



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

Health Indicator	2016 ^o		2017		2018		2019		2020 [≤]		Overall 2020
	N#	% (95% CI)	N#	% (95% CI)	N#	% (95% CI)	N#	% (95% CI)	N#	% (95% CI)	% (95% CI)
Nutrition											
• Multivitamin use ≥4 times a week during the month before pregnancy			994	38.7 (35.2-42.3)	914	41.2 (37.5-45.0)	868	44.9 (41.0-48.7)			43.6 (42.9-44.4)
Pre-pregnancy Weight											
• Underweight (body mass index [BMI] <18.5 kg/m ²)			938	3.8 (2.6-5.6)	874	4.2 (2.9-6.1)	836	2.4 (1.4-4.1)			3.2 (2.9-3.5)
• Overweight (BMI 25–29.9 kg/m ²)			938	26.3 (23.1-29.8)	874	23.9 (20.6-27.5)	836	28.7 (25.2-32.4)			26.1 (25.5-26.8)
• Obese (BMI ≥30 kg/m ²)			938	28.1 (24.8-31.6)	874	31.4 (27.8-35.1)	836	24.6 (21.4-28.2)			27.7 (27.0-28.4)
Substance Use											
• Any cigarette smoking											
• During the 3 months before pregnancy			977	19.5 (16.7-22.7)	905	15.5 (12.9-18.5)	860	16.2 (13.5-19.3)			14.0 (13.4-14.5)
• During the last 3 months of pregnancy			977	9.6 (7.6-12.1)	904	7.4 (5.6-9.6)	859	7.6 (5.7-10.0)			6.5 (6.2-6.9)
• Postpartum			978	14.5 (12.0-17.5)	905	9.8 (7.8-12.3)	860	11.6 (9.3-14.4)			8.8 (8.3-9.2)
• Any e-cigarette use											
• During the 3 months before pregnancy			982	2.5 (1.6-4.1)	907	4.2 (3.1-5.9)	860	4.7 (3.3-6.7)			5.2 (4.9-5.6)
• During the last 3 months of pregnancy			981	0.9 (0.4-1.8)	908	1.5 (0.8-2.5)	860	1.7 (0.9-3.3)			1.5 (1.3-1.7)
• Hookah use in the last 2 years			970	5.3 (3.8-7.3)	895	4.6 (3.2-6.7)	856	4.0 (2.7-6.0)			4.4 (4.1-4.8)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy			976	3.3 (2.2-5.0)	904	3.8 (2.6-5.5)	861	2.2 (1.3-3.7)			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			968	2.7 (1.7-4.3)	900	3.4 (2.2-5.4)	851	4.1 (2.7-6.2)			2.5 (2.3-2.8)
• Experienced IPV during pregnancy by a husband or partner and/or by an ex-husband or ex-partner			967	2.1 (1.3-3.6)	898	2.8 (1.7-4.5)	849	2.5 (1.5-4.3)			1.7 (1.5-1.9)
Depression											
• Self-reported depression in the 3 months before pregnancy			986	13.0 (10.7-15.7)	911	11.5 (9.3-14.0)	867	15.3 (12.6-18.4)			15.5 (15.0-16.1)
• Self-reported depression during pregnancy			973	13.7 (11.4-16.6)	895	12.5 (10.1-15.3)	859	15.1 (12.4-18.3)			15.2 (14.7-15.8)
• Self-reported postpartum depressive symptoms ^{**}			974	11.7 (9.5-14.2)	903	11.8 (9.5-14.6)	850	10.7 (8.5-13.4)			13.4 (12.9-13.9)
Health Care Services											
• Health care visit in the 12 months before pregnancy			983	65.8 (62.1-69.2)	906	65.8 (62.0-69.4)	863	64.8 (60.9-68.5)			66.0 (65.3-66.8)
• Began prenatal care in 1st trimester			974	87.4 (84.7-89.7)	905	85.1 (81.9-87.8)	858	86.9 (83.9-89.5)			87.1 (86.5-87.6)
• Had a flu shot in the 12 months before delivery			984	65.1 (61.5-68.6)	899	62.1 (58.3-65.8)	852	68.2 (64.4-71.8)			60.9 (60.1-61.7)
• Had maternal postpartum checkup			965	92.8 (90.6-94.6)	904	92.8 (90.6-94.5)	855	91.6 (89.0-93.5)			88.1 (87.6-88.6)
Pregnancy Intention											
• Mistimed			988	23.4 (20.3-26.7)	910	20.2 (17.2-23.6)	866	19.2 (16.1-22.6)			17.7 (17.2-18.4)
• Unwanted pregnancy			988	7.1 (5.3-9.3)	910	6.4 (4.6-8.9)	866	5.8 (4.2-7.8)			6.3 (6.0-6.7)
• Unsure whether wanted pregnancy			988	13.4 (11.0-16.1)	910	14.6 (12.0-17.6)	866	19.2 (16.2-22.6)			15.5 (15.0-16.1)
• Intended pregnancy			988	56.2 (52.5-59.8)	910	58.8 (54.9-62.6)	866	55.9 (51.9-59.7)			60.4 (59.6-61.1)

