



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

Health Indicator	2016		2017		2018		2019		2020		Overall 2020 ^{II}
	N [#]	% (95% CI) ^{II}	N [#]	% (95% CI) ^{II}	N [#]	% (95% CI) ^{II}	N [#]	% (95% CI) ^{II}	N [#]	% (95% CI) ^{II}	% (95% CI) ^{II}
Nutrition											
• Multivitamin use ≥4 times a week during the month before pregnancy	1619	43.2 (39.9-46.7)	1126	43.7 (40.6-46.8)	1128	43.4 (40.0-46.8)	1099	45.6 (42.0-49.1)	1049	47.0 (43.5-50.5)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	1528	3.4 (2.4-4.9)	1075	4.0 (2.9-5.4)	1086	3.6 (2.5-5.3)	1073	2.8 (1.8-4.4)	1022	2.9 (1.8-4.5)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	1528	23.9 (21.0-27.1)	1075	24.4 (21.7-27.3)	1086	24.0 (21.1-27.0)	1073	29.1 (25.8-32.7)	1022	26.2 (23.2-29.4)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	1528	17.3 (14.7-20.2)	1075	18.7 (16.4-21.3)	1086	20.6 (17.8-23.7)	1073	19.4 (16.7-22.4)	1022	22.2 (19.4-25.4)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	1617	14.7 (12.4-17.2)	1119	14.5 (12.4-16.8)	1120	16.7 (14.1-19.5)	1091	12.7 (10.5-15.4)	1044	13.0 (10.8-15.5)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1618	6.4 (5.0-8.3)	1119	5.2 (4.0-6.7)	1120	7.1 (5.4-9.3)	1091	6.0 (4.4-8.2)	1043	4.4 (3.1-6.0)	6.5 (6.2-6.9)
• Postpartum	1617	10.0 (8.1-12.2)	1118	7.6 (6.1-9.4)	1122	10.8 (8.6-13.3)	1091	7.7 (5.9-10.0)	1044	6.2 (4.7-8.2)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1610	2.7 (1.8-3.9)	1117	4.4 (3.2-6.0)	1119	5.1 (3.7-7.0)	1095	5.3 (3.9-7.0)	1041	6.3 (4.7-8.4)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1610	1.1 (0.6-2.3)	1114	1.1 (0.6-2.0)	1117	1.2 (0.7-2.0)	1094	1.4 (0.7-2.7)	1041	1.6 (0.9-2.8)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	1585	5.4 (4.1-7.2)	1095	4.2 (3.0-5.8)	1105	4.5 (3.2-6.4)	1073	3.0 (1.9-4.6)	1027	4.1 (2.9-5.9)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1614	4.3 (3.2-5.8)	1118	3.4 (2.4-4.8)	1121	5.2 (3.8-7.0)	1088	3.5 (2.4-5.1)	1043	5.4 (4.1-7.2)	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	1584	2.8 (1.8-4.5)	1109	2.4 (1.6-3.7)	1112	3.5 (2.4-5.1)	1082	2.4 (1.4-4.0)	1035	3.2 (2.1-4.8)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	1586	2.1 (1.2-3.7)	1107	1.5 (0.9-2.5)	1105	1.9 (1.1-3.2)	1081	1.5 (1.0-2.4)	1027	1.3 (0.7-2.3)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	1606	12.1 (10.0-14.5)	1111	12.6 (10.6-14.8)	1112	14.0 (11.7-16.6)	1083	12.2 (10.1-14.8)	1034	17.3 (14.8-20.2)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1603	12.1 (10.0-14.4)	1106	11.8 (9.9-14.1)	1115	12.6 (10.4-15.2)	1083	12.5 (10.3-15.1)	1034	15.2 (12.8-18.0)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	1606	9.9 (8.0-12.1)	1117	11.4 (9.4-13.6)	1117	11.1 (9.0-13.5)	1084	11.9 (9.6-14.5)	1039	11.6 (9.5-14.2)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	1602	69.0 (65.6-72.3)	1120	70.2 (67.2-73.1)	1113	70.7 (67.3-73.8)	1092	72.6 (69.1-75.9)	1042	70.7 (67.3-73.9)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1592	90.4 (88.0-92.4)	1101	89.4 (87.1-91.3)	1106	90.0 (87.6-92.0)	1077	90.4 (87.7-92.6)	1044	90.8 (88.5-92.7)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1604	66.7 (63.4-69.8)	1113	69.4 (66.5-72.2)	1112	71.8 (68.6-74.8)	1091	74.6 (71.4-77.6)	1040	74.7 (71.6-77.6)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	1611	91.9 (89.7-93.6)	1123	91.7 (89.7-93.3)	1123	91.5 (89.1-93.3)	1088	90.8 (88.3-92.8)	1045	88.5 (85.9-90.6)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	1600	18.5 (15.9-21.4)	1111	19.4 (16.9-22.0)	1116	18.2 (15.6-21.1)	1090	15.2 (12.6-18.2)	1030	16.4 (13.9-19.2)	17.7 (17.2-18.4)
• Unwanted pregnancy	1600	4.3 (3.0-6.2)	1111	6.3 (5.0-7.9)	1116	6.1 (4.5-8.3)	1090	5.2 (3.9-7.0)	1030	5.3 (3.9-7.2)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1600	16.0 (13.5-18.8)	1111	14.5 (12.4-17.0)	1116	13.5 (11.3-16.1)	1090	15.9 (13.3-18.9)	1030	14.8 (12.4-17.5)	15.5 (15.0-16.1)
• Intended pregnancy	1600	61.2 (57.7-64.6)	1111	59.8 (56.6-62.9)	1116	62.1 (58.6-65.5)	1090	63.7 (60.0-67.2)	1030	63.5 (60.0-66.9)	60.4 (59.6-61.1)

