



Prevalence of Selected Maternal and Child Health Indicators for Connecticut, 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	1286	47.8 (44.5-51.1)	1464	48.9 (45.6-52.2)	1420	46.6 (43.3-50.1)	1196	49.7 (46.3-53.2)	1359	49.6 (46.2-52.9)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	1232	3.6 (2.5-5.1)	1372	2.9 (2.0-4.0)	1337	3.1 (2.0-4.8)	1137	2.7 (1.8-4.1)	1307	2.6 (1.6-4.0)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	1232	24.6 (21.7-27.7)	1372	28.1 (25.1-31.4)	1337	26.7 (23.7-29.9)	1137	28.9 (25.6-32.4)	1307	27.2 (24.3-30.4)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	1232	26.1 (23.2-29.3)	1372	25.5 (22.6-28.8)	1337	27.2 (24.2-30.5)	1137	23.9 (21.1-27.1)	1307	26.1 (23.3-29.0)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	1269	16.5 (13.9-19.4)	1449	12.5 (10.2-15.1)	1414	14.0 (11.5-16.9)	1185	9.1 (7.2-11.4)	1354	10.0 (8.0-12.4)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1271	5.5 (4.1-7.5)	1451	5.1 (3.6-7.0)	1415	5.8 (4.0-8.3)	1186	3.9 (2.7-5.7)	1354	3.1 (2.0-4.6)	6.5 (6.2-6.9)
• Postpartum	1271	9.4 (7.5-11.7)	1449	7.8 (6.0-10.0)	1416	7.8 (5.9-10.3)	1186	5.7 (4.3-7.6)	1354	5.1 (3.8-7.0)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1276	2.6 (1.7-4.0)	1449	2.0 (1.1-3.5)	1418	3.4 (2.1-5.4)	1188	2.8 (1.8-4.5)	1354	3.0 (2.0-4.6)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1280	0.3 (0.1-0.7)	1450	0.3 (0.1-1.0)	1418	0.8 (0.3-2.2)	1189	0.9 (0.4-2.1)	1354	0.3 (0.1-1.0)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	1274	5.1 (3.9-6.6)	1450	5.8 (4.4-7.5)	1415	3.5 (2.7-4.6)	1189	4.9 (3.7-6.5)	1352	4.1 (3.0-5.5)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1272	2.1 (1.3-3.6)	1440	3.5 (2.3-5.3)	1404	2.3 (1.4-3.7)	1176	3.7 (2.5-5.6)	1349	2.6 (1.6-4.2)	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	1278	2.2 (1.4-3.4)	1448	2.0 (1.3-2.8)	1411	1.9 (1.2-3.2)	1185	2.4 (1.6-3.6)	1346	1.5 (0.9-2.3)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	1275	2.3 (1.5-3.7)	1444	1.7 (1.1-2.7)	1411	0.9 (0.5-1.5)	1181	1.2 (0.8-2.0)	1345	0.9 (0.6-1.3)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	1284	8.9 (7.1-11.1)	1462	9.3 (7.4-11.6)	1432	10.5 (8.3-13.3)	1194	12.2 (9.9-15.0)	1360	12.4 (10.3-15.0)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1266	8.7 (6.9-10.9)	1445	10.4 (8.4-12.7)	1401	10.5 (8.3-13.1)	1184	11.8 (9.6-14.4)	1344	11.7 (9.7-14.1)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	1265	10.5 (8.6-12.6)	1430	12.7 (10.7-15.1)	1380	11.7 (9.7-13.9)	1167	11.1 (9.1-13.4)	1338	10.4 (8.7-12.5)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	1280	78.7 (76.2-81.0)	1445	72.9 (70.2-75.5)	1415	71.8 (68.7-74.6)	1190	73.6 (70.6-76.3)	1352	73.5 (70.9-75.9)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1272	92.1 (90.3-93.6)	1431	91.5 (89.8-92.9)	1384	92.5 (90.6-94.0)	1160	92.5 (90.9-93.8)	1326	93.5 (92.1-94.7)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1272	70.4 (67.2-73.4)	1413	69.8 (66.6-72.9)	1412	70.2 (67.0-73.3)	1178	74.7 (71.5-77.6)	1345	73.5 (70.5-76.3)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	1269	95.4 (93.9-96.5)	1441	93.8 (92.1-95.1)	1406	94.4 (92.8-95.7)	1173	95.2 (93.7-96.3)	1345	92.2 (90.4-93.7)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	1279	16.9 (14.7-19.5)	1442	15.9 (13.7-18.3)	1405	16.3 (13.9-19.1)	1187	15.7 (13.4-18.4)	1348	15.2 (13.1-17.6)	17.7 (17.2-18.4)
