



Prevalence of Selected Maternal and Child Health Indicators for Delaware, 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	928	41.8 (38.5-45.1)	887	35.3 (32.2-38.7)	842	39.3 (35.9-42.8)	923	36.0 (32.8-39.3)	849	40.0 (36.5-43.5)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	876	2.7 (1.8-4.0)	832	2.6 (1.7-4.0)	797	3.3 (2.2-4.9)	858	2.8 (1.9-4.2)	813	3.2 (2.1-4.8)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	876	26.9 (23.9-30.1)	832	26.3 (23.4-29.6)	797	26.3 (23.2-29.7)	858	25.1 (22.1-28.3)	813	26.7 (23.6-30.1)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	876	26.9 (24.0-30.1)	832	28.4 (25.3-31.7)	797	34.0 (30.6-37.6)	858	33.1 (29.9-36.5)	813	31.6 (28.3-35.2)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	923	20.1 (17.5-22.9)	874	18.4 (15.9-21.1)	835	19.2 (16.5-22.2)	924	17.5 (15.1-20.3)	841	18.5 (15.7-21.6)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	925	9.0 (7.3-11.0)	878	9.5 (7.7-11.6)	836	8.6 (6.7-10.8)	923	10.1 (8.2-12.3)	841	9.1 (7.2-11.5)	6.5 (6.2-6.9)
• Postpartum	925	13.0 (10.9-15.5)	880	13.3 (11.1-15.8)	836	11.0 (8.9-13.5)	923	12.4 (10.3-14.8)	841	12.3 (10.0-15.0)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	921	3.7 (2.7-5.3)	876	2.7 (1.8-4.0)	836	3.8 (2.6-5.4)	919	3.5 (2.4-4.9)	842	5.0 (3.6-7.0)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	921	1.0 (0.5-1.9)	877	0.5 (0.2-1.2)	836	0.6 (0.2-1.3)	921	2.1 (1.3-3.3)	841	1.4 (0.7-2.5)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	916	4.5 (3.3-6.2)	872	4.3 (3.1-6.0)	836	5.3 (3.9-7.3)	916	4.1 (2.9-5.7)	837	3.6 (2.4-5.2)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	921	3.1 (2.2-4.5)	874	1.7 (1.0-2.9)	830	2.5 (1.6-3.9)	917	2.9 (2.0-4.3)	837	2.7 (1.7-4.2)	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	915	2.2 (1.4-3.5)	874	3.1 (2.1-4.6)	825	3.0 (2.0-4.5)	913	2.0 (1.3-3.2)	837	4.3 (3.0-6.1)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	916	2.1 (1.3-3.5)	875	2.5 (1.6-4.0)	825	2.2 (1.4-3.6)	912	1.0 (0.5-2.0)	835	2.7 (1.7-4.2)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	928	12.5 (10.4-14.9)	881	13.0 (10.9-15.4)	846	15.6 (13.2-18.4)	927	16.8 (14.4-19.5)	850	16.9 (14.3-19.8)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	920	12.6 (10.5-15.1)	883	13.7 (11.5-16.2)	826	15.7 (13.3-18.6)	915	17.5 (15.0-20.3)	836	15.9 (13.4-18.9)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	907	10.5 (8.6-12.7)	868	11.7 (9.7-14.1)	824	13.1 (10.9-15.7)	917	10.4 (8.5-12.6)	835	10.6 (8.5-13.0)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	920	69.4 (66.1-72.5)	879	66.5 (63.2-69.7)	833	66.9 (63.4-70.2)	917	66.9 (63.6-70.1)	840	68.3 (64.8-71.7)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	914	80.9 (78.0-83.4)	878	83.2 (80.4-85.6)	838	82.5 (79.6-85.1)	915	83.5 (80.7-85.9)	844	79.4 (76.2-82.2)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	919	58.2 (54.8-61.5)	877	56.8 (53.4-60.2)	828	60.2 (56.7-63.7)	918	62.4 (59.0-65.7)	834	62.4 (58.7-65.9)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	911	88.8 (86.4-90.8)	870	86.9 (84.3-89.1)	818	87.7 (85.1-89.9)	919	90.2 (87.9-92.1)	834	88.0 (85.3-90.2)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	926	20.8 (18.1-23.8)	883	19.2 (16.6-22.1)	842	20.1 (17.3-23.2)	920	21.3 (18.5-24.3)	846	20.6 (17.7-23.8)	17.7 (17.2-18.4)
