



Prevalence of Selected Maternal and Child Health Indicators for Vermont, 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	917	45.9 (42.7-49.2)	843	47.0 (43.5-50.4)	873	46.9 (43.5-50.3)	783	50.4 (46.8-54.0)	814	48.1 (44.6-51.6)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	904	3.5 (2.4-5.0)	819	1.7 (1.0-2.7)	861	4.1 (2.9-5.8)	771	3.4 (2.3-5.1)	790	3.2 (2.1-4.7)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	904	23.4 (20.7-26.3)	819	21.6 (18.8-24.7)	861	25.2 (22.4-28.4)	771	25.5 (22.4-28.7)	790	24.2 (21.3-27.4)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	904	22.4 (19.7-25.3)	819	27.0 (23.9-30.4)	861	25.4 (22.5-28.6)	771	25.3 (22.2-28.6)	790	24.8 (21.9-28.1)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	902	24.3 (21.5-27.4)	836	22.0 (19.1-25.2)	860	24.0 (21.1-27.1)	775	19.7 (16.9-22.8)	805	19.3 (16.6-22.3)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	903	14.1 (11.9-16.7)	836	12.2 (9.9-14.8)	861	14.6 (12.3-17.4)	775	11.7 (9.4-14.4)	805	11.5 (9.4-14.0)	6.5 (6.2-6.9)
• Postpartum	904	15.7 (13.3-18.3)	840	14.3 (11.9-17.1)	868	17.5 (14.9-20.4)	776	14.0 (11.6-16.9)	801	12.8 (10.6-15.4)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	893	4.3 (3.1-5.9)	815	3.1 (2.0-4.7)	856	4.5 (3.1-6.3)	766	5.9 (4.3-8.1)	799	8.1 (6.3-10.3)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	894	2.3 (1.5-3.6)	816	1.4 (0.7-2.6)	856	2.4 (1.5-3.9)	768	2.5 (1.6-4.0)	800	3.0 (2.0-4.5)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	893	2.6 (1.7-3.8)	810	2.5 (1.6-4.1)	854	1.9 (1.1-3.2)	765	1.6 (0.9-2.9)	794	1.9 (1.1-3.2)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	906	4.9 (3.6-6.6)	837	5.6 (4.2-7.5)	865	3.3 (2.3-4.7)	777	3.8 (2.7-5.4)	805	6.8 (5.3-8.8)	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	893	3.7 (2.6-5.3)	827	2.2 (1.3-3.7)	859	2.8 (1.8-4.3)	770	2.4 (1.5-3.9)	801	3.1 (2.1-4.5)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	893	2.0 (1.2-3.3)	824	1.7 (1.0-3.1)	853	2.0 (1.2-3.4)	766	1.3 (0.7-2.6)	801	1.6 (0.9-2.7)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	918	20.3 (17.7-23.1)	844	19.7 (17.0-22.7)	875	24.2 (21.3-27.3)	781	20.1 (17.3-23.3)	810	25.0 (22.0-28.2)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	894	17.2 (14.8-20.0)	833	15.1 (12.7-17.8)	859	20.2 (17.5-23.2)	769	19.0 (16.2-22.1)	802	19.5 (16.8-22.6)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	905	12.7 (10.6-15.1)	831	11.5 (9.4-14.0)	848	10.7 (8.7-13.1)	760	10.0 (7.9-12.5)	792	11.9 (9.7-14.5)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	913	79.2 (76.3-81.8)	840	77.0 (73.8-80.0)	874	79.2 (76.2-81.8)	781	78.4 (75.2-81.4)	806	76.7 (73.5-79.6)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	897	92.6 (90.6-94.2)	826	95.1 (93.2-96.4)	849	91.0 (88.8-92.9)	766	94.6 (92.6-96.1)	797	92.5 (90.3-94.2)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	897	65.7 (62.5-68.9)	822	70.2 (66.8-73.4)	855	67.6 (64.3-70.8)	769	72.1 (68.7-75.3)	795	67.3 (63.8-70.5)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	911	93.1 (91.2-94.6)	830	93.7 (91.4-95.4)	852	91.9 (89.6-93.6)	761	94.9 (93.0-96.4)	796	90.1 (87.7-92.1)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	900	17.0 (14.6-19.8)	831	14.8 (12.4-17.7)	849	15.6 (13.1-18.4)	764	12.1 (9.8-14.8)	803	12.7 (10.5-15.4)	17.7 (17.2-18.4)
