



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

Health Indicator	2016 ^z		2017 ^y		2018 [^]		2019 [±]		2020		Overall 2020	
	N [#]	% (95% CI)	N [#]	% (95% CI)	N [#]	% (95% CI)	N [#]	% (95% CI)	N [#]	% (95% CI)	% (95% CI)	
Nutrition												
• Multivitamin use ≥4 times a week during the month before pregnancy										792	42.6 (39.2-46.0)	43.6 (42.9-44.4)
Pre-pregnancy Weight												
• Underweight (body mass index [BMI] <18.5 kg/m ²)										756	3.3 (2.2-4.9)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)										756	25.7 (22.7-29.1)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)										756	29.5 (26.3-32.9)	27.7 (27.0-28.4)
Substance Use												
• Any cigarette smoking												
• During the 3 months before pregnancy										790	11.1 (8.9-13.6)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy										791	4.7 (3.3-6.6)	6.5 (6.2-6.9)
• Postpartum										789	6.3 (4.7-8.4)	8.8 (8.3-9.2)
• Any e-cigarette use												
• During the 3 months before pregnancy										790	6.7 (5.1-8.9)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy										790	1.5 (0.8-2.9)	1.5 (1.3-1.7)
• Hookah use in the last 2 years										790	2.9 (1.9-4.4)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy										785	2.2 (1.4-3.5)	3.0 (2.8-3.3)
Intimate Partner Violence (IPV)[‡]												
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or by an ex-husband or ex-partner										791	2.7 (1.7-4.2)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner										789	2.2 (1.3-3.7)	1.7 (1.5-1.9)
Depression												
• Self-reported depression in the 3 months before pregnancy										787	13.6 (11.2-16.3)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy										789	14.3 (11.9-17.0)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}										787	13.7 (11.4-16.5)	13.4 (12.9-13.9)
Health Care Services												
• Health care visit in the 12 months before pregnancy										787	58.9 (55.4-62.3)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester										783	85.2 (82.4-87.6)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery										787	56.8 (53.3-60.3)	60.9 (60.1-61.7)
• Had maternal postpartum checkup										792	85.2 (82.4-87.6)	88.1 (87.6-88.6)
Pregnancy Intention												
• Mistimed										774	18.0 (15.4-21.0)	17.7 (17.2-18.4)
• Unwanted pregnancy										774	6.5 (4.9-8.7)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy										774	15.8 (13.3-18.7)	15.5 (15.0-16.1)
• Intended pregnancy										774	59.6 (56.1-63.1)	60.4 (59.6-61.1)

Health Indicator	2016 ^z		2017 ^y		2018 [^]		2019 [±]		2020		Overall 2020
	N#	% (95% CI) [¶]	N#	% (95% CI) [¶]	N#	% (95% CI) [¶]	N#	% (95% CI) [¶]	N#	% (95% CI) [¶]	% (95% CI) [¶]
Postpartum⁺⁺ Family Planning											
• Use of any postpartum contraception ⁺⁺⁺									783	74.5 (71.3-77.5)	74.5 (73.9-75.2)
• Highly effective contraceptive methods									783	10.7 (8.7-13.0)	10.9 (10.4-11.4)
• Male or female sterilization									783	16.5 (14.0-19.4)	16.7 (16.1-17.3)
• Long-acting reversible contraceptive method ^{§§}									783	22.1 (19.2-25.2)	24.5 (23.9-25.2)
• Moderately effective contraceptive methods ^{§§}									783	25.3 (22.3-28.4)	22.4 (21.8-23.1)
• Least effective contraceptive methods ^{§§}											
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist									786	32.4 (29.3-35.6)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{¶¶}											
• Private insurance									772	51.9 (49.1-54.6)	61.8 (61.0-62.5)
• Medicaid									772	33.5 (30.6-36.4)	23.5 (22.9-24.1)
• No insurance									772	14.7 (12.3-17.5)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{¶¶}											
• Private insurance									742	50.1 (47.6-52.6)	59.6 (58.8-60.3)
• Medicaid									742	45.8 (43.4-48.2)	36.6 (35.8-37.3)
• No insurance									742	4.1 (2.8-5.9)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++¶¶}											
• Private insurance									774	47.7 (45.3-50.0)	56.4 (55.6-57.2)
• Medicaid									774	47.9 (45.5-50.2)	35.4 (34.7-36.1)
• No insurance									774	4.5 (3.1-6.3)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep									778	80.4 (77.4-83.1)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed									780	90.0 (87.5-91.9)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks									777	68.8 (65.4-72.0)	68.5 (67.8-69.3)

^z Did not participate in 2016.

^y Did not meet the required 55% response rate threshold in 2017.

[^] Did not meet the required 50% response rate threshold in 2018.

[±] Did not meet the required 50% response rate threshold in 2019.

^{||} 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.