



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

Health Indicator	2016		2017 ^v		2018		2019		2020		Overall 2020 ^{ll}
	N [#]	% (95% CI) ^{nl}	N [#]	% (95% CI) ^{nl}	N [#]	% (95% CI) ^{nl}	N [#]	% (95% CI) ^{nl}	N [#]	% (95% CI) ^{nl}	% (95% CI) ^{nl}
Nutrition											
• 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)	917	40.8 (35.9-45.9)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	864	3.8 (2.3-6.0)			860	2.6 (1.5-4.5)	920	3.5 (2.0-5.9)	883	3.0 (1.8-5.0)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	864	25.6 (21.5-30.1)			860	24.6 (20.4-29.4)	920	28.9 (24.5-33.9)	883	24.6 (20.5-29.2)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	864	28.9 (24.7-33.6)			860	29.8 (25.1-34.9)	920	32.7 (28.0-37.7)	883	33.6 (29.0-38.6)	27.7 (27.0-28.4)
Substance Use											
• 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)	910	23.6 (19.7-28.1)	14.0 (13.4-14.5)
• 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)	913	12.1 (9.3-15.7)	6.5 (6.2-6.9)
• Postpartum	878	19.9 (16.3-24.1)			875	21.5 (17.4-26.3)	958	14.6 (11.3-18.6)	912	17.7 (14.2-21.9)	8.8 (8.3-9.2)
• 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)	910	6.4 (4.4-9.3)	5.2 (4.9-5.6)
• 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)	910	0.8 (0.3-1.9)	1.5 (1.3-1.7)
• 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)	903	1.8 (0.8-3.9)	4.4 (4.1-4.8)
• 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)	907	2.4 (1.2-4.6)	3.0 (2.8-3.3)
Intimate Partner Violence (IPV)^z											
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or by an ex-husband or ex-partner	880	6.0 (4.0-8.7)			874	6.7 (4.4-10.0)	952	4.8 (3.0-7.6)	907	6.2 (4.1-9.1)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	881	2.1 (1.1-4.0)			875	5.4 (3.4-8.5)	953	2.7 (1.5-5.0)	906	2.1 (1.1-3.9)	1.7 (1.5-1.9)
Depression											
• 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)	911	22.9 (19.0-27.3)	15.5 (15.0-16.1)
• 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)	907	22.0 (18.1-26.5)	15.2 (14.7-15.8)
• 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)	906	23.2 (19.2-27.7)	13.4 (12.9-13.9)
Health Care Services											
• 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)	911	59.0 (54.0-63.9)	66.0 (65.3-66.8)
• 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)	893	87.8 (84.1-90.8)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	888	61.0 (56.2-65.7)			876	60.3 (55.0-65.4)	957	61.8 (56.8-66.6)	906	58.2 (53.2-63.1)	60.9 (60.1-61.7)
• 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)	904	88.3 (84.6-91.2)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	894	21.5 (17.7-25.8)			892	19.6 (15.7-24.2)	966	20.4 (16.6-24.9)	912	18.7 (15.1-23.0)	17.7 (17.2-18.4)
• Unwanted pregnancy	894	9.8 (7.2-13.0)			892	8.8 (6.4-12.1)	966	8.0 (5.7-11.2)	912	8.2 (6.0-11.2)	6.3 (6.0-6.7)
• 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)	912	20.2 (16.5-24.4)	15.5 (15.0-16.1)
• Intended pregnancy	894	51.1 (46.2-56.0)			892	52.5 (47.2-57.7)	966	52.0 (46.9-57.1)	912	52.9 (47.9-57.9)	60.4 (59.6-61.1)

Health Indicator	2016		2017 ^y		2018		2019		2020		Overall 2020 ^{ll}
	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 ⁺⁺⁺	872	83.4 (79.4-86.7)			868	80.7 (76.4-84.4)	941	78.8 (74.4-82.6)	895	74.4 (69.8-78.5)	74.5 (73.9-75.2)
• 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)	895	17.2 (13.8-21.4)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{§§}	872	15.5 (12.2-19.5)			868	15.6 (12.1-19.8)	941	17.0 (13.5-21.2)	895	12.7 (9.6-16.5)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{§§}	872	34.8 (30.2-39.7)			868	32.0 (27.1-37.3)	941	27.4 (23.1-32.2)	895	28.8 (24.4-33.7)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{§§}	872	18.4 (14.8-22.6)			868	15.2 (11.8-19.5)	941	18.7 (15.0-23.0)	895	15.6 (12.3-19.7)	22.4 (21.8-23.1)
Oral Health											
• 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)	916	33.9 (29.3-38.8)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{¶¶}											
• Private insurance	785	64.9 (59.7-69.7)			859	58.7 (53.3-63.9)	933	59.6 (54.4-64.6)	889	56.2 (51.1-61.1)	61.8 (61.0-62.5)
• Medicaid	785	20.1 (16.3-24.6)			859	26.6 (22.1-31.7)	933	25.1 (20.9-29.8)	889	29.2 (24.8-33.9)	23.5 (22.9-24.1)
• No insurance	785	11.0 (8.0-14.8)			859	12.4 (9.1-16.6)	933	12.4 (9.3-16.4)	889	13.4 (10.3-17.3)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{¶¶}											
• Private insurance	804	55.8 (50.7-60.8)			850	51.3 (45.9-56.6)	913	52.4 (47.2-57.5)	865	51.6 (46.4-56.6)	59.6 (58.8-60.3)
• Medicaid	804	40.7 (35.8-45.8)			850	45.1 (39.8-50.5)	913	43.5 (38.4-48.7)	865	46.3 (41.2-51.4)	36.6 (35.8-37.3)
• No insurance	804	1.2 (0.5-2.9)			850	2.0 (1.0-4.2)	913	1.9 (0.9-4.1)	865	1.9 (0.9-4.1)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{+++¶¶}											
• Private insurance	801	61.6 (56.5-66.5)			867	51.5 (46.1-56.8)	925	55.9 (50.7-61.0)	879	49.6 (44.6-54.7)	56.4 (55.6-57.2)
• Medicaid	801	29.0 (24.6-33.8)			867	35.3 (30.3-40.7)	925	31.5 (26.9-36.5)	879	43.1 (38.1-48.1)	35.4 (34.7-36.1)
• No insurance	801	6.2 (4.1-9.3)			867	11.2 (8.2-15.1)	925	11.5 (8.4-15.4)	879	6.5 (4.4-9.7)	7.2 (6.8-7.7)
Infant Sleep Practices											
• 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)	879	76.9 (72.5-80.9)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed	850	83.3 (79.5-86.6)			857	79.9 (75.3-83.8)	931	82.4 (78.1-85.9)	884	80.3 (76.1-84.0)	87.9 (87.3-88.4)
• 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)	873	56.3 (51.2-61.2)	68.5 (67.8-69.3)

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

^{ll} 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.