



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

Health Indicator	2016		2017		2018		2019		2020		Overall 2020 <sup>II</sup>
	N <sup>#</sup>	% (95% CI) <sup>II</sup>	N <sup>#</sup>	% (95% CI) <sup>II</sup>	N <sup>#</sup>	% (95% CI) <sup>II</sup>	N <sup>#</sup>	% (95% CI) <sup>II</sup>	N <sup>#</sup>	% (95% CI) <sup>II</sup>	% (95% CI) <sup>II</sup>
<b>Nutrition</b>											
• Multivitamin use ≥4 times a week during the month before pregnancy	973	41.9 (37.6-46.4)	1029	45.1 (40.6-49.7)	848	42.0 (36.9-47.2)	849	43.9 (38.7-49.2)	715	49.4 (44.7-54.2)	43.6 (42.9-44.4)
<b>Pre-pregnancy Weight</b>											
• Underweight (body mass index [BMI] <18.5 kg/m <sup>2</sup> )	916	3.1 (1.8-5.2)	946	5.7 (3.8-8.5)	777	3.7 (2.1-6.7)	764	2.6 (1.4-5.1)	664	1.4 (0.6-3.0)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m <sup>2</sup> )	916	23.1 (19.5-27.1)	946	24.2 (20.5-28.4)	777	27.9 (23.4-32.8)	764	28.1 (23.5-33.3)	664	24.3 (20.4-28.6)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m <sup>2</sup> )	916	29.2 (25.1-33.5)	946	27.6 (23.6-32.0)	777	24.3 (20.0-29.1)	764	32.4 (27.5-37.8)	664	28.8 (24.7-33.4)	27.7 (27.0-28.4)
<b>Substance Use</b>											
• Any cigarette smoking											
• During the 3 months before pregnancy	966	22.6 (18.9-26.7)	1021	22.5 (18.7-26.9)	830	17.1 (13.3-21.9)	832	16.8 (13.0-21.5)	702	15.4 (12.1-19.5)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	965	10.1 (7.5-13.3)	1021	12.8 (9.8-16.5)	831	6.4 (4.1-9.7)	832	7.9 (5.2-11.8)	703	9.5 (6.8-13.0)	6.5 (6.2-6.9)
• Postpartum	963	14.1 (11.1-17.8)	1016	15.5 (12.2-19.4)	829	12.1 (8.8-16.4)	831	10.8 (7.6-15.1)	698	11.4 (8.5-15.2)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	954	4.8 (3.1-7.3)	1010	5.1 (3.3-7.8)	826	2.3 (1.1-4.7)	827	3.7 (2.1-6.5)	703	5.0 (3.2-7.8)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	958	1.0 (0.4-2.5)	1010	1.6 (0.7-3.7)	827	0.3 (0.0-1.9)	828	1.8 (0.8-4.3)	703	0.9 (0.3-2.9)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	950	2.9 (1.7-4.8)	1005	3.7 (2.2-6.1)	823	1.8 (0.8-3.9)	819	1.2 (0.5-2.7)	702	1.0 (0.4-2.3)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	956	1.4 (0.7-2.8)	1012	3.8 (2.3-6.2)	826	4.2 (2.4-7.2)	824	2.8 (1.4-5.6)	696	3.2 (1.8-5.5)	3.0 (2.8-3.3)
