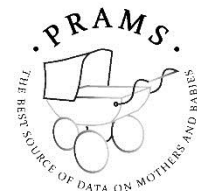


# Iowa Pregnancy Risk Assessment Monitoring System (PRAMS) *2016 Survey Frequencies*

*Iowa Department of Public Health • Bureau of Family Health*



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## SNAPSHOT

In 2016, there were:

- **39,223** live births in Iowa
- **2,667** babies were born at a low birthweight
- **239** babies died before their 1st birthday

What does PRAMS tell us?

- **36,655** mothers were eligible for PRAMS\*
- **32,924** had insurance *before* they were pregnant
- **17,581** had their teeth cleaned before their pregnancy
- **22,500** reported their pregnancy was planned
- **31,819** reported ever breastfeeding their babies
- **31,484** primarily put their baby to sleep on his or her back - the safest position for infants to sleep
- **5,343** reported being diagnosed with depression postpartum
- **1,515** reported some form of violence during pregnancy
- **24,431** reported using a most or moderately effective method of contraception postpartum (including abstinence)

\*Number of PRAMS eligible mothers is less than the number of births due to multiple births and the exclusion of adopted and surrogate children.

## INTRODUCTION

PRAMS stands for the Pregnancy Risk Assessment Survey (PRAMS) and is a cooperative project between the Iowa Department of Public Health (IDPH) and the Centers for Control and Prevention (CDC). Iowa joined the PRAMS project in 2011 and began data collection in February of 2013. In 2016, 1,868 Iowa mothers were asked to provide information on their experiences and behaviors before, during and after pregnancy.

We sincerely thank all of the mothers who have taken the time to respond to the survey. Without their responses, we would not have the data to direct the development of strategic programs and policies to address the needs of mothers and infants in Iowa.

We would also like to thank the members of our Steering Committee who have provided guidance in questionnaire development and creating connections to communities of mothers. I would also like to personally thank the other members of the PRAMS team at IDPH for their help in carrying out this project. A special acknowledgement should be made to Brooke Schowalter and Abby Merick for their behind the scenes work which makes this report possible.

A primary goal of PRAMS is to translate its data into action. Please share with us how you have used the data published here. We also welcome feedback on the usefulness of this format. You may contact the PRAMS staff by e-mail at [jennifer.pham@idph.iowa.gov](mailto:jennifer.pham@idph.iowa.gov) or by phone at 1-800-383-3826.

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## OVERVIEW OF PRAMS

PRAMS was initiated in 1987 to help state health departments establish and maintain an epidemiologic surveillance system of selected maternal behaviors and experiences. PRAMS was started at a time when the U.S. infant mortality rate was no longer declining as rapidly as it had in past years and the prevalence of low birthweight was showing little change. Maternal behaviors, such as alcohol and tobacco use, and limited use of prenatal care and pediatric care were contributing to the slow rate of decline. PRAMS was designed to supplement data from vital records and to generate data for planning and assessing perinatal health programs in each participating state.

### Why is PRAMS important?

- PRAMS provides data for state health officials to use to improve the health of mothers and infants.
- PRAMS allows CDC and the states to monitor changes in maternal and child health indicators (i.e. unintended pregnancy, prenatal care, breastfeeding, smoking, drinking, and infant health).
- PRAMS enhances information from birth certificates used to plan and review state maternal and infant health programs.
- The PRAMS sample is chosen from all women who had a recent live birth, so findings can be applied to the state's entire population of women who recently delivered a live-born infant.
- PRAMS not only provides state-specific data but also allows comparisons among participating states because the same data collection methods are used in all participating states.

### How are PRAMS data used?

PRAMS provides data not available from other sources about pregnancy and the first few months after birth. These data can be used to identify groups of women and infants at high risk for health problems, to monitor changes in health status, and to measure progress towards goals in improving the health of mothers and infants.

PRAMS data are used by:

- State and local governments to plan and review programs and policies aimed at reducing health problems among mothers and babies.
- State agencies to identify other agencies that have important contributions to make in planning maternal and infant health programs and to develop partnerships with those agencies.
- Researchers to investigate emerging issues in the field of maternal and child health.

For additional information, please visit <http://www.cdc.gov/prams/>. You will find detailed information on the methodology used, other participating states, and data to action success stories.

If you would like to request Iowa PRAMS data, please visit <http://idph.iowa.gov/prams> for information on the request process. Complete versions of the survey are also available.

## PRAMS METHODOLOGY

### Sample Design

All states participating in PRAMS utilize a sampling technique called 'stratified random sampling' in which all birth records are divided into categories, or 'strata.' Iowa stratifies by mother's race and ethnicity as reported by the mother on the birth certificate.

A random sample is drawn from each of these groups on a monthly basis. Selected mothers are then contacted to participate in the PRAMS project. Because a relatively small percentage of the total population of all Iowa mothers is contacted, a simple random sample may not yield sufficient numbers of responses from these women to tell us about their lifestyles and behaviors as a group. Stratified random sampling provides a means to collect more meaningful information about high-risk population groups. A weighting process is used to recombine the resulting responses to reflect the total population of Iowa mothers within a calendar year.

