



Prevalence of Selected Maternal and Child Health Indicators for Washington, 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	1266	44.2 (40.8-47.7)	1230	45.1 (41.8-48.5)	1139	44.5 (41.1-48.0)	1185	43.8 (40.5-47.2)	1232	48.4 (45.0-51.8)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	1227	2.9 (2.0-4.4)	1188	3.6 (2.5-5.1)	1112	3.8 (2.7-5.4)	1147	2.3 (1.5-3.6)	1187	2.3 (1.4-3.8)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	1227	23.6 (20.7-26.7)	1188	27.7 (24.6-31.0)	1112	26.3 (23.3-29.6)	1147	25.7 (22.8-28.9)	1187	27.8 (24.8-31.0)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	1227	22.4 (19.6-25.5)	1188	23.6 (20.7-26.7)	1112	25.0 (22.0-28.2)	1147	25.2 (22.4-28.3)	1187	24.3 (21.4-27.4)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	1265	15.5 (12.9-18.4)	1224	16.3 (13.7-19.3)	1135	11.5 (9.3-14.1)	1176	14.8 (12.4-17.5)	1235	10.1 (8.1-12.6)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1265	5.6 (4.0-7.6)	1232	6.0 (4.3-8.2)	1133	4.9 (3.4-6.9)	1178	6.4 (4.8-8.6)	1235	3.9 (2.6-5.7)	6.5 (6.2-6.9)
• Postpartum	1263	8.7 (6.7-11.1)	1231	9.7 (7.6-12.3)	1133	6.6 (4.9-8.8)	1176	8.5 (6.6-10.8)	1236	5.2 (3.7-7.1)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1256	3.7 (2.5-5.5)	1223	3.7 (2.5-5.5)	1133	2.9 (1.9-4.5)	1175	4.5 (3.2-6.4)	1232	5.5 (4.0-7.6)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1259	1.1 (0.5-2.4)	1227	1.4 (0.7-2.8)	1135	1.3 (0.7-2.5)	1175	1.3 (0.6-2.7)	1233	1.9 (1.0-3.3)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	1249	3.0 (2.0-4.6)	1218	3.0 (2.0-4.4)	1127	1.4 (0.8-2.4)	1162	1.6 (0.9-2.7)	1213	1.5 (0.9-2.5)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1230	3.5 (2.3-5.2)	1209	4.1 (2.8-5.9)	1126	2.8 (1.8-4.2)	1169	3.0 (2.0-4.4)	1230	3.3 (2.2-4.9)	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	1251	2.5 (1.5-4.0)	1209	2.3 (1.4-3.7)	1125	1.9 (1.1-3.3)	1158	3.0 (2.0-4.5)	1207	1.5 (0.9-2.4)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	1246	1.6 (0.9-2.8)	1201	1.9 (1.1-3.4)	1121	1.2 (0.6-2.5)	1150	2.1 (1.3-3.5)	1204	1.4 (0.8-2.5)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	1263	11.6 (9.5-14.2)	1223	12.5 (10.3-15.1)	1135	12.6 (10.3-15.4)	1178	14.1 (11.8-16.7)	1226	16.9 (14.4-19.7)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1249	12.1 (9.9-14.7)	1215	11.3 (9.2-13.7)	1119	11.8 (9.6-14.5)	1166	12.4 (10.3-15.0)	1212	15.9 (13.4-18.7)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	1202	11.8 (9.7-14.2)	1193	11.3 (9.3-13.8)	1100	11.4 (9.4-13.7)	1155	12.9 (10.8-15.3)	1204	12.2 (10.1-14.7)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	1255	63.9 (60.5-67.1)	1223	65.1 (61.8-68.2)	1128	67.3 (64.0-70.4)	1172	66.4 (63.1-69.5)	1228	67.2 (63.9-70.3)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1238	88.9 (86.5-90.9)	1220	88.0 (85.5-90.2)	1121	89.0 (86.5-91.0)	1171	91.3 (89.2-93.0)	1203	90.5 (88.2-92.3)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1229	67.4 (63.9-70.7)	1217	64.9 (61.4-68.1)	1120	66.8 (63.3-70.1)	1167	70.5 (67.2-73.5)	1222	74.0 (70.8-77.0)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	1251	91.2 (89.0-93.0)	1226	89.9 (87.6-91.8)	1130	92.4 (90.4-94.1)	1171	90.2 (87.9-92.1)	1228	90.7 (88.4-92.5)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	1235	15.2 (12.8-17.9)	1217	17.2 (14.7-20.0)	1124	17.4 (14.8-20.2)	1176	16.5 (14.2-19.2)	1216	13.9 (11.7-16.4)	17.7 (17.2-18.4)