<b>Intimate Partner Violence (IPV)<sup>‡</sup></b>											
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or by an ex-husband or ex-partner	960	4.9 (3.2-7.4)	1012	2.1 (1.1-4.0)	824	3.5 (2.0-6.1)	825	2.5 (1.3-4.9)	696	2.7 (1.5-4.9)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	958	2.9 (1.7-4.9)	1008	2.2 (1.2-4.3)	822	2.9 (1.5-5.6)	824	2.1 (0.9-4.5)	693	2.6 (1.3-4.9)	1.7 (1.5-1.9)
<b>Depression</b>											
• Self-reported depression in the 3 months before pregnancy	967	19.0 (15.6-22.9)	1023	16.7 (13.4-20.5)	849	16.9 (13.1-21.5)	845	19.2 (15.2-24.0)	713	16.3 (13.1-20.3)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	967	14.8 (11.7-18.4)	1012	14.3 (11.3-17.9)	829	15.2 (11.6-19.7)	823	18.0 (14.2-22.6)	701	15.4 (12.1-19.4)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms <sup>**</sup>	959	12.0 (9.4-15.3)	1002	7.4 (5.3-10.2)	811	9.5 (6.7-13.3)	814	10.2 (7.4-13.8)	690	7.9 (5.6-11.0)	13.4 (12.9-13.9)
<b>Health Care Services</b>											
• Health care visit in the 12 months before pregnancy	970	70.5 (66.4-74.3)	1017	68.6 (64.2-72.6)	846	71.1 (66.3-75.6)	837	70.3 (65.2-75.0)	712	74.6 (70.2-78.6)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	951	88.6 (85.6-91.1)	1005	86.2 (82.7-89.1)	830	86.0 (81.9-89.3)	834	89.7 (86.1-92.4)	697	90.5 (87.2-92.9)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	960	69.4 (65.1-73.4)	1016	69.8 (65.4-73.9)	825	74.6 (69.7-79.0)	819	72.5 (67.3-77.1)	701	76.9 (72.6-80.7)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	962	91.9 (89.1-94.1)	1008	94.2 (91.7-95.9)	819	94.2 (91.2-96.2)	819	93.4 (90.1-95.7)	692	91.3 (88.1-93.7)	88.1 (87.6-88.6)
<b>Pregnancy Intention</b>											
• Mistimed	968	17.1 (14.0-20.8)	1016	17.2 (14.0-21.0)	844	14.4 (11.2-18.3)	842	15.7 (12.1-20.1)	704	12.1 (9.3-15.6)	17.7 (17.2-18.4)
• Unwanted pregnancy	968	4.5 (3.0-6.7)	1016	3.8 (2.4-5.8)	844	6.2 (4.0-9.4)	842	5.4 (3.4-8.5)	704	5.5 (3.7-8.2)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	968	16.7 (13.6-20.3)	1016	13.5 (10.6-16.9)	844	16.0 (12.4-20.4)	842	12.9 (9.7-16.9)	704	13.8 (10.7-17.4)	15.5 (15.0-16.1)
• Intended pregnancy	968	61.7 (57.3-65.9)	1016	65.6 (61.1-69.8)	844	63.5 (58.2-68.4)	842	66.1 (60.8-71.0)	704	68.6 (64.0-72.9)	60.4 (59.6-61.1)