• Unwanted pregnancy	1279	4.7 (3.6-6.2)	1442	4.2 (3.1-5.6)	1405	4.3 (3.3-5.6)	1187	5.3 (4.0-7.1)	1348	5.2 (4.0-6.8)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1279	14.6 (12.4-17.2)	1442	14.4 (12.2-16.8)	1405	15.6 (13.2-18.3)	1187	13.1 (11.0-15.5)	1348	14.5 (12.4-16.8)	15.5 (15.0-16.1)
• Intended pregnancy	1279	63.7 (60.5-66.8)	1442	65.6 (62.4-68.6)	1405	63.8 (60.4-67.0)	1187	65.9 (62.5-69.0)	1348	65.1 (62.0-68.1)	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 ^{†††}	1256	75.2 (72.0-78.1)	1426	73.4 (70.3-76.4)	1381	73.6 (70.3-76.7)	1155	74.6 (71.3-77.6)	1317	72.7 (69.5-75.6)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	1256	9.5 (7.7-11.7)	1426	7.7 (6.1-9.6)	1381	9.4 (7.6-11.5)	1155	9.1 (7.2-11.3)	1317	9.4 (7.5-11.6)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{§§}	1256	16.9 (14.5-19.6)	1426	16.4 (14.1-19.0)	1381	17.4 (15.0-20.1)	1155	20.3 (17.7-23.3)	1317	17.9 (15.5-20.7)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{§§}	1256	25.1 (22.2-28.2)	1426	26.1 (23.2-29.2)	1381	23.4 (20.6-26.5)	1155	24.3 (21.3-27.5)	1317	24.0 (21.2-27.0)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{§§}	1256	23.7 (20.9-26.7)	1426	23.2 (20.4-26.3)	1381	23.4 (20.6-26.6)	1155	20.9 (18.0-24.1)	1317	21.4 (18.6-24.4)	22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1284	58.8 (55.5-62.0)	1455	56.1 (52.8-59.3)	1423	60.3 (57.0-63.6)	1196	56.8 (53.3-60.3)	1354	47.5 (44.2-50.9)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{¶¶}											
• Private insurance	1263	67.4 (64.5-70.1)	1416	64.6 (61.7-67.4)	1388	61.9 (58.8-64.9)	1154	65.5 (62.4-68.4)	1319	64.0 (61.1-66.7)	61.8 (61.0-62.5)
• Medicaid	1263	23.2 (20.6-26.0)	1416	26.2 (23.5-29.1)	1388	28.3 (25.3-31.4)	1154	25.0 (22.3-28.0)	1319	27.0 (24.4-29.7)	23.5 (22.9-24.1)
• No insurance	1263	9.4 (8.0-11.1)	1416	9.2 (7.8-10.8)	1388	9.8 (8.4-11.4)	1154	9.5 (7.9-11.4)	1319	9.1 (7.6-10.8)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{¶¶}											
• Private insurance	1223	64.9 (61.9-67.8)	1319	63.0 (60.0-66.0)	1297	60.9 (57.7-64.1)	1096	62.8 (59.5-66.0)	1267	61.4 (58.3-64.3)	59.6 (58.8-60.3)
• Medicaid	1223	31.7 (28.8-34.7)	1319	35.3 (32.3-38.4)	1297	36.0 (32.8-39.3)	1096	34.7 (31.6-37.9)	1267	36.3 (33.3-39.4)	36.6 (35.8-37.3)
• No insurance	1223	3.3 (2.5-4.4)	1319	1.7 (1.2-2.3)	1297	3.1 (2.3-4.2)	1096	2.5 (1.7-3.8)	1267	2.3 (1.7-3.2)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{††¶¶}											
• Private insurance	1255	62.2 (59.1-65.1)	1422	58.9 (55.9-61.9)	1384	58.0 (54.8-61.1)	1154	60.6 (57.4-63.7)	1309	57.2 (54.2-60.2)	56.4 (55.6-57.2)
• Medicaid	1255	29.8 (27.0-32.9)	1422	34.0 (31.1-37.0)	1384	34.3 (31.2-37.6)	1154	33.6 (30.5-36.7)	1309	38.0 (35.0-41.1)	35.4 (34.7-36.1)
• No insurance	1255	8.0 (6.6-9.6)	1422	7.1 (5.9-8.4)	1384	7.7 (6.5-9.1)	1154	5.9 (4.7-7.2)	1309	4.8 (3.9-6.0)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep	1248	77.2 (74.5-79.7)	1416	79.6 (77.0-82.0)	1385	79.1 (76.5-81.5)	1164	81.5 (79.0-83.8)	1319	80.5 (78.3-82.6)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed	1255	90.9 (88.7-92.8)	1422	91.2 (89.0-93.0)	1388	93.0 (91.2-94.4)	1166	92.1 (90.1-93.8)	1330	92.2 (90.2-93.9)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	1251	71.4 (68.1-74.4)	1415	72.1 (68.9-75.1)	1373	71.1 (67.8-74.2)	1161	71.2 (67.9-74.4)	1320	72.0 (68.9-75.0)	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.