



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

Health Indicator	2016 <sup>o</sup>		2017 <sup>v</sup>		2018		2019		2020		Overall 2020 <sup>ll</sup>
	N#	% (95% CI) <sup>nl</sup>	N#	% (95% CI) <sup>nl</sup>	N#	% (95% CI) <sup>nl</sup>	N#	% (95% CI) <sup>nl</sup>	N#	% (95% CI) <sup>nl</sup>	% (95% CI) <sup>nl</sup>
<b>Nutrition</b>											
• Multivitamin use ≥4 times a week during the month before pregnancy					1270	44.9 (41.7-48.0)	1055	50.4 (46.6-54.3)	625	45.0 (39.8-50.4)	43.6 (42.9-44.4)
<b>Pre-pregnancy Weight</b>											
• Underweight (body mass index [BMI] <18.5 kg/m <sup>2</sup> )					1238	1.9 (1.2-3.1)	1032	1.9 (1.1-3.0)	604	1.9 (0.9-4.1)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m <sup>2</sup> )					1238	27.9 (25.2-30.9)	1032	26.7 (23.4-30.3)	604	26.1 (21.6-31.2)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m <sup>2</sup> )					1238	23.6 (21.0-26.5)	1032	27.8 (24.3-31.5)	604	25.6 (21.1-30.6)	27.7 (27.0-28.4)
<b>Substance Use</b>											
• Any cigarette smoking											
• During the 3 months before pregnancy					1252	17.1 (14.8-19.7)	1045	15.8 (13.2-19.0)	615	14.8 (11.3-19.1)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy					1250	8.6 (6.9-10.8)	1045	7.8 (5.9-10.3)	618	6.6 (4.4-9.9)	6.5 (6.2-6.9)
• Postpartum					1250	10.3 (8.4-12.5)	1046	10.6 (8.5-13.2)	619	9.7 (6.9-13.4)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy					1252	4.2 (3.0-5.7)	1044	3.2 (2.0-5.0)	615	4.3 (2.5-7.3)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy					1251	0.9 (0.5-1.8)	1045	0.8 (0.4-1.6)	616	0.9 (0.2-3.2)	1.5 (1.3-1.7)
• Hookah use in the last 2 years					1242	2.9 (2.0-4.2)	1032	1.4 (0.8-2.4)	611	2.4 (1.3-4.4)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy					1239	4.0 (3.0-5.4)	1039	3.4 (2.2-5.3)	614	4.1 (2.5-6.7)	3.0 (2.8-3.3)
<b>Intimate Partner Violence (IPV)<sup>z</sup></b>											
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or by an ex-husband or ex-partner					1241	4.1 (3.0-5.6)	1032	2.1 (1.3-3.2)	616	3.2 (1.6-6.1)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner					1239	2.6 (1.8-3.9)	1033	1.5 (0.9-2.6)	614	1.4 (0.6-3.7)	1.7 (1.5-1.9)
<b>Depression</b>											
• Self-reported depression in the 3 months before pregnancy					1263	17.5 (15.1-20.1)	1038	15.3 (12.6-18.5)	618	24.7 (20.3-29.7)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy					1251	16.3 (14.0-18.9)	1043	14.9 (12.4-17.7)	615	22.0 (17.8-26.8)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms <sup>**</sup>					1262	10.6 (8.7-12.8)	1034	10.9 (8.6-13.8)	615	13.8 (10.4-18.1)	13.4 (12.9-13.9)
<b>Health Care Services</b>											
• Health care visit in the 12 months before pregnancy					1256	78.2 (75.3-80.9)	1034	75.1 (71.2-78.5)	613	75.8 (70.6-80.4)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester					1243	91.3 (89.2-93.1)	1044	91.1 (88.3-93.2)	613	87.2 (82.9-90.5)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery					1254	69.6 (66.5-72.5)	1045	70.3 (66.6-73.6)	617	68.2 (62.9-73.1)	60.9 (60.1-61.7)
• Had maternal postpartum checkup					1265	92.2 (90.2-93.8)	1043	93.4 (91.2-95.1)	619	85.9 (81.5-89.4)	88.1 (87.6-88.6)
<b>Pregnancy Intention</b>											
• Mistimed					1250	17.2 (14.9-19.9)	1034	14.3 (11.8-17.4)	602	11.6 (8.5-15.7)	17.7 (17.2-18.4)
• Unwanted pregnancy					1250	5.0 (3.7-6.7)	1034	5.3 (3.7-7.7)	602	4.0 (2.3-6.9)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy					1250	13.0 (10.9-15.4)	1034	12.4 (10.0-15.4)	602	19.5 (15.3-24.4)	15.5 (15.0-16.1)
• Intended pregnancy					1250	64.8 (61.6-67.8)	1034	67.9 (64.0-71.5)	602	64.9 (59.4-70.0)	60.4 (59.6-61.1)

