



Prevalence of Selected Maternal and Child Health Indicators for Pennsylvania, 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	1035	41.2 (37.7-44.7)	1219	43.3 (40.1-46.7)	959	43.6 (40.0-47.2)	1134	45.9 (41.5-50.4)	1206	44.9 (41.7-48.1)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	1010	2.9 (2.0-4.4)	1169	3.5 (2.4-5.0)	934	2.9 (1.9-4.5)	1091	4.5 (2.6-7.8)	1145	1.7 (1.0-2.7)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	1010	24.9 (21.8-28.2)	1169	26.1 (23.2-29.2)	934	28.6 (25.3-32.1)	1091	27.6 (23.7-31.8)	1145	26.1 (23.3-29.0)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	1010	23.0 (20.1-26.3)	1169	23.3 (20.6-26.3)	934	23.5 (20.4-26.8)	1091	24.2 (20.5-28.3)	1145	29.6 (26.7-32.8)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	1031	23.7 (20.7-27.0)	1211	21.1 (18.4-24.0)	954	23.0 (19.9-26.4)	1117	18.0 (14.6-22.0)	1196	16.1 (13.8-18.6)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1032	12.6 (10.3-15.3)	1215	10.5 (8.6-12.8)	955	12.2 (9.9-14.9)	1120	9.2 (6.9-12.2)	1195	9.3 (7.5-11.4)	6.5 (6.2-6.9)
• Postpartum	1034	17.2 (14.5-20.2)	1216	14.7 (12.4-17.3)	954	16.3 (13.7-19.4)	1116	12.6 (9.7-16.3)	1194	10.7 (8.8-13.0)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1030	4.6 (3.2-6.4)	1210	5.8 (4.3-7.6)	949	3.5 (2.3-5.2)	1116	2.9 (1.9-4.6)	1192	3.3 (2.4-4.7)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1030	1.7 (0.9-2.9)	1209	1.6 (0.9-2.8)	951	1.4 (0.7-2.7)	1117	1.2 (0.6-2.3)	1193	0.9 (0.5-1.8)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	1023	5.5 (4.1-7.5)	1208	6.4 (4.9-8.3)	951	4.4 (3.1-6.3)	1111	9.1 (6.6-12.4)	1187	5.7 (4.4-7.5)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1027	2.5 (1.6-3.8)	1205	3.2 (2.2-4.7)	946	3.0 (1.9-4.7)	1109	3.4 (2.2-5.1)	1176	2.8 (1.9-4.1)	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	1032	3.4 (2.2-5.0)	1213	2.9 (2.0-4.3)	952	2.4 (1.5-3.9)	1116	4.6 (2.9-7.1)	1173	2.2 (1.4-3.5)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	1032	2.5 (1.5-3.9)	1214	2.9 (2.0-4.4)	954	2.5 (1.5-4.1)	1116	2.4 (1.5-4.0)	1176	1.2 (0.7-2.2)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	1041	12.9 (10.6-15.6)	1224	16.1 (13.8-18.8)	959	18.3 (15.5-21.4)	1131	17.1 (13.8-21.0)	1206	17.0 (14.7-19.6)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1031	12.5 (10.2-15.2)	1212	14.0 (11.8-16.5)	948	17.2 (14.5-20.3)	1109	18.2 (14.7-22.3)	1183	17.7 (15.4-20.4)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	1024	10.6 (8.5-13.1)	1199	10.6 (8.7-12.8)	934	14.7 (12.2-17.6)	1116	11.6 (9.2-14.6)	1179	12.9 (10.8-15.3)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	1024	71.2 (67.7-74.4)	1206	71.9 (68.7-74.9)	952	71.8 (68.3-75.0)	1132	75.6 (71.9-79.0)	1196	68.5 (65.4-71.4)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1017	88.4 (85.8-90.6)	1196	86.8 (84.3-89.0)	926	87.1 (84.4-89.5)	1122	87.3 (83.8-90.1)	1178	85.0 (82.5-87.2)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1029	59.0 (55.4-62.5)	1203	59.0 (55.6-62.2)	951	55.9 (52.2-59.6)	1131	65.2 (60.9-69.3)	1193	64.4 (61.3-67.5)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	1023	90.1 (87.7-92.1)	1206	90.5 (88.3-92.3)	948	87.6 (84.9-89.9)	1127	89.4 (86.1-92.0)	1190	87.2 (84.8-89.2)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	1026	19.8 (17.0-22.9)	1211	21.8 (19.1-24.8)	950	19.2 (16.4-22.3)	1116	20.0 (16.5-24.0)	1183	14.7 (12.5-17.2)	17.7 (17.2-18.4)
• Unwanted pregnancy	1026	5.6 (4.2-7.6)	1211	4.6 (3.4-6.2)	950	6.4 (4.7-8.6)	1116	6.6 (5.0-8.7)	1183	6.6 (5.1-8.5)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1026	16.5 (13.8-19.4)	1211	16.2 (13.8-18.9)	950	16.2 (13.6-19.2)	1116	15.9 (12.9-19.4)	1183	17.8 (15.4-20.5)	15.5 (15.0-16.1)
• Intended pregnancy	1026	58.1 (54.5-61.7)	1211	57.4 (54.0-60.7)	950	58.2 (54.5-61.8)	1116	57.5 (53.1-61.9)	1183	60.9 (57.6-64.0)	60.4 (59.6-61.1)

