



**Prevalence of Selected Maternal and Child Health Indicators for Alabama, Pregnancy Risk Assessment Monitoring System (PRAMS), 2016–2020**

Health Indicator	2016 <sup>o</sup>		2017		2018		2019		2020		Overall 2020 <sup>ll</sup>
	N#	% (95% CI) <sup>nl</sup>	N#	% (95% CI) <sup>nl</sup>	N#	% (95% CI) <sup>nl</sup>	N#	% (95% CI) <sup>nl</sup>	N#	% (95% CI) <sup>nl</sup>	% (95% CI) <sup>nl</sup>
<b>Nutrition</b>											
• Multivitamin use ≥4 times a week during the month before pregnancy			879	31.1 (28.1-34.3)	802	33.5 (30.3-36.8)	796	33.5 (30.4-36.8)	643	38.9 (35.2-42.6)	43.6 (42.9-44.4)
<b>Pre-pregnancy Weight</b>											
• Underweight (body mass index [BMI] <18.5 kg/m <sup>2</sup> )			841	3.7 (2.5-5.3)	773	3.8 (2.7-5.5)	759	2.7 (1.7-4.1)	605	4.3 (2.9-6.4)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m <sup>2</sup> )			841	26.4 (23.4-29.7)	773	22.8 (19.9-26.1)	759	25.8 (22.8-29.0)	605	24.0 (20.8-27.5)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m <sup>2</sup> )			841	27.2 (24.2-30.5)	773	31.7 (28.4-35.3)	759	32.8 (29.6-36.3)	605	33.4 (29.7-37.3)	27.7 (27.0-28.4)
<b>Substance Use</b>											
• Any cigarette smoking											
• During the 3 months before pregnancy			868	23.3 (20.5-26.4)	788	23.7 (20.8-26.9)	785	25.0 (22.0-28.2)	629	16.8 (14.0-20.0)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy			870	11.9 (9.8-14.5)	789	10.8 (8.7-13.3)	785	12.6 (10.3-15.2)	629	7.8 (5.9-10.3)	6.5 (6.2-6.9)
• Postpartum			869	15.5 (13.1-18.2)	788	17.0 (14.4-20.0)	785	16.0 (13.5-18.9)	629	10.6 (8.3-13.4)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy			866	4.4 (3.2-6.2)	789	5.4 (4.0-7.4)	784	6.5 (4.9-8.6)	628	8.2 (6.3-10.7)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy			867	1.5 (0.8-2.7)	789	1.4 (0.8-2.6)	784	1.2 (0.6-2.4)	628	2.7 (1.7-4.4)	1.5 (1.3-1.7)
• Hookah use in the last 2 years			860	3.6 (2.5-5.3)	787	2.6 (1.7-4.0)	782	3.5 (2.4-5.0)	628	3.4 (2.3-5.2)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy			867	2.6 (1.7-4.0)	790	2.3 (1.4-3.7)	780	2.6 (1.7-4.0)	623	2.1 (1.2-3.6)	3.0 (2.8-3.3)
<b>Intimate Partner Violence (IPV)<sup>‡</sup></b>											
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or by an ex-husband or ex-partner			861	4.7 (3.4-6.6)	784	4.0 (2.7-5.7)	785	3.7 (2.6-5.3)	622	3.3 (2.1-5.1)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner			862	3.7 (2.6-5.4)	783	2.2 (1.3-3.6)	785	2.7 (1.8-4.2)	623	0.7 (0.2-1.8)	1.7 (1.5-1.9)
<b>Depression</b>											
• Self-reported depression in the 3 months before pregnancy			879	13.2 (11.0-15.7)	801	17.3 (14.7-20.2)	793	15.8 (13.4-18.6)	643	14.3 (11.8-17.4)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy			866	13.8 (11.6-16.5)	784	16.4 (13.9-19.3)	781	15.9 (13.4-18.7)	633	14.3 (11.7-17.3)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms <sup>**</sup>			854	19.9 (17.2-22.9)	785	17.3 (14.7-20.2)	767	23.5 (20.5-26.7)	610	20.8 (17.7-24.2)	13.4 (12.9-13.9)
<b>Health Care Services</b>											
• Health care visit in the 12 months before pregnancy			870	55.1 (51.8-58.3)	804	58.2 (54.8-61.5)	789	56.5 (53.1-59.8)	634	59.1 (55.4-62.8)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester			859	83.0 (80.2-85.5)	795	83.2 (80.3-85.7)	787	83.0 (80.2-85.5)	626	86.3 (83.3-88.8)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery			863	47.4 (43.9-50.9)	795	46.5 (43.0-50.1)	779	52.7 (49.2-56.2)	632	48.9 (45.0-52.7)	60.9 (60.1-61.7)
• Had maternal postpartum checkup			859	88.7 (86.3-90.8)	782	94.3 (92.3-95.8)	776	92.8 (90.7-94.4)	613	91.1 (88.5-93.2)	88.1 (87.6-88.6)
<b>Pregnancy Intention</b>											
• Mistimed			873	24.3 (21.4-27.5)	801	21.7 (18.9-24.9)	786	21.6 (18.9-24.7)	637	18.5 (15.6-21.7)	17.7 (17.2-18.4)
• Unwanted pregnancy			873	8.6 (6.8-10.8)	801	7.3 (5.7-9.4)	786	8.8 (6.9-11.0)	637	8.4 (6.5-10.9)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy			873	17.7 (15.2-20.6)	801	17.3 (14.7-20.2)	786	20.9 (18.1-23.9)	637	18.5 (15.6-21.8)	15.5 (15.0-16.1)
• Intended pregnancy			873	49.4 (46.0-52.7)	801	53.6 (50.1-57.1)	786	48.7 (45.3-52.2)	637	54.6 (50.7-58.4)	60.4 (59.6-61.1)