Health Indicator	2016 <sup>o</sup>		2017 <sup>v</sup>		2018		2019		2020		Overall 2020 <sup>ll</sup>
	N#	% (95% CI) <sup>¶</sup>	N#	% (95% CI) <sup>¶</sup>	N#	% (95% CI) <sup>¶</sup>	N#	% (95% CI) <sup>¶</sup>	N#	% (95% CI) <sup>¶</sup>	% (95% CI) <sup>¶</sup>
<b>Postpartum<sup>++</sup> Family Planning</b>											
• Use of any postpartum contraception <sup>+++</sup>					1248	75.9 (73.1-78.6)	1036	76.1 (72.6-79.3)	615	72.1 (66.9-76.7)	74.5 (73.9-75.2)
• Highly effective contraceptive methods					1248	11.9 (9.9-14.2)	1036	9.6 (7.4-12.3)	615	12.2 (8.9-16.5)	10.9 (10.4-11.4)
• Male or female sterilization					1248	18.5 (16.1-21.1)	1036	22.1 (19.0-25.5)	615	17.1 (13.4-21.5)	16.7 (16.1-17.3)
• Long-acting reversible contraceptive method <sup>ss</sup>					1248	22.3 (19.7-25.0)	1036	22.0 (19.0-25.4)	615	20.3 (16.3-25.1)	24.5 (23.9-25.2)
• Moderately effective contraceptive methods <sup>ss</sup>					1248	23.4 (20.8-26.1)	1036	22.4 (19.4-25.7)	615	22.5 (18.4-27.2)	22.4 (21.8-23.1)
• Least effective contraceptive methods <sup>ss</sup>											
<b>Oral Health</b>											
• Teeth cleaned during pregnancy by a dentist or dental hygienist					1269	50.8 (47.6-54.0)	1051	52.4 (48.5-56.2)	624	44.2 (39.0-49.6)	40.0 (39.3-40.8)
<b>Health Insurance Status One Month Before Pregnancy<sup>¶¶</sup></b>											
• Private insurance					1220	70.1 (66.8-73.1)	1027	68.3 (64.2-72.1)	600	71.3 (65.9-76.1)	61.8 (61.0-62.5)
• Medicaid					1220	17.9 (15.4-20.7)	1027	16.3 (13.5-19.6)	600	13.1 (9.7-17.3)	23.5 (22.9-24.1)
• No insurance					1220	6.6 (4.9-8.7)	1027	9.1 (6.6-12.4)	600	7.2 (4.7-11.0)	14.0 (13.4-14.5)
<b>Health Insurance Status for Prenatal Care<sup>¶¶</sup></b>											
• Private insurance					1213	68.4 (65.1-71.5)	1013	68.1 (64.1-71.8)	586	73.8 (68.6-78.5)	59.6 (58.8-60.3)
• Medicaid					1213	24.9 (22.0-28.0)	1013	24.0 (20.6-27.7)	586	19.7 (15.7-24.5)	36.6 (35.8-37.3)
• No insurance					1213	1.1 (0.6-2.2)	1013	0.6 (0.3-1.5)	586	0.4 (0.2-0.7)	2.8 (2.5-3.1)
<b>Health Insurance Status Postpartum<sup>++¶¶</sup></b>											
• Private insurance					1218	66.3 (63.0-69.4)	1016	65.8 (61.7-69.7)	593	72.9 (67.6-77.5)	56.4 (55.6-57.2)
• Medicaid					1218	21.0 (18.3-24.0)	1016	18.9 (15.9-22.3)	593	19.4 (15.4-24.1)	35.4 (34.7-36.1)
• No insurance					1218	6.2 (4.6-8.3)	1016	6.9 (4.8-9.7)	593	1.6 (0.6-4.2)	7.2 (6.8-7.7)
<b>Infant Sleep Practices</b>											
• Baby most often laid on back to sleep					1242	86.7 (84.3-88.7)	1024	85.9 (82.9-88.5)	606	86.4 (81.9-89.9)	79.5 (78.9-80.2)
<b>Breastfeeding Practices</b>											
• Ever breastfed					1251	91.9 (89.9-93.5)	1032	90.9 (88.0-93.1)	612	93.8 (90.8-95.8)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks					1247	77.3 (74.4-79.9)	1027	73.9 (70.3-77.3)	602	79.2 (74.4-83.3)	68.5 (67.8-69.3)

<sup>o</sup> Did not meet the required 55% response rate threshold in 2016.

<sup>v</sup> Did not meet the required 55% response rate threshold in 2017.

<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>¶</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>ss</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>¶¶</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.