

Prevalence of Selected Maternal and Child Health Indicators — United States, All Sites, Pregnancy Risk Assessment Monitoring System (PRAMS), 2012 and 2013

Health Indicator ^o	2012*			2013**		
	n [†]	% [§]	95% CI [‡]	n	%	95% CI
Nutrition and Exercise						
– Multivitamin use ≥ 4 days a week during the month before pregnancy	31,777	39.4	(38.6–40.2)	36,262	40.2	(39.4–40.9)
– Dieting during the 12 months before pregnancy	32,020	29.0	(28.3–29.8)	36,414	29.4	(28.7–30.1)
– Exercising ≥ 3 days a week during the 3 months before pregnancy	32,022	46.3	(45.5–47.1)	36,401	47.8	(47.0–48.6)
Prepregnancy Weight						
– Underweight (Body Mass Index [BMI] <18.5)	30,753	4.1	(3.8–4.4)	35,013	3.8	(3.5–4.1)
– Overweight (BMI: 25–29.9)	30,753	24.1	(23.4–24.8)	35,013	24.6	(23.9–25.3)
– Obese (BMI ≥ 30)	30,753	21.4	(20.7–22.1)	35,013	22.0	(21.3–22.6)
Substance Use						
– Any cigarette smoking during the 3 months before pregnancy	31,606	22.1	(21.4–22.8)	36,090	21.1	(20.4–21.7)
– Any cigarette smoking during the last 3 months of pregnancy	31,607	10.4	(9.9–10.9)	36,085	9.9	(9.4–10.4)
– Any cigarette smoking postpartum	31,589	15.2	(14.6–15.8)	36,107	14.0	(13.5–14.6)
– Any alcohol use during the 3 months before pregnancy	31,592	55.6	(54.8–56.4)	36,055	56.0	(55.2–56.7)
– Any alcohol use during the last 3 months of pregnancy	31,644	7.4	(7.0–7.9)	36,108	8.0	(7.6–8.5)
Intimate Partner Violence (IPV)						
– Experienced IPV during the 12 months before pregnancy	31,613	3.0	(2.7–3.3)	36,047	2.6	(2.3–2.8)
– Experienced IPV during pregnancy	31,596	2.5	(2.2–2.8)	36,042	2.2	(2.0–2.5)
Depression						
– Told by a provider had depression before pregnancy [#]	31,573	9.8	(9.3–10.3)	35,956	10.3	(9.8–10.8)
– Self-reported postpartum depressive symptoms	31,498	11.7	(11.2–12.3)	35,946	11.7	(11.2–12.2)
Pregnancy Intention and Family Planning						
– Mistimed/unwanted pregnancy	26,814	35.5	(34.7–36.4)	30,339	33.8	(33.0–34.7)
– Unsure about pregnancy	31,483	13.6	(13.0–14.2)	35,911	14.1	(13.5–14.7)
– Exercising ≥ 3 days a week during the 3 months before pregnancy	31,499	80.5	(79.8–81.1)	35,985	79.7	(79.0–80.3)
Health Care Services						
– Talked to provider about improving health before pregnancy [#]	31,692	22.9	(22.2–23.5)	36,238	22.8	(22.1–23.5)
– Began prenatal care in 1st trimester	31,327	85.2	(84.6–85.8)	35,712	85.6	(85.0–86.1)
– Took childbirth class [#]	31,763	23.2	(22.5–23.9)	36,169	22.9	(22.2–23.5)
– Had home visitor during pregnancy [#]	31,770	7.3	(6.9–7.8)	36,175	8.2	(7.7–8.6)
– Had flu shot before or during pregnancy	31,151	47.4	(46.6–48.2)	35,510	55.3	(54.5–56.0)
– Had maternal postpartum checkup	31,668	90.7	(90.3–91.2)	36,094	90.6	(90.1–91.0)
Oral Health						
– Teeth cleaned during 12 months before pregnancy	32,023	57.3	(56.5–58.1)	36,417	58.7	(57.9–59.4)
– Teeth cleaned during pregnancy	31,636	50.5	(49.7–51.3)	36,016	51.4	(50.7–52.2)
– Had dental insurance during pregnancy [#]	31,388	73.0	(72.2–73.7)	35,699	74.0	(73.3–74.7)

Health Indicator ^o	2012 [*]			2013 ^{**}		
	n [†]	% [§]	95% CI [‡]	n	%	95% CI
Prepregnancy Health Insurance[‡] Status						
– Private insurance	30,899	58.8	(58.0–59.6)	35,285	59.2	(58.4–60.0)
– Medicaid	30,899	19.7	(19.0–20.3)	35,285	19.6	(19.0–20.3)
– No insurance	30,899	19.8	(19.1–20.5)	35,285	19.5	(18.9–20.2)
Health Insurance[‡] Status During Pregnancy						
– Private insurance	30,726	56.7	(55.9–57.6)	34,879	57.5	(56.7–58.3)
– Medicaid	30,726	37.9	(37.1–38.8)	34,879	38.0	(37.2–38.7)
– No insurance	31,811	3.9	(3.5–4.2)	36,204	3.2	(2.9–3.5)
Health Insurance[‡] Status Postpartum						
– Private insurance	30,812	55.2	(54.4–56.1)	35,154	56.3	(55.5–57.1)
– Medicaid	30,812	27.1	(26.4–27.9)	35,154	26.9	(26.2–27.7)
– No insurance	31,810	15.3	(14.8–16.0)	36,279	14.4	(13.9–15.0)
Infant Sleep Practices						
– Baby most often laid on back to sleep	29,798	77.8	(77.1–78.5)	33,961	78.5	(77.8–79.2)
Breastfeeding Practices						
– Ever breastfed	31,014	83.6	(82.9–84.2)	35,443	85.1	(84.4–85.7)
– Any breastfeeding at 8 weeks	30,750	62.0	(61.2–62.8)	35,140	64.1	(63.3–64.9)

^oIndicators and definitions available in PRAMStat (<http://www.cdc.gov/prams/pramstat/index.html>) unless otherwise indicated.

^{*}2012: Alaska, Arkansas, Colorado, Delaware, Georgia, Hawaii, Illinois, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Nebraska, New Jersey, New Mexico, New York City, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, Tennessee, Utah, Vermont, Washington, Wisconsin, and Wyoming met the required 60% response rate threshold for inclusion.

^{**}2013: Alaska, Arkansas, Colorado, Georgia, Hawaii, Illinois, Iowa, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, New York City, New York State, Oklahoma, Oregon, Pennsylvania, Rhode Island, Tennessee, Utah, Vermont, Washington, Wisconsin, and Wyoming met the required 60% response rate threshold for inclusion.

[†]Unweighted sample size

[§]Weighted percent

[‡]95% confidence interval

[#]Indicator is new for Phase 7 (2012-2015) survey and is not currently available in PRAMStat.

[‡]Insurance is coded as Medicaid (Medicaid or state-named Medicaid program); Private (Private only, both Medicaid & private, any other insurance in combination with private, TRICARE or other military insurance); and No insurance (no insurance or Indian Health Service (IHS) only; in Alaska this also includes Alaska Native Health Services and Native Regional Health Corporations that are part of the IHS response option).