



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

Health Indicator	2016		2017		2018		2019		2020		Overall 2020 <sup>II</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>Nutrition</b>											
• Multivitamin use ≥4 times a week during the month before pregnancy	1165	40.5 (37.0-44.0)	1041	40.2 (36.6-43.9)	1006	43.9 (40.4-47.5)	1065	41.3 (37.9-44.8)	1019	44.2 (40.8-47.7)	43.6 (42.9-44.4)
<b>Pre-pregnancy Weight</b>											
• Underweight (body mass index [BMI] <18.5 kg/m <sup>2</sup> )	1144	2.3 (1.5-3.5)	1011	2.8 (1.7-4.7)	979	3.4 (2.2-5.1)	1041	1.8 (1.1-3.0)	996	1.6 (0.9-2.7)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m <sup>2</sup> )	1144	23.4 (20.5-26.6)	1011	24.9 (21.7-28.3)	979	25.9 (22.8-29.3)	1041	28.8 (25.7-32.1)	996	28.0 (24.9-31.3)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m <sup>2</sup> )	1144	24.6 (21.7-27.8)	1011	26.2 (23.1-29.7)	979	22.2 (19.4-25.4)	1041	25.1 (22.2-28.3)	996	28.3 (25.2-31.7)	27.7 (27.0-28.4)
<b>Substance Use</b>											
• Any cigarette smoking											
• During the 3 months before pregnancy	1158	25.7 (22.9-28.8)	1032	22.9 (20.2-25.9)	990	22.1 (19.4-25.1)	1061	20.9 (18.5-23.6)	1012	20.0 (17.5-22.6)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1160	11.0 (9.2-13.1)	1033	12.3 (10.3-14.7)	993	10.2 (8.4-12.4)	1062	10.2 (8.5-12.2)	1014	10.1 (8.5-11.9)	6.5 (6.2-6.9)
• Postpartum	1158	14.8 (12.7-17.1)	1031	14.4 (12.2-17.0)	993	12.1 (10.1-14.5)	1062	12.9 (11.1-15.1)	1013	12.8 (10.8-15.0)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1156	5.3 (3.8-7.3)	1031	2.8 (1.8-4.6)	1001	4.2 (2.9-6.0)	1056	4.6 (3.3-6.5)	1013	4.5 (3.4-6.0)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1156	1.1 (0.6-2.1)	1031	0.9 (0.3-2.1)	1001	1.0 (0.5-2.2)	1054	0.9 (0.4-2.0)	1013	1.1 (0.6-2.0)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	1147	4.0 (2.7-5.9)	1025	4.2 (2.8-6.2)	990	2.3 (1.4-3.7)	1052	3.3 (2.2-5.0)	1005	0.9 (0.5-1.6)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1152	2.8 (1.9-4.1)	1020	3.9 (2.6-5.7)	995	4.5 (3.2-6.2)	1043	3.9 (2.8-5.5)	1005	3.5 (2.4-4.9)	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	1148	2.7 (1.9-3.9)	1019	4.0 (2.8-5.6)	989	5.2 (3.8-7.2)	1038	3.7 (2.8-4.9)	991	3.3 (2.3-4.5)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	1142	2.2 (1.5-3.4)	1020	2.9 (1.9-4.2)	986	3.6 (2.4-5.3)	1041	2.3 (1.6-3.3)	992	2.3 (1.5-3.5)	1.7 (1.5-1.9)
<b>Depression</b>											
• Self-reported depression in the 3 months before pregnancy	1172	12.0 (10.0-14.4)	1042	13.5 (11.1-16.3)	1010	12.3 (10.1-14.9)	1072	14.0 (11.8-16.5)	1025	15.9 (13.6-18.6)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1165	13.2 (11.1-15.8)	1031	13.2 (10.8-15.9)	996	14.6 (12.2-17.4)	1060	13.8 (11.7-16.3)	1014	14.6 (12.4-17.1)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms <sup>**</sup>	1128	14.1 (11.7-16.8)	1018	13.4 (11.1-16.2)	974	14.8 (12.4-17.5)	1033	12.2 (10.1-14.8)	986	13.8 (11.5-16.4)	13.4 (12.9-13.9)
<b>Health Care Services</b>											
• Health care visit in the 12 months before pregnancy	1163	65.4 (62.1-68.6)	1032	67.2 (63.6-70.5)	998	66.1 (62.6-69.4)	1063	67.4 (64.1-70.5)	1009	66.9 (63.5-70.2)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1142	84.7 (81.9-87.1)	1014	85.7 (82.9-88.2)	978	83.2 (80.2-85.8)	1032	85.9 (83.3-88.2)	982	84.2 (81.3-86.7)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1143	57.6 (53.9-61.1)	1015	58.9 (55.1-62.6)	978	60.9 (57.3-64.5)	1016	62.9 (59.4-66.3)	987	64.1 (60.6-67.5)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	1137	86.4 (83.9-88.6)	1023	87.6 (85.1-89.8)	978	89.0 (86.6-91.1)	1039	88.3 (85.9-90.4)	986	85.0 (82.4-87.3)	88.1 (87.6-88.6)
<b>Pregnancy Intention</b>											
• Mistimed	1153	17.2 (14.6-20.2)	1030	16.6 (14.0-19.6)	989	13.9 (11.6-16.7)	1056	16.8 (14.2-19.7)	998	14.6 (12.1-17.3)	17.7 (17.2-18.4)
• Unwanted pregnancy	1153	4.8 (3.5-6.5)	1030	5.2 (3.7-7.2)	989	6.1 (4.6-8.1)	1056	6.3 (4.9-8.2)	998	5.9 (4.4-7.8)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1153	16.5 (14.1-19.1)	1030	19.7 (16.9-22.7)	989	21.3 (18.5-24.3)	1056	17.8 (15.4-20.5)	998	17.7 (15.3-20.4)	15.5 (15.0-16.1)
• Intended pregnancy	1153	61.5 (58.0-64.9)	1030	58.5 (54.8-62.2)	989	58.7 (55.1-62.2)	1056	59.1 (55.6-62.4)	998	61.8 (58.4-65.2)	60.4 (59.6-61.1)

