



Prevalence of Selected Maternal and Child Health Indicators for Virginia, 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	676	45.5 (40.7-50.3)	1072	43.3 (38.6-48.2)	1140	43.3 (38.6-48.1)	986	43.4 (38.5-48.4)	941	48.1 (43.1-53.1)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	624	1.4 (0.6-2.8)	989	2.7 (1.5-4.9)	1063	4.6 (2.9-7.2)	924	1.3 (0.6-2.8)	861	2.9 (1.5-5.3)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	624	25.8 (21.6-30.4)	989	24.7 (20.5-29.4)	1063	24.7 (20.7-29.2)	924	23.6 (19.5-28.2)	861	26.2 (21.8-31.1)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	624	23.6 (19.6-28.2)	989	26.6 (22.3-31.5)	1063	26.0 (21.7-30.8)	924	27.6 (23.2-32.4)	861	27.6 (23.1-32.6)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	671	16.2 (13.0-20.2)	1062	16.3 (12.9-20.4)	1136	15.3 (11.9-19.4)	973	16.8 (13.2-21.1)	927	12.0 (9.0-15.8)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	671	5.7 (3.8-8.4)	1068	6.3 (4.3-9.3)	1142	4.2 (2.6-6.7)	973	7.6 (5.1-11.0)	928	4.0 (2.4-6.6)	6.5 (6.2-6.9)
• Postpartum	670	9.6 (7.1-12.9)	1068	8.5 (6.0-11.7)	1137	7.1 (4.9-10.1)	973	11.0 (8.0-14.8)	928	7.3 (5.1-10.5)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	667	3.9 (2.5-6.2)	1068	3.8 (2.2-6.3)	1132	2.4 (1.2-4.6)	971	4.6 (2.9-7.2)	924	3.4 (2.0-5.9)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	669	1.1 (0.4-2.6)	1069	0.9 (0.3-2.8)	1133	0.1 (0.0-0.1)	972	0.8 (0.3-2.4)	926	0.5 (0.1-1.9)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	665	6.5 (4.5-9.5)	1058	5.5 (3.6-8.4)	1123	5.1 (3.3-8.0)	964	5.5 (3.6-8.3)	916	5.1 (3.2-8.0)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	662	2.4 (1.3-4.3)	1063	2.5 (1.4-4.4)	1127	1.9 (1.0-3.5)	978	3.8 (2.2-6.2)	932	4.5 (2.8-7.2)	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	667	2.1 (1.0-4.0)	1062	3.1 (1.7-5.6)	1130	2.1 (1.0-4.3)	974	2.8 (1.4-5.3)	932	1.6 (0.8-3.3)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	667	2.1 (1.0-4.2)	1056	2.8 (1.5-5.1)	1129	1.9 (0.8-4.1)	975	2.6 (1.3-5.2)	926	1.1 (0.5-2.7)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	664	10.6 (8.0-13.9)	1064	9.1 (6.6-12.4)	1140	12.0 (9.2-15.6)	981	16.5 (12.9-20.8)	927	12.4 (9.5-16.1)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	662	9.4 (7.0-12.5)	1055	8.9 (6.5-12.2)	1134	10.7 (8.0-14.2)	964	17.3 (13.6-21.7)	919	14.1 (10.9-18.1)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	665	12.9 (10.0-16.5)	1064	12.4 (9.4-16.2)	1126	13.5 (10.5-17.2)	963	14.6 (11.3-18.7)	926	11.8 (8.9-15.5)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	662	64.0 (59.1-68.6)	1057	63.1 (58.2-67.8)	1135	65.6 (60.7-70.2)	978	65.9 (60.9-70.6)	935	61.3 (56.3-66.2)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	661	88.0 (84.5-90.8)	1063	84.4 (80.4-87.7)	1126	90.6 (87.4-93.1)	965	85.9 (81.7-89.2)	915	86.1 (82.1-89.4)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	649	61.2 (56.2-65.8)	1053	64.7 (59.8-69.3)	1126	57.1 (52.2-61.9)	973	66.0 (61.0-70.6)	928	64.6 (59.6-69.3)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	669	90.2 (87.0-92.7)	1070	89.6 (86.2-92.3)	1133	90.2 (86.8-92.8)	975	91.1 (87.6-93.7)	930	87.1 (83.2-90.2)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	665	15.4 (12.2-19.4)	1057	17.3 (13.8-21.5)	1127	18.4 (14.8-22.6)	972	21.0 (17.0-25.5)	929	19.2 (15.4-23.5)	17.7 (17.2-18.4)
