



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

Health Indicator	2016*		2017†		2018‡		2019§		2020	
	N#	%¶	N#	%¶	N#	%¶	N#	%¶	N#	%¶
<b>Nutrition</b>										
• Multivitamin use ≥4 times a week during the month before pregnancy	35812	40.8	38334	40.4	44374	41.6	44971	41.8	41464	43.6
<b>Pre-pregnancy Weight</b>										
• Underweight (body mass index [BMI] <18.5 kg/m <sup>2</sup> )	34321	3.5	36647	3.7	42592	3.3	43249	3.3	39650	3.2
• Overweight (BMI 25–29.9 kg/m <sup>2</sup> )	34321	25.5	36647	25.6	42592	26.2	43249	26.2	39650	26.1
• Obese (BMI ≥30 kg/m <sup>2</sup> )	34321	23.2	36647	25.3	42592	26.2	43249	27.1	39650	27.7
<b>Substance Use</b>										
• Any cigarette smoking										
• During the 3 months before pregnancy	35434	17.1	37987	17.7	43958	16.7	44581	15.1	41108	14.0
• During the last 3 months of pregnancy	35441	7.7	38024	8.1	43981	7.9	44607	6.8	41134	6.5
• Postpartum	35436	11.0	37999	11.7	43972	11.2	44572	9.7	41121	8.8
• Any e-cigarette use										
• During the 3 months before pregnancy	35353	3.6	37890	3.7	43920	3.8	44488	4.3	41063	5.2
• During the last 3 months of pregnancy	35388	1.1	37909	1.1	43948	1.3	44510	1.3	41086	1.5
• Hookah use in the last 2 years	35156	5.1	37618	4.8	43610	4.2	44162	4.7	40724	4.4
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	35375	2.6	37848	2.6	43866	2.6	44426	2.9	40996	3.0
<b>Intimate Partner Violence (IPV)‡</b>										
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or by an ex-husband or ex-partner	35234	2.9	37619	3.0	43500	3.0	44017	3.0	40642	2.5
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	35170	2.0	37567	2.2	43457	2.2	43960	2.0	40571	1.7
<b>Depression</b>										
• Self-reported depression in the 3 months before pregnancy	35670	12.3	38190	12.8	44252	14.7	44809	15.1	41276	15.5
• Self-reported depression during pregnancy	35336	11.6	37867	12.0	43785	14.1	44377	14.8	40920	15.2
• Self-reported postpartum depressive symptoms**	35081	12.8	37573	12.5	43479	13.4	44095	13.4	40691	13.4
<b>Health Care Services</b>										
• Health care visit in the 12 months before pregnancy	35527	64.9	38039	67.7	44126	68.4	44699	68.0	41163	66.0
• Began prenatal care in 1st trimester	35148	86.1	37618	86.9	43538	87.2	44194	87.7	40580	87.1
• Had a flu shot in the 12 months before delivery	35199	60.0	37725	58.9	43643	59.1	44213	60.8	40795	60.9
• Had maternal postpartum checkup	35309	89.4	37830	90.3	43775	90.6	44374	90.7	40896	88.1
<b>Pregnancy Intention</b>										
• Mistimed	35398	19.5	37901	19.5	43897	19.4	44548	19.3	40960	17.7
• Unwanted pregnancy	35398	6.3	37901	6.1	43897	6.5	44548	6.5	40960	6.3
• Unsure whether wanted pregnancy	35398	15.1	37901	15.5	43897	15.6	44548	15.7	40960	15.5
• Intended pregnancy	35398	59.2	37901	58.9	43897	58.5	44548	58.5	40960	60.4

