



2018 PRAMS Survey Frequencies

Iowa Pregnancy Risk Assessment Monitoring System (PRAMS)



Bureau of Family Health
Prepared by PRAMS Program Staff
Updated April 2021†



Iowa Department of Public Health
Protecting and Improving the Health of Iowans

IDPH
IOWA Department
of PUBLIC HEALTH

Acknowledgements

Suggested Citation:

Iowa Department of Public Health. Bureau of Family Health. *2018 PRAMS Survey Frequencies*. Des Moines: Iowa Dept. of Public Health, 2020. Web.

<https://idph.iowa.gov/Portals/1/userfiles/171/2018%20Iowa%20PRAMS%20Data%20Book%20FINAL.pdf>. 5 April 2021.

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Funding for PRAMS is provided by the Center for Disease Control and Prevention under grant number U01DP006231.

Acknowledgements

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.

A special thanks to the following contributors for their collaborative effort on this project:

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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 iowaprams@idph.iowa.gov or by phone at 1-800-383-3826

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Snapshot

In 2018, there were:

- **37,709** live births in Iowa
- **2,445** babies were born at a low birthweight
- **191** babies died before their 1st birthday

What does PRAMS tell us?

- **35,126** mothers were eligible for PRAMS*
- **31,948** had insurance *before* they were pregnant
- **17,797** had their teeth cleaned before their pregnancy
- **21,935** reported their pregnancy was planned
- **29,660** reported ever breastfeeding their babies
- **28,567** primarily put their baby to sleep on his or her back - the safest position for infants to sleep
- **6,330** reported being diagnosed with depression postpartum
- **1,366** reported some form of violence during pregnancy
- **23,395** 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.

Glossary

Live birth: A birth that shows any sign of life after delivery. The World Health Organization considers a sign of life as being the breathing or showing of any other evidence of life, such as beating of the heart, pulsation of the umbilical cord, or definite movement of voluntary muscles, whether or not the umbilical cord has been cut or the placenta is attached. The responsibility of determining if a birth meets this definition is that of the attending physician. In this publication, the terms live birth and birth are used synonymously.

Pregnancy Intention

Condensed pregnancy intention categories are determined using [the Center for Disease Control and Prevention's \(CDC\) provided definition](#), where:

- *Intended pregnancy:* 'I wanted to be pregnant sooner' and 'I wanted to be pregnant then';
- *Unsure:* 'I wasn't sure what I wanted'; and
- *Unintended pregnancy:* 'I wanted to be pregnant later' and 'I didn't want to be pregnant then or at any time in the future'.

Postpartum Contraceptive Effectiveness

Postpartum contraceptive effectiveness categories are defined using [CDC's provided definition](#):

- *Abstinence;*
- *Most effective:* Vasectomy, Tubal occlusion, IUD, Implant;
- *Moderately effective:* Injection, Pill, Patch or Ring;
- *Least effective:* Condom, Natural family planning, Withdrawal;
- *None:* Not practicing abstinence nor using any form of contraception.

Number of Endorsed Stressors

PRAMS asks new mothers whether they experienced 13 different stressors during the 12 months before their baby was born. Each endorsed stressor is counted per each mother for a possible score of 0-13. This score is then broken out into four categories: 'No stressors', '1-2 stressors', '3-5 stressors', and '6 or more stressors'.

List of Acronyms

CDC.....Centers for Disease Control and Prevention
IDPHIowa Department of Public Health
PRAMS.....Pregnancy Risk Assessment Monitoring System

Introduction

Overview of PRAMS

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 2017, 1,958 Iowa mothers were asked to provide information on their experiences and behaviors before, during and after pregnancy.

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. The data represents estimates of population behavior and experiences. Data can be used as a guideline for program activities.

Response Rate

The overall response rate for Iowa PRAMS was 51% in 2018. 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.

In April 2021, CDC retroactively reduced the response rate threshold to 50% for 2018. The reduction in the response rate acknowledges the changes in surveillance environment based on CDC's annual assessment of response rate trends.

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

Numerators containing less than 6 women have been suppressed from this document to comply with the IDPH confidentiality policy. These groups are indicated by an * in the tables below. Additionally, unreliable estimates, subgroups that contain less than 50 respondents or have a confidence interval half-width of 10 points or greater, are indicated with a ^u and a lighter font color.