• Unwanted pregnancy	900	5.6 (4.2-7.5)	831	4.5 (3.2-6.2)	849	5.5 (4.1-7.4)	764	4.6 (3.3-6.4)	803	3.9 (2.8-5.5)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	900	14.4 (12.2-16.9)	831	14.0 (11.7-16.7)	849	13.0 (10.8-15.6)	764	16.3 (13.7-19.3)	803	15.0 (12.7-17.8)	15.5 (15.0-16.1)
• Intended pregnancy	900	63.0 (59.6-66.2)	831	66.7 (63.2-70.0)	849	65.9 (62.5-69.2)	764	66.9 (63.3-70.3)	803	68.3 (64.9-71.5)	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 ⁺⁺⁺	898	83.5 (80.9-85.8)	814	83.6 (80.8-86.0)	838	81.1 (78.3-83.7)	750	81.9 (78.9-84.6)	784	80.7 (77.7-83.3)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	898	11.5 (9.5-13.9)	814	12.7 (10.4-15.3)	838	11.4 (9.3-13.8)	750	11.8 (9.5-14.4)	784	9.6 (7.7-11.9)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{ss}	898	25.7 (22.8-28.7)	814	28.2 (25.1-31.5)	838	27.1 (24.1-30.3)	750	26.7 (23.5-30.1)	784	28.4 (25.3-31.8)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{ss}	898	20.3 (17.7-23.1)	814	21.5 (18.7-24.6)	838	21.9 (19.1-24.9)	750	22.6 (19.6-25.8)	784	20.0 (17.3-23.0)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{ss}	898	26.1 (23.3-29.1)	814	21.2 (18.5-24.2)	838	20.8 (18.1-23.7)	750	20.9 (18.1-24.0)	784	22.6 (19.8-25.7)	22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	908	59.9 (56.6-63.1)	839	58.7 (55.2-62.2)	863	62.7 (59.3-66.0)	777	60.8 (57.2-64.3)	808	52.7 (49.2-56.2)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{nl}											
• Private insurance	893	67.7 (64.4-70.8)	821	63.9 (60.3-67.4)	837	65.9 (62.5-69.2)	760	66.6 (62.9-70.1)	791	68.3 (64.9-71.6)	61.8 (61.0-62.5)
• Medicaid	893	27.4 (24.4-30.6)	821	30.2 (26.9-33.7)	837	28.5 (25.3-31.8)	760	27.5 (24.2-31.1)	791	24.1 (21.2-27.4)	23.5 (22.9-24.1)
• No insurance	893	4.9 (3.6-6.7)	821	5.9 (4.4-8.0)	837	5.6 (4.1-7.5)	760	5.9 (4.3-8.0)	791	7.5 (5.8-9.8)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{nl}											
• Private insurance	873	62.9 (59.6-66.2)	797	58.7 (55.1-62.3)	809	63.9 (60.3-67.3)	742	62.0 (58.3-65.7)	786	65.4 (61.8-68.7)	59.6 (58.8-60.3)
• Medicaid	873	36.5 (33.2-39.9)	797	40.5 (36.9-44.2)	809	34.7 (31.3-38.2)	742	37.0 (33.4-40.7)	786	34.1 (30.8-37.7)	36.6 (35.8-37.3)
• No insurance	873	0.6 (0.2-1.6)	797	0.8 (0.3-2.0)	809	1.4 (0.7-2.8)	742	1.0 (0.4-2.2)	786	0.5 (0.2-1.3)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++nl}											
• Private insurance	898	59.5 (56.2-62.8)	821	57.4 (53.8-60.9)	839	58.8 (55.3-62.2)	760	60.7 (57.0-64.3)	798	60.9 (57.3-64.3)	56.4 (55.6-57.2)
• Medicaid	898	38.4 (35.1-41.7)	821	40.2 (36.7-43.8)	839	36.9 (33.6-40.4)	760	36.8 (33.2-40.5)	798	36.5 (33.2-40.0)	35.4 (34.7-36.1)
• No insurance	898	2.1 (1.3-3.4)	821	2.4 (1.5-3.9)	839	4.3 (3.0-6.2)	760	2.5 (1.6-3.9)	798	2.6 (1.6-4.2)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep	896	85.0 (82.3-87.2)	828	87.8 (85.3-89.9)	848	89.0 (86.6-91.0)	761	90.2 (87.7-92.3)	793	89.2 (86.7-91.2)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed	899	93.2 (91.2-94.7)	834	92.2 (89.8-94.0)	850	92.9 (90.8-94.5)	769	92.8 (90.5-94.5)	796	94.3 (92.3-95.8)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	890	77.4 (74.4-80.2)	827	76.9 (73.6-79.8)	845	78.0 (74.9-80.9)	763	79.5 (76.2-82.3)	791	79.8 (76.7-82.5)	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.