

Preconception Health Indicators^a in PRAMStat

Domain	PRAMStat Indicator/ PRAMStat Class and Topic Area	Indicator Description^b	Question in PRAMS	Core^c or Standard^d/ Years Available	Which States
Chronic Conditions: Diabetes	Indicator of whether mother reported having diabetes that began before recent pregnancy (years 2009–2011) Class: Maternal Behavior/Health Topic Area: Morbidity - Maternal	Percentage of women aged 18–44 years ^e having a live birth who had ever been told by a health care provider that they had Type I or Type II diabetes before their most recent pregnancy	<i>Before you got pregnant with your new baby, were you ever told by a doctor, nurse, or other health care worker that you had Type I or Type II diabetes?</i>	PRAMS Core 2009–2011	All ^f
Chronic Conditions: Hypertension	During the 3 months before you got pregnant with your new baby, did you have high blood pressure (hypertension)? Class: Maternal Behavior/Health Topic Area: Preconception Morbidity	Percentage of women aged 18–44 years having a live birth who reported that they had hypertension during the 3 months before their most recent pregnancy	During the <i>3 months before</i> you got pregnant with your new baby, did you have any of the following health problems? High blood pressure (hypertension)	PRAMS Standard 2004–2008 (6 states) PRAMS Standard 2009–2011 (10 states)	Years 2004–2008: DE, FL, MD, MN, WI, WV Years 2009–2011: DE, HI, MD, MI, MN, MO, UT, WI, WV, WY
Health Care: Postpartum Checkup	Since your new baby was born, have you had a postpartum checkup for yourself? Class: Maternal	Percentage of women aged 18–44 years having a live birth who had a postpartum checkup	<i>Since your new baby was born, have you had a postpartum checkup for yourself? (A postpartum checkup is the regular checkup a woman has about 6 weeks after she gives birth).</i>	PRAMS Standard 2004–2008 (18 states) PRAMS Standard 2009–2011 (18 states)	Years 2004–2008: AR, GA, HI, MA, MN, MO, NJ, NYC, NY, OH, RI, SC, TN, VT, WA, WI, WV, WY

	Behavior/Health Topic Area: Maternal Health Care				Years 2009–2011: AR, GA, HI, MA, MI, MN, MO, NJ, NYC, NY, OH, RI, TN, TX, UT, WA, WI, WV
Health Care: Access to and Utilization of Health Care	Indicator of health insurance coverage in the month before pregnancy (Note: separate indicator for years 2004–2008 and 2009 – 2011) Class: Insurance/Medicaid/ Services Topic Area: Insurance Coverage	Years 2004–2008: Percentage of women aged 18–44 years having a live birth who had health care coverage just before pregnancy Years 2009–2011: Percentage of women aged 18–44 years having a live birth who had health care coverage during the month prior to pregnancy	Years 2004–2008: Just before you got pregnant, did you have health insurance? Don't count Medicaid. Just before you got pregnant, were you on Medicaid? Years 2009–2011: During the <i>month before</i> you got pregnant with your new baby, were you covered by any of these types of health insurance plans? <ul style="list-style-type: none"> • Health insurance from a job (your job or the job of your husband, partner or parents) • Health insurance that you or someone else paid for (not from a job) • Medicaid (or <i>state Medicaid name</i>) • TRICARE or other military health care • <i>State-specific option</i> • I did not have any health insurance • Other source => Please tell us 	PRAMS Core 2004–2011	All
Health Care: Content and	Indicator of having received preconception	Years 2004–2008: Percentage of women	Years 2004–2008: Before you got pregnant with	PRAMS Standard 2004–2008	Years 2004–2008: LA, ME, NJ, OH,