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

Urbanity 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 urbanity), 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
Maternal Age Categories				
< 20 years	42	1085	3.09	1.89-5.01
20-24 years	162	7799	22.20	17.74-27.41
25-29 years	291	11856	33.75	29.07-38.77
30-34 years	215	8535	24.30	20.16-28.98
35+ years	143	5851	16.66	13.26-20.72
Maternal Education				
Less than High School	189	3380	9.63	7.35-12.52
High School Graduate	242	9135	26.02	21.48-31.14
Some College/Associate's Degree	225	9430	26.86	22.42-31.82
College or Greater	195	13164	37.50	32.66-42.59
Maternal Race/Ethnicity				
Non-Hispanic Black	297	2477	7.05	6.77-7.35
Non-Hispanic White	245	27082	77.10	74.26-79.71
Hispanic	292	3521	10.02	9.64-10.43
Non-Hispanic Other	19	2046	5.82	3.65-9.16
Urbanity				
Urban	601	22141	63.03	57.74-68.03
Rural	252	12985	36.97	31.97-42.26
Federal Poverty Level (FPL) Categories				
0-49%	192	5483	16.53	12.83-21.02
50-184%	298	10522	31.72	26.81-37.07
185-374%	106	6855	20.66	16.59-25.43
375%+	134	10315	31.09	26.35-36.27
Maternal Insurance (Before Pregnancy)				
Public	242	7885	22.72	18.41-27.69
Private	430	24063	69.33	64.33-73.91
None	163	2760	7.95	6.08-10.34
Maternal Insurance (During Pregnancy)				
Public	350	9984	28.96	24.36-34.03
Private	407	23350	67.72	62.64-72.41
None	66	1148	3.33	2.19-5.03
Maternal Insurance (After Pregnancy)				
Public	307	9012	25.95	21.54-30.92
Private	395	23060	66.41	61.36-71.12
None	134	2651	7.63	5.61-10.32

† 2018 data did not meet the minimum response rate and is more susceptible to non-response bias. We do not recommend comparing 2018 data to earlier years.

* value suppressed for confidentiality

^u unreliable estimate (subgroup <50, or CI >=20 points)

Priority Area 1: Infant Safe Sleep

Question	Sample N	Weighted N	Weighted %	95% CI
<i>In which one position do you most often lay your baby down to sleep now?</i>				
On his or her side	66	2105	6.09	4.05-9.08
On his or her back	627	28567	82.69	78.37-86.30
On his or her stomach	42	1825	5.28	3.37-8.19
Multiple positions	77	2049	5.93	3.89-8.95
<i>In the past 2 weeks, how often has your new baby slept alone in his or her own crib or bed?</i>				
Always	479	21988	63.81	58.54-68.77
Often	150	6631	19.24	15.30-23.92
Sometimes	88	2812	8.16	5.72-11.51
Rarely	28	833	2.42	1.28-4.50
Never	66	2196	6.37	4.23-9.49
<i>When your new baby sleeps alone, is his or her crib or bed in the same room where you sleep?</i>				
YES	596	20504	64.60	59.05-69.78
NO	144	11237	35.40	30.22-40.95
<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	717	31818	92.95	89.86-95.15
On a twin or larger mattress or bed	243	6890	20.57	16.64-25.16
On a couch, sofa or armchair	76	2969	8.82	6.07-12.65
In an infant car seat or swing	308	14161	42.37	37.10-47.82
In a sleeping sack or wearable blanket	253	16104	48.28	42.94-53.66
With a blanket	339	13461	40.46	35.23-45.91
With toys, cushions or pillows	77	2928	8.75	6.16-12.29
With crib bumper pads	119	3294	9.90	7.30-13.29
<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	754	32913	96.17	93.79-97.66
Place my baby to sleep in a crib, bassinet, or pack and play	722	31287	91.31	87.81-93.87
Place my baby's crib or bed in my room	446	15752	46.42	41.17-51.74
What things should and should not go in bed with my baby	736	31953	93.02	90.02-95.61

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Priority Area 2: Unintended Pregnancy

