



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

Health Indicator	2016		2017 ^v		2018 [^]		2019 [±]		2020 [≤]		Overall 2020
	N [#]	% (95% CI)	N [#]	% (95% CI)	N [#]	% (95% CI)	N [#]	% (95% CI)	N [#]	% (95% CI)	% (95% CI)
Nutrition											
• Multivitamin use ≥4 times a week during the month before pregnancy	1842	33.9 (31.2-36.7)									43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	1732	3.9 (2.9-5.2)									3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	1732	26.3 (23.7-29.0)									26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	1732	24.1 (21.7-26.8)									27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	1817	13.6 (11.7-15.7)									14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1816	5.3 (4.1-6.7)									6.5 (6.2-6.9)
• Postpartum	1814	7.8 (6.4-9.5)									8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1815	3.7 (2.8-4.9)									5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1818	0.8 (0.4-1.5)									1.5 (1.3-1.7)
• Hookah use in the last 2 years	1807	4.6 (3.6-6.0)									4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1817	2.4 (1.7-3.4)									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	1767	3.1 (2.3-4.3)									2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	1766	1.9 (1.3-2.8)									1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	1834	11.4 (9.7-13.4)									15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1806	12.5 (10.7-14.5)									15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	1802	15.1 (13.1-17.3)									13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	1832	54.8 (51.9-57.6)									66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1814	79.7 (77.2-81.9)									87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1812	58.2 (55.3-61.1)									60.9 (60.1-61.7)
• Had maternal postpartum checkup	1811	86.6 (84.5-88.5)									88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	1821	22.9 (20.6-25.4)									17.7 (17.2-18.4)
• Unwanted pregnancy	1821	8.0 (6.6-9.8)									6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1821	14.3 (12.4-16.4)									15.5 (15.0-16.1)
• Intended pregnancy	1821	54.8 (51.9-57.5)									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 ^{†††}	1777	79.4 (76.9-81.7)									74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	1777	12.2 (10.4-14.3)									10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{§§}	1777	16.9 (14.8-19.2)									16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{§§}	1777	23.6 (21.1-26.2)									24.5 (23.9-25.2)
• Least effective contraceptive methods ^{§§}	1777	26.7 (24.1-29.4)									22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1835	32.8 (30.1-35.6)									40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{¶¶}											
• Private insurance	1749	53.2 (50.4-56.1)									61.8 (61.0-62.5)
• Medicaid	1749	6.2 (4.9-7.8)									23.5 (22.9-24.1)
• No insurance	1749	32.4 (29.7-35.3)									14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{¶¶}											
• Private insurance	1690	49.4 (46.5-52.2)									59.6 (58.8-60.3)
• Medicaid	1690	13.2 (11.4-15.3)									36.6 (35.8-37.3)
• No insurance	1690	2.8 (1.9-4.0)									2.8 (2.5-3.1)
Health Insurance Status Postpartum^{††¶¶}											
• Private insurance	1750	49.8 (47.0-52.5)									56.4 (55.6-57.2)
• Medicaid	1750	5.5 (4.3-6.9)									35.4 (34.7-36.1)
• No insurance	1750	36.9 (34.1-39.7)									7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep	1743	73.3 (70.6-75.8)									79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed	1764	89.4 (87.5-91.1)									87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	1739	65.2 (62.4-67.9)									68.5 (67.8-69.3)

[†] Did not meet the required 55% response rate threshold in 2017.

[^] Did not meet the required 50% response rate threshold in 2018.

[‡] Did not meet the required 50% response rate threshold in 2019.

[§] Did not meet the required 50% response rate threshold in 2020.

^{||} 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.