



**Prevalence of Selected Maternal and Child Health Indicators for Missouri, 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	1055	40.2 (36.9-43.6)	1096	39.1 (35.8-42.4)	928	34.3 (31.0-37.8)	1586	43.4 (40.3-46.4)	958	47.0 (43.4-50.5)	43.6 (42.9-44.4)
<b>Pre-pregnancy Weight</b>											
• Underweight (body mass index [BMI] <18.5 kg/m <sup>2</sup> )	1039	3.8 (2.7-5.4)	1085	3.6 (2.5-5.1)	916	2.4 (1.5-3.8)	1574	4.7 (3.5-6.2)	947	4.6 (3.3-6.4)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m <sup>2</sup> )	1039	25.1 (22.2-28.3)	1085	23.9 (21.1-27.0)	916	27.6 (24.5-31.0)	1574	22.4 (20.0-25.1)	947	25.7 (22.7-28.9)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m <sup>2</sup> )	1039	28.3 (25.2-31.5)	1085	31.4 (28.2-34.7)	916	29.9 (26.6-33.4)	1574	28.2 (25.4-31.1)	947	30.3 (27.1-33.8)	27.7 (27.0-28.4)
<b>Substance Use</b>											
• Any cigarette smoking											
• During the 3 months before pregnancy	1049	26.2 (23.2-29.4)	1098	24.2 (21.4-27.2)	921	23.8 (20.8-27.2)	1579	22.5 (19.9-25.4)	950	19.8 (17.1-22.9)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1050	13.5 (11.2-16.1)	1096	13.0 (10.9-15.5)	922	14.5 (12.0-17.4)	1583	12.1 (10.0-14.5)	951	11.3 (9.1-13.8)	6.5 (6.2-6.9)
• Postpartum	1049	18.7 (16.1-21.6)	1095	18.2 (15.7-21.0)	920	18.9 (16.1-22.0)	1582	17.6 (15.1-20.3)	949	14.7 (12.2-17.5)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1047	6.0 (4.5-8.0)	1095	5.9 (4.5-7.7)	920	5.5 (3.9-7.5)	1581	6.1 (4.7-8.0)	952	6.2 (4.6-8.3)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1051	2.3 (1.4-3.8)	1105	1.4 (0.8-2.4)	927	1.2 (0.6-2.3)	1589	1.6 (1.0-2.6)	960	2.4 (1.5-3.9)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	1047	6.0 (4.4-8.0)	1094	5.5 (4.0-7.3)	917	4.0 (2.7-5.8)	1586	3.5 (2.6-4.8)	952	3.7 (2.5-5.3)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1049	2.5 (1.6-3.7)	1102	2.6 (1.7-3.8)	922	2.5 (1.6-3.9)	1586	2.1 (1.4-3.2)	959	3.8 (2.6-5.5)	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	1049	4.9 (3.5-6.8)	1102	4.4 (3.1-6.0)	926	4.9 (3.4-6.9)	1595	4.7 (3.4-6.5)	959	4.7 (3.3-6.5)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	1047	2.5 (1.5-4.0)	1104	3.9 (2.7-5.6)	925	3.2 (2.1-4.9)	1594	3.0 (1.9-4.5)	958	2.4 (1.5-3.8)	1.7 (1.5-1.9)
