



Prevalence of Selected Maternal and Child Health Indicators for New Hampshire, 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 | 566 | 51.0 (46.1-55.8) | 578 | 50.2 (45.2-55.2) | 583 | 53.7 (48.9-58.4) | 659 | 47.9 (43.1-52.7) | 647 | 50.2 (45.6-54.9) | 43.6 (42.9-44.4) |
| Pre-pregnancy Weight | | | | | | | | | | | |
| • Underweight (body mass index [BMI] <18.5 kg/m ²) | 558 | 3.2 (1.8-5.6) | 571 | 4.5 (2.8-7.1) | 579 | 2.6 (1.4-4.7) | 656 | 3.2 (1.7-5.9) | 640 | 3.5 (2.0-5.9) | 3.2 (2.9-3.5) |
| • Overweight (BMI 25–29.9 kg/m ²) | 558 | 23.2 (19.3-27.5) | 571 | 25.2 (21.1-29.8) | 579 | 26.4 (22.5-30.9) | 656 | 24.6 (20.6-29.1) | 640 | 24.8 (21.0-29.0) | 26.1 (25.5-26.8) |
| • Obese (BMI ≥30 kg/m ²) | 558 | 23.5 (19.6-28.0) | 571 | 24.9 (20.7-29.8) | 579 | 25.5 (21.5-29.9) | 656 | 27.6 (23.4-32.2) | 640 | 26.1 (22.2-30.5) | 27.7 (27.0-28.4) |
| Substance Use | | | | | | | | | | | |
| • Any cigarette smoking | | | | | | | | | | | |
| • During the 3 months before pregnancy | 563 | 19.5 (15.7-24.0) | 576 | 20.5 (16.5-25.2) | 580 | 16.3 (12.9-20.3) | 654 | 18.6 (14.8-23.0) | 643 | 15.6 (12.3-19.5) | 14.0 (13.4-14.5) |
| • During the last 3 months of pregnancy | 563 | 10.8 (7.9-14.6) | 578 | 10.6 (7.7-14.6) | 580 | 7.5 (5.3-10.6) | 654 | 9.1 (6.4-12.9) | 643 | 5.5 (3.6-8.1) | 6.5 (6.2-6.9) |
| • Postpartum | 564 | 12.4 (9.2-16.4) | 577 | 12.3 (9.2-16.4) | 581 | 10.5 (7.8-14.0) | 649 | 11.3 (8.3-15.3) | 644 | 6.3 (4.3-9.1) | 8.8 (8.3-9.2) |
| • Any e-cigarette use | | | | | | | | | | | |
| • During the 3 months before pregnancy | 558 | 3.9 (2.2-6.8) | 574 | 5.5 (3.4-8.7) | 575 | 4.7 (3.0-7.4) | 654 | 5.6 (3.6-8.6) | 639 | 6.3 (4.3-9.3) | 5.2 (4.9-5.6) |
| • During the last 3 months of pregnancy | 558 | 0.9 (0.3-3.2) | 575 | 2.1 (0.9-4.7) | 574 | 2.8 (1.5-5.1) | 654 | 1.8 (0.8-4.0) | 639 | 1.5 (0.7-3.3) | 1.5 (1.3-1.7) |
| • Hookah use in the last 2 years | 554 | 5.4 (3.4-8.3) | 565 | 4.0 (2.3-6.6) | 567 | 1.5 (0.7-3.3) | 645 | 1.7 (0.8-3.4) | 630 | 2.0 (1.0-3.8) | 4.4 (4.1-4.8) |
| • Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy | 562 | 6.1 (4.1-9.1) | 576 | 3.8 (2.2-6.5) | 578 | 4.9 (3.2-7.5) | 657 | 4.0 (2.5-6.4) | 645 | 4.9 (3.2-7.3) | 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 | 551 | 2.4 (1.2-4.9) | 568 | 2.2 (1.0-4.7) | 567 | 2.7 (1.4-5.0) | 642 | 2.4 (1.1-5.0) | 633 | 2.1 (1.1-4.2) | 2.5 (2.3-2.8) |
| • Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner | 552 | 1.3 (0.5-3.3) | 564 | 0.8 (0.3-2.4) | 566 | 2.0 (1.0-4.2) | 641 | 0.6 (0.2-1.5) | 633 | 1.1 (0.4-2.8) | 1.7 (1.5-1.9) |
| Depression | | | | | | | | | | | |
| • Self-reported depression in the 3 months before pregnancy | 563 | 19.5 (15.8-23.8) | 574 | 16.7 (13.1-21.0) | 583 | 15.8 (12.6-19.8) | 657 | 17.1 (13.8-21.1) | 644 | 23.1 (19.3-27.5) | 15.5 (15.0-16.1) |