Question	Sample N	Weighted N	Weighted %	95% CI
<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	175	4974	14.39	11.17-18.35
I wanted to be pregnant sooner	104	5523	15.98	12.46-20.27
I wanted to be pregnant then	361	16412	47.49	42.27-52.76
I didn't want to be pregnant then or at any time in the future	64	2136	6.18	4.03-9.37
I wasn't sure what I wanted	140	5518	15.96	12.35-20.40
<i>When you got pregnant with your new baby, were you trying to get pregnant?</i>				
YES	428	21354	61.77	56.53-66.74
NO	409	13218	38.23	33.26-43.47
<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	170	5021	39.05	31.04-47.70
NO	233	7837	60.95	52.30-68.96
<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	^u 122	^u 5103	^u 58.95	^u 48.34-68.78
I thought I could not get pregnant at that time	82	1894	21.90	15.04-30.75
I had side effects from the birth control method I was using	36	1230	14.20	8.38-23.03
I had problems getting birth control when I needed it	9	79	0.91	0.47-1.77
I thought my husband or partner or I was sterile (could not get pregnant at all)	19	621	7.17	3.44-14.35
My husband or partner didn't want to use anything	39	1424	16.45	9.86-26.16
I forgot to use a birth control method	24	799	9.23	4.48-18.08
Other	28	850	9.80	5.30-17.42
<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>				
Talk to me about my desire to have children	208	11225	45.51	39.34-51.82
Talk to me about using birth control to prevent pregnancy	241	11406	46.42	40.19-52.77

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^u unreliable estimate (subgroup <50, or CI >=20 points)

Question	Sample N	Weighted N	Weighted %	95% CI
<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 planned to use birth control after my baby was born	732	28801	84.14	79.81-87.69
<i>Are you or your husband or partner doing anything now to keep from getting pregnant?</i>				
YES	662	28084	81.15	76.55-85.03
NO	156	6522	18.85	14.97-23.45
<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	28	1357	21.21	13.03-32.62
I am pregnant now	7	298	4.54	1.31-14.53
I had my tubes tied or blocked	6	216	3.29	0.74-13.47
I don't want to use birth control	^u 68	^u 3355	^u 51.08	^u 38.84-63.20
I am worried about side effects from birth control	^u 62	^u 2882	^u 43.88	^u 32.12-56.36
I am not having sex	^u 43	^u 1497	^u 22.79	^u 13.81-35.23
My husband or partner doesn't want to use anything	23	1005	15.31	8.09-27.07
I have problem paying for birth control	9	247	3.76	1.01-13.05
Other	^u 28	^u 1737	^u 26.45	^u 16.68-39.25
<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	78	3335	11.86	8.50-16.30
Vasectomy	22	1058	3.76	2.17-6.45
Birth control pills	134	7717	27.43	22.43-33.08
Condoms	169	6879	24.45	19.88-29.69
Shots or injections	78	1894	6.73	4.40-10.18
Contraceptive patch or vaginal ring	14	554	1.97	0.86-4.43
IUD	101	5023	17.86	13.73-22.91
Contraceptive implant in the arm	83	2163	7.69	5.25-11.14
Natural family planning	61	2647	9.41	6.41-13.62
Withdrawal	91	4241	15.08	11.21-19.98
Not having sex	68	2318	8.25	5.56-12.06
Other	8	408	1.45	0.52-3.95

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2018 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During your postpartum checkup, did a doctor, nurse or other health care worker do any of the following things?</i>				
Talk to me about how long to wait before getting pregnant again	391	16354	50.62	45.13-56.09
Talk to me about birth control methods I can use after giving birth	655	28920	89.58	85.86-92.41
Give or prescribe me a contraceptive method such as the pill, patch, shot, NuvaRing, or condoms	376	14661	45.57	40.16-51.08
Insert an IUD or contraceptive implant	172	7086	22.09	17.82-27.04
Analytic Variable	Sample N	Weighted N	Weighted %	95% CI
<i>Pregnancy Intention</i>				
Intended	465	21935	63.47	58.24-68.40
Unsure	140	5518	15.96	12.35-20.40
Unintended	239	7109	20.57	16.68-25.09
<i>Postpartum Contraceptive Effectiveness</i>				
Abstinence	111	3815	11.02	8.07-14.87
Most	264	11116	32.11	27.36-37.27
Moderate	191	8464	24.45	20.18-29.29
Least	143	6383	18.44	14.73-22.84
None	110	4836	13.97	10.67-18.09

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Priority Area 3: Mental Health