<b>Depression</b>											
• Self-reported depression in the 3 months before pregnancy	1056	16.5 (14.0-19.3)	1106	18.2 (15.7-21.0)	932	20.3 (17.4-23.4)	1600	19.6 (17.1-22.3)	961	21.5 (18.7-24.7)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1047	16.4 (13.9-19.2)	1079	17.2 (14.7-19.9)	906	19.7 (16.9-22.9)	1574	19.3 (16.8-22.0)	946	21.9 (19.1-25.0)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms <sup>**</sup>	1051	14.0 (11.8-16.7)	1091	13.9 (11.7-16.5)	921	13.7 (11.3-16.5)	1576	14.6 (12.5-17.1)	957	13.3 (11.1-16.0)	13.4 (12.9-13.9)
<b>Health Care Services</b>											
• Health care visit in the 12 months before pregnancy	1052	66.0 (62.5-69.2)	1093	66.5 (63.1-69.7)	927	63.0 (59.3-66.5)	1585	65.1 (62.0-68.1)	954	65.5 (62.0-68.8)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1040	85.8 (83.0-88.3)	1089	84.9 (82.2-87.3)	920	85.2 (82.3-87.7)	1576	87.8 (85.3-89.9)	940	88.1 (85.5-90.3)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1051	56.3 (52.8-59.7)	1097	57.9 (54.5-61.3)	925	60.6 (56.9-64.1)	1582	64.3 (61.2-67.3)	959	64.5 (61.0-67.9)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	1053	88.1 (85.5-90.3)	1092	87.8 (85.3-89.9)	924	87.5 (84.8-89.7)	1584	88.6 (86.2-90.7)	954	85.1 (82.3-87.5)	88.1 (87.6-88.6)
<b>Pregnancy Intention</b>											
• Mistimed	1035	18.2 (15.6-21.1)	1085	21.4 (18.6-24.4)	921	24.0 (20.9-27.3)	1580	19.6 (17.2-22.3)	951	16.2 (13.7-19.0)	17.7 (17.2-18.4)
• Unwanted pregnancy	1035	9.4 (7.5-11.9)	1085	6.9 (5.3-8.9)	921	9.9 (7.8-12.3)	1580	7.8 (6.2-9.7)	951	6.0 (4.5-7.9)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1035	18.1 (15.5-21.0)	1085	18.2 (15.6-21.1)	921	17.0 (14.4-20.0)	1580	17.9 (15.6-20.6)	951	21.3 (18.4-24.4)	15.5 (15.0-16.1)
• Intended pregnancy	1035	54.2 (50.7-57.7)	1085	53.5 (50.1-57.0)	921	49.2 (45.5-52.8)	1580	54.7 (51.5-57.8)	951	56.5 (52.9-60.1)	60.4 (59.6-61.1)