• Unwanted pregnancy	665	6.2 (4.1-9.2)	1057	5.9 (4.0-8.6)	1127	6.9 (4.8-10.0)	972	6.1 (4.1-9.2)	929	5.9 (3.9-8.8)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	665	18.4 (14.9-22.6)	1057	12.7 (9.7-16.3)	1127	15.4 (12.1-19.3)	972	13.0 (9.9-16.9)	929	13.8 (10.5-17.8)	15.5 (15.0-16.1)
• Intended pregnancy	665	60.0 (55.1-64.7)	1057	64.1 (59.3-68.7)	1127	59.3 (54.4-64.1)	972	59.8 (54.7-64.7)	929	61.2 (56.1-66.0)	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 ⁺⁺⁺	658	77.6 (73.3-81.4)	1047	81.9 (77.9-85.4)	1119	74.3 (69.9-78.3)	949	74.7 (69.9-78.9)	919	75.6 (70.9-79.7)	74.5 (73.9-75.2)	
• Highly effective contraceptive methods												
• Male or female sterilization	658	12.3 (9.5-15.8)	1047	9.2 (6.8-12.5)	1119	11.6 (8.8-15.2)	949	10.3 (7.5-13.9)	919	9.1 (6.6-12.4)	10.9 (10.4-11.4)	
• Long-acting reversible contraceptive method ^{ss}	658	16.9 (13.4-21.0)	1047	17.8 (14.3-21.9)	1119	16.0 (12.7-19.9)	949	14.6 (11.4-18.5)	919	18.9 (15.2-23.3)	16.7 (16.1-17.3)	
• Moderately effective contraceptive methods ^{ss}	658	25.3 (21.3-29.9)	1047	29.8 (25.4-34.6)	1119	22.7 (18.9-27.1)	949	26.7 (22.3-31.5)	919	25.0 (20.9-29.6)	24.5 (23.9-25.2)	
• Least effective contraceptive methods ^{ss}	658	23.1 (19.3-27.4)	1047	25.1 (21.1-29.6)	1119	24.0 (20.2-28.4)	949	23.1 (19.1-27.7)	919	22.6 (18.7-27.0)	22.4 (21.8-23.1)	
Oral Health												
• Teeth cleaned during pregnancy by a dentist or dental hygienist	674	44.7 (40.0-49.6)	1078	52.2 (47.4-57.1)	1143	49.9 (45.1-54.7)	983	48.4 (43.4-53.4)	941	46.7 (41.7-51.7)	40.0 (39.3-40.8)	
Health Insurance Status One Month Before Pregnancy^{nl}												
• Private insurance	642	69.9 (65.0-74.3)	1036	72.1 (67.4-76.4)	1091	74.6 (69.9-78.7)	924	70.3 (65.2-74.9)	905	66.9 (61.8-71.7)	61.8 (61.0-62.5)	
• Medicaid	642	11.4 (8.5-15.1)	1036	11.7 (8.8-15.4)	1091	12.0 (9.0-15.9)	924	15.1 (11.6-19.5)	905	15.8 (12.3-20.0)	23.5 (22.9-24.1)	
• No insurance	642	18.8 (15.2-23.0)	1036	16.2 (12.8-20.2)	1091	13.4 (10.4-17.1)	924	14.6 (11.3-18.8)	905	17.3 (13.6-21.7)	14.0 (13.4-14.5)	
Health Insurance Status for Prenatal Care^{nl}												
• Private insurance	589	65.1 (59.9-69.9)	989	71.2 (66.3-75.7)	1043	74.8 (70.0-79.1)	895	66.4 (61.1-71.3)	867	67.0 (61.8-71.8)	59.6 (58.8-60.3)	
• Medicaid	589	30.4 (25.8-35.5)	989	23.7 (19.5-28.4)	1043	21.4 (17.4-26.1)	895	30.2 (25.4-35.4)	867	28.1 (23.6-33.1)	36.6 (35.8-37.3)	
• No insurance	589	4.5 (2.8-7.1)	989	5.1 (3.3-7.8)	1043	3.7 (2.2-6.3)	895	3.4 (1.9-6.0)	867	4.9 (3.1-7.8)	2.8 (2.5-3.1)	
Health Insurance Status Postpartum^{++nl}												
• Private insurance	632	66.0 (61.0-70.6)	1013	66.0 (61.0-70.6)	1069	70.3 (65.3-74.8)	899	64.6 (59.3-69.5)	899	62.8 (57.6-67.7)	56.4 (55.6-57.2)	
• Medicaid	632	16.0 (12.6-20.1)	1013	15.2 (11.9-19.3)	1069	17.4 (13.7-21.8)	899	24.5 (20.2-29.5)	899	25.0 (20.7-29.9)	35.4 (34.7-36.1)	
• No insurance	632	18.0 (14.4-22.2)	1013	18.8 (15.1-23.1)	1069	12.4 (9.3-16.2)	899	10.9 (8.0-14.7)	899	12.2 (9.1-16.0)	7.2 (6.8-7.7)	
Infant Sleep Practices												
• Baby most often laid on back to sleep	651	78.0 (73.6-81.9)	1054	75.9 (71.3-80.0)	1122	82.0 (78.0-85.5)	957	80.7 (76.2-84.5)	925	83.1 (79.0-86.6)	79.5 (78.9-80.2)	
Breastfeeding Practices												
• Ever breastfed	656	88.3 (84.6-91.1)	1057	89.9 (86.5-92.6)	1128	89.4 (85.7-92.2)	965	88.5 (84.5-91.5)	923	86.5 (82.5-89.7)	87.9 (87.3-88.4)	
• Any breastfeeding at 8 weeks	658	68.0 (63.2-72.4)	1053	72.5 (67.9-76.8)	1119	70.2 (65.4-74.6)	954	70.9 (65.9-75.4)	923	68.7 (63.8-73.3)	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.