



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

Health Indicator	2016 ^z		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}
Nutrition											
• Multivitamin use ≥4 times a week during the month before pregnancy			934	46.4 (43.3-49.5)	807	46.7 (43.4-50.2)	722	46.2 (42.6-49.7)	701	50.4 (46.3-54.5)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)			915	3.0 (2.1-4.4)	793	3.1 (2.1-4.7)	705	3.4 (2.2-5.1)	686	4.4 (2.9-6.5)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)			915	24.6 (21.9-27.5)	793	25.0 (22.1-28.1)	705	24.1 (21.0-27.4)	686	20.7 (17.5-24.2)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)			915	21.3 (18.7-24.1)	793	25.0 (22.1-28.1)	705	25.8 (22.7-29.2)	686	24.7 (21.3-28.4)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy			929	24.1 (21.6-26.8)	806	23.5 (20.8-26.4)	721	22.2 (19.4-25.3)	699	22.0 (18.9-25.6)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy			930	9.9 (8.2-11.8)	805	11.1 (9.1-13.4)	721	11.7 (9.5-14.3)	700	11.3 (9.0-14.2)	6.5 (6.2-6.9)
• Postpartum			929	15.2 (13.1-17.5)	804	14.8 (12.6-17.4)	720	14.6 (12.2-17.3)	699	13.0 (10.5-15.9)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy			923	5.5 (4.1-7.2)	803	5.0 (3.7-6.8)	721	6.1 (4.4-8.3)	698	7.8 (5.7-10.4)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy			924	2.3 (1.4-3.5)	803	1.7 (1.0-2.9)	721	1.8 (1.0-3.2)	699	1.7 (0.8-3.3)	1.5 (1.3-1.7)
• Hookah use in the last 2 years			923	2.2 (1.4-3.5)	800	1.9 (1.1-3.1)	718	0.6 (0.2-1.5)	693	1.4 (0.7-2.7)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy			927	4.4 (3.3-6.0)	804	4.6 (3.4-6.2)	720	5.8 (4.3-7.9)	695	5.5 (3.9-7.7)	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			918	3.9 (2.9-5.4)	792	4.5 (3.3-6.1)	719	4.2 (2.9-6.0)	688	3.8 (2.5-5.6)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner			917	2.4 (1.6-3.6)	794	3.1 (2.1-4.5)	716	1.5 (0.9-2.5)	690	2.5 (1.5-4.0)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy			932	20.5 (18.0-23.3)	803	18.9 (16.3-21.7)	724	25.0 (21.9-28.5)	704	23.0 (19.7-26.6)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy			934	16.9 (14.6-19.4)	806	16.9 (14.5-19.6)	722	23.0 (20.0-26.4)	695	19.5 (16.5-23.0)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}			923	15.0 (12.8-17.5)	793	14.2 (12.0-16.9)	717	15.6 (13.1-18.6)	694	14.9 (12.3-18.0)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy			934	72.1 (69.2-74.9)	808	71.7 (68.5-74.6)	718	74.9 (71.6-77.9)	698	72.8 (69.0-76.2)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester			927	86.7 (84.5-88.7)	803	87.5 (85.1-89.6)	723	88.3 (85.7-90.4)	696	88.4 (85.5-90.7)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery			928	62.8 (59.7-65.9)	799	62.5 (59.1-65.7)	717	65.1 (61.6-68.5)	691	68.6 (64.6-72.4)	60.9 (60.1-61.7)
• Had maternal postpartum checkup			928	89.6 (87.6-91.3)	798	93.1 (91.2-94.7)	721	90.3 (88.0-92.2)	698	89.8 (87.1-91.9)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed			931	17.6 (15.2-20.3)	806	16.8 (14.3-19.5)	716	16.5 (13.9-19.5)	699	14.2 (11.5-17.5)	17.7 (17.2-18.4)
• Unwanted pregnancy			931	5.5 (4.2-7.2)	806	6.0 (4.6-8.0)	716	7.8 (5.9-10.1)	699	5.5 (4.0-7.6)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy			931	18.5 (16.2-21.0)	806	17.2 (14.8-19.9)	716	18.3 (15.6-21.4)	699	15.6 (13.0-18.7)	15.5 (15.0-16.1)
• Intended pregnancy			931	58.4 (55.3-61.4)	806	60.0 (56.7-63.3)	716	57.4 (53.8-60.9)	699	64.6 (60.6-68.4)	60.4 (59.6-61.1)