<p>Quality of Care</p>	<p>counseling</p> <p>(Note: separate indicator for years 2004–2008 and 2009 – 2011)</p> <p>Class: Maternal Behavior/Health</p> <p>Topic Area: Maternal Health Care</p>	<p>aged 18–44 years having a live birth who received preconception counseling about healthy lifestyle behaviors and prevention strategies from a health care provider prior to pregnancy</p> <p>Years 2009–2011: Percentage of women aged 18–44 years having a live birth who, prior to pregnancy, received preconception counseling (defined as a doctor, nurse, or other health care worker talked with them about 5 or more of 11 lifestyle behaviors and prevention strategies)</p>	<p>your new baby, did a doctor, nurse, or other health care worker talk to you about how to prepare for a healthy pregnancy and baby?</p> <p>Years 2009–2011: Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? <i>Please count only discussions, not reading materials or videos.</i></p> <ul style="list-style-type: none"> • Taking vitamins with folic acid before pregnancy • Being a healthy weight before pregnancy • Getting my vaccines updated before pregnancy • Visiting a dentist or dental hygienist before pregnancy • Getting counseling for any genetic diseases that run in my family • Controlling any medical conditions such as diabetes and high blood pressure • Getting counseling or treatment for depression or anxiety • The safety of using prescription or over-the-counter medicines during pregnancy • How smoking during pregnancy can affect a baby 	<p>(6 states)</p> <p>PRAMS Standard 2009–2011 (4 states)</p>	<p>UT, VT</p> <p>Years 2009–2011: MD, MI, NJ, OH</p>
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			<ul style="list-style-type: none"> • How drinking alcohol during pregnancy can affect a baby • How using illegal drugs during pregnancy can affect a baby 		
Health Care: Access to Dental Care	Years 2004–2008: Indicator of mother having her teeth cleaned any time prior to pregnancy Years 2009–2011: Indicator of mother having her teeth cleaned in the 12 months prior to pregnancy Class: Maternal Behavior/Health Topic Area: Oral Health	Years 2004–2008: Percentage of women aged 18–44 years having a live birth who had their teeth cleaned at any time before pregnancy. Years 2009–2011: Percentage of women aged 18–44 years having a live birth who had their teeth cleaned during the 12 months prior to pregnancy	Years 2004–2008: When did you have your teeth cleaned by a dentist or dental hygienist? Before my recent pregnancy Years 2009–2011: At any time during the <i>12 months before</i> you got pregnant with your new baby, did you do any of the following things? I had my teeth cleaned by a dentist or dental hygienist	PRAMS Standard 2004–2008 (19 states) PRAMS Core 2009–2011	Years 2004–2008: AK, AR, CO, MD, ME, MI, MO, MS, NE, NJ, NY, OH, SC, TN, UT, VT, WA, WV Years 2009–2011: All
Mental Health: Anxiety and Depression	Indicator of pre-pregnancy depression check Class: Maternal Behavior/Health Topic Area: Preconception Health	Percentage of women aged 18–44 years having a live birth who visited a health care provider to be checked or treated for anxiety or depression during the 12 months prior to pregnancy	At any time during the <i>12 months before</i> you got pregnant with your new baby, did you do any of the following things? I visited a health care worker to be checked or treated for depression or anxiety	PRAMS Core 2009–2011	All
Mental Health: Postpartum Depression	Indicator of whether mother reported frequent postpartum depressive symptoms	Years 2004–2008: Percentage of women aged 18–44 years having a live birth who	Years 2004–2008: Since your new baby was born, how often have you felt down, depressed, or hopeless?	PRAMS Standard 2004–2008 (25 states)	Years 2004–2008: AK, CO, DE, GA, HI, MA, MD, ME, MN, MO, NC, NE,

	<p>(Note: separate indicator for years 2004–2008 and 2009 – 2011)</p> <p>Class: Maternal Behavior/Health</p> <p>Topic Area: Mental Health</p>	<p>experienced depressive symptoms after pregnancy (defined as a response of "Always" or "Often" for either or both questions).</p> <p>Years 2009–2011: Percentage of women aged 18–44 years having a live birth who experienced depressive symptoms after pregnancy defined as the sum of the codes from all three subparts being 10 or more.</p>	<p><input type="checkbox"/> Always <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Rarely <input type="checkbox"/> Never</p> <p>Since your new baby was born, how often have you had little interest or little pleasure in doing things?</p> <p><input type="checkbox"/> Always <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Rarely <input type="checkbox"/> Never</p> <p>Years 2009–2011: Below is a list of feelings and experiences that women sometimes have after childbirth. Read each item to determine how well it describes your feelings and experiences. Then, write on the line the number of the choice that best describes <u>how often</u> you have felt or experienced things this way <i>since your new baby was born</i>. Use the scale when answering:</p> <p style="text-align: center;">1 2 3 4 5 Never Rarely Sometimes Often Always</p> <ul style="list-style-type: none"> • I felt down, depressed, or sad • I felt hopeless • I felt slowed down 	<p>PRAMS Core 2009–2011</p>	<p>NM, NY, OH, OR, PA, RI, SC, TN, UT, VT, WA, WI, WY</p> <p>Years 2009–2011: All</p>
<p>Nutrition: Folic Acid Supplemen-</p>	<p>During the month before you got pregnant with your new baby, did you</p>	<p>Percentage of women aged 18–44 years having a live birth who</p>	<p>During the <i>month before</i> you got pregnant with your new baby, how many times a week did you</p>	<p>PRAMS Core 2004–2011</p>	<p>All</p>