Health Indicator	2016		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}
Postpartum⁺⁺ Family Planning											
• Use of any postpartum contraception ⁺⁺⁺	1006	77.2 (74.0-80.1)	1188	77.6 (74.6-80.2)	928	73.9 (70.5-77.0)	1103	75.5 (71.5-79.1)	1167	70.5 (67.4-73.4)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	1006	11.0 (8.9-13.4)	1188	11.8 (9.8-14.2)	928	10.2 (8.2-12.7)	1103	11.3 (9.1-13.9)	1167	10.6 (8.7-12.7)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{ss}	1006	11.4 (9.2-14.0)	1188	13.6 (11.5-16.1)	928	12.7 (10.4-15.4)	1103	13.8 (11.2-16.9)	1167	13.4 (11.3-15.9)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{ss}	1006	28.5 (25.3-31.9)	1188	26.2 (23.3-29.3)	928	26.5 (23.3-30.0)	1103	25.7 (21.7-30.1)	1167	23.9 (21.2-26.8)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{ss}	1006	26.4 (23.4-29.7)	1188	25.9 (23.1-28.9)	928	24.4 (21.4-27.7)	1103	24.8 (21.1-28.9)	1167	22.6 (20.0-25.4)	22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1036	52.5 (49.0-56.1)	1219	48.8 (45.5-52.2)	959	52.2 (48.6-55.9)	1120	50.4 (46.0-54.9)	1201	43.9 (40.7-47.1)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{nl}											
• Private insurance	981	68.9 (65.3-72.3)	1134	64.0 (60.6-67.3)	907	62.8 (59.0-66.4)	1084	69.0 (64.8-72.9)	1133	64.4 (61.1-67.6)	61.8 (61.0-62.5)
• Medicaid	981	21.9 (18.8-25.2)	1134	26.8 (23.7-30.0)	907	26.4 (23.1-30.0)	1084	21.4 (18.0-25.2)	1133	22.9 (20.1-25.9)	23.5 (22.9-24.1)
• No insurance	981	9.2 (7.3-11.6)	1134	9.2 (7.4-11.4)	907	10.6 (8.4-13.2)	1084	9.2 (7.0-12.1)	1133	12.5 (10.5-15.0)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{nl}											
• Private insurance	949	67.2 (63.5-70.8)	1083	62.8 (59.3-66.1)	869	62.0 (58.2-65.8)	1049	67.0 (62.7-71.1)	1091	63.5 (60.1-66.8)	59.6 (58.8-60.3)
• Medicaid	949	28.8 (25.4-32.5)	1083	32.5 (29.2-36.0)	869	34.2 (30.5-38.0)	1049	27.5 (23.7-31.7)	1091	31.5 (28.3-34.8)	36.6 (35.8-37.3)
• No insurance	949	3.8 (2.6-5.5)	1083	4.1 (2.9-5.8)	869	3.8 (2.6-5.5)	1049	5.4 (3.6-8.0)	1091	4.9 (3.6-6.5)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++nl}											
• Private insurance	974	61.8 (58.0-65.4)	1121	60.9 (57.4-64.2)	886	57.4 (53.5-61.1)	1071	64.8 (60.4-69.0)	1120	60.0 (56.7-63.3)	56.4 (55.6-57.2)
• Medicaid	974	31.0 (27.5-34.6)	1121	30.6 (27.4-34.0)	886	33.4 (29.8-37.2)	1071	28.3 (24.4-32.5)	1120	33.0 (29.8-36.3)	35.4 (34.7-36.1)
• No insurance	974	7.1 (5.4-9.2)	1121	8.1 (6.4-10.3)	886	9.0 (7.0-11.5)	1071	6.7 (4.8-9.3)	1120	7.0 (5.4-8.9)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep	1005	82.5 (79.5-85.2)	1168	81.2 (78.3-83.7)	912	83.1 (80.1-85.8)	1101	82.4 (78.2-86.0)	1164	81.8 (79.1-84.2)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed	1008	82.3 (79.2-85.0)	1187	86.3 (83.7-88.5)	922	84.0 (81.0-86.6)	1112	86.6 (83.1-89.5)	1171	83.9 (81.3-86.2)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	992	65.4 (61.8-68.8)	1173	62.3 (59.0-65.6)	916	62.1 (58.4-65.7)	1093	63.2 (58.7-67.4)	1163	61.1 (57.8-64.2)	68.5 (67.8-69.3)

^{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]).

[‡] 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).

^{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.

^{nl} 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.