



Prevalence of Selected Maternal and Child Health Indicators for New Jersey, 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	1301	44.6 (41.7-47.5)	1248	44.5 (41.6-47.4)	1186	46.9 (43.9-49.9)	1128	45.6 (42.6-48.7)	1101	52.5 (49.3-55.6)	43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)	1220	3.7 (2.7-5.0)	1131	4.0 (2.9-5.4)	1086	3.1 (2.2-4.3)	1041	2.9 (2.0-4.1)	1002	3.7 (2.6-5.3)	3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)	1220	24.1 (21.6-26.8)	1131	25.7 (23.1-28.5)	1086	25.6 (22.9-28.5)	1041	28.8 (25.9-31.8)	1002	29.0 (26.0-32.1)	26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)	1220	19.1 (16.9-21.6)	1131	20.8 (18.4-23.4)	1086	21.5 (19.0-24.2)	1041	22.5 (20.0-25.2)	1002	23.3 (20.7-26.2)	27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy	1298	14.3 (12.4-16.4)	1244	11.7 (10.0-13.5)	1186	10.6 (9.0-12.5)	1104	8.9 (7.4-10.8)	1086	9.0 (7.4-10.8)	14.0 (13.4-14.5)
• During the last 3 months of pregnancy	1296	4.5 (3.5-5.7)	1246	3.6 (2.9-4.4)	1185	3.1 (2.4-4.0)	1105	2.9 (2.2-3.9)	1089	2.7 (1.9-3.7)	6.5 (6.2-6.9)
• Postpartum	1301	7.7 (6.4-9.2)	1245	7.0 (5.8-8.4)	1183	6.3 (5.1-7.8)	1104	4.7 (3.7-5.9)	1089	3.9 (3.0-5.0)	8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy	1295	2.9 (2.0-4.1)	1240	2.7 (1.9-3.8)	1180	1.5 (1.0-2.3)	1100	2.8 (1.9-4.1)	1090	3.3 (2.3-4.7)	5.2 (4.9-5.6)
• During the last 3 months of pregnancy	1295	0.6 (0.3-1.3)	1239	0.2 (0.1-0.7)	1181	0.2 (0.1-0.4)	1099	0.5 (0.2-1.1)	1089	0.2 (0.1-0.5)	1.5 (1.3-1.7)
• Hookah use in the last 2 years	1290	8.2 (6.7-9.9)	1236	7.0 (5.6-8.6)	1170	7.0 (5.7-8.7)	1094	8.6 (7.0-10.4)	1088	7.9 (6.3-9.7)	4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1284	1.9 (1.2-2.9)	1239	1.1 (0.6-1.9)	1181	1.6 (0.9-2.6)	1088	1.4 (0.8-2.3)	1083	2.5 (1.6-3.8)	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	1273	1.4 (0.9-2.1)	1221	2.4 (1.7-3.5)	1148	2.1 (1.3-3.1)	1068	2.0 (1.3-3.0)	1069	1.6 (1.0-2.6)	2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner	1265	0.8 (0.4-1.4)	1218	2.1 (1.4-3.0)	1143	1.0 (0.6-1.7)	1059	1.3 (0.8-2.1)	1062	1.0 (0.5-1.8)	1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy	1300	8.6 (7.1-10.5)	1235	8.3 (6.8-10.0)	1181	7.2 (5.8-9.0)	1108	6.2 (4.8-7.9)	1084	8.4 (6.8-10.4)	15.5 (15.0-16.1)
• Self-reported depression during pregnancy	1286	6.4 (5.1-8.1)	1238	6.4 (5.1-7.9)	1176	5.9 (4.6-7.4)	1093	6.0 (4.7-7.7)	1083	7.3 (5.8-9.2)	15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}	1258	10.6 (9.0-12.4)	1212	13.2 (11.3-15.3)	1151	11.2 (9.4-13.2)	1076	10.4 (8.7-12.4)	1081	12.3 (10.3-14.5)	13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy	1292	59.6 (56.8-62.2)	1239	64.6 (61.8-67.3)	1175	61.9 (59.0-64.7)	1104	62.7 (59.7-65.5)	1089	61.2 (58.2-64.1)	66.0 (65.3-66.8)
• Began prenatal care in 1st trimester	1267	86.4 (84.4-88.2)	1208	85.7 (83.5-87.6)	1144	86.0 (83.9-87.8)	1091	87.0 (84.9-88.9)	1067	86.2 (83.9-88.3)	87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery	1262	51.0 (48.0-54.0)	1206	51.9 (48.9-54.9)	1159	54.0 (50.9-57.1)	1078	56.9 (53.7-60.0)	1071	60.7 (57.5-63.8)	60.9 (60.1-61.7)
• Had maternal postpartum checkup	1285	88.5 (86.6-90.2)	1224	89.4 (87.4-91.0)	1174	89.5 (87.5-91.2)	1078	89.5 (87.4-91.2)	1080	84.9 (82.5-87.1)	88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed	1270	15.9 (13.9-18.1)	1216	16.8 (14.7-19.1)	1173	16.9 (14.8-19.3)	1104	16.6 (14.4-19.1)	1073	15.8 (13.6-18.2)	17.7 (17.2-18.4)
• Unwanted pregnancy	1270	6.0 (4.8-7.5)	1216	4.8 (3.7-6.2)	1173	5.2 (4.0-6.6)	1104	5.0 (3.9-6.5)	1073	4.3 (3.3-5.8)	6.3 (6.0-6.7)
• Unsure whether wanted pregnancy	1270	13.7 (11.8-15.8)	1216	14.7 (12.7-16.9)	1173	12.9 (11.1-15.1)	1104	15.4 (13.2-17.7)	1073	14.2 (12.1-16.6)	15.5 (15.0-16.1)
• Intended pregnancy	1270	64.4 (61.6-67.0)	1216	63.7 (60.8-66.4)	1173	65.0 (62.1-67.7)	1104	63.0 (60.0-65.9)	1073	65.6 (62.6-68.5)	60.4 (59.6-61.1)