Health Indicator	2016*		2017 <sup>†</sup>		2018 <sup>‡</sup>		2019 <sup>§</sup>		2020 <sup>  </sup>	
	N <sup>#</sup>	% <sup>¶</sup>	N <sup>#</sup>	% <sup>¶</sup>	N <sup>#</sup>	% <sup>¶</sup>	N <sup>#</sup>	% <sup>¶</sup>	N <sup>#</sup>	% <sup>¶</sup>
<b>Postpartum<sup>††</sup> Family Planning</b>										
• Use of any postpartum contraception <sup>††††</sup>	34739	77.3	37285	77.0	43164	76.4	43796	76.4	40343	74.5
• Highly effective contraceptive methods										
• Male or female sterilization	34739	11.0	37285	11.2	43164	11.7	43796	11.5	40343	10.9
• Long-acting reversible contraceptive method <sup>§§</sup>	34739	16.2	37285	17.0	43164	17.0	43796	17.3	40343	16.7
• Moderately effective contraceptive methods <sup>§§</sup>	34739	25.4	37285	25.6	43164	24.9	43796	24.6	40343	24.5
• Least effective contraceptive methods <sup>§§</sup>	34739	24.7	37285	23.2	43164	22.8	43796	23.0	40343	22.4
<b>Oral Health</b>										
• Teeth cleaned during pregnancy by a dentist or dental hygienist	35654	44.6	38197	46.3	44181	47.1	44778	45.9	41284	40.0
<b>Health Insurance Status One Month Before Pregnancy<sup>¶¶</sup></b>										
• Private insurance	34473	62.3	36915	63.0	42878	62.5	43460	62.7	40215	61.8
• Medicaid	34473	19.2	36915	23.0	42878	22.7	43460	22.6	40215	23.5
• No insurance	34473	16.1	36915	13.2	42878	13.3	43460	13.8	40215	14.0
<b>Health Insurance Status for Prenatal Care<sup>¶¶</sup></b>										
• Private insurance	33369	59.8	35817	60.7	41674	59.9	42195	59.8	38882	59.6
• Medicaid	33369	30.7	35817	35.6	41674	35.9	42195	36.2	38882	36.6
• No insurance	33369	2.0	35817	2.6	41674	2.7	42195	2.8	38882	2.8
<b>Health Insurance Status Postpartum<sup>††¶¶</sup></b>										
• Private insurance	34382	58.0	36830	58.5	42753	57.7	43342	57.7	40155	56.4
• Medicaid	34382	25.0	36830	29.7	42753	29.6	43342	29.9	40155	35.4
• No insurance	34382	14.5	36830	10.8	42753	11.0	43342	11.5	40155	7.2
<b>Infant Sleep Practices</b>										
• Baby most often laid on back to sleep	34429	78.0	36900	79.5	42760	80.5	43371	79.6	39931	79.5
<b>Breastfeeding Practices</b>										
• Ever breastfed	34722	87.9	37253	87.7	43131	87.8	43748	87.9	40253	87.9
• Any breastfeeding at 8 weeks	34470	67.4	36910	67.7	42808	67.6	43417	67.7	39918	68.5

\* PRAMS sites aggregated for 2016: Alaska, Arkansas, Colorado, Connecticut, Delaware, Hawaii, Illinois, Iowa, Louisiana, Maine, Maryland, Massachusetts, Michigan, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, New York City, New York State, Oklahoma, Pennsylvania, Rhode Island, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming that met the required 55% response rate threshold for inclusion.

<sup>†</sup> PRAMS sites aggregated for 2017: Alabama, Alaska, Colorado, Connecticut, Delaware, Georgia, Illinois, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Missouri, Montana, New Hampshire, New Jersey, New Mexico, New York City, New York State, North Carolina, North Dakota, Oklahoma, Pennsylvania, Puerto Rico, Rhode Island, South Dakota, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming that met the required 55% response rate threshold for inclusion.

<sup>‡</sup> PRAMS sites aggregated for 2018: Alabama, Alaska, Arkansas, Colorado, Connecticut, Delaware, District of Columbia, Georgia, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, New Hampshire, New Jersey, New Mexico, New York City, New York State, North Carolina, North Dakota, Oklahoma, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Dakota, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming that met the required 50% response rate threshold for inclusion.

<sup>§</sup> PRAMS sites aggregated for 2019: Alabama, Alaska, 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, New York State, North Carolina, North Dakota, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Dakota, Tennessee, Utah, Vermont, Virginia, Washington, Wisconsin, and Wyoming that met the required 50% response rate threshold for inclusion.

<sup>||</sup> 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.

<sup>#</sup> Unweighted sample size.

<sup>¶</sup> Weighted percentage.

<sup>‡</sup> 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.”

<sup>\*\*</sup> 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.

<sup>††</sup> Postpartum defined as the time the PRAMS survey was completed.

<sup>†††</sup> 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).

<sup>§§</sup> 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.

<sup>¶¶</sup> 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.