### Mode of Surveillance

All PRAMS states use a mixed-mode surveillance system. Mothers are first contacted via mail when their infant is over two months of age. Up to three self-administered surveys are sent to selected mothers. Mothers who do not respond to the mailed survey are called to complete the survey by a phone. All mothers who complete the survey are given a \$10 gift certificate for diapers.

### Inclusion Criteria

Any Iowa-resident woman, including teens, who delivers a live birth within Iowa is eligible to be included in the PRAMS sample. When twins or triplets are born, only one infant is randomly selected. Adopted infants and surrogate births are excluded. Birth certificates missing the mother's last name are also excluded.

### Limitations of PRAMS

As a self-administered survey, PRAMS data is subject to inaccurate reporting. Types of bias in PRAMS data may include recall bias, reporting bias, and misunderstanding of questions. PRAMS is also subject to nonresponse bias, especially among harder to reach populations.

### Interpretation

Three years of PRAMS data are available to report. In coming years, trend data will be available.

## Response Rate

The overall response rate for Iowa PRAMS was 63% in 2016, which is above the 55% minimum for PRAMS data to be considered valid. However, some subgroups, such as Non-Hispanic Black (NHB) mothers or mothers with a high school degree or lower, have response rates of less than 50%. Though the sample design described above helps improve estimates for these groups, it cannot fully correct for the selection bias created by non-response, and so estimates from these groups should be treated with higher caution.

## Confidence Intervals

Confidence intervals represent uncertainty around an estimate, though they themselves are an estimate. All confidence intervals in this report are at the 95% level. Uncertainty intervals in this report account for uncertainty due to the sample selection process, but cannot fully account for non-response or misinformation given by participants. For more information about confidence intervals, see <https://www.census.gov/did/www/saipe/methods/statecounty/ci.html>.

## Data Suppression

Subgroups that contain less than 25 women have been suppressed from this document because the estimates would be unreliable. These groups are indicated by an asterisk in the graphs and tables below.

## Household Income

Household income is analyzed using four groups for this report; the groups were chosen in order to have similar numbers of women in each, and the cutoff of 185% of the Federal Poverty Line (FPL) because this is the threshold for WIC eligibility, and 375% is the threshold for qualification for Medicaid for pregnant women in the state of Iowa. For a four-person family, this cutoff for Medicaid eligibility is an annual income of approximately \$88,000. When calculating FPL for the family, the family size includes one above the number indicated by the respondent to account for the new infant. For example, if the respondent wrote that four people depended on the income reported, FPL will be calculated as if five people depended on the reported income.

## Maternal Residence

Urbanicity was chosen by mother's county of residence, based on the National Center for Health Statistics urban-rural continuum. Counties designated as Small-Metro or Micropolitan were considered urban (Iowa has no counties with higher urbanicity), while the rest of the counties, classified as non-core, are considered rural.

## Maternal Insurance

Maternal insurance is tracked at three time periods in the PRAMS survey: before pregnancy, during pregnancy, and at the time of survey (postpartum). Mothers who selected both public

insurance and private insurance options during a given time were included in the private insurance group. Military insurance is considered private insurance for this report.



## RESULTS

### DEMOGRAPHICS

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Maternal Age Categories</i>				
< 20 years	56	1614.09	4.4	2.91-6.62
20-24 years	204	6523.81	17.8	14.62-21.49
25-29 years	328	13026.34	35.54	31.36-39.95
30-34 years	261	10910.64	29.76	25.84-34.01
35+ years	131	4580.72	12.5	9.86-15.71
<i>Maternal Education</i>				
Less than High School	182	3460.25	9.44	7.37-12.03
High School Graduate	292	9935.59	27.12	23.20-31.43
Some College or Associate's Degree	264	9146.28	24.96	21.37-28.94
College or Greater	240	14094.30	38.47	34.23-42.89
<i>Maternal Race/Ethnicity</i>				
Non-Hispanic Black	325	2322.81	6.34	6.19-6.49
Non-Hispanic White/Other/Unknown	352	31011.74	84.6	84.35-84.85
Hispanic	303	3320.45	9.06	8.88-9.24
<i>Geography</i>				
Urban	695	22144.28	60.55	56.03-64.90
Rural	284	14429.03	39.45	35.10-43.97
<i>Federal Poverty Level (FPL) Categories</i>				
0-49%	186	4658.32	13.96	11.07-17.44
50-184%	352	11566.28	34.65	30.31-39.27
185-374%	137	7360.72	22.05	18.35-26.26
375%+	142	9794.62	29.34	25.20-33.86
<i>Maternal Insurance (Before Pregnancy)</i>				
Public	299	9187.94	25.5	21.75-29.66
Private	488	23736.06	65.89	61.58-69.95
None	167	3100.15	8.61	6.68-11.03
<i>Maternal Insurance (During Pregnancy)</i>				
Public	411	11462.89	32.44	28.39-36.82
Private	448	23014.27	65.14	60.74-69.29
None	49	853.77	2.42	1.49-3.90
<i>Maternal Insurance (After Pregnancy)</i>				
Public	384	10553.08	29.46	25.54-33.71
Private	444	23282.95	65	60.71-69.07
None	121	1982.81	5.54	4.15-7.36

