



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

Health Indicator	2016		2017 ^v		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	1296	43.4 (40.2-46.7)			1327	43.2 (39.4-47.1)	1622	46.5 (43.1-49.9)	1485	44.8 (41.4-48.3)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	1225	3.9 (2.7-5.5)			1239	4.2 (2.8-6.3)	1558	2.2 (1.4-3.6)	1412	3.0 (1.9-4.5)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	1225	25.2 (22.4-28.3)			1239	25.3 (21.9-29.0)	1558	28.1 (25.1-31.4)	1412	28.0 (24.9-31.3)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	1225	24.7 (21.9-27.8)			1239	28.7 (25.2-32.4)	1558	28.7 (25.7-31.9)	1412	29.2 (26.1-32.5)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	1283	18.7 (16.1-21.6)			1308	18.4 (15.4-21.9)	1602	16.7 (14.2-19.6)	1475	15.7 (13.2-18.5)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1283	8.5 (6.7-10.9)			1310	8.8 (6.6-11.5)	1604	6.8 (5.2-8.7)	1475	8.1 (6.3-10.4)	6.5 (6.2-6.9)
• Postpartum	1289	11.3 (9.2-13.9)			1316	12.4 (9.9-15.5)	1605	10.3 (8.3-12.7)	1475	11.0 (8.9-13.6)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1275	3.6 (2.6-5.1)			1318	4.0 (2.6-5.9)	1598	3.9 (2.7-5.6)	1464	6.0 (4.4-8.1)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1275	0.8 (0.4-1.9)			1318	0.6 (0.3-1.2)	1597	0.5 (0.2-1.4)	1465	2.0 (1.2-3.5)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	1268	3.3 (2.3-4.7)			1304	1.7 (1.0-2.8)	1592	2.2 (1.4-3.6)	1452	1.6 (1.0-2.7)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1284	3.3 (2.3-4.8)			1315	2.1 (1.2-3.4)	1604	3.7 (2.5-5.4)	1478	3.8 (2.6-5.5)	3.0 (2.8-3.3)
Intimate Partner Violence (IPV)^z											
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or an ex-husband or partner	1283	3.5 (2.4-5.0)			1312	3.1 (2.0-4.8)	1590	3.2 (2.2-4.6)	1467	4.3 (3.0-6.1)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	1281	2.3 (1.5-3.6)			1308	1.8 (1.1-3.1)	1590	2.4 (1.6-3.5)	1465	2.2 (1.3-3.4)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	1298	11.8 (9.8-14.2)			1329	13.4 (10.8-16.4)	1622	17.2 (14.6-20.1)	1482	18.7 (16.0-21.7)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1272	10.8 (8.9-13.2)			1310	15.3 (12.6-18.6)	1593	18.4 (15.8-21.4)	1466	19.3 (16.6-22.4)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	1276	10.2 (8.5-12.3)			1293	12.1 (9.7-14.9)	1585	12.3 (10.3-14.6)	1466	12.1 (10.1-14.5)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	1288	68.1 (65.1-71.0)			1328	66.1 (62.5-69.6)	1620	70.4 (67.4-73.2)	1485	70.7 (67.7-73.5)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1287	87.2 (84.9-89.1)			1305	89.5 (87.2-91.4)	1590	89.9 (87.9-91.6)	1462	88.4 (86.2-90.3)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1278	73.4 (70.3-76.3)			1308	70.8 (67.1-74.3)	1587	78.0 (75.0-80.7)	1454	76.0 (72.8-78.9)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	1282	91.7 (89.7-93.2)			1307	91.3 (88.9-93.2)	1594	92.4 (90.5-93.9)	1468	88.3 (86.1-90.3)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	1290	18.2 (15.8-20.9)			1325	20.5 (17.4-23.8)	1612	16.2 (13.9-18.8)	1480	15.6 (13.3-18.1)	17.7 (17.2-18.4)
• Unwanted pregnancy	1290	4.4 (3.3-5.8)			1325	5.3 (4.0-7.0)	1612	6.0 (4.6-7.8)	1480	4.3 (3.2-5.8)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1290	16.3 (13.9-19.0)			1325	17.7 (14.8-20.9)	1612	14.4 (12.2-16.8)	1480	13.8 (11.7-16.3)	15.5 (15.0-16.1)
• Intended pregnancy	1290	61.1 (57.9-64.3)			1325	56.5 (52.6-60.3)	1612	63.4 (60.2-66.6)	1480	66.3 (63.0-69.4)	60.4 (59.6-61.1)