• Unwanted pregnancy	1235	5.5 (4.1-7.4)	1217	4.2 (3.0-5.9)	1124	4.9 (3.6-6.7)	1176	4.9 (3.6-6.5)	1216	4.4 (3.1-6.1)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1235	14.2 (11.9-17.0)	1217	14.1 (11.8-16.8)	1124	15.9 (13.5-18.7)	1176	13.5 (11.3-16.0)	1216	11.1 (9.1-13.5)	15.5 (15.0-16.1)
• Intended pregnancy	1235	65.1 (61.6-68.4)	1217	64.5 (61.1-67.8)	1124	61.8 (58.3-65.2)	1176	65.1 (61.8-68.3)	1216	70.7 (67.4-73.8)	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 ⁺⁺⁺	1241	77.8 (74.8-80.6)	1194	77.4 (74.4-80.1)	1120	81.4 (78.5-83.9)	1157	74.9 (71.8-77.7)	1209	76.2 (73.1-79.0)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	1241	10.6 (8.6-12.9)	1194	10.7 (8.7-13.1)	1120	12.2 (10.0-14.7)	1157	10.4 (8.5-12.8)	1209	9.8 (7.9-12.2)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{ss}	1241	23.8 (20.9-26.9)	1194	23.7 (20.9-26.7)	1120	23.0 (20.2-26.2)	1157	21.7 (19.1-24.5)	1209	19.6 (17.0-22.5)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{ss}	1241	19.6 (16.9-22.5)	1194	19.9 (17.3-22.8)	1120	21.0 (18.2-24.0)	1157	19.9 (17.2-22.8)	1209	19.5 (16.8-22.4)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{ss}	1241	23.9 (21.1-27.0)	1194	23.1 (20.3-26.1)	1120	25.2 (22.2-28.4)	1157	22.9 (20.2-25.9)	1209	27.3 (24.3-30.5)	22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1259	53.9 (50.4-57.4)	1222	51.1 (47.6-54.5)	1136	55.0 (51.5-58.5)	1172	53.7 (50.3-57.1)	1225	46.8 (43.4-50.2)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{nl}											
• Private insurance	1222	70.4 (67.2-73.5)	1190	67.5 (64.2-70.7)	1107	66.6 (63.2-69.8)	1153	67.6 (64.4-70.7)	1198	69.7 (66.4-72.7)	61.8 (61.0-62.5)
• Medicaid	1222	17.5 (14.9-20.4)	1190	21.5 (18.6-24.7)	1107	21.8 (18.9-25.1)	1153	21.8 (19.0-24.8)	1198	19.3 (16.6-22.3)	23.5 (22.9-24.1)
• No insurance	1222	12.1 (10.1-14.3)	1190	11.0 (9.2-13.2)	1107	11.6 (9.7-13.9)	1153	10.6 (8.7-12.8)	1198	11.1 (9.2-13.4)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{nl}											
• Private insurance	1181	69.1 (65.7-72.2)	1157	66.1 (62.6-69.4)	1082	66.8 (63.3-70.0)	1138	65.8 (62.5-69.0)	1167	68.6 (65.3-71.8)	59.6 (58.8-60.3)
• Medicaid	1181	30.6 (27.4-33.9)	1157	33.3 (30.0-36.8)	1082	32.9 (29.7-36.4)	1138	33.7 (30.5-36.9)	1167	30.6 (27.5-33.9)	36.6 (35.8-37.3)
• No insurance	1181	0.4 (0.1-1.2)	1157	0.6 (0.2-1.8)	1082	0.3 (0.1-1.0)	1138	0.5 (0.2-1.3)	1167	0.8 (0.3-1.8)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++nl}											
• Private insurance	1211	64.7 (61.3-67.9)	1176	63.7 (60.3-67.0)	1095	64.1 (60.6-67.5)	1156	63.4 (60.1-66.6)	1197	66.7 (63.4-69.9)	56.4 (55.6-57.2)
• Medicaid	1211	25.2 (22.2-28.5)	1176	27.8 (24.7-31.3)	1095	26.4 (23.2-29.8)	1156	26.9 (23.9-30.1)	1197	26.1 (23.1-29.3)	35.4 (34.7-36.1)
• No insurance	1211	10.1 (8.4-12.1)	1176	8.5 (6.9-10.3)	1095	9.5 (7.7-11.7)	1156	9.7 (8.0-11.7)	1197	7.2 (5.7-9.1)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep	1235	80.6 (77.8-83.2)	1200	85.3 (82.8-87.4)	1118	82.2 (79.4-84.8)	1151	82.8 (80.2-85.2)	1199	86.0 (83.6-88.1)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed	1239	96.0 (94.4-97.2)	1207	94.2 (92.3-95.7)	1123	97.2 (95.8-98.1)	1158	95.5 (93.8-96.7)	1215	96.7 (95.3-97.8)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	1233	82.0 (79.1-84.6)	1200	79.4 (76.3-82.1)	1119	82.5 (79.6-85.1)	1157	78.8 (75.8-81.6)	1205	83.2 (80.4-85.7)	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.