



Prevalence of Selected Maternal and Child Health Indicators for Utah, 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	1392	48.3 (45.1-51.6)	1436	46.1 (42.8-49.4)	1247	45.8 (42.3-49.2)	1702	48.3 (45.2-51.4)	1411	49.1 (46.1-52.2)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	1360	3.4 (2.5-4.7)	1384	5.4 (4.0-7.2)	1203	4.9 (3.6-6.6)	1683	3.5 (2.5-4.8)	1362	3.4 (2.4-4.7)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	1360	24.9 (22.2-27.9)	1384	25.2 (22.4-28.3)	1203	25.2 (22.3-28.4)	1683	21.6 (19.2-24.2)	1362	25.8 (23.2-28.7)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	1360	18.9 (16.5-21.6)	1384	22.0 (19.4-24.9)	1203	21.0 (18.3-24.0)	1683	22.8 (20.3-25.5)	1362	22.4 (20.0-25.1)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	1381	9.7 (8.1-11.5)	1430	8.7 (7.2-10.3)	1234	8.6 (7.0-10.6)	1699	6.7 (5.4-8.4)	1402	6.2 (5.1-7.5)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1379	3.5 (2.7-4.7)	1431	3.6 (2.8-4.6)	1233	3.8 (2.8-5.1)	1699	2.8 (2.0-4.0)	1404	3.5 (2.7-4.6)	6.5 (6.2-6.9)
• Postpartum	1380	5.5 (4.3-6.8)	1431	4.8 (3.8-6.0)	1236	5.2 (4.0-6.6)	1698	3.9 (2.8-5.2)	1403	3.8 (3.0-4.9)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1378	5.0 (3.8-6.4)	1418	4.6 (3.6-5.9)	1231	5.1 (4.0-6.4)	1696	5.5 (4.2-7.0)	1405	6.2 (4.9-7.7)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1386	1.5 (1.0-2.4)	1424	1.6 (1.1-2.4)	1237	1.4 (0.8-2.2)	1700	1.4 (0.9-2.4)	1407	1.6 (1.1-2.4)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	1352	3.0 (2.2-4.2)	1400	2.8 (1.9-4.2)	1213	2.7 (1.9-3.9)	1674	2.3 (1.5-3.6)	1378	1.2 (0.7-2.1)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1381	1.4 (0.9-2.4)	1427	1.5 (0.9-2.6)	1234	2.0 (1.3-3.1)	1698	1.7 (1.0-2.7)	1395	1.7 (1.1-2.6)	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	1384	2.3 (1.6-3.4)	1410	2.4 (1.7-3.5)	1225	2.9 (2.0-4.2)	1690	1.7 (1.0-2.6)	1394	1.8 (1.2-2.7)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	1382	1.6 (1.0-2.5)	1413	1.7 (1.1-2.6)	1225	2.6 (1.7-3.9)	1689	1.1 (0.6-2.0)	1393	1.3 (0.8-2.1)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	1383	14.4 (12.4-16.7)	1431	17.4 (15.1-20.0)	1229	20.3 (17.7-23.2)	1696	17.6 (15.4-20.0)	1403	20.8 (18.5-23.3)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1374	16.7 (14.5-19.3)	1434	17.2 (14.9-19.8)	1238	19.4 (16.8-22.2)	1703	18.8 (16.5-21.3)	1403	24.1 (21.6-26.8)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	1365	14.9 (12.8-17.3)	1410	15.3 (13.0-17.8)	1222	14.7 (12.5-17.2)	1694	15.2 (13.1-17.5)	1393	15.1 (13.1-17.4)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	1384	72.5 (69.6-75.1)	1436	73.6 (70.8-76.2)	1246	73.5 (70.5-76.3)	1701	73.1 (70.3-75.8)	1403	75.2 (72.6-77.6)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1366	90.0 (88.1-91.7)	1414	86.7 (84.3-88.8)	1213	88.9 (86.6-90.9)	1680	90.4 (88.4-92.2)	1398	87.9 (85.7-89.8)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1376	63.8 (60.7-66.9)	1427	60.7 (57.4-63.9)	1216	64.7 (61.3-68.0)	1698	66.0 (63.0-69.0)	1404	68.3 (65.3-71.0)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	1379	90.3 (88.4-91.9)	1418	91.2 (89.3-92.8)	1232	91.4 (89.5-92.9)	1698	92.0 (90.2-93.5)	1402	88.9 (86.9-90.6)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	1356	16.8 (14.5-19.3)	1415	17.3 (14.9-19.9)	1221	17.3 (14.8-20.0)	1693	15.1 (13.0-17.5)	1385	15.3 (13.2-17.6)	17.7 (17.2-18.4)