tation	take a daily multivitamin? Class: Maternal Behavior/Health Topic Area: Multivitamin Use	took a multivitamin, prenatal vitamin, or a folic acid supplement every day of the month prior to pregnancy	take a multivitamin, a prenatal vitamin, or a folic acid vitamin? I did not take multivitamins, prenatal vitamins or folic acid vitamins at all <input type="checkbox"/> 1 to 3 times a week <input type="checkbox"/> 4 to 6 times a week <input type="checkbox"/> Every day of the week		
Nutrition: Obesity and Overweight	Mother's prepregnancy body mass index classified as underweight, normal, overweight, or obese Class: Maternal Behavior/Health Topic Area: Obesity	Percentage of women aged 18–44 years having a live birth who were overweight or obese based on BMI at the time they became pregnant. <u>Overweight:</u> Percentage of women aged 18–44 years with a prepregnancy BMI $\geq 25 \text{ kg/m}^2$ but $<30 \text{ kg/m}^2$ <u>Obese:</u> Percentage of women aged 18–44 years with a prepregnancy BMI $\geq 30 \text{ kg/m}^2$	<i>Just before</i> you got pregnant with your new baby, how much did you weigh? How tall are you without shoes?	PRAMS Core 2004–2011	All
Reproductive Health/Family Planning: Prior Fetal Death, Miscarriage, or Stillbirth	Indicator of previous fetal death, stillbirth, or miscarriage Class: Maternal Behavior/Health Topic Area: Pregnancy History	Among women aged 18–44 years having a live birth who also had a previous pregnancy, percentage who experienced a miscarriage, fetal death or stillbirth in the 12 months prior to getting pregnant with their most recent live	During the <i>12 months before</i> you got pregnant with your new baby, did you have a miscarriage, fetal death (baby died before being born), or stillbirth?	PRAMS Standard 2004–2008 (4 states) PRAMS Standard 2009–2011 (2 states)	Years 2004–2008: AK, DE, MD, WI Years 2009–2011: DE, WI

		born infant			
Reproductive Health/Family Planning: Previous Preterm Birth	Indicator of previous preterm birth Class: Maternal Behavior/Health Topic Area: Pregnancy History	Among women aged 18–44 years having a live birth who also had a previous live birth, the percentage whose previous baby was born more than 3 weeks before the due date	Was the baby just before your new one born more than 3 weeks before his or her due date?	PRAMS Core 2004–2011	All
Reproductive Health/Family Planning: Pregnancy Intention	Indicator of unintended pregnancy Indicator of unwanted pregnancy Class: Family Planning Topic Area: Pregnancy Intention	Percentage of women aged 18–44 years having a live birth who reported having an unintended or unwanted pregnancy <u>Unintended pregnancy:</u> Percentage of women aged 18–44 years who said that just before their most recent pregnancy, they wanted to be pregnant later or didn't want to be pregnant then or at anytime in the future <u>Unwanted Pregnancy:</u> Percentage of women aged 18–44 years who said that just before their most recent pregnancy they didn't want to be pregnant then or at anytime in the future	Thinking back to <i>just before</i> you got pregnant with your <i>new</i> baby, how did you feel about becoming pregnant? ___ I wanted to be pregnant sooner ___ I wanted to be pregnant then ___ I wanted to be pregnant later ___ I didn't want to be pregnant then or any time in the future	PRAMS Core 2004–2011	All