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?</i>				
Depression	101	5889	16.86	13.05-21.50
<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>				
Ask me if someone was hurting me emotionally or physically	675	26372	76.68	71.83-80.93
Ask me if I was feeling down or depressed	735	29985	87.21	83.24-90.35
<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 someone was hurting me emotionally or physically	301	14176	57.49	51.18-63.57
If I was feeling down or depressed	317	15066	61.39	55.12-67.31
<i>During your most recent pregnancy, did you have any of the following health conditions?</i>				
Depression	101	5243	15.21	11.60-19.69
<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	155	8280	23.93	19.56-28.94
I got separated or divorced from my husband or partner	57	1925	5.56	3.52-8.69
I moved to a new address	271	11209	32.38	27.57-37.59
I was homeless or had to sleep outside, in a car or in a shelter	25	449	1.30	0.56-2.98
My husband or partner lost their job	81	2861	8.27	5.81-11.66
I lost my job even though I wanted to go on working	66	2024	5.85	3.72-9.08
My husband, partner, or I had a cut in work hours or pay	123	4679	13.52	10.32-17.54
I was apart from my husband or partner due to military deployment or extended work-related travel	36	1647	4.76	2.93-7.65
I argued with my husband or partner more than usual	150	6195	17.90	14.05-22.54

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Question	Sample N	Weighted N	Weighted %	95% CI
<i>(CONT.) This question is about things that may have happened during the 12 months before your new baby was born.</i>				
My husband or partner said they didn't want me to be pregnant	61	2901	8.43	5.70-12.29
I had problems paying the rent, mortgage, or other bills	145	5459	15.78	12.14-20.26
My husband, partner, or I went to jail	29	1150	3.33	1.79-6.13
Someone very close to me had a problem with drinking or drugs	65	4382	12.67	9.37-16.91
Someone very close to me died	140	6438	18.67	14.69-23.43
<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	75	1693	4.88	3.10-7.61
NO	753	33011	95.12	92.40-96.90
<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	15	566	1.63	0.73-3.62
My ex-husband or ex-partner	26	808	2.34	1.17-4.61
Another family member	*	*	*	*
Someone else	7	236	0.68	0.22-2.06
<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>				
My husband or partner	15	799	2.30	1.11-4.73
My ex-husband or ex-partner	12	361	1.04	0.37-2.92
Another family member	*	*	*	*
Someone else	7	400	1.15	0.41-3.22
<i>During your postpartum checkup, did a doctor, nurse or other health care worker do any of the following things?</i>				
Ask me if someone was hurting me emotionally or physically	519	18306	56.84	51.30-62.21
Ask me if I was feeling down or depressed	682	28881	89.46	85.41-92.48

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Question	Sample N	Weighted N	Weighted %	95% CI
<i>Since your new baby was born, how often have you felt down, depressed or hopeless?</i>				
Always	6	239	0.69	0.23-2.09
Often	32	1914	5.54	3.41-8.87
Sometimes	151	8592	24.85	20.46-29.84
Rarely	224	11724	33.92	29.03-39.18
Never	401	12098	35.00	30.27-40.04
<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	26	664	1.93	0.91-4.03
Often	36	1385	4.02	2.32-6.86
Sometimes	148	6693	19.40	15.44-24.10
Rarely	198	10881	31.54	26.76-36.76
Never	407	14870	43.11	37.99-48.38
<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	508	21149	61.99	56.69-67.02
A doctor, nurse or other health care worker talked to me about postpartum depression	665	28028	81.45	76.98-85.22
A doctor, nurse or other health care worker told me I had depression	110	4959	14.42	10.93-18.79
A doctor, nurse or other health care worker recommended that I take a prescription medication for depression	96	4675	13.53	10.14-17.82
I took medication for depression	77	4152	12.03	8.80-16.22
A doctor, nurse or other health care worker recommended that I get counseling for depression	82	3204	9.27	6.64-12.81
I received counseling for depression	61	1946	5.63	3.76-8.35
<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	475	21019	61.82	56.50-66.86
A doctor, nurse or other health care worker told me I had depression	186	6330	18.46	14.73-22.89
A doctor, nurse or other health care worker recommended that I take a prescription medication for depression	92	5099	14.85	11.25-19.36

* value suppressed for confidentiality

^u unreliable estimate (subgroup <50, or CI >=20 points)

