



Prevalence of Selected Maternal and Child Health Indicators for Maryland, 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	1164	39.1 (36.0-42.3)	1053	41.4 (38.0-44.8)	1030	41.4 (37.7-45.1)	946	43.6 (39.9-47.3)	997	45.5 (41.6-49.3)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	1086	4.7 (3.4-6.4)	968	3.5 (2.4-5.3)	970	3.1 (2.1-4.7)	881	3.6 (2.4-5.6)	937	3.0 (1.9-4.8)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	1086	29.8 (26.8-33.0)	968	23.5 (20.5-26.7)	970	25.7 (22.5-29.2)	881	27.0 (23.6-30.7)	937	28.7 (25.2-32.6)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	1086	19.3 (16.7-22.1)	968	28.7 (25.5-32.1)	970	26.5 (23.1-30.2)	881	26.0 (22.7-29.6)	937	26.0 (22.7-29.7)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	1156	12.6 (10.6-15.0)	1048	11.5 (9.3-14.1)	1030	11.3 (9.0-14.0)	947	11.0 (8.7-13.7)	994	10.6 (8.3-13.4)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1156	5.6 (4.2-7.3)	1049	5.1 (3.7-7.0)	1030	5.4 (3.8-7.4)	948	5.0 (3.5-7.0)	993	4.0 (2.7-5.8)	6.5 (6.2-6.9)
• Postpartum	1155	8.0 (6.4-10.1)	1048	6.9 (5.3-9.1)	1030	7.2 (5.4-9.5)	948	7.8 (5.9-10.3)	994	5.4 (3.8-7.6)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1151	2.2 (1.4-3.4)	1046	2.6 (1.6-4.1)	1029	3.0 (1.9-4.7)	937	3.2 (2.1-4.9)	995	4.7 (3.1-7.1)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1152	0.6 (0.2-1.3)	1046	1.1 (0.5-2.2)	1029	1.3 (0.7-2.6)	940	0.5 (0.2-1.4)	996	0.7 (0.3-2.0)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	1147	5.7 (4.4-7.4)	1033	4.7 (3.3-6.6)	1016	6.8 (5.0-9.3)	927	4.6 (3.2-6.6)	984	7.2 (5.3-9.7)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1150	1.3 (0.7-2.3)	1037	3.1 (2.0-4.7)	1030	1.6 (1.0-2.7)	943	2.4 (1.5-3.8)	990	2.0 (1.1-3.7)	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	1123	2.9 (2.0-4.3)	1021	3.3 (2.2-5.0)	1005	2.2 (1.3-3.6)	922	2.7 (1.8-4.3)	966	1.7 (0.9-3.1)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	1119	2.2 (1.4-3.4)	1017	2.9 (1.8-4.5)	1004	2.0 (1.1-3.4)	921	2.6 (1.6-4.1)	965	2.1 (1.1-3.8)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	1152	9.8 (8.0-11.9)	1045	11.4 (9.3-13.9)	1024	13.1 (10.7-15.8)	939	13.1 (10.7-16.0)	990	18.1 (15.1-21.4)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1142	10.4 (8.5-12.6)	1040	11.7 (9.6-14.4)	1018	14.4 (11.9-17.3)	937	12.6 (10.3-15.4)	982	14.9 (12.3-18.0)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	1135	13.3 (11.2-15.7)	1030	12.4 (10.2-15.0)	1024	16.1 (13.5-19.2)	940	15.6 (13.0-18.7)	995	14.3 (11.7-17.4)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	1148	66.2 (63.0-69.2)	1032	65.1 (61.7-68.4)	1026	71.3 (67.6-74.7)	939	73.0 (69.4-76.3)	992	71.6 (67.9-75.1)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1137	84.5 (81.9-86.7)	1035	84.4 (81.8-86.8)	1010	82.8 (79.6-85.6)	936	84.8 (81.9-87.4)	986	86.0 (83.1-88.4)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1133	59.4 (56.1-62.6)	1021	63.4 (59.9-66.7)	1011	64.0 (60.2-67.6)	933	65.9 (62.1-69.4)	977	70.4 (66.6-73.9)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	1141	89.0 (86.7-90.9)	1045	90.2 (87.8-92.1)	1023	90.4 (87.8-92.4)	946	92.3 (90.0-94.1)	993	90.3 (87.7-92.4)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	1150	20.5 (18.0-23.3)	1042	20.8 (18.1-23.9)	1015	18.9 (16.0-22.2)	943	20.6 (17.5-23.9)	991	18.3 (15.4-21.7)	17.7 (17.2-18.4)
• Unwanted pregnancy	1150	5.8 (4.5-7.6)	1042	6.0 (4.5-8.0)	1015	7.6 (5.8-10.0)	943	6.0 (4.4-8.2)	991	6.0 (4.4-8.1)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1150	14.6 (12.4-17.1)	1042	14.7 (12.4-17.4)	1015	12.8 (10.4-15.7)	943	14.8 (12.3-17.8)	991	13.0 (10.6-16.0)	15.5 (15.0-16.1)
• Intended pregnancy	1150	59.1 (55.8-62.3)	1042	58.4 (54.9-61.9)	1015	60.7 (56.8-64.4)	943	58.6 (54.8-62.3)	991	62.7 (58.8-66.4)	60.4 (59.6-61.1)