<p>Reproductive Health/Family Planning: Use of Assisted Reproductive Technology</p>	<p>Indicator of receiving any fertility drugs or treatment</p> <p>Class: Family Planning</p> <p>Topic Area: Assisted Reproduction</p>	<p>Percentage of women aged 18–44 years having a live birth who used fertility drugs or received any medical procedures from a doctor, nurse, or other health care worker to help them get pregnant</p>	<p>Did you take any fertility drugs or receive any medical procedures from a doctor, nurse, or other health care worker to help you get pregnant with your new baby? (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology)</p>	<p>Prams Standard 2004–2008 (11 states)</p> <p>PRAMS Standard 2009–2011 (9 states)</p>	<p>Years 2004–2008: DE, FL, IL, MA, MD, MO, NE, NY, NYC, RI, UT</p> <p>Years 2009–2011: DE, IL, MA, MD, MI, MO, NE, NY, UT</p>
<p>Reproductive Health/Family Planning: Use of Assisted Reproductive Technology</p>	<p>Indicator of receiving any fertility drugs or treatment (for those trying to get pregnant only)</p> <p>Class: Family Planning</p> <p>Topic Area: Assisted Reproduction</p>	<p>Among women aged 18–44 years having a live birth who were trying to get pregnant, percentage of women who used fertility drugs or received any medical procedures from a doctor, nurse, or other health care worker to help them get pregnant</p>	<p>When you got pregnant with your new baby were you trying to become pregnant?</p> <p>Did you take any fertility drugs or receive any medical procedures from a doctor, nurse, or other health care worker to help you get pregnant with your new baby? (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology)</p>	<p>Prams Standard 2004–2008 (11 states)</p> <p>PRAMS Standard 2009–2011 (9 states)</p>	<p>Years 2004–2008: DE, FL, IL, MA, MD, MO, NE, NY, NYC, RI, UT</p> <p>Years 2009–2011: DE, IL, MA, MD, MI, MO, NE, NY, UT</p>
<p>Reproductive Health/Family Planning: Contraception — Access, Availability, and Use</p>	<p>Indicator of no birth control use at conception for those not trying to get pregnant</p> <p>Class: Family Planning</p> <p>Topic Area: Contraception – Conception</p>	<p>Among women aged 18–44 years having a live birth who were not trying to get pregnant at the time of conception, percentage who reported that neither they nor their husbands or partners were doing anything to keep from getting pregnant</p>	<p>When you got pregnant with your new baby, were you trying to get pregnant?</p> <p>When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant? (Some things people do to keep from getting pregnant include not having sex at certain times [natural family planning or rhythm] or withdrawal, and using</p>	<p>PRAMS Core 2004–2011</p>	<p>All</p>

			birth control methods such as the pill, condoms, cervical ring, IUD, having their tubes tied, or their partner having a vasectomy.)		
Reproductive Health/Family Planning: Contraception — Access, Availability, & Use	Indicator of no birth control use at conception Class: Family Planning Topic Area: Contraception – Conception	Percentage of women aged 18–44 years having a live birth who reported that they or their husbands or partners were not doing anything to keep from getting pregnant at the time of conception	When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant? (Some things people do to keep from getting pregnant include not having sex at certain times [natural family planning or rhythm] or withdrawal, and using birth control methods such as the pill, condoms, cervical ring, IUD, having their tubes tied, or their partner having a vasectomy.)	PRAMS Core 2004–2011	All
Tobacco, Alcohol, and Substance Use: Smoking	Indicator of whether mother smoked during the 3 months before getting pregnant Class: Maternal Behavior/Health Topic Area: Tobacco Use	Percentage of women aged 18–44 years having a live birth who smoked cigarettes during the 3 months prior to pregnancy	In the <i>3 months before</i> you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.) <input type="checkbox"/> 41 cigarettes or more <input type="checkbox"/> 21 to 40 cigarettes <input type="checkbox"/> 11 to 20 cigarettes <input type="checkbox"/> 6 to 10 cigarettes <input type="checkbox"/> 1 to 5 cigarettes <input type="checkbox"/> Less than 1 cigarette <input type="checkbox"/> I didn't smoke then	PRAMS Core 2004–2011	All
Tobacco, Alcohol, and Substance	Indicator of whether mother reported having any alcoholic	Percentage of women aged 18–44 years having a live birth who	During the <i>3 months before</i> you got pregnant, how many alcoholic drinks did you have in	PRAMS Core 2004–2011	All