Health Indicator	2016		2017		2018		2019		2020		Overall 2020 <sup>¶</sup>	
	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	% (95% CI) <sup>¶</sup>	
<b>Postpartum<sup>++</sup> Family Planning</b>												
• Use of any postpartum contraception <sup>+++</sup>	1039	80.6 (77.7-83.2)	1085	78.5 (75.6-81.2)	913	76.3 (73.0-79.3)	1567	76.6 (73.8-79.2)	947	75.7 (72.5-78.7)	74.5 (73.9-75.2)	
• Highly effective contraceptive methods												
• Male or female sterilization	1039	12.4 (10.3-14.9)	1085	14.5 (12.2-17.1)	913	13.3 (11.0-15.9)	1567	13.3 (11.3-15.6)	947	14.7 (12.3-17.4)	10.9 (10.4-11.4)	
• Long-acting reversible contraceptive method <sup>§§</sup>	1039	14.0 (11.8-16.7)	1085	14.6 (12.3-17.3)	913	16.2 (13.6-19.2)	1567	15.5 (13.4-17.8)	947	15.3 (12.8-18.1)	16.7 (16.1-17.3)	
• Moderately effective contraceptive methods <sup>§§</sup>	1039	30.6 (27.4-33.9)	1085	25.2 (22.3-28.3)	913	25.9 (22.8-29.3)	1567	25.8 (23.1-28.7)	947	25.8 (22.7-29.1)	24.5 (23.9-25.2)	
• Least effective contraceptive methods <sup>§§</sup>	1039	23.6 (20.8-26.6)	1085	24.2 (21.4-27.3)	913	20.9 (18.1-24.0)	1567	22.0 (19.6-24.6)	947	20.0 (17.3-23.0)	22.4 (21.8-23.1)	
<b>Oral Health</b>												
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1056	43.5 (40.1-46.9)	1101	45.4 (42.0-48.8)	925	42.3 (38.7-45.9)	1588	45.2 (42.1-48.3)	951	40.3 (36.9-43.9)	40.0 (39.3-40.8)	
<b>Health Insurance Status One Month Before Pregnancy<sup>¶¶</sup></b>												
• Private insurance	1026	64.4 (60.8-67.8)	1070	65.7 (62.3-69.0)	895	62.7 (59.0-66.3)	1527	64.6 (61.4-67.7)	922	66.2 (62.6-69.7)	61.8 (61.0-62.5)	
• Medicaid	1026	17.0 (14.3-19.9)	1070	17.7 (15.2-20.6)	895	19.8 (16.9-23.2)	1527	19.7 (17.1-22.6)	922	14.8 (12.3-17.7)	23.5 (22.9-24.1)	
• No insurance	1026	18.7 (16.0-21.7)	1070	16.5 (14.1-19.3)	895	17.4 (14.7-20.5)	1527	15.7 (13.4-18.3)	922	19.0 (16.2-22.1)	14.0 (13.4-14.5)	
<b>Health Insurance Status for Prenatal Care<sup>¶¶</sup></b>												
• Private insurance	1021	58.4 (54.8-61.9)	1064	61.1 (57.6-64.4)	896	59.3 (55.6-62.9)	1531	57.4 (54.2-60.6)	923	60.8 (57.2-64.4)	59.6 (58.8-60.3)	
• Medicaid	1021	38.9 (35.5-42.5)	1064	36.4 (33.1-39.8)	896	38.5 (34.9-42.2)	1531	39.1 (36.0-42.4)	923	36.5 (33.0-40.1)	36.6 (35.8-37.3)	
• No insurance	1021	2.7 (1.7-4.1)	1064	2.6 (1.6-4.0)	896	2.2 (1.4-3.6)	1531	3.4 (2.2-5.2)	923	2.7 (1.7-4.3)	2.8 (2.5-3.1)	
<b>Health Insurance Status Postpartum<sup>+++¶¶</sup></b>												
• Private insurance	1011	57.2 (53.6-60.7)	1070	60.1 (56.6-63.5)	897	57.5 (53.8-61.2)	1521	57.1 (53.8-60.2)	930	59.5 (55.8-63.1)	56.4 (55.6-57.2)	
• Medicaid	1011	27.3 (24.2-30.7)	1070	27.5 (24.5-30.8)	897	30.6 (27.2-34.2)	1521	31.1 (28.1-34.3)	930	32.6 (29.2-36.1)	35.4 (34.7-36.1)	
• No insurance	1011	15.5 (13.0-18.5)	1070	12.3 (10.2-14.9)	897	11.9 (9.6-14.6)	1521	11.8 (9.8-14.2)	930	7.9 (6.1-10.3)	7.2 (6.8-7.7)	
<b>Infant Sleep Practices</b>												
• Baby most often laid on back to sleep	1003	78.9 (75.8-81.7)	1058	81.9 (79.0-84.5)	890	84.0 (81.1-86.6)	1537	83.1 (80.4-85.5)	914	84.8 (82.0-87.3)	79.5 (78.9-80.2)	
<b>Breastfeeding Practices</b>												
• Ever breastfed	1020	86.2 (83.5-88.6)	1074	85.0 (82.3-87.4)	906	85.1 (82.1-87.6)	1549	85.2 (82.6-87.4)	930	87.0 (84.4-89.3)	87.9 (87.3-88.4)	
• Any breastfeeding at 8 weeks	1011	63.1 (59.6-66.4)	1063	63.0 (59.6-66.3)	899	61.4 (57.7-64.9)	1541	65.0 (61.9-68.0)	916	66.6 (63.1-70.0)	68.5 (67.8-69.3)	

¶ 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]).

‡ 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).

§§ 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.