



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

Health Indicator	2016 ^z		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					515	46.7 (41.8-51.6)	513	47.1 (42.3-51.9)	553	51.5 (46.8-56.1)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)					477	3.3 (1.9-5.8)	477	4.9 (3.1-7.9)	512	3.7 (2.2-5.9)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)					477	19.3 (15.6-23.6)	477	23.4 (19.3-28.1)	512	23.6 (19.8-28.0)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)					477	21.2 (17.3-25.6)	477	19.9 (16.2-24.3)	512	19.8 (16.3-23.9)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy					511	7.5 (5.4-10.3)	508	9.1 (6.6-12.3)	552	8.2 (6.0-11.0)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy					512	2.2 (1.2-3.8)	508	3.5 (2.1-5.5)	551	1.9 (1.0-3.5)	6.5 (6.2-6.9)
• Postpartum					515	4.7 (3.2-6.9)	509	6.0 (4.1-8.8)	553	5.1 (3.4-7.5)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy					516	2.2 (1.1-4.4)	507	1.0 (0.3-3.0)	548	1.6 (0.8-3.4)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy					514	0.0 (-.-)	507	0.4 (0.1-2.7)	548	0.5 (0.1-2.0)	1.5 (1.3-1.7)
• Hookah use in the last 2 years					512	6.9 (4.8-9.9)	504	9.1 (6.6-12.5)	544	7.1 (5.0-9.9)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy					512	2.0 (1.0-3.8)	503	3.5 (2.1-5.8)	544	4.5 (2.9-7.0)	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					509	1.8 (1.0-3.3)	500	3.5 (2.0-5.9)	539	3.0 (1.7-5.1)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner					510	1.7 (0.9-3.3)	501	2.3 (1.2-4.3)	541	2.3 (1.2-4.2)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy					519	9.8 (7.3-13.1)	512	11.5 (8.7-15.1)	549	12.2 (9.5-15.5)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy					511	11.5 (8.8-14.9)	504	12.1 (9.1-15.8)	551	13.6 (10.8-17.1)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}					504	13.3 (10.4-16.9)	505	12.3 (9.4-16.0)	546	12.8 (10.0-16.2)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy					512	71.8 (67.3-76.0)	509	73.2 (68.5-77.4)	549	72.1 (67.8-76.1)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester					497	86.1 (82.5-89.1)	494	86.4 (82.2-89.7)	522	85.0 (81.4-88.1)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery					500	73.4 (68.9-77.4)	502	67.5 (62.7-72.1)	542	73.1 (68.8-77.0)	60.9 (60.1-61.7)
• Had maternal postpartum checkup					508	90.9 (87.7-93.3)	508	90.8 (87.5-93.3)	549	88.9 (85.6-91.5)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed					511	16.5 (13.2-20.3)	509	15.5 (12.3-19.5)	552	13.8 (10.9-17.3)	17.7 (17.2-18.4)
• Unwanted pregnancy					511	5.1 (3.4-7.5)	509	6.4 (4.2-9.5)	552	6.5 (4.5-9.2)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy					511	17.4 (14.0-21.5)	509	15.6 (12.3-19.7)	552	15.7 (12.7-19.2)	15.5 (15.0-16.1)
• Intended pregnancy					511	61.0 (56.2-65.7)	509	62.5 (57.6-67.2)	552	64.1 (59.6-68.4)	60.4 (59.6-61.1)

Health Indicator	2016 ^z		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 ⁺⁺⁺					500	73.4 (68.8-77.6)	498	71.4 (66.8-75.7)	540	72.4 (68.0-76.3)	74.5 (73.9-75.2)
• Highly effective contraceptive methods					500	4.9 (3.2-7.5)	498	9.2 (6.6-12.7)	540	4.7 (3.1-7.1)	10.9 (10.4-11.4)
• Male or female sterilization					500	21.0 (17.3-25.4)	498	21.4 (17.6-25.8)	540	18.8 (15.4-22.8)	16.7 (16.1-17.3)
• Long-acting reversible contraceptive method ^{ss}					500	23.9 (19.9-28.4)	498	22.7 (18.8-27.1)	540	25.2 (21.4-29.5)	24.5 (23.9-25.2)
• Moderately effective contraceptive methods ^{ss}					500	23.6 (19.5-28.1)	498	18.1 (14.6-22.2)	540	23.6 (19.9-27.8)	22.4 (21.8-23.1)
• Least effective contraceptive methods ^{ss}											
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist					515	59.5 (54.6-64.2)	509	57.1 (52.2-61.9)	553	51.2 (46.6-55.8)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{¶¶}											
• Private insurance					480	55.3 (50.2-60.2)	473	53.5 (48.4-58.6)	533	56.8 (52.1-61.4)	61.8 (61.0-62.5)
• Medicaid					480	34.4 (29.8-39.3)	473	34.3 (29.5-39.4)	533	33.9 (29.6-38.4)	23.5 (22.9-24.1)
• No insurance					480	3.6 (2.2-5.9)	473	5.8 (3.7-8.9)	533	4.0 (2.5-6.4)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{¶¶}											
• Private insurance					449	56.3 (51.1-61.3)	452	53.8 (48.6-59.0)	526	56.9 (52.2-61.5)	59.6 (58.8-60.3)
• Medicaid					449	36.0 (31.3-41.1)	452	37.1 (32.1-42.4)	526	36.8 (32.4-41.5)	36.6 (35.8-37.3)
• No insurance					449	1.5 (0.6-3.5)	452	1.4 (0.6-3.3)	526	0.9 (0.4-2.4)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++¶¶}											
• Private insurance					466	54.7 (49.5-59.7)	469	50.5 (45.4-55.6)	526	55.9 (51.1-60.5)	56.4 (55.6-57.2)
• Medicaid					466	35.7 (31.1-40.7)	469	38.6 (33.6-43.8)	526	37.2 (32.7-41.8)	35.4 (34.7-36.1)
• No insurance					466	3.4 (2.0-5.7)	469	2.3 (1.2-4.5)	526	1.6 (0.7-3.5)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep					498	77.4 (73.0-81.2)	499	76.3 (71.8-80.3)	539	78.6 (74.6-82.2)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed					502	92.9 (90.2-94.9)	500	90.8 (87.3-93.5)	545	92.3 (89.4-94.4)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks					500	78.6 (74.3-82.3)	497	75.3 (70.6-79.4)	534	78.1 (74.0-81.6)	68.5 (67.8-69.3)

^z Did not participate in 2016.

^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]).

^z 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.

^{ss} 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).

^{ss} 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.