<p>Use: Alcohol</p>	<p>drinks during the 3 months before getting pregnant</p> <p>Class: Maternal Behavior/Health</p> <p>Topic Area: Alcohol Use</p>	<p>drank any amount of alcohol during the 3 months prior to pregnancy</p>	<p>an average week?</p> <p><input type="checkbox"/> I didn't drink then <input type="checkbox"/> Less than 1 drink a week <input type="checkbox"/> 1 to 3 drinks a week <input type="checkbox"/> 4 to 6 drinks a week <input type="checkbox"/> 7 to 13 drinks a week <input type="checkbox"/> 14 drinks or more a week <input type="checkbox"/> I don't know</p>		
<p>Tobacco, Alcohol, and Substance Use: Alcohol</p>	<p>Indicator of binge drinking (4+ drinks) during 3 months before pregnancy</p> <p>Class: Maternal Behavior/Health</p> <p>Topic Area: Alcohol Use</p>	<p>Percentage of women aged 18–44 years having a live birth who participated in binge drinking (4+ drinks) during the 3 months prior to pregnancy</p>	<p>During the <i>3 months before</i> you got pregnant, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.</p> <p><input type="checkbox"/> 6 or more times <input type="checkbox"/> 4 to 5 times <input type="checkbox"/> 2 to 3 times <input type="checkbox"/> 1 time <input type="checkbox"/> I didn't have 4 drinks or more in 1 sitting <input type="checkbox"/> I didn't drink then</p>	<p>PRAMS Core 2009–2011</p>	<p>All</p>
<p>Tobacco, Alcohol, and Substance Use: Secondhand Smoke Exposure</p>	<p>Indicator of whether smoking is allowed in home now</p> <p>Class: Infant Health</p> <p>Topic Area: Smoke Exposure</p>	<p>Percentage of women aged 18–44 years having a live birth who reported that smoking is currently allowed in their home</p>	<p>Which of the following statements best describes the rules about smoking <i>inside</i> your home <i>now</i>? Check <u>one</u> answer</p> <p><input type="checkbox"/> No one is allowed to smoke anywhere inside my home <input type="checkbox"/> Smoking is allowed in some rooms or at some times <input type="checkbox"/> Smoking is permitted anywhere inside my home</p>	<p>PRAMS Standard 2004–2008 (7 states)</p> <p>PRAMS Core 2009–2011</p>	<p>Years 2004–2008: AR, ME, NJ, OR, PA, VT, WA</p> <p>Years 2009–2011: All</p>

<p>Emotional and Social Support: Domestic Abuse (Physical and Mental)</p>	<p>During the 12 months before you got pregnant, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?</p> <p>Class: Maternal Experiences</p> <p>Topic Area: Abuse – Physical</p>	<p>Percentage of women aged 18–44 years having a live birth who were physically abused by their partner during the 12 months prior to pregnancy</p>	<p>During the <i>12 months before</i> you got pregnant with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?</p>	<p>PRAMS Core 2004–2011</p>	<p>All</p>
<p>Emotional and Social Support: Domestic Abuse (Physical and Mental)</p>	<p>During the 12 months before pregnancy, did your husband or partner threaten you, limit your activities against your will, or make you feel unsafe in any other way?</p> <p>Class: Maternal Experiences</p> <p>Topic Area: Abuse – Mental</p>	<p>Percentage of women aged 18–44 years having a live birth who were mentally abused by their partner during the 12 months prior to pregnancy</p>	<p>During any of the following time periods, did your husband or partner threaten you, limit your activities against your will, or make you feel unsafe in any other way?</p> <p>During the 12 months before I got pregnant</p>	<p>PRAMS Standard 2009–2011 (1 state)</p>	<p>Years 2009–2011: AK</p>
<p>Emotional and Social Support: Adequacy of Support</p>	<p>Indicator of adequate social support postpartum</p> <p>Class: Maternal Experiences</p> <p>Topic Area: Stress</p>	<p>Percentage of women aged 18–44 years having a live birth who reported that after delivering their baby they had adequate social and emotional support available to them, defined as reporting three or more types of support</p>	<p>Since you delivered your new baby, would you have the kinds of help listed below if you needed them?</p> <ul style="list-style-type: none"> • Someone to loan me \$50 • Someone to help me if I were sick and needed to be in bed • Someone to talk with about my problems • Someone to take care of my 	<p>PRAMS Standard 2004–2008 (3 states)</p> <p>PRAMS Standard 2009–2011 (4 states)</p>	<p>Years 2004–2008: NC, OK, RI</p> <p>Years 2009–2011: NC, NM, OK, RI</p>

		from the list. Note: Women whose baby has died, is not living with them, or is still in the hospital are excluded.	baby <ul style="list-style-type: none"> Someone to help me if I were tired and feeling frustrated with my new baby 		
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^a All preconception health indicators in PRAMStat include the designation (*PCH) in their label.

^b Unless otherwise stated the denominator for all indicators is women aged 18–44 years who delivered a live-born infant.

^c Core questions are available for all PRAMS states.

^d Standard questions are not available for all PRAMS states.

^e PRAMS preconception health indicators are only defined for women aged 18–44 years but PRAMS data include women of all ages who had a live birth. To restrict the estimates to women aged 18–44 years in PRAMStat, use the breakout variable “Break out by Maternal Age — 18–44 years only.”

^f PRAMS states must reach or exceed the response rate threshold of 70% (for 2000–2006) and 65% (for 2007 and beyond) for their data to be included in PRAMStat.