• Unwanted pregnancy	1356	3.6 (2.5-5.0)	1415	4.9 (3.8-6.4)	1221	3.9 (2.9-5.3)	1693	4.5 (3.4-6.0)	1385	3.6 (2.7-4.8)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1356	11.9 (10.1-14.1)	1415	12.5 (10.5-14.8)	1221	13.5 (11.4-16.0)	1693	11.5 (9.7-13.6)	1385	12.1 (10.3-14.2)	15.5 (15.0-16.1)
• Intended pregnancy	1356	67.8 (64.7-70.6)	1415	65.3 (62.1-68.3)	1221	65.3 (62.0-68.4)	1693	68.9 (66.0-71.7)	1385	69.0 (66.1-71.7)	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 ⁺⁺⁺	1352	85.1 (82.7-87.3)	1405	86.3 (83.9-88.4)	1212	86.9 (84.4-89.0)	1672	85.7 (83.4-87.7)	1381	83.5 (81.0-85.6)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	1352	9.6 (7.9-11.7)	1405	11.8 (9.8-14.0)	1212	8.7 (7.0-10.7)	1672	9.6 (8.0-11.5)	1381	9.7 (8.1-11.7)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{ss}	1352	26.4 (23.6-29.4)	1405	28.0 (25.0-31.1)	1212	28.9 (25.8-32.2)	1672	27.9 (25.2-30.7)	1381	27.6 (24.9-30.4)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{ss}	1352	22.6 (20.0-25.6)	1405	20.9 (18.3-23.8)	1212	20.9 (18.1-23.9)	1672	19.9 (17.6-22.5)	1381	19.1 (16.8-21.7)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{ss}	1352	26.5 (23.6-29.5)	1405	25.7 (22.8-28.8)	1212	28.4 (25.3-31.8)	1672	28.3 (25.5-31.3)	1381	27.0 (24.3-29.9)	22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1389	52.3 (49.1-55.5)	1440	53.6 (50.3-56.8)	1237	53.2 (49.7-56.6)	1710	53.0 (49.9-56.1)	1415	51.5 (48.4-54.5)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{nl}											
• Private insurance	1354	81.0 (78.7-83.0)	1387	80.6 (78.3-82.7)	1205	78.7 (76.2-81.1)	1661	79.5 (76.8-82.0)	1372	80.4 (78.2-82.5)	61.8 (61.0-62.5)
• Medicaid	1354	6.2 (5.0-7.5)	1387	7.2 (5.9-8.8)	1205	7.1 (5.7-8.9)	1661	6.9 (5.5-8.7)	1372	8.2 (6.9-9.9)	23.5 (22.9-24.1)
• No insurance	1354	12.9 (11.1-14.9)	1387	12.2 (10.5-14.2)	1205	14.1 (12.2-16.3)	1661	13.6 (11.5-16.0)	1372	11.3 (9.7-13.2)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{nl}											
• Private insurance	1294	80.7 (78.4-82.8)	1334	79.3 (76.8-81.6)	1187	78.0 (75.3-80.5)	1615	77.9 (75.0-80.4)	1320	80.3 (78.0-82.4)	59.6 (58.8-60.3)
• Medicaid	1294	15.0 (13.1-17.1)	1334	17.0 (14.8-19.5)	1187	16.2 (14.0-18.6)	1615	16.5 (14.3-19.1)	1320	15.3 (13.3-17.4)	36.6 (35.8-37.3)
• No insurance	1294	4.3 (3.3-5.6)	1334	3.7 (2.8-4.7)	1187	5.8 (4.5-7.4)	1615	5.6 (4.2-7.3)	1320	4.4 (3.4-5.7)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{+++nl}											
• Private insurance	1347	78.9 (76.5-81.1)	1385	76.8 (74.2-79.2)	1200	77.3 (74.7-79.7)	1658	76.5 (73.7-79.0)	1366	75.7 (73.2-78.0)	56.4 (55.6-57.2)
• Medicaid	1347	10.3 (8.7-12.1)	1385	11.2 (9.3-13.3)	1200	9.6 (8.0-11.5)	1658	10.9 (9.1-13.0)	1366	15.8 (13.8-18.0)	35.4 (34.7-36.1)
• No insurance	1347	10.9 (9.2-12.7)	1385	12.0 (10.3-14.0)	1200	13.0 (11.2-15.2)	1658	12.6 (10.6-14.9)	1366	8.5 (7.1-10.3)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep	1343	85.9 (83.6-87.9)	1386	87.1 (84.8-89.1)	1204	84.7 (82.1-87.0)	1646	83.3 (80.7-85.6)	1348	87.5 (85.4-89.4)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed	1357	93.6 (91.9-94.9)	1398	94.1 (92.3-95.4)	1214	94.0 (92.4-95.2)	1665	91.6 (89.5-93.2)	1367	94.4 (93.0-95.6)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	1346	77.3 (74.6-79.8)	1391	79.3 (76.6-81.7)	1199	78.9 (76.1-81.4)	1656	76.6 (73.8-79.1)	1361	76.8 (74.1-79.2)	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.