Health Indicator	2016 [≥]		2017		2018		2019		2020		Overall 2020
	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	% (95% CI) [¶]
Postpartum⁺⁺ Family Planning											
• Use of any postpartum contraception ⁺⁺⁺			921	81.2 (78.6-83.6)	788	83.6 (80.9-86.1)	715	83.7 (80.8-86.3)	687	80.7 (77.2-83.7)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization			921	13.0 (10.9-15.4)	788	13.2 (11.0-15.8)	715	15.3 (12.8-18.2)	687	12.3 (9.8-15.4)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{§§}			921	19.2 (16.8-21.9)	788	23.3 (20.5-26.3)	715	24.3 (21.2-27.6)	687	25.3 (21.9-29.1)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{§§}			921	28.2 (25.3-31.3)	788	25.8 (22.8-28.9)	715	18.2 (15.5-21.2)	687	21.5 (18.3-25.1)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{§§}			921	20.8 (18.3-23.6)	788	21.4 (18.6-24.4)	715	26.0 (22.8-29.4)	687	21.5 (18.3-25.2)	22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist			929	47.0 (43.8-50.2)	797	50.3 (46.9-53.8)	721	50.3 (46.6-53.9)	700	44.2 (40.2-48.4)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{¶¶}											
• Private insurance			894	61.4 (58.8-63.9)	780	58.0 (55.4-60.7)	693	58.4 (55.3-61.3)	682	60.4 (56.3-64.4)	61.8 (61.0-62.5)
• Medicaid			894	25.5 (23.1-28.1)	780	30.0 (27.4-32.8)	693	27.7 (24.9-30.8)	682	28.6 (25.0-32.4)	23.5 (22.9-24.1)
• No insurance			894	11.7 (9.8-13.9)	780	10.1 (8.2-12.4)	693	12.1 (9.9-14.8)	682	9.7 (7.5-12.6)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{¶¶}											
• Private insurance			890	58.2 (55.9-60.5)	774	56.5 (54.0-58.9)	677	57.7 (54.9-60.4)	671	59.4 (55.2-63.4)	59.6 (58.8-60.3)
• Medicaid			890	38.6 (36.2-41.1)	774	39.3 (36.8-41.9)	677	38.3 (35.4-41.2)	671	35.5 (31.7-39.6)	36.6 (35.8-37.3)
• No insurance			890	2.0 (1.3-3.1)	774	2.7 (1.7-4.1)	677	2.3 (1.4-3.6)	671	3.5 (2.2-5.5)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++¶¶}											
• Private insurance			896	56.4 (53.9-58.8)	780	53.4 (50.9-55.8)	684	56.0 (53.2-58.8)	689	55.6 (51.5-59.6)	56.4 (55.6-57.2)
• Medicaid			896	37.9 (35.4-40.5)	780	38.0 (35.3-40.7)	684	36.6 (33.7-39.5)	689	38.7 (34.8-42.8)	35.4 (34.7-36.1)
• No insurance			896	4.6 (3.4-6.1)	780	7.3 (5.7-9.4)	684	5.7 (4.2-7.7)	689	4.1 (2.7-6.2)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep			912	84.3 (81.8-86.5)	785	82.8 (80.0-85.3)	711	81.6 (78.4-84.3)	670	87.4 (84.4-90.0)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed			917	93.8 (92.1-95.1)	786	93.3 (91.3-94.8)	711	94.5 (92.7-95.9)	674	92.2 (89.6-94.1)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks			911	80.3 (77.7-82.7)	781	77.1 (74.1-79.9)	708	78.0 (74.8-80.9)	672	78.8 (75.2-82.0)	68.5 (67.8-69.3)

[≥] Did not participate in 2016.

^{||} 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.