Question	Sample N	Weighted N	Weighted %	95% CI
<i>(CONT.) The following questions ask about your emotional well-being since your new baby was born</i>				
I took medication for depression	94	5990	17.45	13.52-22.22
A doctor, nurse or other health care worker recommended that I get counseling for depression	66	2758	8.04	5.55-11.52
I received counseling for depression	55	1689	4.92	3.13-7.65
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?				
YES	17	630	1.83	0.80-4.16
NO	795	33758	98.17	95.84-99.20
<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	17	978	2.84	1.48-5.39
During my most recent pregnancy	22	948	2.77	1.45-5.22
Since my new baby was born	13	455	1.33	0.53-3.29
<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	571	28333	82.05	77.74-85.67
Someone to help me if I were sick and needed to be in bed	630	29807	86.27	82.29-89.47
Someone to take me to the clinic or doctor's office if I need a ride	669	31155	90.16	86.74-92.77
Someone to talk with about my problems	659	30576	88.43	84.72-91.34
<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	626	29771	87.09	83.11-90.25
Someone to help me if I were sick and needed to be in bed	672	30896	90.79	87.28-93.41
Someone to talk with about my problems	682	31026	90.71	87.07-93.41
Someone to take care of my baby	681	31745	92.92	89.89-95.10
Someone to help me if I were tired and feeling frustrated with my new baby	675	31132	91.45	88.06-93.94

* value suppressed for confidentiality

^u unreliable estimate (subgroup <50, or CI >=20 points)

Question	Sample N	Weighted N	Weighted %	95% CI
(CONT.) Since you delivered your new baby, would you have the kinds of help listed below if you needed them?				
Someone to take me and my baby to the doctor's office if I had no other way of getting there	700	31655	92.54	89.16-94.93
Analytic Variable	Sample N	Weighted N	Weighted %	95% CI
Number of Endorsed Stressors Count				
None	278	11503	33.22	28.53-38.27
1-2 stressors	350	14810	42.77	37.62-48.09
3-5 stressors	155	6242	18.03	14.24-22.56
6+ stressors	46	2072	5.98	3.73-9.46

* value suppressed for confidentiality

^u unreliable estimate (subgroup <50, or CI >=20 points)

Priority Area 4: Breastfeeding

Question	Sample N	Weighted N	Weighted %	95% CI
<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 planned to breastfeed my new baby	779	32561	94.41	91.46-96.39
<i>Before or after your new baby was born, did you receive information about breastfeeding from any of the following sources?</i>				
My doctor	665	27663	80.58	76.02-84.45
A nurse, midwife or doula	640	26521	76.86	71.96-81.13
From breastfeeding lactation specialist	546	23874	69.97	64.75-74.73
My baby's doctor or health care provider	594	24410	71.19	66.17-75.75
A breastfeeding support group	249	7896	23.50	19.45-28.10
A breastfeeding hotline or toll-free number	99	1846	5.52	3.96-7.65
Family or friends	488	21451	62.49	57.17-67.53
Other	110	2363	8.31	5.99-11.43
<i>Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?</i>				
YES	702	29660	85.77	81.35-89.28
NO	114	4923	14.23	10.73-18.65
<i>What were your reasons for not breastfeeding your new baby?</i>				
I was sick or on medicine	18	420	8.52	3.46-19.51
I had other children to take care of	26	1531	31.11	18.88-46.69
I had too many household duties	^u 16	^u 949	^u 19.29	^u 9.66-34.83
I didn't like breastfeeding	^u 42	^u 1784	^u 36.24	^u 23.36-51.45
I tried but it was too hard	24	1059	21.52	11.75-36.10
I didn't want to	^u 60	^u 3146	^u 63.92	^u 48.68-76.79
I went back to work	^u 24	^u 964	^u 19.58	^u 10.53-33.50
I went back to school	8	72	1.46	0.70-2.99
Other	^u 81	^u 1128	^u 22.91	^u 12.22-38.81
<i>Are you currently breastfeeding or feeding pumped milk to your new baby?</i>				
YES	390	17381	58.57	52.88-64.04
NO	313	12296	41.43	35.96-47.12

* value suppressed for confidentiality

^u unreliable estimate (subgroup <50, or CI >=20 points)