\*indicates subgroups with less than 25 respondents

## BEFORE PREGNANCY

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During the 3 months before you got pregnant with your new baby, did you have any of the following health conditions? [Responded YES; multi-select]</i>				
Type 1 or Type 2 diabetes (not gestational diabetes or diabetes that starts during pregnancy)	39	2025.02	5.62	3.81-8.22
High blood pressure or hypertension	59	2863.64	7.97	5.76-10.94
Depression	141	6875.28	18.96	15.56-22.90
Asthma	113	4861.03	13.49	10.63-16.97
Anxiety	158	8618.16	23.74	19.98-27.95
<i>During the month before you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin or a folic acid vitamin?</i>				
I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin in the month before I got pregnant	598	19536.63	53.54	49.05-57.97
1 to 3 times a week	52	1662.03	4.55	3.05-6.74
4 to 6 times a week	54	2373.78	6.51	4.61-9.11
Every day of the week	269	12915.68	35.40	31.22-39.82
<i>In the 12 months before you got pregnant with your new baby, did you have any health care visits with a doctor, nurse or other health care worker, including a dental or mental health worker</i>				
YES	571	25772.03	70.50	66.37-74.32
NO	399	10784.54	29.50	25.68-33.63
<i>What type of health care visit did you have in the 12 months before you got pregnant with your new baby?</i>				
Regular checkup at my family doctor's office	309	12049.7	47.10	41.73-52.54
Regular checkup at my OB/GYN's office	279	12934.78	50.56	45.13-55.98
Visit for an illness or chronic condition	130	6682.7	26.02	21.51-31.10
Visit for an injury	36	1715.75	6.68	4.43-9.95
Visit for family planning or birth control	117	4834.84	18.82	14.97-23.39
Visit for depression or anxiety	66	3469.72	13.51	10.11-17.83
Visit to have my teeth cleaned by a dentist or dental hygienist	358	17561.59	68.36	63.12-73.17
Other	73	3885.36	15.14	11.59-19.53

\*indicates subgroups with less than 25 respondents

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During any of your health care visits in the 12 months before you got pregnant, did a doctor, nurse, or other health care worker do any of the following things?</i>				
Tell me to take a vitamin with folic acid	171	8578.23	33.55	28.61-38.88
Talk to me about maintaining a healthy weight	195	7487.69	29.40	24.73-34.55
Talk to me about controlling any medical conditions such as diabetes or high blood pressure	78	2411.83	9.57	6.92-13.10
Talk to me about my desire to have children	235	11184.42	44.05	38.72-49.53
Talk to me about using birth control to prevent pregnancy	238	9119.42	35.84	30.82-41.20
Talk to me about how I could improve my health before a pregnancy	154	6089.05	24.19	19.87-29.10
Talk to me about sexually transmitted infections such as chlamydia, gonorrhea, or syphilis	164	5149.84	20.51	16.52-25.17
Ask me if I was smoking cigarettes	439	18944.18	74.35	69.29-78.82
Ask me if someone was hurting me emotionally or physically	298	12135.24	48.10	42.67-53.58
Ask me if I was feeling down or depressed	298	11888.79	46.65	41.27-52.11
Ask me about the kind of work I do	353	15569.88	61.51	56.06-66.69
Test me for HIV (the virus that causes AIDS)	177	6422.06	25.61	21.15-30.65
<i>Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant?</i>				
I wanted to be pregnant later	183	6250.39	17.14	13.98-20.83
I wanted to be pregnant sooner	122	5446.04	14.93	11.98-18.47
I wanted to be pregnant then	417	17054.35	46.76	42.32-51.26
I didn't want to be pregnant then or at any time in the future	62	1638.89	4.49	3.00-6.69
I wasn't sure what I wanted	184	6079.88	16.67	13.60-20.27
<i>When you got pregnant with your new baby, were you trying to get pregnant?</i>				
YES	492	20473.38	56.42	51.93-60.82
NO	476	15811.84	43.58	39.18-48.07

\*indicates subgroups with less than 25 respondents

Question		Sample N	Weighted N	Weighted %	95% CI
<i>When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant?</i>					
	YES	182	5282.15	34.06	27.94-40.76
	NO	282	10225.64	65.94	59.24-72.06
<i>What were your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant?</i>					
	I didn't mind if I got pregnant	137	5350.04	51.06	42.65-59.40
	I thought I could not get pregnant at that time	92	2734.17	26.06	19.47-33.95
	I had side effects from the birth control method I was using	43	1451.57	13.83	8.92-20.84
	I had problems getting birth control when I needed it	*	*	*	*
	I thought my husband or partner or I was sterile (could not get pregnant at all)	32	910.26	8.68	5.08-14.43
	My husband or partner didn't want to use anything	60	1981.15	18.92	13.17-26.42
	I forgot to use a birth control method	35	1569.64	14.96	9.78-22.22
	Other	29	1279.81	12.20	7.52-19.19