Health Indicator	2016		2017		2018		2019		2020		Overall 2020 [¶]
	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	% (95% CI) [¶]
Postpartum⁺⁺ Family Planning											
• Use of any postpartum contraception ⁺⁺⁺	1250	69.2 (66.4-71.9)	1193	69.8 (66.9-72.4)	1147	70.7 (67.8-73.4)	1074	69.5 (66.5-72.4)	1067	68.0 (64.9-70.9)	74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization	1250	8.5 (7.0-10.3)	1193	9.7 (8.1-11.6)	1147	9.7 (8.0-11.6)	1074	8.9 (7.3-10.9)	1067	8.4 (6.9-10.3)	10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{§§}	1250	9.5 (7.8-11.4)	1193	9.4 (7.7-11.3)	1147	9.7 (7.9-11.7)	1074	10.0 (8.3-12.2)	1067	9.6 (7.8-11.7)	16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{§§}	1250	23.8 (21.3-26.5)	1193	22.2 (19.8-24.9)	1147	21.6 (19.1-24.3)	1074	21.4 (18.8-24.2)	1067	25.8 (23.0-28.8)	24.5 (23.9-25.2)
• Least effective contraceptive methods ^{§§}	1250	27.4 (24.8-30.2)	1193	28.4 (25.8-31.3)	1147	29.8 (27.0-32.7)	1074	29.2 (26.4-32.1)	1067	24.1 (21.5-27.0)	22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1303	44.3 (41.4-47.2)	1244	44.4 (41.5-47.3)	1190	46.3 (43.3-49.3)	1108	48.7 (45.6-51.9)	1094	40.0 (36.9-43.2)	40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{¶¶}											
• Private insurance	1266	65.4 (62.8-67.9)	1200	63.6 (61.0-66.2)	1155	62.7 (60.0-65.3)	1083	63.0 (60.1-65.8)	1064	65.8 (62.8-68.6)	61.8 (61.0-62.5)
• Medicaid	1266	18.8 (16.6-21.1)	1200	20.0 (17.8-22.5)	1155	20.5 (18.2-23.1)	1083	21.6 (19.1-24.3)	1064	19.5 (17.0-22.1)	23.5 (22.9-24.1)
• No insurance	1266	12.3 (10.6-14.3)	1200	12.1 (10.4-14.1)	1155	12.2 (10.4-14.3)	1083	11.9 (10.1-14.1)	1064	12.4 (10.5-14.5)	14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{¶¶}											
• Private insurance	1168	64.6 (62.0-67.2)	1120	62.2 (59.5-64.9)	1069	62.6 (59.9-65.3)	1020	63.2 (60.3-66.0)	1031	64.4 (61.4-67.3)	59.6 (58.8-60.3)
• Medicaid	1168	28.8 (26.2-31.5)	1120	29.6 (27.0-32.4)	1069	29.5 (26.9-32.4)	1020	30.7 (27.9-33.6)	1031	27.9 (25.1-30.9)	36.6 (35.8-37.3)
• No insurance	1168	1.2 (0.7-2.1)	1120	1.3 (0.8-2.3)	1069	0.8 (0.4-1.6)	1020	1.2 (0.7-2.1)	1031	2.7 (1.8-4.0)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{+++¶¶}											
• Private insurance	1263	61.6 (59.0-64.1)	1206	60.6 (57.9-63.2)	1151	58.7 (56.0-61.4)	1078	61.3 (58.5-64.1)	1075	61.8 (59.0-64.6)	56.4 (55.6-57.2)
• Medicaid	1263	23.2 (20.9-25.7)	1206	23.2 (20.9-25.8)	1151	23.8 (21.4-26.5)	1078	22.9 (20.5-25.6)	1075	26.6 (24.0-29.4)	35.4 (34.7-36.1)
• No insurance	1263	11.0 (9.4-12.9)	1206	11.4 (9.7-13.3)	1151	11.8 (10.1-13.8)	1078	11.8 (10.0-13.9)	1075	8.8 (7.2-10.7)	7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep	1270	69.4 (66.7-71.9)	1216	75.0 (72.4-77.4)	1157	73.4 (70.8-75.9)	1078	73.0 (70.2-75.7)	1077	73.7 (70.9-76.3)	79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed	1284	88.7 (86.6-90.5)	1227	90.9 (89.0-92.5)	1173	90.8 (88.8-92.4)	1087	89.5 (87.4-91.3)	1084	89.1 (86.8-90.9)	87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks	1279	67.1 (64.2-69.8)	1218	72.8 (70.0-75.4)	1165	70.1 (67.2-72.9)	1080	71.1 (68.1-73.9)	1073	70.6 (67.5-73.4)	68.5 (67.8-69.3)

¶ 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.

¶ 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).

§§ 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.

¶¶ 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.