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<b>Postpartum<sup>††</sup> Family Planning</b>											
• Use of any postpartum contraception <sup>††††</sup>	1118	79.9 (76.9-82.6)	1004	74.8 (71.3-77.9)	964	74.8 (71.4-77.9)	1022	77.8 (74.7-80.6)	971	75.2 (72.0-78.2)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	1118	12.6 (10.3-15.3)	1004	10.1 (8.0-12.6)	964	10.4 (8.4-12.9)	1022	11.8 (9.6-14.3)	971	9.9 (7.9-12.3)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method <sup>§§</sup>	1118	23.8 (20.9-27.1)	1004	23.5 (20.5-26.8)	964	23.2 (20.2-26.4)	1022	26.0 (23.0-29.3)	971	20.4 (17.7-23.4)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods <sup>§§</sup>	1118	20.4 (17.6-23.5)	1004	18.9 (16.1-22.2)	964	19.4 (16.7-22.5)	1022	17.9 (15.3-20.8)	971	18.8 (16.2-21.7)	24.5 (23.9-25.2)
• Least effective contraceptive methods <sup>§§</sup>	1118	23.0 (20.0-26.3)	1004	22.3 (19.2-25.7)	964	21.7 (18.8-25.0)	1022	22.1 (19.2-25.3)	971	26.1 (23.0-29.5)	22.4 (21.8-23.1)
<b>Oral Health</b>											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1166	47.7 (44.2-51.3)	1035	45.7 (42.0-49.5)	998	52.1 (48.4-55.7)	1060	54.8 (51.3-58.2)	1015	44.9 (41.4-48.4)	40.0 (39.3-40.8)
<b>Health Insurance Status One Month Before Pregnancy<sup>¶¶¶</sup></b>											
• Private insurance	1143	59.1 (55.8-62.3)	1010	61.8 (58.4-65.1)	988	60.5 (57.1-63.7)	1056	60.3 (57.1-63.5)	1006	58.4 (55.1-61.6)	61.8 (61.0-62.5)
• Medicaid	1143	23.2 (20.6-26.1)	1010	22.9 (20.3-25.7)	988	27.4 (24.6-30.5)	1056	28.7 (25.9-31.7)	1006	30.3 (27.4-33.4)	23.5 (22.9-24.1)
• No insurance	1143	17.7 (15.2-20.4)	1010	15.3 (12.8-18.2)	988	12.1 (10.0-14.6)	1056	11.0 (9.0-13.3)	1006	11.3 (9.2-13.7)	14.0 (13.4-14.5)
<b>Health Insurance Status for Prenatal Care<sup>¶¶¶</sup></b>											
• Private insurance	1110	57.1 (53.7-60.4)	985	61.3 (57.9-64.6)	902	61.5 (58.0-64.8)	958	59.1 (55.7-62.5)	888	58.7 (55.2-62.1)	59.6 (58.8-60.3)
• Medicaid	1110	38.6 (35.3-42.0)	985	33.9 (30.7-37.3)	902	34.9 (31.5-38.4)	958	37.5 (34.2-41.0)	888	36.5 (33.1-40.0)	36.6 (35.8-37.3)
• No insurance	1110	4.3 (3.2-5.8)	985	4.8 (3.5-6.4)	902	3.7 (2.7-5.0)	958	3.3 (2.4-4.7)	888	4.8 (3.7-6.4)	2.8 (2.5-3.1)
<b>Health Insurance Status Postpartum<sup>††¶¶¶</sup></b>											
• Private insurance	1145	55.6 (52.2-59.0)	1023	60.0 (56.7-63.2)	990	57.6 (54.2-60.9)	1058	57.4 (54.2-60.6)	1012	54.3 (51.0-57.6)	56.4 (55.6-57.2)
• Medicaid	1145	31.5 (28.5-34.7)	1023	27.6 (24.8-30.5)	990	32.3 (29.2-35.6)	1058	31.7 (28.8-34.7)	1012	37.0 (33.8-40.3)	35.4 (34.7-36.1)
• No insurance	1145	12.9 (10.8-15.4)	1023	12.5 (10.2-15.1)	990	10.1 (8.3-12.3)	1058	10.9 (8.9-13.3)	1012	8.7 (7.0-10.8)	7.2 (6.8-7.7)
<b>Infant Sleep Practices</b>											
• Baby most often laid on back to sleep	1093	79.4 (76.4-82.2)	988	80.0 (76.8-82.9)	934	78.8 (75.6-81.7)	1003	79.4 (76.4-82.1)	951	81.1 (78.2-83.7)	79.5 (78.9-80.2)
<b>Breastfeeding Practices</b>											
• Ever breastfed	1108	95.5 (93.6-96.9)	998	92.7 (90.3-94.5)	940	94.9 (92.8-96.4)	1007	94.8 (93.0-96.1)	962	95.5 (93.7-96.8)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	1100	82.7 (79.8-85.2)	988	77.9 (74.5-80.9)	931	81.2 (78.1-84.0)	999	79.4 (76.3-82.1)	954	81.1 (78.1-83.8)	68.5 (67.8-69.3)

¶ 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.

# Unweighted sample size.

¶ Weighted percentage (95% confidence interval [CI]).

‡ 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.”

\*\* 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.

†† Postpartum defined as the time the PRAMS survey was completed.

‡‡ 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).

§§ 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.

¶¶ 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.