\*indicates subgroups with less than 25 respondents

## DURING PREGNANCY

Question	Sample N	Weighted N	Weighted %	95% CI
<i>How many weeks or months pregnant were you when you had your first visit for prenatal care?</i>				
1st Trimester	771	30675.66	83.39	80.23-86.64
2nd Trimester	192	5503.36	15.01	12.18-18.38
3rd Trimester	*	*	*	*
<i>During your most recent pregnancy, did a doctor, nurse, or other health care worker talk with you about any of the things listed below?</i>				
Foods that are good to eat during pregnancy	787	28888.96	80.81	76.92-84.17
Exercise during pregnancy	738	27921.75	78.18	74.13-81.75
Programs or resources to help me gain the right amount of weight during pregnancy	437	14731.02	41.37	37.00-45.89
Programs or resources to help me lose weight after pregnancy	229	7179.2	20.09	16.75-23.91
<i>During any of your prenatal care visits, did a doctor, nurse or other health care worker ask you any of the things listed below?</i>				
If I knew how much weight I should gain during pregnancy	571	20528.89	57.53	52.98-61.96
If I was taking any prescription medication	885	34638.09	96.98	95.35-98.05
If I was smoking cigarettes	916	34981.53	97.35	95.58-98.43
If I was drinking alcohol	904	34667.01	96.58	94.62-97.85
If someone was hurting me emotionally or physically	758	27049.72	75.97	71.79-79.71
If I was feeling down or depressed	814	29841.09	83.59	79.89-86.72
If I was using drugs such as marijuana, cocaine, crack, or meth	796	29152.83	81.61	77.81-84.90
If I wanted to be tested for HIV	608	22129.81	62.43	57.91-66.75
If I planned to breastfeed my new baby	896	33585.76	93.49	90.86-95.40
If I planned to use birth control after my baby was born	825	30360.43	84.53	80.92-87.56

\*indicates subgroups with less than 25 respondents

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During the 12 months before the delivery of your new baby, did a doctor, nurse or other health care worker offer you a flu shot or tell you to get one?</i>				
YES	857	32855.1	90.18	87.17-92.54
NO	110	3581.23	9.82	7.46-12.83
<i>During the 12 months before the delivery of your new baby, did you get a flu shot?</i>				
No	308	11109.91	30.59	26.59-34.90
Yes, before my pregnancy	119	3918.15	10.79	8.34-13.85
Yes, during my pregnancy	533	21296.44	58.63	54.14-62.98
<i>During your most recent pregnancy, did you get a Tdap shot or vaccination?</i>				
YES	689	28599.73	84.19	80.56-87.25
NO	172	5371.12	15.81	12.75-19.44
<i>During your most recent pregnancy, did you have your teeth cleaned by a dentist or dental hygienist?</i>				
YES	491	20153.86	55.53	51.03-59.34
NO	479	16139.33	44.47	40.06-48.97
<i>This question is about other care of your teeth during your most recent pregnancy?</i>				
I knew it was important to care for my teeth and gums during my pregnancy	845	33032.71	90.59	87.71-92.84
A dental or other health care worker talked with me about how to care for my teeth and gums	550	20190.56	55.56	51.04-59.99
I had insurance to cover dental care during my pregnancy	766	30785.12	84.87	81.50-87.73
I needed to see a dentist for a problem	179	6359.21	17.81	14.53-21.63
I went to a dentist or dental clinic about a problem (if needed to see for a problem)	119	4677.16	73.82	63.09-82.30
<i>Did any of the following things make it hard for you to go to a dentist or dental clinic during your most recent pregnancy?</i>				
I could not find a dentist or dental clinic that would take pregnant patients	45	1036.84	2.88	1.75-4.69
I could not find a dentist or dental clinic that would take Medicaid patients (of those with Medicaid during pregnancy)	84	3212.35	21.33	16.05-27.78
I did not think it was safe to go to the dentist during pregnancy	132	2785.09	7.72	5.78-10.23
I could not afford to go to the dentist or dental clinic	126	3523.88	9.76	7.52-12.59

\*indicates subgroups with less than 25 respondents

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During your most recent pregnancy, did you have any of the following health conditions?</i>				
Gestational diabetes	105	3712.08	10.19	7.82-13.19
High blood pressure (that started during this pregnancy), pre-eclampsia or eclampsia	104	5180.27	14.23	11.27-17.81
Depression	125	5378.98	14.75	11.74-18.38

\*indicates subgroups with less than 25 respondents

## TOBACCO USE

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Have you smoked any cigarettes in the past 2 years?</i>				
YES	203	8930.66	24.64	20.83-28.89
NO	763	27316.13	75.36	71.11-79.17
<i>In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day?</i>				
11 or more cigarettes	33	2210.68	24.48	17.01-33.88
6 to 10 cigarettes	63	2955.74	32.72	24.36-42.36
1 to 5 cigarettes	66	2281.70	25.26	18.02-34.20
Less than 1/no cigarettes	41	1583.96	17.54	11.63-25.57
<i>In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day?</i>				
6 or more cigarettes	36	1923.84	21.32	14.37-30.43
Less than 1 to 5 cigarettes	51	1738.67	19.27	12.89-27.80
None (0 cigarettes)	115	5360.51	59.41	49.75-68.39
<i>Did you quit smoking around the time of your most recent pregnancy?</i>				
No	*	*	*	*
No, but I cut back	61	2769.41	34.32	25.34-44.59
Yes, I quit before I found out I was pregnant	*	*	*	*
Yes, I quit when I found out I was pregnant	63	3049.17	37.79	28.53-48.03
Yes, I quit later in my pregnancy	*	*	*	*
<i>During your most recent pregnancy, did you do any of the following things about quitting smoking?</i>				
Set a specific date to stop smoking	41	1295.62	16.18	10.16-24.78
Use booklets, videos or other materials to help me quit	*	*	*	*
Call a national quit line or Quitline Iowa or go to a website	*	*	*	*
Attend a class or program to stop smoking	*	*	*	*
Go to counseling for help with quitting	*	*	*	*
Use a nicotine patch, gum, lozenge, nasal spray or inhaler	*	*	*	*
Take a pill like Zyban to stop smoking	*	*	*	*
Take a pill like Chantix to stop smoking	*	*	*	*
Try to quit on my own	145	6449.39	80.52	71.01-87.46
Other	*	*	*	*