Health Indicator	2016		2017		2018		2019		2020		Overall 2020 <sup>ll</sup>
	N <sup>#</sup>	% (95% CI) <sup>nl</sup>	N <sup>#</sup>	% (95% CI) <sup>nl</sup>	N <sup>#</sup>	% (95% CI) <sup>nl</sup>	N <sup>#</sup>	% (95% CI) <sup>nl</sup>	N <sup>#</sup>	% (95% CI) <sup>nl</sup>	% (95% CI) <sup>nl</sup>
<b>Postpartum<sup>++</sup> Family Planning</b>											
• Use of any postpartum contraception <sup>+++</sup>	954	80.9 (77.1-84.2)	983	83.2 (79.5-86.3)	813	80.9 (76.3-84.8)	810	84.0 (79.7-87.5)	684	81.2 (77.2-84.6)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	954	11.3 (8.7-14.5)	983	11.6 (9.0-14.9)	813	13.0 (9.8-17.0)	810	11.2 (8.1-15.2)	684	11.6 (8.8-15.2)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method <sup>ss</sup>	954	18.1 (14.9-21.8)	983	19.1 (15.7-23.0)	813	20.2 (16.3-24.8)	810	25.4 (21.0-30.4)	684	19.3 (15.7-23.5)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods <sup>ss</sup>	954	29.1 (25.2-33.3)	983	30.3 (26.1-34.7)	813	27.8 (23.3-32.9)	810	27.6 (22.9-32.8)	684	27.7 (23.6-32.3)	24.5 (23.9-25.2)
• Least effective contraceptive methods <sup>ss</sup>	954	22.4 (18.9-26.4)	983	22.2 (18.6-26.3)	813	19.9 (16.1-24.4)	810	19.8 (15.9-24.3)	684	22.5 (18.8-26.7)	22.4 (21.8-23.1)
<b>Oral Health</b>											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	970	55.5 (51.0-59.9)	1024	55.3 (50.7-59.8)	835	52.6 (47.3-57.9)	839	52.4 (47.0-57.7)	706	50.3 (45.5-55.0)	40.0 (39.3-40.8)
<b>Health Insurance Status One Month Before Pregnancy<sup>nl</sup></b>											
• Private insurance	935	65.5 (61.1-69.6)	981	68.1 (63.7-72.1)	807	70.8 (65.8-75.4)	809	72.1 (67.1-76.6)	698	69.2 (64.5-73.6)	61.8 (61.0-62.5)
• Medicaid	935	25.3 (21.5-29.5)	981	21.1 (17.6-25.1)	807	22.8 (18.4-27.9)	809	20.6 (16.4-25.4)	698	21.2 (17.4-25.5)	23.5 (22.9-24.1)
• No insurance	935	8.7 (6.7-11.2)	981	9.4 (7.3-12.1)	807	6.2 (4.8-8.1)	809	7.3 (5.4-9.8)	698	9.3 (6.8-12.7)	14.0 (13.4-14.5)
<b>Health Insurance Status for Prenatal Care<sup>nl</sup></b>											
• Private insurance	884	65.4 (61.0-69.6)	933	65.8 (61.2-70.1)	780	69.3 (64.1-74.0)	788	66.6 (61.2-71.6)	677	66.6 (61.8-71.1)	59.6 (58.8-60.3)
• Medicaid	884	32.2 (28.0-36.6)	933	31.6 (27.4-36.2)	780	29.1 (24.4-34.3)	788	29.8 (25.0-35.1)	677	31.0 (26.6-35.7)	36.6 (35.8-37.3)
• No insurance	884	2.4 (1.5-4.0)	933	2.6 (1.5-4.3)	780	1.6 (1.1-2.5)	788	3.6 (1.9-6.6)	677	2.4 (1.3-4.4)	2.8 (2.5-3.1)
<b>Health Insurance Status Postpartum<sup>++nl</sup></b>											
• Private insurance	924	64.8 (60.5-69.0)	974	63.5 (59.1-67.8)	799	67.5 (62.3-72.2)	803	65.7 (60.5-70.7)	690	63.5 (58.6-68.0)	56.4 (55.6-57.2)
• Medicaid	924	28.6 (24.7-32.9)	974	27.9 (23.9-32.3)	799	26.0 (21.5-31.1)	803	27.2 (22.5-32.4)	690	30.1 (25.8-34.8)	35.4 (34.7-36.1)
• No insurance	924	5.7 (4.2-7.5)	974	7.4 (5.7-9.7)	799	6.4 (4.6-8.9)	803	7.0 (5.0-9.8)	690	6.4 (4.2-9.5)	7.2 (6.8-7.7)
<b>Infant Sleep Practices</b>											
• Baby most often laid on back to sleep	946	87.7 (84.6-90.2)	1002	86.7 (83.4-89.4)	812	82.7 (78.4-86.3)	815	84.8 (80.8-88.1)	683	85.7 (82.2-88.6)	79.5 (78.9-80.2)
<b>Breastfeeding Practices</b>											
• Ever breastfed	957	87.9 (84.7-90.6)	1003	86.7 (83.2-89.6)	816	85.8 (81.4-89.3)	817	90.3 (86.8-93.0)	684	91.4 (88.4-93.8)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	947	68.4 (64.0-72.4)	994	65.8 (61.3-70.1)	811	67.1 (61.8-72.0)	816	71.0 (65.9-75.7)	684	75.5 (71.1-79.5)	68.5 (67.8-69.3)

<sup>ll</sup> 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.

<sup>#</sup> Unweighted sample size.

<sup>nl</sup> Weighted percentage (95% confidence interval [CI]).

<sup>‡</sup> 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.”

<sup>\*\*</sup> 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.

<sup>++</sup> Postpartum defined as the time the PRAMS survey was completed.

<sup>++</sup> 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).

<sup>ss</sup> 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.

<sup>nl</sup> 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.