



Prevalence of Selected Maternal and Child Health Indicators for Puerto Rico, 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			1028	21.8 (18.8-25.2)	959	22.4 (19.2-25.9)	1025	21.0 (18.0-24.2)	872	21.7 (18.6-25.0)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)			983	7.3 (5.4-9.7)	939	6.4 (4.7-8.6)	1007	6.6 (4.9-8.7)	860	6.0 (4.4-8.2)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)			983	25.1 (21.8-28.7)	939	26.3 (22.9-30.0)	1007	26.2 (22.9-29.7)	860	25.3 (22.1-28.8)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)			983	21.1 (18.0-24.5)	939	21.5 (18.4-25.0)	1007	24.5 (21.4-28.0)	860	24.7 (21.5-28.2)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy			1025	5.9 (4.3-8.0)	952	5.3 (3.8-7.3)	1024	7.0 (5.3-9.3)	871	6.5 (4.8-8.7)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy			1025	1.9 (1.1-3.3)	951	0.8 (0.4-1.8)	1024	1.0 (0.4-2.0)	871	1.2 (0.6-2.4)	6.5 (6.2-6.9)
• Postpartum			1025	3.3 (2.1-5.0)	953	2.6 (1.6-4.2)	1023	3.1 (2.0-4.8)	870	2.4 (1.4-3.9)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy			1025	1.4 (0.7-2.7)	953	1.5 (0.7-2.8)	1024	2.1 (1.2-3.5)	872	1.4 (0.8-2.7)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy			1026	0.4 (0.1-1.5)	953	0.0 (0.0-0.1)	1024	0.4 (0.1-1.2)	872	0.2 (0.0-1.0)	1.5 (1.3-1.7)
• Hookah use in the last 2 years			1025	3.7 (2.5-5.6)	954	4.7 (3.3-6.7)	1023	3.4 (2.3-5.1)	872	3.3 (2.2-5.0)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy			1023	2.9 (1.8-4.6)	951	2.4 (1.4-4.0)	1021	2.4 (1.5-3.9)	870	2.5 (1.5-4.1)	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 by an ex-husband or ex-partner			883	2.0 (1.1-3.5)	820	1.9 (1.0-3.5)	887	1.2 (0.6-2.4)	776	2.7 (1.6-4.4)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner			884	2.4 (1.4-4.2)	818	2.5 (1.5-4.3)	889	1.8 (1.0-3.2)	777	1.2 (0.6-2.6)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy			1029	5.4 (3.9-7.5)	959	4.7 (3.3-6.7)	1025	6.0 (4.5-8.1)	873	6.9 (5.1-9.2)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy			1023	10.8 (8.6-13.6)	951	9.2 (7.2-11.8)	1022	9.6 (7.5-12.1)	873	9.6 (7.5-12.1)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}			1008	14.0 (11.5-17.0)	943	10.8 (8.5-13.5)	1015	11.6 (9.3-14.3)	870	11.3 (9.1-14.0)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy			1018	66.1 (62.2-69.8)	956	67.3 (63.5-70.9)	1022	68.0 (64.3-71.5)	872	66.6 (62.8-70.1)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester			1004	85.7 (82.6-88.3)	942	87.8 (84.9-90.1)	1013	87.9 (85.1-90.3)	865	88.2 (85.4-90.6)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery			1012	25.9 (22.6-29.5)	937	31.1 (27.5-34.9)	979	36.0 (32.3-39.8)	843	35.0 (31.4-38.9)	60.9 (60.1-61.7)
• Had maternal postpartum checkup			1017	64.3 (60.4-68.0)	947	77.5 (73.9-80.6)	1019	84.0 (81.0-86.6)	871	81.0 (77.7-83.9)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed			1019	35.3 (31.6-39.2)	946	36.6 (32.8-40.5)	1019	37.1 (33.5-40.9)	871	39.1 (35.3-42.9)	17.7 (17.2-18.4)