\*indicates subgroups with less than 25 respondents



Question	Sample N	Weighted N	Weighted %	95%CI
<i>Listed below are some things that can make it hard from some people to quit smoking</i>				
Cost of medicines or products to help with quitting	29	1255.64	15.91	9.68-25.02
Cost of classes to help with quitting	*	*	*	*
Fear of weight gain	40	1861.86	23.59	16.03-33.30
Loss of a way to handle stress	97	4971.62	62.15	51.92-71.40
Other people smoking around me	91	4681.73	59.31	49.03-68.84
Cravings for a cigarette	111	5185.85	65.7	55.43-74.68
Lack of support from others to quit	34	1505.10	19.07	12.18-28.58
Worsening depression	45	2099.50	26.26	18.30-36.15
Worsening anxiety	55	2927.08	36.59	27.35-46.93
Some other reason	*	*	*	*
<i>How many cigarettes do you smoke on an average day now?</i>				
6 or more cigarettes	70	3371.89	37.77	28.89-47.56
Less than 1 to 5 cigarettes	48	1745.14	19.55	13.09-28.15
None (0 cigarettes)	82	3810.40	42.68	33.56-52.33
<i>Have you used any of the following products in the past 2 years?</i>				
E-cigarettes or other electronic nicotine products	68	3440.46	9.54	7.09-12.71
Hookah	33	1031.88	2.88	1.74-4.76
Chewing tobacco, snuff, snus or dip	*	*	*	*

\*indicates subgroups with less than 25 respondents

## ALCOHOL USE

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Have you had any alcoholic drinks in the past 2 years?</i>				
YES	559	26593.84	73.42	69.47-77.02
NO	401	9629.71	26.58	22.98-30.53
<i>During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?</i>				
4 or more drinks per week	72	3895.53	14.71	11.23-19.04
1 to 3 drinks per week	156	8317.63	31.41	26.62-36.63
Less than 1 drink per week	247	11099.01	41.91	36.71-47.29
I didn't drink then	80	3171.21	11.97	8.87-15.97
<i>During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in a 2 hour time span?</i>				
2 or more times	86	4537.95	19.6	15.39-24.64
1 time	73	3661.56	15.82	12.00-20.57
I didn't have 4 drinks or more in a 2 hour time span	316	14950.42	64.58	58.85-69.92

\*indicates subgroups with less than 25 respondents

## OTHER BEFORE/DURING PREGNANCY

Question	Sample N	Weighted N	Weighted %	95% CI
<i>This question is about things that may have happened during the 12 months before your new baby was born.</i>				
A close family member was very sick and had to go into the hospital	199	8602.39	23.67	19.99-27.79
I got separated or divorced from my husband or partner	89	3156.72	8.66	6.37-11.67
I moved to a new address	330	12352.09	33.88	29.74-38.29
I was homeless or had to sleep outside, in a car or in a shelter	32	1302.06	3.57	2.19-5.79
My husband or partner lost their job	94	3517.89	9.69	7.29-12.78
I lost my job even though I wanted to go on working	122	3231.99	8.89	6.69-11.73
My husband, partner, or I had a cut in work hours or pay	146	5964.19	16.4	13.25-20.13
I was apart from my husband or partner due to military deployment or extended work-related travel	25	1078.50	2.96	1.76-4.94
I argued with my husband or partner more than usual	194	6036.81	16.62	13.53-20.25
My husband or partner said they didn't want me to be pregnant	80	2356.52	6.47	4.57-9.07
I had problems paying the rent, mortgage, or other bills	188	6586.95	18.12	14.86-21.92
My husband, partner, or I went to jail	38	1507.91	4.15	2.62-6.53
Someone very close to me had a problem with drinking or drugs	81	4300.68	11.8	9.03-15.26
Someone very close to me died	178	6847	18.83	15.49-22.69
<i>During the 12 months before your new baby was born, did you ever eat less than you felt you should because there wasn't enough money to buy food?</i>				
YES	78	2422.95	6.69	4.77-9.32
NO	866	33784.24	93.31	90.68-95.23
<i>During the 12 months before your new baby was born, did you feel emotionally upset (for example, angry, sad or frustrated) as a result of how you were treated based on your race?</i>				
YES	90	1704.76	4.68	3.26-6.68
NO	872	34720	95.32	93.32-96.74