Health Indicator	2016		2017 ^y		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 ⁺⁺⁺	1255	80.4 (77.7-82.8)			1275	76.9 (73.4-80.1)	1576	77.6 (74.7-80.3)	1449	76.1 (73.0-78.9)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	1255	11.4 (9.4-13.8)			1275	11.6 (9.3-14.3)	1576	10.1 (8.1-12.4)	1449	8.9 (7.1-11.1)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{ss}	1255	19.4 (17.0-22.2)			1275	21.1 (18.0-24.4)	1576	21.6 (18.9-24.6)	1449	20.4 (17.7-23.5)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{ss}	1255	22.3 (19.6-25.3)			1275	22.0 (18.9-25.5)	1576	22.5 (19.7-25.6)	1449	24.1 (21.2-27.3)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{ss}	1255	27.2 (24.4-30.3)			1275	22.2 (19.0-25.8)	1576	23.5 (20.6-26.6)	1449	22.6 (19.8-25.7)	22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1295	51.9 (48.6-55.2)			1320	48.1 (44.2-52.0)	1605	55.2 (51.9-58.6)	1477	49.7 (46.2-53.1)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{lll}											
• Private insurance	1265	71.4 (68.5-74.1)			1283	73.2 (70.0-76.3)	1584	70.4 (67.4-73.2)	1451	72.2 (69.3-74.9)	61.8 (61.0-62.5)
• Medicaid	1265	11.0 (9.1-13.2)			1283	10.9 (8.7-13.4)	1584	13.0 (10.9-15.5)	1451	11.2 (9.4-13.3)	23.5 (22.9-24.1)
• No insurance	1265	17.6 (15.4-20.1)			1283	15.9 (13.6-18.5)	1584	16.6 (14.5-18.9)	1451	16.6 (14.5-19.0)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{lll}											
• Private insurance	1230	67.9 (64.9-70.7)			1177	71.7 (68.2-74.9)	1430	69.8 (66.6-72.7)	1314	71.4 (68.3-74.3)	59.6 (58.8-60.3)
• Medicaid	1230	30.4 (27.6-33.4)			1177	27.0 (23.8-30.5)	1430	28.7 (25.8-31.9)	1314	26.8 (23.9-29.8)	36.6 (35.8-37.3)
• No insurance	1230	1.7 (1.1-2.7)			1177	1.3 (0.8-2.0)	1430	1.5 (1.0-2.3)	1314	1.8 (1.1-2.9)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{+++lll}											
• Private insurance	1274	67.2 (64.3-70.0)			1286	67.9 (64.4-71.2)	1578	66.8 (63.7-69.7)	1446	67.6 (64.7-70.5)	56.4 (55.6-57.2)
• Medicaid	1274	18.2 (15.8-21.0)			1286	17.5 (14.8-20.6)	1578	18.8 (16.3-21.5)	1446	24.2 (21.6-27.1)	35.4 (34.7-36.1)
• No insurance	1274	14.5 (12.7-16.6)			1286	14.6 (12.4-17.1)	1578	14.5 (12.6-16.6)	1446	8.1 (6.8-9.7)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep	1268	85.0 (82.6-87.2)			1286	86.1 (83.4-88.5)	1564	86.8 (84.5-88.8)	1436	88.5 (86.4-90.3)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed	1265	92.4 (90.4-94.0)			1287	91.9 (89.6-93.7)	1578	90.5 (88.2-92.3)	1446	90.9 (88.7-92.6)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	1261	70.9 (67.7-73.8)			1283	74.6 (71.1-77.9)	1564	71.8 (68.6-74.8)	1439	73.7 (70.6-76.7)	68.5 (67.8-69.3)

^y Did not meet the required 55% response rate threshold in 2017.

^{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]).

^y 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.”

^{ss} 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.

^{lll} 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.