| • Self-reported depression during pregnancy | 562 | 16.5 (13.1-20.6) | 574 | 15.9 (12.4-20.1) | 578 | 13.5 (10.4-17.3) | 651 | 17.3 (13.8-21.4) | 635 | 19.0 (15.4-23.2) | 15.2 (14.7-15.8) |
| • Self-reported postpartum depressive symptoms ^{**} | 562 | 13.5 (10.5-17.2) | 576 | 16.2 (12.6-20.5) | 582 | 11.9 (9.1-15.4) | 656 | 11.2 (8.4-14.9) | 643 | 12.2 (9.4-15.6) | 13.4 (12.9-13.9) |
| Health Care Services | | | | | | | | | | | |
| • Health care visit in the 12 months before pregnancy | 564 | 80.4 (75.9-84.1) | 576 | 78.4 (73.7-82.5) | 584 | 79.2 (74.9-82.9) | 658 | 75.0 (70.4-79.2) | 644 | 80.9 (76.9-84.4) | 66.0 (65.3-66.8) |
| • Began prenatal care in 1st trimester | 559 | 93.1 (90.1-95.2) | 568 | 91.8 (88.3-94.3) | 572 | 94.0 (91.1-96.0) | 648 | 92.0 (88.5-94.5) | 638 | 94.6 (92.0-96.3) | 87.1 (86.5-87.6) |
| • Had a flu shot in the 12 months before delivery | 564 | 67.0 (62.2-71.4) | 578 | 70.2 (65.4-74.7) | 581 | 70.3 (65.7-74.5) | 654 | 69.2 (64.4-73.5) | 643 | 75.1 (70.8-79.0) | 60.9 (60.1-61.7) |
| • Had maternal postpartum checkup | 562 | 95.3 (92.5-97.1) | 578 | 95.1 (92.4-96.9) | 581 | 96.1 (93.7-97.6) | 655 | 90.8 (87.1-93.5) | 647 | 90.3 (86.9-92.9) | 88.1 (87.6-88.6) |
| Pregnancy Intention | | | | | | | | | | | |
| • Mistimed | 563 | 14.4 (11.2-18.3) | 564 | 14.6 (11.2-18.9) | 575 | 14.3 (11.2-18.2) | 653 | 12.3 (9.3-16.2) | 636 | 16.4 (13.1-20.4) | 17.7 (17.2-18.4) |
| • Unwanted pregnancy | 563 | 2.9 (1.6-5.0) | 564 | 3.6 (2.0-6.5) | 575 | 3.1 (1.7-5.4) | 653 | 5.8 (3.8-8.9) | 636 | 3.0 (1.7-5.1) | 6.3 (6.0-6.7) |
| • Unsure whether wanted pregnancy | 563 | 12.0 (9.0-15.8) | 564 | 8.6 (6.0-12.0) | 575 | 11.9 (9.1-15.5) | 653 | 12.6 (9.6-16.3) | 636 | 10.7 (8.0-14.1) | 15.5 (15.0-16.1) |
| • Intended pregnancy | 563 | 70.8 (66.0-75.1) | 564 | 73.2 (68.2-77.7) | 575 | 70.7 (66.1-75.0) | 653 | 69.3 (64.4-73.7) | 636 | 69.9 (65.3-74.1) | 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 ⁺⁺⁺ | 558 | 81.0 (76.8-84.6) | 570 | 83.1 (78.9-86.6) | 572 | 80.3 (76.1-83.8) | 645 | 78.7 (74.4-82.4) | 642 | 76.9 (72.8-80.6) | 74.5 (73.9-75.2) |
| • Highly effective contraceptive methods | | | | | | | | | | | |
| • Male or female sterilization | 558 | 11.5 (8.8-15.0) | 570 | 10.7 (7.9-14.3) | 572 | 12.3 (9.4-15.9) | 645 | 10.9 (8.3-14.1) | 642 | 11.5 (8.8-14.9) | 10.9 (10.4-11.4) |
| • Long-acting reversible contraceptive method ^{§§} | 558 | 20.8 (17.1-25.1) | 570 | 25.5 (21.3-30.3) | 572 | 21.3 (17.6-25.4) | 645 | 17.8 (14.3-21.8) | 642 | 22.8 (19.1-26.9) | 16.7 (16.1-17.3) |
| • Moderately effective contraceptive methods ^{§§} | 558 | 23.3 (19.4-27.8) | 570 | 24.7 (20.7-29.2) | 572 | 21.3 (17.6-25.5) | 645 | 25.7 (21.5-30.4) | 642 | 20.0 (16.5-23.9) | 24.5 (23.9-25.2) |