\*indicates subgroups with less than 25 respondents

Question	Sample N	Weighted N	Weighted %	95% CI
<i>In the 12 months before you got pregnant with your new baby, did any of the following people push, hit, slap, kick, choke or physically hurt you in any other way?</i>				
My husband or partner	31	1075.31	2.95	1.72-5.03
My ex-husband or ex-partner	33	1312.5	3.61	2.18-5.91
Another family member	*	*	*	*
Someone else	*	*	*	*
<i>During your most recent pregnancy, did any of the following people push, hit, slap, kick, choke, or physically hurt you in any other way?</i>				
Experienced physical abuse during pregnancy	47	1514.62	4.13	2.63-6.43
Did not experience physical abuse during pregnancy	933	35140.38	95.87	93.58-97.37

\*indicates subgroups with less than 25 respondents

## AFTER PREGNANCY

Question	Sample N	Weighted N	Weighted %	95% CI
<i>After your baby was delivered, how long did he or she stay in the hospital?</i>				
2 or less days	520	22084.89	61.45	57.00-65.71
3-5 days	371	11516.11	32.04	28.03-36.33
6-14 days	41	1350.89	3.76	2.36-5.93
More than 14 days	26	990.63	2.76	1.58-4.76
<i>Before or after your new baby was born, did you receive information about breastfeeding from any of the following sources?</i>				
My doctor	748	28326.32	78.51	74.54-82.00
A nurse, midwife or doula	706	27538.44	76.95	72.90-80.56
	623	24366.27	67.95	63.55-72.05
My baby's doctor or health care provider	656	23993.91	67.14	62.70-71.30
A breastfeeding support group	244	7563.64	21.45	18.00-25.35
A breastfeeding hotline or toll-free number	101	3065.72	8.7	6.52-11.51
Family or friends	592	23055.71	64.47	60.00-68.71
Other	84	2547.78	9.06	6.55-12.40
<i>Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?</i>				
YES	823	31819.01	87.94	84.68-90.58
NO	134	4363.92	12.06	9.42-15.32
<i>What were your reasons for not breastfeeding your new baby?</i>				
I was sick or on medicine	*	*	*	*
I had other children to take care of	31	898.27	20.56	12.17-32.59
I had too many household duties	*	*	*	*
I didn't like breastfeeding	38	854.21	19.55	11.40-31.45
I tried but it was too hard	31	893.11	20.44	11.94-32.74
I didn't want to	66	2123.92	48.71	36.09-61.49
I went back to work	*	*	*	*
I went back to school	*	*	*	*
Other	*	*	*	*
<i>Are you currently breastfeeding or feeding pumped milk to your new baby?</i>				
YES	462	19360.92	60.93	56.14-65.52
NO	357	12415.88	39.07	34.48-43.86

\*indicates subgroups with less than 25 respondents

Question	Sample N	Weighted N	Weighted %	95% CI
<i>How many weeks or months did you breastfeed or feed pumped milk to your baby?</i>				
< 4 weeks	109	3832.88	31.44	24.71-39.05
4-8 weeks	87	3167.22	25.98	19.72-33.41
8-12 weeks	71	2694.55	22.1	16.17-29.45
12+ weeks	84	2495.43	20.47	14.99-27.32
<i>What were your reasons for stopping breastfeeding?</i>				
My baby had difficulty latching or nursing	118	3881.53	31.19	24.56-38.69
Breast milk alone did not satisfy my baby	130	4579.97	36.8	29.70-44.53
I thought my baby was not gaining enough weight	48	1758.26	14.12	9.49-20.48
My nipples were sore, cracked or bleeding or it was too painful	97	3021.28	24.26	18.36-31.32
I thought I was not producing enough milk, or my milk dried up	181	6236.71	50.13	42.46-57.79
I had too many other household duties	76	2588.04	20.78	15.21-27.72
I felt it was the right time to stop breastfeeding	57	1895.7	15.22	10.45-21.64
I got sick or I had to stop for medical reasons	32	761.51	6.11	3.52-10.41
I went back to work	95	3063.24	24.59	18.55-31.84
I went back to school	27	767.54	6.16	3.46-10.75
My partner did not support breastfeeding	*	*	*	*
My baby was jaundiced	28	880.21	7.07	4.01-12.16
My work or school did not have a place for me to pump/express milk	32	1020.03	8.2	4.78-13.72
It was hard to use breaks to pump or breastfeed	45	1644.17	13.2	8.76-19.42
Other	72	2957.06	23.74	17.68-31.10
<i>In which one position do you most often lay your baby down to sleep now?</i>				
On his or her side	81	1952.94	5.44	3.78-7.78
On his or her back	759	31483.82	87.7	84.59-90.25
On his or her stomach	58	1900.67	5.29	3.59-7.75
Multiple positions	48	562.53	1.57	1.02-2.40