Health Indicator	2016		2017		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 ⁺⁺⁺	1586	77.9 (74.8-80.7)	1112	81.7 (79.1-84.0)	1104	83.3 (80.6-85.6)	1084	80.9 (77.8-83.6)	1034	80.4 (77.4-83.0)	74.5 (73.9-75.2)	
• Highly effective contraceptive methods												
• Male or female sterilization	1586	9.9 (8.1-11.9)	1112	12.3 (10.5-14.5)	1104	10.0 (8.2-12.1)	1084	11.4 (9.3-13.8)	1034	10.4 (8.5-12.6)	10.9 (10.4-11.4)	
• Long-acting reversible contraceptive method ^{§§}	1586	22.6 (19.8-25.7)	1112	25.5 (22.7-28.4)	1104	25.3 (22.3-28.6)	1084	27.0 (23.9-30.5)	1034	25.1 (22.1-28.4)	16.7 (16.1-17.3)	
• Moderately effective contraceptive methods ^{§§}	1586	21.6 (18.8-24.6)	1112	22.1 (19.6-24.9)	1104	20.8 (18.1-23.8)	1084	20.3 (17.6-23.3)	1034	22.9 (20.0-26.1)	24.5 (23.9-25.2)	
• Least effective contraceptive methods ^{§§}	1586	23.9 (21.0-27.0)	1112	21.8 (19.3-24.5)	1104	27.2 (24.2-30.4)	1084	22.2 (19.4-25.2)	1034	21.9 (19.2-24.9)	22.4 (21.8-23.1)	
Oral Health												
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1620	46.8 (43.4-50.3)	1122	46.5 (43.4-49.7)	1122	51.5 (48.0-54.9)	1099	52.5 (48.9-56.1)	1048	45.5 (42.0-49.0)	40.0 (39.3-40.8)	
Health Insurance Status One Month Before Pregnancy^{¶¶}												
• Private insurance	1538	66.3 (62.7-69.6)	1078	67.4 (64.3-70.4)	1083	63.0 (59.5-66.4)	1061	66.1 (62.4-69.6)	1005	66.6 (63.0-69.9)	61.8 (61.0-62.5)	
• Medicaid	1538	23.9 (20.9-27.1)	1078	21.1 (18.6-23.9)	1083	25.9 (22.8-29.2)	1061	22.3 (19.2-25.6)	1005	20.6 (17.8-23.8)	23.5 (22.9-24.1)	
• No insurance	1538	9.5 (7.5-12.1)	1078	10.3 (8.4-12.6)	1083	10.6 (8.6-13.1)	1061	10.3 (8.0-13.2)	1005	12.0 (9.8-14.7)	14.0 (13.4-14.5)	
Health Insurance Status for Prenatal Care^{¶¶}												
• Private insurance	1530	63.6 (60.0-67.0)	1062	64.9 (61.7-67.9)	1057	62.1 (58.6-65.6)	1025	64.6 (60.8-68.2)	979	62.9 (59.3-66.4)	59.6 (58.8-60.3)	
• Medicaid	1530	34.0 (30.6-37.5)	1062	31.6 (28.7-34.8)	1057	34.7 (31.3-38.3)	1025	31.6 (28.1-35.3)	979	32.6 (29.2-36.2)	36.6 (35.8-37.3)	
• No insurance	1530	1.0 (0.5-1.8)	1062	1.1 (0.6-2.0)	1057	1.7 (1.1-2.6)	1025	1.2 (0.6-2.5)	979	2.2 (1.3-3.5)	2.8 (2.5-3.1)	
Health Insurance Status Postpartum^{+++¶¶}												
• Private insurance	1552	61.9 (58.3-65.3)	1079	63.8 (60.6-66.9)	1074	58.4 (54.8-61.9)	1055	61.9 (58.1-65.5)	1003	60.8 (57.1-64.3)	56.4 (55.6-57.2)	
• Medicaid	1552	29.8 (26.6-33.2)	1079	27.0 (24.2-30.0)	1074	32.3 (29.0-35.8)	1055	29.4 (26.0-33.0)	1003	30.4 (27.2-33.9)	35.4 (34.7-36.1)	
• No insurance	1552	7.6 (5.8-9.8)	1079	8.1 (6.4-10.1)	1074	8.4 (6.6-10.6)	1055	7.0 (5.2-9.5)	1003	7.4 (5.6-9.6)	7.2 (6.8-7.7)	
Infant Sleep Practices												
• Baby most often laid on back to sleep	1564	85.6 (83.0-87.9)	1104	87.8 (85.6-89.7)	1109	88.1 (85.6-90.2)	1084	89.1 (86.6-91.2)	1028	87.0 (84.4-89.2)	79.5 (78.9-80.2)	
Breastfeeding Practices												
• Ever breastfed	1579	94.0 (92.0-95.5)	1110	93.3 (91.5-94.7)	1117	93.3 (91.3-94.8)	1088	94.3 (92.3-95.8)	1028	95.1 (93.1-96.6)	87.9 (87.3-88.4)	
• Any breastfeeding at 8 weeks	1560	78.9 (75.9-81.6)	1094	78.3 (75.5-80.9)	1110	77.4 (74.2-80.4)	1082	78.9 (75.8-81.8)	1021	80.0 (77.0-82.8)	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.