Health Indicator	2016 ^o		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 ⁺⁺⁺			954	78.1 (74.9-81.0)	894	79.5 (76.3-82.5)	845	77.1 (73.6-80.3)			74.5 (73.9-75.2)
• Highly effective contraceptive methods											
• Male or female sterilization			954	11.6 (9.5-14.1)	894	12.2 (9.9-14.9)	845	12.7 (10.4-15.5)			10.9 (10.4-11.4)
• Long-acting reversible contraceptive method ^{§§}			954	20.2 (17.3-23.4)	894	18.9 (16.0-22.2)	845	18.3 (15.4-21.5)			16.7 (16.1-17.3)
• Moderately effective contraceptive methods ^{§§}			954	27.2 (24.0-30.6)	894	27.7 (24.3-31.4)	845	26.7 (23.3-30.4)			24.5 (23.9-25.2)
• Least effective contraceptive methods ^{§§}			954	19.1 (16.4-22.2)	894	20.7 (17.8-23.9)	845	19.4 (16.6-22.6)			22.4 (21.8-23.1)
Oral Health											
• Teeth cleaned during pregnancy by a dentist or dental hygienist			990	42.4 (38.8-46.0)	911	44.1 (40.4-47.9)	860	45.3 (41.4-49.2)			40.0 (39.3-40.8)
Health Insurance Status One Month Before Pregnancy^{¶¶}											
• Private insurance			963	58.1 (54.3-61.7)	885	62.2 (58.3-65.9)	846	60.7 (56.7-64.5)			61.8 (61.0-62.5)
• Medicaid			963	23.1 (19.9-26.5)	885	15.6 (12.9-18.7)	846	15.8 (13.1-19.1)			23.5 (22.9-24.1)
• No insurance			963	18.8 (16.1-21.9)	885	21.7 (18.7-25.1)	846	22.9 (19.7-26.5)			14.0 (13.4-14.5)
Health Insurance Status for Prenatal Care^{¶¶}											
• Private insurance			953	55.2 (51.5-58.9)	863	55.4 (51.4-59.3)	826	56.3 (52.3-60.3)			59.6 (58.8-60.3)
• Medicaid			953	37.5 (33.9-41.3)	863	35.5 (31.7-39.4)	826	37.2 (33.3-41.2)			36.6 (35.8-37.3)
• No insurance			953	7.3 (5.6-9.4)	863	9.0 (7.0-11.5)	826	6.5 (4.8-8.7)			2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++¶¶}											
• Private insurance			963	53.9 (50.2-57.6)	889	54.3 (50.4-58.1)	847	55.8 (51.9-59.8)			56.4 (55.6-57.2)
• Medicaid			963	31.8 (28.4-35.5)	889	25.9 (22.5-29.6)	847	24.1 (20.7-27.7)			35.4 (34.7-36.1)
• No insurance			963	13.7 (11.4-16.4)	889	19.6 (16.7-22.9)	847	20.1 (17.0-23.5)			7.2 (6.8-7.7)
Infant Sleep Practices											
• Baby most often laid on back to sleep			927	79.9 (76.7-82.8)	870	81.4 (77.9-84.4)	815	77.1 (73.5-80.4)			79.5 (78.9-80.2)
Breastfeeding Practices											
• Ever breastfed			941	86.4 (83.5-88.9)	876	88.7 (85.8-91.1)	833	88.1 (85.1-90.5)			87.9 (87.3-88.4)
• Any breastfeeding at 8 weeks			918	68.3 (64.6-71.8)	871	68.9 (65.1-72.4)	816	67.3 (63.5-71.0)			68.5 (67.8-69.3)

^o Did not meet the required 55% response rate threshold in 2016.

[≤] Did not meet the required 50% response rate threshold in 2020.

^{||} 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.