\*indicates subgroups with less than 25 respondents

Question		Sample N	Weighted N	Weighted %	95% CI
<i>In the past 2 weeks, how often has your new baby slept alone in his or her own crib or bed?</i>					
	Always	545	23289.22	64.82	60.43-68.98
	Often	161	6317.26	17.58	14.39-21.31
	Sometimes	108	2964.59	8.25	6.15-10.99
	Rarely	52	1178.19	3.28	2.08-5.14
	Never	81	2178.13	6.06	4.24-8.59
<i>When your new baby sleeps alone, is his or her crib or bed in the same room where you sleep?</i>					
	YES	663	21347.7	63.55	58.89
	NO	201	12245.35	36.45	32.03-41.11
<i>Listed below are some more things about how babies sleep. How did your new baby usually sleep in the past 2 weeks?</i>					
	In a crib, bassinet, or pack and play	830	33024.22	92.4	89.76-94.51
	On a twin or larger mattress or bed	298	6835.2	19.66	16.46-23.31
	On a couch, sofa or armchair	103	3024.82	8.71	6.45-11.65
	In an infant car seat or swing	404	16741.61	48.02	43.45-52.62
	In a sleeping sack or wearable blanket	292	14888.79	42.76	38.28-47.36
	With a blanket	408	15644.46	44.59	40.08-49.20
	With toys, cushions or pillows	71	2010.83	5.78	3.99-8.31
	With crib bumper pads	150	5335.37	15.34	12.32-18.94
<i>Did a doctor, nurse or other health care worker tell you any of the following things?</i>					
	Place my baby on his or her back to sleep	895	34336.33	96.25	94.19-97.61
	Place my baby to sleep in a crib, bassinet, or pack and play	826	31820.9	89.1	85.94-91.62
	Place my baby's crib or bed in my room	455	14789.03	41.89	37.49-46.42
	What things should and should not go in bed with my baby	858	32658.68	91.56	88.71-93.75
<i>Has your new baby had a well-baby checkup?</i>					
	YES	939	35628	98.99	97.29-99.63
	NO	*	*	*	*
<i>Are you or your husband or partner doing anything now to keep from getting pregnant?</i>					
	YES	779	29973.25	82.56	78.89-85.71
	NO	181	6331.1	17.44	14.29-21.11

\*indicates subgroups with less than 25 respondents

Question	Sample N	Weighted N	Weighted %	95% CI
<i>What are your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant now?</i>				
I want to get pregnant	33	1106.89	17.11	10.45-26.76
I am pregnant now	*	*	*	*
I had my tubes tied or blocked	*	*	*	*
I don't want to use birth control	75	3334.13	51.47	40.97-67.83
I am worried about side effects from birth control	49	1617.61	24.97	17.05-35.01
I am not having sex	53	1429.63	22.07	14.76-31.65
My husband or partner doesn't want to use anything	*	*	*	*
I have problem paying for birth control	*	*	*	*
Other	30	977.73	15.09	9.04-24.13
<i>What kind of birth control are you or your husband or partner using now to keep from getting pregnant?</i>				
Tubes tied or blocked	89	3308.08	11.02	8.24-14.61
Vasectomy	*	*	*	*
Birth control pills	183	8148.43	27.06	22.88-31.69
Condoms	240	9333.97	31	26.63-35.73
Shots or injections	88	2341.33	7.77	5.59-10.73
Contraceptive patch or vaginal ring	*	*	*	*
IUD	98	4454.44	14.8	11.56-18.75
Contraceptive implant in the arm	91	2198.17	7.3	5.19-10.18
Natural family planning	46	1781.33	5.92	3.98-8.71
Withdrawal	104	4016.45	13.34	10.34-17.04
Not having sex	82	3122.2	10.4	7.72-13.87
Other	*	*	*	*
<i>Since your new baby was born, have you had a postpartum checkup for yourself?</i>				
YES	868	33388.14	91.93	89.08-94.09
NO	94	2931.74	8.07	5.92-10.92

\*indicates subgroups with less than 25 respondents



Question	Sample N	Weighted N	Weighted %	95% CI
<i>Did any of these things keep you from having a postpartum checkup?</i>				
I didn't have health insurance to cover the cost of the visit	*	*	*	*
I felt fine and did not think I needed to have a visit	43	1508.44	49.34	34.15-64.66
I couldn't get an appointment when I wanted one	*	*	*	*
I didn't have any transportation to get to the clinic or doctor's office	*	*	*	*
I had too many things going on	33	1385.41	45.32	30.42-61.12
I couldn't take time off from work	*	*	*	*
Other	*	*	*	*
<i>During your postpartum checkup, did a doctor, nurse or other health care worker do any of the following things?</i>				
Tell me to take a vitamin with folic acid	510	18851.19	56.86	52.12-61.47
Talk to me about healthy eating, exercise, and losing weight gained during pregnancy	505	18507.55	55.64	50.92-60.26
Talk to me about how long to wait before getting pregnant again	428	15520.44	46.68	42.03-51.39
Talk to me about birth control methods I can use after giving birth	766	29464.39	88.23	84.85-90.93
Give or prescribe me a contraceptive method such as the pill, patch, shot, NuvaRing, or condoms	435	15859.28	47.82	43.15-52.54
Insert an IUD or contraceptive implant	191	6391.98	19.33	15.87-23.34
Ask me if I was smoking cigarettes	605	21041.39	63.72	59.04-68.16
Ask me if someone was hurting me emotionally or physically	566	18899.99	56.86	52.13-61.47
Ask me if I was feeling down or depressed	746	28657.33	86.12	82.52-89.08
Test me for diabetes	278	6204.2	18.73	15.55-22.38
<i>Since your new baby was born, how often have you felt down, depressed or hopeless?</i>				
Always	*	*	*	*
Often	58	2156.59	5.94	4.10-8.52
Sometimes	163	6703.86	18.46	15.15-22.30
Rarely	311	15304.64	42.14	37.75-46.66
Never	418	11677.16	32.15	28.22-36.36

