



**Prevalence of Selected Maternal and Child Health Indicators for Maine, 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	817	44.7 (40.5-48.8)	870	45.9 (42.1-49.8)	812	45.6 (41.6-49.7)	823	43.7 (39.8-47.7)	893	45.6 (41.9-49.3)	43.6 (42.9-44.4)
<b>Pre-pregnancy Weight</b>											
• Underweight (body mass index [BMI] <18.5 kg/m <sup>2</sup> )	806	2.3 (1.4-3.8)	854	3.3 (2.2-5.1)	797	3.5 (2.3-5.4)	804	2.4 (1.4-3.9)	869	2.4 (1.5-4.1)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m <sup>2</sup> )	806	22.6 (19.4-26.3)	854	24.9 (21.7-28.4)	797	24.8 (21.4-28.6)	804	25.3 (22.0-29.0)	869	27.0 (23.7-30.5)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m <sup>2</sup> )	806	28.8 (25.1-32.7)	854	25.3 (22.0-28.8)	797	26.3 (22.8-30.1)	804	28.9 (25.3-32.8)	869	25.7 (22.5-29.1)	27.7 (27.0-28.4)
<b>Substance Use</b>											
• Any cigarette smoking											
• During the 3 months before pregnancy	803	24.7 (20.9-28.8)	864	27.3 (24.0-31.0)	808	22.6 (19.3-26.3)	819	21.0 (17.9-24.5)	885	17.8 (15.0-20.9)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	802	14.3 (11.2-18.1)	864	13.8 (11.4-16.8)	811	12.1 (9.6-15.1)	818	11.2 (8.9-14.0)	886	8.1 (6.3-10.4)	6.5 (6.2-6.9)
• Postpartum	809	18.4 (15.0-22.4)	863	18.0 (15.2-21.2)	809	15.6 (12.8-19.0)	811	12.0 (9.6-15.0)	882	10.3 (8.3-12.9)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	804	5.1 (3.3-7.6)	855	4.1 (2.8-6.0)	804	4.2 (2.7-6.2)	813	5.2 (3.6-7.4)	869	8.1 (6.1-10.5)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	805	1.4 (0.7-2.6)	854	2.5 (1.5-4.1)	804	1.5 (0.7-3.0)	813	3.3 (2.0-5.1)	871	2.5 (1.5-4.2)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	802	2.3 (1.4-3.8)	842	2.9 (1.9-4.6)	788	1.8 (1.0-3.2)	798	2.0 (1.1-3.6)	848	2.0 (1.2-3.6)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	814	3.1 (2.0-4.8)	863	4.2 (2.9-6.1)	810	3.9 (2.7-5.8)	816	5.9 (4.2-8.1)	882	4.6 (3.3-6.5)	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	815	3.5 (2.2-5.5)	865	3.0 (1.9-4.7)	811	2.7 (1.7-4.5)	817	2.9 (1.8-4.6)	884	2.1 (1.3-3.6)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	814	2.7 (1.6-4.7)	865	1.8 (1.0-3.1)	810	1.2 (0.5-2.7)	816	2.3 (1.3-3.9)	884	1.2 (0.6-2.4)	1.7 (1.5-1.9)
<b>Depression</b>											
• Self-reported depression in the 3 months before pregnancy	814	20.5 (17.3-24.2)	860	20.1 (17.2-23.4)	808	20.4 (17.3-24.1)	820	26.0 (22.6-29.7)	891	24.3 (21.2-27.7)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	802	15.8 (12.8-19.2)	858	15.9 (13.2-18.9)	810	18.0 (14.9-21.5)	818	19.9 (16.8-23.3)	881	20.2 (17.3-23.4)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms <sup>**</sup>	812	11.4 (8.8-14.7)	860	13.4 (11.0-16.4)	812	10.9 (8.5-13.8)	820	9.2 (7.1-11.8)	872	11.6 (9.4-14.2)	13.4 (12.9-13.9)
<b>Health Care Services</b>											
• Health care visit in the 12 months before pregnancy	811	74.5 (70.4-78.2)	865	74.1 (70.5-77.4)	810	76.9 (73.2-80.3)	825	71.6 (67.7-75.2)	888	75.1 (71.7-78.3)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	803	89.4 (85.9-92.1)	865	90.3 (87.6-92.4)	810	90.2 (87.5-92.4)	817	91.9 (89.3-93.9)	875	87.9 (85.2-90.2)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	797	62.3 (58.0-66.4)	863	64.0 (60.2-67.6)	807	63.4 (59.3-67.3)	812	70.0 (66.1-73.6)	876	72.6 (69.1-75.9)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	810	91.4 (88.1-93.9)	865	93.7 (91.6-95.3)	811	93.7 (91.4-95.4)	825	92.7 (90.2-94.6)	877	90.4 (87.8-92.5)	88.1 (87.6-88.6)
<b>Pregnancy Intention</b>											
• Mistimed	806	16.4 (13.4-19.9)	860	15.2 (12.6-18.2)	808	15.0 (12.3-18.2)	814	16.8 (13.9-20.2)	880	15.5 (12.9-18.5)	17.7 (17.2-18.4)