Health Indicator	2016		2017		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}
Postpartum⁺⁺ Family Planning											
• Use of any postpartum contraception ⁺⁺⁺	1120	72.4 (69.3-75.2)	1022	74.8 (71.6-77.8)	1006	73.3 (69.8-76.6)	942	75.7 (72.4-78.8)	978	76.2 (72.7-79.4)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	1120	8.2 (6.6-10.2)	1022	9.0 (7.2-11.2)	1006	7.4 (5.6-9.6)	942	8.3 (6.5-10.6)	978	7.7 (5.9-9.9)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{ss}	1120	14.6 (12.5-17.1)	1022	13.9 (11.7-16.5)	1006	14.9 (12.4-17.8)	942	15.0 (12.5-17.9)	978	16.9 (14.1-20.1)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{ss}	1120	24.8 (22.1-27.8)	1022	25.1 (22.1-28.2)	1006	25.3 (22.1-28.9)	942	24.5 (21.3-27.9)	978	26.7 (23.4-30.4)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{ss}	1120	24.7 (21.9-27.6)	1022	26.9 (23.9-30.1)	1006	25.7 (22.6-29.2)	942	28.0 (24.7-31.5)	978	24.9 (21.8-28.4)	22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1159	52.3 (49.1-55.6)	1048	53.3 (49.8-56.7)	1031	53.4 (49.6-57.2)	947	54.1 (50.3-57.8)	996	47.0 (43.1-50.9)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{nl}											
• Private insurance	1096	63.5 (60.3-66.7)	997	65.8 (62.3-69.1)	985	69.9 (66.2-73.4)	907	66.8 (63.0-70.4)	958	68.3 (64.4-71.9)	61.8 (61.0-62.5)
• Medicaid	1096	21.1 (18.4-24.1)	997	16.2 (13.6-19.2)	985	15.2 (12.6-18.4)	907	16.6 (13.7-19.9)	958	15.9 (13.0-19.2)	23.5 (22.9-24.1)
• No insurance	1096	15.3 (13.1-17.8)	997	18.0 (15.5-20.8)	985	14.8 (12.2-17.9)	907	16.6 (14.0-19.7)	958	15.9 (13.3-18.9)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{nl}											
• Private insurance	1024	64.0 (60.6-67.3)	914	69.5 (65.9-72.8)	929	73.4 (69.6-76.8)	853	68.6 (64.6-72.2)	891	69.0 (65.0-72.8)	59.6 (58.8-60.3)
• Medicaid	1024	31.6 (28.4-35.0)	914	26.8 (23.6-30.4)	929	22.3 (19.0-25.9)	853	26.5 (23.0-30.3)	891	26.4 (22.8-30.3)	36.6 (35.8-37.3)
• No insurance	1024	4.4 (3.2-5.9)	914	3.7 (2.7-5.1)	929	4.4 (3.0-6.3)	853	4.9 (3.5-6.9)	891	4.6 (3.2-6.5)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++nl}											
• Private insurance	1095	60.4 (57.1-63.7)	987	63.3 (59.7-66.6)	971	70.0 (66.2-73.5)	896	65.4 (61.6-69.1)	949	64.2 (60.3-68.0)	56.4 (55.6-57.2)
• Medicaid	1095	27.5 (24.6-30.7)	987	23.2 (20.2-26.5)	971	17.3 (14.4-20.6)	896	19.9 (16.8-23.4)	949	23.9 (20.5-27.6)	35.4 (34.7-36.1)
• No insurance	1095	12.0 (10.1-14.3)	987	13.6 (11.5-16.0)	971	12.7 (10.3-15.5)	896	14.7 (12.2-17.6)	949	11.9 (9.6-14.6)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep	1103	76.5 (73.6-79.2)	1006	78.2 (75.1-81.0)	991	80.1 (76.8-83.1)	914	81.6 (78.3-84.4)	955	78.5 (75.0-81.7)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed	1116	88.4 (86.0-90.4)	1025	89.4 (86.9-91.5)	1002	89.6 (86.7-91.9)	928	91.4 (88.9-93.4)	966	89.9 (87.2-92.1)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	1107	72.1 (69.0-75.1)	1015	77.1 (73.9-80.0)	998	73.7 (70.1-77.1)	927	73.6 (70.0-76.9)	955	76.1 (72.5-79.3)	68.5 (67.8-69.3)

^{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.

^{nl} 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).

^{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.

^{nl} 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.