\*indicates subgroups with less than 25 respondents

Question		Sample N	Weighted N	Weighted %	95% CI
<i>Since your new baby was born, how often have you had little interest or little pleasure in doing things you usually enjoy?</i>					
	Always	32	634.37	1.75	0.93-3.27
	Often	70	2656.09	7.31	5.23-10.13
	Sometimes	167	5052.36	13.9	11.15-17.20
	Rarely	261	13124.44	36.11	31.86-40.58
	Never	432	14880.94	40.94	36.62-45.40

\*indicates subgroups with less than 25 respondents

## OTHER EXPERIENCES

Question	Sample N	Weighted N	Weighted %	95% CI
<i>The following questions ask about your emotional wellbeing during your most recent pregnancy</i>				
I answered written questions asking me to rate my mood	569	21497.10	59.65	55.13-64.01
A doctor, nurse or other health care worker talked to me about postpartum depression	767	29078.85	80.51	76.66-83.86
A doctor, nurse or other health care worker told me I had depression	130	3707.52	10.28	7.86-13.32
A doctor, nurse or other health care worker recommended that I take a prescription medication for depression	118	4339.77	11.99	9.29-15.34
I took medication for depression	94	4046.36	11.25	8.60-14.57
A doctor, nurse or other health care worker recommended that I get counseling for depression	87	2909.06	8.04	5.87-10.91
I received counseling for depression	64	2053.60	5.68	3.91-8.20
<i>The following questions ask about your emotional well-being since your new baby was born</i>				
I answered written questions asking me to rate my mood	552	20953.15	57.67	53.15-62.05
A doctor, nurse or other health care worker told me I had depression	197	5342.53	14.69	11.92-17.98
A doctor, nurse or other health care worker recommended that I take a prescription medication for depression	130	4930.58	13.59	10.73-17.07
I took medication for depression	124	5808.37	16.03	12.88-19.78
A doctor, nurse or other health care worker recommended that I get counseling for depression	85	2933.00	8.08	5.91-10.96
I received counseling for depression	75	2412.00	6.65	4.72-9.28
<i>Before you got pregnant with your new baby, did your husband or partner ever try to keep you from using your birth control so that you would get pregnant when you didn't want to?</i>				
YES	*	*	*	*
NO	939	36160.43	99.36	98.65-99.70

\*indicates subgroups with less than 25 respondents

Question	Sample N	Weighted N	Weighted %	95% CI
<i>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?</i>				
During the 12 months before I got pregnant	32	1308.97	3.61	2.22-5.84
During my most recent pregnancy	34	1106.6	3.06	1.81-5.13
Since my new baby was born	25	708.09	1.96	1.05-3.61
<i>During your most recent pregnancy, would you have had the kinds of help listed below if you needed them?</i>				
Someone to loan me \$50	675	29766.45	81.9	78.37-84.97
Someone to help me if I were sick and needed to be in bed	747	31346.05	86.17	82.93-88.88
Someone to take me to the clinic or doctor's office if I need a ride	785	32714.79	89.86	87.09-92.10
Someone to talk with about my problems	761	32083.24	88.19	85.20-90.64
<i>Listed below are some statements about safety</i>				
I always used a seatbelt during my most recent pregnancy	900	34265.28	95.17	92.62-96.86
My home has a working smoke alarm	888	34659.83	96.36	94.38-97.66
There are loaded guns, rifles or other firearms in my home	69	3733.83	10.41	7.87-13.64
I have received information about infant products that should be taken off the market since my new baby was born	382	16561.24	46.2	41.71-50.75
<i>Have you ever heard or read about what can happen if a baby is shaken?</i>				
YES	829	34307.11	95.68	94.04-96.88
NO	108	1549.98	4.32	3.12-5.96
<i>Have you shared what you know about the danger of shaking a baby with anyone else who takes care of your new baby?</i>				
YES	609	23797.17	69.21	64.71-73.38
NO	220	10585.36	30.79	26.62-35.29

\*indicates subgroups with less than 25 respondents

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Since you delivered your new baby, would you have the kinds of help listed below if you needed them?</i>				
Someone to loan me \$50	720	30837.08	86.12	82.85-88.85
Someone to help me if I were sick and needed to be in bed	761	31718.57	88.63	85.54-91.12
Someone to take me to the clinic or doctor's office if I need a ride	780	32518.18	90.82	88.04-93.01
Someone to talk with about my problems	783	33033.81	92.54	90.07-94.43
Someone to help me if I were tired and feeling frustrated with my new baby	770	32502.81	90.91	88.16-93.07
Someone to take me and my baby to the doctor's office if I had no other way of getting there	809	33225.2	92.8	90.30-94.70

\*indicates subgroups with less than 25 respondents