Health Indicator	2016 <sup>o</sup>		2017		2018		2019		2020		Overall 2020 <sup>ll</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>	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>			848	81.0 (78.0-83.6)	774	78.2 (75.0-81.1)	763	83.3 (80.5-85.9)	602	78.8 (75.3-82.0)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization			848	18.1 (15.5-21.0)	774	13.2 (11.0-15.9)	763	17.7 (15.1-20.6)	602	15.8 (13.1-19.0)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method <sup>ss</sup>			848	16.3 (13.8-19.1)	774	13.8 (11.4-16.5)	763	15.1 (12.7-17.8)	602	13.2 (10.7-16.1)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods <sup>ss</sup>			848	30.7 (27.5-34.1)	774	32.0 (28.7-35.5)	763	31.8 (28.6-35.3)	602	31.5 (27.8-35.4)	24.5 (23.9-25.2)
• Least effective contraceptive methods <sup>ss</sup>			848	16.0 (13.6-18.6)	774	19.2 (16.5-22.2)	763	18.7 (16.2-21.6)	602	18.3 (15.4-21.5)	22.4 (21.8-23.1)
<b>Oral Health</b>											
• Teeth cleaned during pregnancy by a dentist or dental hygienist			868	36.0 (33.0-39.2)	795	36.6 (33.4-39.9)	791	35.4 (32.3-38.7)	633	33.6 (30.2-37.2)	40.0 (39.3-40.8)
<b>Health Insurance Status One Month Before Pregnancy<sup>¶¶</sup></b>											
• Private insurance			858	59.5 (56.7-62.2)	786	59.2 (56.5-61.8)	761	62.1 (59.3-64.8)	636	61.7 (58.7-64.6)	61.8 (61.0-62.5)
• Medicaid			858	19.0 (16.5-21.8)	786	24.0 (21.3-26.9)	761	21.7 (19.0-24.6)	636	21.3 (18.3-24.5)	23.5 (22.9-24.1)
• No insurance			858	21.0 (18.4-23.8)	786	16.5 (14.1-19.3)	761	16.1 (13.7-18.8)	636	16.7 (14.1-19.7)	14.0 (13.4-14.5)
<b>Health Insurance Status for Prenatal Care<sup>¶¶</sup></b>											
• Private insurance			848	51.3 (48.8-53.7)	783	53.4 (50.9-55.8)	754	55.8 (53.3-58.4)	625	55.1 (52.4-57.9)	59.6 (58.8-60.3)
• Medicaid			848	45.9 (43.4-48.5)	783	44.4 (42.0-46.8)	754	41.6 (39.0-44.2)	625	43.3 (40.6-46.1)	36.6 (35.8-37.3)
• No insurance			848	2.2 (1.4-3.6)	783	1.8 (1.1-3.1)	754	2.4 (1.5-3.7)	625	1.2 (0.6-2.4)	2.8 (2.5-3.1)
<b>Health Insurance Status Postpartum<sup>++¶¶</sup></b>											
• Private insurance			862	54.7 (52.0-57.4)	794	51.8 (49.4-54.2)	763	54.1 (51.4-56.8)	625	54.2 (51.4-57.1)	56.4 (55.6-57.2)
• Medicaid			862	28.6 (25.8-31.7)	794	33.0 (30.1-36.0)	763	29.8 (27.0-32.9)	625	32.4 (29.2-35.6)	35.4 (34.7-36.1)
• No insurance			862	16.6 (14.3-19.3)	794	15.2 (12.9-17.8)	763	16.0 (13.6-18.8)	625	13.3 (10.9-16.1)	7.2 (6.8-7.7)
<b>Infant Sleep Practices</b>											
• Baby most often laid on back to sleep			830	72.1 (68.8-75.3)	754	75.3 (71.9-78.4)	750	72.0 (68.6-75.1)	610	73.3 (69.5-76.7)	79.5 (78.9-80.2)
<b>Breastfeeding Practices</b>											
• Ever breastfed			840	78.0 (74.9-80.8)	776	78.6 (75.4-81.5)	759	77.8 (74.7-80.7)	614	77.2 (73.7-80.4)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks			836	50.1 (46.7-53.6)	771	50.4 (46.8-53.9)	763	51.2 (47.7-54.7)	615	54.4 (50.6-58.3)	68.5 (67.8-69.3)

<sup>o</sup> Did not meet the required 55% response rate threshold in 2016.

<sup>ll</sup> PRAMS sites aggregated for 2020: Alabama, Alaska, Arizona, 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, North Dakota, Oregon, Pennsylvania, Puerto Rico, South Dakota, Tennessee, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming that met the required 50% response rate threshold for inclusion.

<sup>#</sup> Unweighted sample size.

<sup>¶</sup> Weighted percentage (95% confidence interval [CI]).

<sup>‡</sup> Defined as being pushed, hit, slapped, kicked, choked, or physically hurt in any way by a husband or partner and/or by an ex-husband or ex-partner. In 2016 (Phase 8 questionnaire), 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 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 or natural family planning, withdrawal).

<sup>ss</sup> Long-acting reversible contraception (LARC) methods include 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 or natural family planning, and withdrawal. Women who selected the “other” write-in option were excluded from the analysis.

<sup>¶¶</sup> Insurance coded as Medicaid (Medicaid or state-named Medicaid program), Private (private only, any other insurance in combination with private, or TRICARE or other military insurance), or No insurance (no insurance or Indian Health Service (IHS) only; in Alaska, coverage by the Alaska Tribal Health System was part of the IHS response option). Other state-specific government plans or programs, such as the Children’s Health Insurance Program (CHIP) or State Children’s Health Insurance Program (SCHIP), were excluded from estimates.