5 (12.2-19.5)			868	15.6 (12.1-19.8)	941	17.0 (13.5-21.2)	17.3 (16.7-17.9)
• Moderately effective contraceptive methods <sup>§§</sup>	872	34.8 (30.2-39.7)			868	32.0 (27.1-37.3)	941	27.4 (23.1-32.2)	24.6 (23.9-25.3)
• Least effective contraceptive methods <sup>§§</sup>	872	18.4 (14.8-22.6)			868	15.2 (11.8-19.5)	941	18.7 (15.0-23.0)	23.0 (22.4-23.7)
<b>Oral Health</b>									
• Teeth cleaned during pregnancy by a dentist or dental hygienist	890	36.2 (31.6-41.1)			884	38.6 (33.6-43.8)	964	40.0 (35.2-45.0)	45.9 (45.1-46.7)
<b>Health Insurance Status One Month Before Pregnancy<sup>¶¶</sup></b>									
• Private insurance	785	64.9 (59.7-69.7)			859	58.7 (53.3-63.9)	933	59.6 (54.4-64.6)	62.7 (62.0-63.5)
• Medicaid	785	20.1 (16.3-24.6)			859	26.6 (22.1-31.7)	933	25.1 (20.9-29.8)	22.6 (22.0-23.3)
• No insurance	785	11.0 (8.0-14.8)			859	12.4 (9.1-16.6)	933	12.4 (9.3-16.4)	13.8 (13.2-14.4)
<b>Health Insurance Status for Prenatal Care<sup>¶¶</sup></b>									
• Private insurance	804	55.8 (50.7-60.8)			850	51.3 (45.9-56.6)	913	52.4 (47.2-57.5)	59.8 (59.1-60.6)
• Medicaid	804	40.7 (35.8-45.8)			850	45.1 (39.8-50.5)	913	43.5 (38.4-48.7)	36.2 (35.5-37.0)
• No insurance	804	1.2 (0.5-2.9)			850	2.0 (1.0-4.2)	913	1.9 (0.9-4.1)	2.8 (2.5-3.1)
<b>Health Insurance Status Postpartum<sup>+++¶¶</sup></b>									
• Private insurance	801	61.6 (56.5-66.5)			867	51.5 (46.1-56.8)	925	55.9 (50.7-61.0)	57.7 (56.9-58.4)
• Medicaid	801	29.0 (24.6-33.8)			867	35.3 (30.3-40.7)	925	31.5 (26.9-36.5)	29.9 (29.2-30.6)
• No insurance	801	6.2 (4.1-9.3)			867	11.2 (8.2-15.1)	925	11.5 (8.4-15.4)	11.5 (11.0-12.0)
<b>Infant Sleep Practices</b>									
• Baby most often laid on back to sleep	853	74.4 (69.9-78.5)			852	77.0 (72.3-81.1)	919	79.1 (74.6-82.9)	79.6 (78.9-80.2)
<b>Breastfeeding Practices</b>									
• Ever breastfed	850	83.3 (79.5-86.6)			857	79.9 (75.3-83.8)	931	82.4 (78.1-85.9)	87.9 (87.4-88.4)
• Any breastfeeding at 8 weeks	850	56.1 (51.2-60.9)			847	49.4 (44.1-54.8)	923	57.2 (52.0-62.1)	67.7 (67.0-68.4)

<sup>l</sup>Did not meet the required 55% response rate threshold in 2017

<sup>s</sup>PRAMS site aggregate for 2019: Alabama, Alaska, Arkansas, Colorado, Connecticut, Delaware, District of Columbia, Florida, Georgia, Hawaii, Illinois, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, New Hampshire, New Jersey, New Mexico, New York City, New York State, North Carolina, North Dakota, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Dakota, Tennessee, Utah, Vermont, Virginia, Washington, Wisconsin, and Wyoming met the required 50% response rate threshold for inclusion.

<sup>#</sup>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>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.

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

<sup>§§</sup>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.