Question	Sample N	Weighted N	Weighted %	95% CI
How many weeks or months did you breastfeed or feed pumped milk to your baby?				
< 4 weeks	100	4050	13.65	10.10-18.19
4-8 weeks	59	2556	8.61	5.89-12.44
8+ weeks	544	23071	77.74	72.55-82.19
What were your reasons for stopping breastfeeding?				
My baby had difficulty latching or nursing	97	4368	35.52	27.46-44.50
Breast milk alone did not satisfy my baby	121	3912	31.86	24.40-40.40
I thought my baby was not gaining enough weight	44	1596	12.98	8.04-20.28
My nipples were sore, cracked or bleeding or it was too painful	90	2730	22.20	15.96-30.02
I thought I was not producing enough milk, or my milk dried up	171	7036	57.22	48.29-65.71
I had too many other household duties	61	2761	22.46	15.70-31.05
I felt it was the right time to stop breastfeeding	69	2476	20.14	14.03-28.03
I got sick or I had to stop for medical reasons	33	1680	13.66	8.59-21.03
I went back to work	90	3903	31.74	24.01-40.63
I went back to school	9	71	0.58	0.30-1.10
My partner did not support breastfeeding	8	345	2.80	1.10-6.99
My baby was jaundiced	32	1398	11.37	6.78-18.44
My work or school did not have a place for me to pump/express milk	16	712	5.80	2.68-12.10
It was hard to use breaks to pump or breastfeed	41	2206	17.96	12.01-25.99
Other	65	3558	28.94	21.27-38.03

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Priority Area 5: Substance Use

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>				
Ask me if I was smoking cigarettes	400	20259	83.35	78.27-87.43
<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 was taking any prescription medication	777	33250	96.50	93.84-98.03
If I was smoking cigarettes	800	33907	98.26	96.75-99.08
If I was drinking alcohol	794	33628	97.47	95.41-98.62
If I was using drugs such as marijuana, cocaine, crack, or meth	705	28619	83.45	79.13-87.02
<i>Have you smoked any cigarettes in the past 2 years?</i>				
YES	131	6891	19.89	15.76-24.80
NO	699	27749	80.11	75.20-84.24
<i>In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day?</i>				
21 or more cigarettes	8	786	2.27	0.98-5.19
1 to 20 cigarettes	109	5155	14.88	11.30-19.35
No cigarettes	713	28699	82.85	78.12-86.73
<i>In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day?</i>				
21 or more cigarettes	0	0	0.00	0.00-0.00
1 to 20 cigarettes	50	2205	6.36	4.14-9.66
No cigarettes	781	32442	93.64	90.34-95.86
<i>Did you quit smoking around the time of your most recent pregnancy?</i>				
No	8	168	2.84	0.89-8.66
No, but I cut back	^u 34	^u 1860	^u 31.32	^u 19.96-45.49
Yes, I quit before I found out I was pregnant	9	664	11.19	5.14-22.64
Yes, I quit when I found out I was pregnant	^u 55	^u 2443	^u 41.14	^u 28.33-55.28
Yes, I quit later in my pregnancy	^u 11	^u 802	^u 13.51	^u 6.06-27.47

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^u unreliable estimate (subgroup <50, or CI >=20 points)

Question	Sample N	Weighted N	Weighted %	95% CI
<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	^u 20	^u 1025	^u 17.55	^u 9.53-30.07
Use booklets, videos or other materials to help me quit	10	432	7.50	2.87-18.24
Call a national quit line or Quitline Iowa or go to a website	6	214	3.71	0.82-15.31
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	9	257	4.46	1.57-12.02
Take a pill like Zyban to stop smoking	*	*	*	*
Take a pill like Chantix to stop smoking	0	0	0.00	0.00-0.00
Try to quit on my own	99	5217	89.36	77.35-95.38
Other	^u 15	^u 783	^u 18.04	^u 8.49-34.30
<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	^u 25	^u 980	^u 17.35	^u 9.37-29.90
Cost of classes to help with quitting	15	474	8.14	3.37-18.40
Fear of weight gain	^u 25	^u 1703	^u 28.77	^u 17.72-43.09
Loss of a way to handle stress	^u 59	^u 3786	^u 63.94	^u 49.99-75.88
Other people smoking around me	^u 62	^u 3980	^u 67.22	^u 53.45-78.56
Cravings for a cigarette	^u 78	^u 4010	^u 67.72	^u 53.17-79.50
Lack of support from others to quit	^u 19	^u 1086	^u 18.33	^u 9.91-31.42
Worsening depression	^u 38	^u 1862	^u 32.00	^u 20.72-45.88
Worsening anxiety	^u 52	^u 2937	^u 50.41	^u 36.55-64.21
Some other reason	7	161	3.51	1.05-11.12
<i>How many cigarettes do you smoke on an average day now?</i>				
21 or more cigarettes	*	*	*	*
1 to 20 cigarettes	74	3919	11.32	8.13-15.54
No cigarettes	753	30452	87.94	83.61-91.24
<i>Have you used any of the following products in the past 2 years?</i>				
E-cigarettes or other electronic nicotine products	31	1912	5.51	3.43-8.75
Hookah	15	629	1.82	0.84-3.93
Chewing tobacco, snuff, snus or dip	*	*	*	*