• Unwanted pregnancy			1019	10.1 (8.0-12.8)	946	6.2 (4.6-8.5)	1019	7.0 (5.3-9.2)	871	7.1 (5.3-9.4)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy			1019	11.0 (8.7-13.7)	946	10.8 (8.6-13.6)	1019	9.6 (7.6-12.1)	871	9.5 (7.4-12.1)	15.5 (15.0-16.1)
• Intended pregnancy			1019	43.6 (39.8-47.6)	946	46.3 (42.4-50.3)	1019	46.2 (42.4-50.1)	871	44.3 (40.5-48.2)	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 ⁺⁺⁺			1000	77.4 (73.9-80.5)	941	76.4 (72.8-79.7)	1016	77.6 (74.2-80.7)	868	81.9 (78.7-84.7)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization			1000	26.3 (22.9-30.0)	941	27.2 (23.7-30.9)	1016	30.0 (26.6-33.7)	868	30.0 (26.5-33.7)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{§§}			1000	16.6 (13.8-19.8)	941	8.0 (6.0-10.4)	1016	6.1 (4.5-8.1)	868	5.9 (4.3-8.0)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{§§}			1000	10.9 (8.7-13.6)	941	16.2 (13.5-19.4)	1016	15.0 (12.4-17.9)	868	17.7 (15.0-20.8)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{§§}			1000	23.6 (20.4-27.1)	941	25.1 (21.8-28.7)	1016	26.6 (23.3-30.1)	868	28.3 (25.0-32.0)	22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist			1020	53.1 (49.2-57.0)	952	48.7 (44.8-52.7)	1023	53.3 (49.5-57.1)	873	38.3 (34.6-42.2)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{¶¶}											
• Private insurance			999	35.2 (31.6-39.0)	938	36.3 (32.5-40.3)	1009	34.2 (30.7-38.0)	870	38.2 (34.5-42.1)	61.8 (61.0-62.5)
• Medicaid			999	60.7 (56.8-64.5)	938	57.3 (53.2-61.2)	1009	60.8 (57.0-64.5)	870	56.2 (52.4-60.0)	23.5 (22.9-24.1)
• No insurance			999	4.0 (2.7-6.0)	938	6.5 (4.7-8.7)	1009	5.0 (3.5-7.0)	870	5.5 (4.0-7.6)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{¶¶}											
• Private insurance			961	33.6 (29.9-37.4)	931	36.1 (32.2-40.1)	1001	32.8 (29.3-36.5)	869	38.1 (34.5-42.0)	59.6 (58.8-60.3)
• Medicaid			961	65.1 (61.2-68.8)	931	63.7 (59.6-67.5)	1001	66.8 (63.0-70.3)	869	61.8 (58.0-65.5)	36.6 (35.8-37.3)
• No insurance			961	1.3 (0.6-2.8)	931	0.3 (0.1-1.0)	1001	0.5 (0.2-1.3)	869	0.0 (0.0-0.2)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++¶¶}											
• Private insurance			1000	28.6 (25.2-32.2)	939	32.6 (28.9-36.5)	1010	29.2 (25.8-32.8)	871	34.2 (30.6-38.0)	56.4 (55.6-57.2)
• Medicaid			1000	67.6 (63.8-71.1)	939	65.5 (61.6-69.3)	1010	67.1 (63.4-70.6)	871	64.6 (60.8-68.2)	35.4 (34.7-36.1)
• No insurance			1000	3.8 (2.5-5.7)	939	1.9 (1.1-3.3)	1010	3.7 (2.5-5.4)	871	1.2 (0.6-2.5)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep			992	38.1 (34.4-42.0)	926	43.6 (39.7-47.7)	1001	44.0 (40.2-47.9)	844	49.6 (45.7-53.5)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed			1009	93.5 (91.2-95.2)	936	94.8 (92.7-96.3)	1009	94.4 (92.4-96.0)	849	96.3 (94.4-97.5)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks			994	72.6 (68.9-76.0)	926	71.4 (67.7-74.9)	1003	71.0 (67.4-74.4)	847	75.8 (72.3-78.9)	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.