| • Least effective contraceptive methods ^{§§} | 558 | 25.3 (21.4-29.8) | 570 | 22.2 (18.3-26.6) | 572 | 25.4 (21.5-29.8) | 645 | 24.3 (20.4-28.8) | 642 | 22.6 (19.0-26.7) | 22.4 (21.8-23.1) |
| Oral Health | | | | | | | | | | | |
| • Teeth cleaned during pregnancy by a dentist or dental hygienist | 562 | 54.5 (49.6-59.4) | 577 | 54.7 (49.6-59.7) | 581 | 55.0 (50.2-59.7) | 657 | 49.4 (44.6-54.3) | 641 | 48.7 (44.0-53.3) | 40.0 (39.3-40.8) |
| Health Insurance Status One Month Before Pregnancy^{¶¶} | | | | | | | | | | | |
| • Private insurance | 556 | 77.4 (72.8-81.5) | 565 | 78.5 (73.5-82.7) | 564 | 80.6 (76.4-84.3) | 642 | 76.3 (71.6-80.4) | 631 | 75.7 (71.1-79.7) | 61.8 (61.0-62.5) |
| • Medicaid | 556 | 12.2 (9.1-16.2) | 565 | 13.3 (9.9-17.6) | 564 | 12.6 (9.7-16.4) | 642 | 15.5 (12.1-19.5) | 631 | 17.9 (14.4-22.1) | 23.5 (22.9-24.1) |
| • No insurance | 556 | 10.3 (7.6-14.0) | 565 | 7.8 (5.2-11.4) | 564 | 6.6 (4.5-9.7) | 642 | 8.0 (5.4-11.7) | 631 | 6.1 (4.1-9.0) | 14.0 (13.4-14.5) |
| Health Insurance Status for Prenatal Care^{¶¶} | | | | | | | | | | | |
| • Private insurance | 556 | 74.7 (69.8-79.0) | 562 | 77.4 (72.4-81.8) | 565 | 76.4 (71.8-80.4) | 641 | 71.6 (66.8-76.0) | 630 | 73.5 (68.9-77.7) | 59.6 (58.8-60.3) |
| • Medicaid | 556 | 24.0 (19.8-28.8) | 562 | 21.3 (17.1-26.3) | 565 | 22.6 (18.7-27.1) | 641 | 27.0 (22.7-31.7) | 630 | 24.8 (20.7-29.3) | 36.6 (35.8-37.3) |
| • No insurance | 556 | 0.3 (0.1-1.3) | 562 | 0.7 (0.2-2.6) | 565 | 0.7 (0.2-2.7) | 641 | 1.2 (0.3-4.4) | 630 | 1.7 (0.8-3.7) | 2.8 (2.5-3.1) |
| Health Insurance Status Postpartum^{+++¶¶} | | | | | | | | | | | |
| • Private insurance | 555 | 71.6 (66.6-76.0) | 567 | 73.9 (68.9-78.4) | 567 | 76.5 (72.0-80.5) | 643 | 70.7 (65.8-75.1) | 631 | 71.6 (66.9-75.9) | 56.4 (55.6-57.2) |
| • Medicaid | 555 | 22.6 (18.5-27.3) | 567 | 21.1 (17.0-25.9) | 567 | 19.2 (15.5-23.4) | 643 | 25.8 (21.6-30.6) | 631 | 25.4 (21.3-30.0) | 35.4 (34.7-36.1) |
| • No insurance | 555 | 5.1 (3.2-7.8) | 567 | 4.1 (2.4-6.9) | 567 | 4.3 (2.6-7.0) | 643 | 3.3 (1.8-5.9) | 631 | 2.7 (1.4-4.9) | 7.2 (6.8-7.7) |
| Infant Sleep Practices | | | | | | | | | | | |
| • Baby most often laid on back to sleep | 554 | 86.3 (82.5-89.4) | 557 | 86.0 (82.0-89.3) | 564 | 92.7 (89.8-94.9) | 643 | 87.3 (83.6-90.3) | 625 | 90.8 (87.7-93.2) | 79.5 (78.9-80.2) |
| Breastfeeding Practices | | | | | | | | | | | |
| • Ever breastfed | 558 | 91.1 (87.7-93.7) | 565 | 93.9 (90.9-95.9) | 571 | 93.7 (90.8-95.7) | 646 | 92.0 (88.6-94.4) | 633 | 89.8 (86.4-92.4) | 87.9 (87.3-88.4) |
| • Any breastfeeding at 8 weeks | 553 | 74.2 (69.5-78.4) | 558 | 71.2 (66.2-75.7) | 570 | 74.7 (70.3-78.7) | 644 | 72.5 (67.8-76.7) | 632 | 72.9 (68.5-77.0) | 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.