• Unwanted pregnancy	806	4.3 (2.8-6.6)	860	5.2 (3.7-7.2)	808	4.4 (3.0-6.4)	814	5.3 (3.7-7.5)	880	5.5 (4.0-7.6)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	806	16.3 (13.2-20.1)	860	14.4 (11.8-17.4)	808	13.2 (10.5-16.3)	814	17.9 (15.0-21.4)	880	15.1 (12.6-18.1)	15.5 (15.0-16.1)
• Intended pregnancy	806	63.0 (58.7-67.2)	860	65.2 (61.4-68.8)	808	67.5 (63.5-71.2)	814	59.9 (55.8-63.8)	880	63.9 (60.1-67.5)	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>	801	76.4 (72.4-80.0)	857	74.5 (70.9-77.7)	801	79.9 (76.4-83.0)	809	78.9 (75.5-82.0)	875	75.7 (72.3-78.8)	74.5 (73.9-75.2)	
• Highly effective contraceptive methods												
• Male or female sterilization	801	12.2 (9.7-15.1)	857	11.2 (9.0-13.9)	801	14.8 (12.0-18.1)	809	14.6 (12.0-17.7)	875	9.6 (7.7-12.0)	10.9 (10.4-11.4)	
• Long-acting reversible contraceptive method <sup>ss</sup>	801	20.8 (17.5-24.5)	857	20.7 (17.7-24.0)	801	22.8 (19.5-26.5)	809	22.6 (19.3-26.2)	875	21.0 (18.1-24.3)	16.7 (16.1-17.3)	
• Moderately effective contraceptive methods <sup>ss</sup>	801	24.9 (21.5-28.7)	857	22.6 (19.5-26.0)	801	19.7 (16.7-23.2)	809	22.1 (18.9-25.7)	875	22.3 (19.3-25.6)	24.5 (23.9-25.2)	
• Least effective contraceptive methods <sup>ss</sup>	801	18.5 (15.5-21.9)	857	19.9 (17.0-23.2)	801	22.5 (19.3-26.1)	809	19.7 (16.7-23.1)	875	22.8 (19.8-26.0)	22.4 (21.8-23.1)	
<b>Oral Health</b>												
• Teeth cleaned during pregnancy by a dentist or dental hygienist	800	41.9 (37.8-46.1)	862	46.3 (42.5-50.2)	809	46.3 (42.3-50.4)	821	45.6 (41.7-49.6)	883	41.1 (37.5-44.8)	40.0 (39.3-40.8)	
<b>Health Insurance Status One Month Before Pregnancy<sup>nl</sup></b>												
• Private insurance	795	63.1 (58.7-67.4)	838	62.7 (58.8-66.5)	798	62.0 (57.8-66.1)	799	63.8 (59.7-67.7)	873	66.3 (62.5-69.8)	61.8 (61.0-62.5)	
• Medicaid	795	21.4 (17.7-25.7)	838	24.0 (20.7-27.6)	798	20.1 (16.8-23.8)	799	23.0 (19.6-26.7)	873	23.1 (20.0-26.6)	23.5 (22.9-24.1)	
• No insurance	795	15.5 (12.5-18.9)	838	13.3 (10.8-16.3)	798	17.9 (14.8-21.5)	799	13.2 (10.6-16.4)	873	10.6 (8.4-13.3)	14.0 (13.4-14.5)	
<b>Health Insurance Status for Prenatal Care<sup>nl</sup></b>												
• Private insurance	789	60.4 (55.9-64.7)	841	60.3 (56.4-64.1)	790	59.0 (54.8-63.1)	794	61.3 (57.2-65.3)	865	63.3 (59.5-67.0)	59.6 (58.8-60.3)	
• Medicaid	789	38.1 (33.9-42.6)	841	36.9 (33.2-40.8)	790	39.0 (34.9-43.2)	794	36.5 (32.5-40.6)	865	34.7 (31.1-38.5)	36.6 (35.8-37.3)	
• No insurance	789	1.5 (0.8-2.8)	841	2.8 (1.7-4.5)	790	2.0 (1.1-3.6)	794	2.2 (1.3-3.8)	865	2.0 (1.1-3.6)	2.8 (2.5-3.1)	
<b>Health Insurance Status Postpartum<sup>+++nl</sup></b>												
• Private insurance	801	57.4 (53.0-61.7)	850	57.8 (53.8-61.6)	809	57.5 (53.4-61.6)	802	58.6 (54.5-62.6)	883	59.1 (55.3-62.8)	56.4 (55.6-57.2)	
• Medicaid	801	32.4 (28.3-36.8)	850	30.6 (27.1-34.4)	809	27.5 (23.9-31.5)	802	34.0 (30.1-38.0)	883	34.7 (31.1-38.4)	35.4 (34.7-36.1)	
• No insurance	801	10.2 (7.8-13.2)	850	11.6 (9.3-14.4)	809	14.9 (12.1-18.2)	802	7.4 (5.4-10.0)	883	6.2 (4.5-8.5)	7.2 (6.8-7.7)	
<b>Infant Sleep Practices</b>												
• Baby most often laid on back to sleep	787	85.4 (82.1-88.2)	842	89.2 (86.5-91.4)	776	88.5 (85.4-90.9)	796	91.4 (88.8-93.5)	851	89.9 (87.3-92.1)	79.5 (78.9-80.2)	
<b>Breastfeeding Practices</b>												
• Ever breastfed	790	89.7 (86.6-92.2)	842	90.7 (88.2-92.8)	781	88.3 (85.3-90.7)	796	91.3 (88.6-93.4)	861	90.9 (88.4-92.8)	87.9 (87.3-88.4)	
• Any breastfeeding at 8 weeks	788	70.1 (65.8-74.0)	842	73.1 (69.5-76.4)	783	73.4 (69.6-77.0)	784	72.3 (68.4-75.8)	851	73.7 (70.1-76.9)	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.