• Unwanted pregnancy	926	8.1 (6.4-10.2)	883	7.4 (5.8-9.4)	842	6.9 (5.3-8.9)	920	7.4 (5.8-9.4)	846	7.4 (5.6-9.6)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	926	16.1 (13.7-18.8)	883	15.8 (13.5-18.5)	842	17.7 (15.1-20.6)	920	17.1 (14.7-19.9)	846	17.0 (14.4-20.0)	15.5 (15.0-16.1)
• Intended pregnancy	926	55.0 (51.6-58.4)	883	57.6 (54.2-61.0)	842	55.3 (51.7-58.8)	920	54.2 (50.7-57.6)	846	55.0 (51.4-58.7)	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 ^{††††}	890	77.1 (74.0-79.9)	859	79.7 (76.8-82.4)	806	78.9 (75.8-81.7)	905	77.6 (74.6-80.3)	826	75.1 (71.8-78.1)	74.5 (73.9-75.2)	
• Highly effective contraceptive methods												
• Male or female sterilization	890	11.4 (9.3-13.8)	859	10.6 (8.7-12.9)	806	11.6 (9.5-14.0)	905	9.8 (8.0-11.9)	826	8.0 (6.3-10.1)	10.9 (10.4-11.4)	
• Long-acting reversible contraceptive method ^{§§}	890	16.1 (13.7-18.9)	859	19.3 (16.7-22.2)	806	20.8 (18.0-24.0)	905	19.5 (16.9-22.4)	826	19.3 (16.6-22.4)	16.7 (16.1-17.3)	
• Moderately effective contraceptive methods ^{§§}	890	28.2 (25.2-31.4)	859	28.0 (25.0-31.3)	806	27.3 (24.2-30.7)	905	27.7 (24.7-31.0)	826	23.6 (20.5-26.9)	24.5 (23.9-25.2)	
• Least effective contraceptive methods ^{§§}	890	21.4 (18.7-24.3)	859	21.8 (19.1-24.8)	806	19.2 (16.5-22.2)	905	20.6 (18.0-23.5)	826	24.2 (21.2-27.5)	22.4 (21.8-23.1)	
Oral Health												
• Teeth cleaned during pregnancy by a dentist or dental hygienist	925	43.5 (40.2-46.8)	884	40.8 (37.5-44.2)	837	38.5 (35.1-42.0)	924	41.8 (38.5-45.2)	844	35.8 (32.4-39.3)	40.0 (39.3-40.8)	
Health Insurance Status One Month Before Pregnancy^{¶¶}												
• Private insurance	898	57.6 (54.1-61.0)	855	57.9 (54.4-61.3)	817	58.2 (54.6-61.8)	902	57.8 (54.3-61.2)	830	56.7 (53.0-60.3)	61.8 (61.0-62.5)	
• Medicaid	898	30.9 (27.8-34.2)	855	31.6 (28.5-34.9)	817	29.3 (26.1-32.7)	902	28.7 (25.6-32.0)	830	31.4 (28.0-35.1)	23.5 (22.9-24.1)	
• No insurance	898	9.1 (7.3-11.3)	855	8.8 (7.0-10.9)	817	11.1 (9.0-13.6)	902	10.9 (9.0-13.2)	830	10.2 (8.2-12.5)	14.0 (13.4-14.5)	
Health Insurance Status for Prenatal Care^{¶¶}												
• Private insurance	880	55.6 (52.1-59.0)	852	56.1 (52.6-59.5)	810	53.2 (49.6-56.8)	894	55.7 (52.2-59.2)	820	52.9 (49.2-56.6)	59.6 (58.8-60.3)	
• Medicaid	880	40.0 (36.7-43.5)	852	39.9 (36.5-43.4)	810	42.7 (39.2-46.4)	894	39.5 (36.1-42.9)	820	42.8 (39.2-46.6)	36.6 (35.8-37.3)	
• No insurance	880	1.8 (1.1-3.1)	852	1.6 (0.9-2.7)	810	2.6 (1.6-4.1)	894	2.3 (1.5-3.6)	820	2.3 (1.4-3.6)	2.8 (2.5-3.1)	
Health Insurance Status Postpartum^{††¶¶}												
• Private insurance	900	50.9 (47.5-54.4)	863	52.0 (48.5-55.4)	821	51.1 (47.5-54.7)	905	53.0 (49.5-56.4)	832	51.6 (47.9-55.3)	56.4 (55.6-57.2)	
• Medicaid	900	40.9 (37.5-44.4)	863	39.5 (36.2-43.0)	821	40.9 (37.3-44.5)	905	35.2 (31.9-38.7)	832	40.7 (37.1-44.4)	35.4 (34.7-36.1)	
• No insurance	900	4.9 (3.6-6.5)	863	5.3 (4.0-7.1)	821	5.7 (4.2-7.7)	905	8.6 (6.9-10.8)	832	4.8 (3.5-6.6)	7.2 (6.8-7.7)	
Infant Sleep Practices												
• Baby most often laid on back to sleep	876	81.0 (78.0-83.6)	844	81.9 (79.0-84.5)	803	79.8 (76.7-82.6)	896	80.1 (77.0-82.8)	810	80.5 (77.3-83.3)	79.5 (78.9-80.2)	
Breastfeeding Practices												
• Ever breastfed	883	86.5 (83.9-88.7)	854	87.3 (84.8-89.4)	811	86.9 (84.2-89.2)	902	87.3 (84.8-89.4)	820	85.6 (82.7-88.0)	87.9 (87.3-88.4)	
• Any breastfeeding at 8 weeks	881	63.8 (60.4-67.0)	847	64.2 (60.8-67.5)	798	66.4 (62.8-69.7)	899	66.1 (62.7-69.3)	811	62.7 (59.0-66.2)	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.