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Question	Sample N	Weighted N	Weighted %	95% CI
<i>During the 3 months before you got pregnant, on average, how often did you use e-cigarettes or other electronic nicotine products?</i>				
More than once a day	*	*	*	*
Once a day	*	*	*	*
2-6 days a week	*	*	*	*
1 day a week or less	^u 10	^u 574	^u 31.42	^u 13.33-57.72
I did not use these products then	^u 14	^u 1020	^u 55.87	^u 31.73-77.45
<i>During the last 3 months of your pregnancy, on average, how often did you use e-cigarettes or other electronic nicotine products?</i>				
More than once a day	*	*	*	*
Once a day	0	0	0.00	0.00-0.00
2-6 days a week	0	0	0.00	0.00-0.00
1 day a week or less	0	0	0.00	0.00-0.00
I did not use these products then	^u 31	^u 1743	^u 94.88	^u 71.00-99.29
<i>Have you had any alcoholic drinks in the past 2 years?</i>				
YES	420	24210	69.98	65.20-74.35
NO	405	10387	30.02	25.65-34.80
<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	45	3355	9.67	6.94-13.32
Less than 1 to 3 drinks per week	316	17515	50.48	45.23-55.73
I didn't drink then	465	13825	39.85	34.89-45.02
<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	60	4608	14.83	11.12-19.50
1 time	46	3066	9.87	6.90-13.92
I didn't have 4 drinks or more in a 2 hour time span	657	23402	75.31	70.00-79.94
<i>During your postpartum checkup, did a doctor, nurse or other health care worker do any of the following things?</i>				
Ask me if I was smoking cigarettes	533	19903	61.93	56.43-67.15

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Priority Area 6: Oral Health

Question	Sample N	Weighted N	Weighted %	95% CI
<i>What type of health care visit did you have in the 12 months before you got pregnant with your new baby?</i>				
Visit to have my teeth cleaned by a dentist or dental hygienist	314	17098	68.59	62.37-74.20
<i>During your most recent pregnancy, did you have your teeth cleaned by a dentist or dental hygienist?</i>				
YES	412	18178	52.62	47.31-57.88
NO	423	16365	47.38	42.12-52.69
<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	730	31526	91.12	87.71-93.65
A dental or other health care worker talked with me about how to care for my teeth and gums	486	19669	57.06	51.71-62.25
I had insurance to cover dental care during my pregnancy	685	28970	84.53	80.40-87.92
I needed to see a dentist for a problem	159	5204	15.18	11.74-19.42
I went to a dentist or dental clinic about a problem	119	3584	10.48	7.76-14.00
<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	54	952	2.79	1.70-4.54
I could not find a dentist or dental clinic that would take Medicaid patients (if had Medicaid health insurance)	70	2384	24.19	16.23-34.46
I did not think it was safe to go to the dentist during pregnancy	120	2685	7.83	5.69-10.68
I could not afford to go to the dentist or dental clinic	133	4527	13.18	9.84-17.42

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Other Topics: Preconception Care

Question	Sample N	Weighted N	Weighted %	95% CI
<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	508	18016	51.36	46.13-56.56
1 to 3 times a week	58	2344	6.68	4.43-9.96
4 to 6 times a week	41	3138	8.95	6.33-12.50
Every day of the week	241	11580	33.01	28.34-38.05
<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	491	24889	71.14	66.25-75.82
NO	355	10096	28.86	24.42-33.75
<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	276	12879	51.71	45.44-57.93
Regular checkup at my OB/GYN's office	253	13384	53.73	47.44-59.91
Visit for an illness or chronic condition	118	8002	32.22	26.49-38.55
Visit for an injury	24	1667	6.73	4.01-11.11
Visit for family planning or birth control	114	5743	23.05	18.17-28.78
Visit for depression or anxiety	66	3544	14.22	10.34-19.23
Visit to have my teeth cleaned by a dentist or dental hygienist	314	17098	68.59	62.37-74.20
Other	64	3923	15.74	11.65-20.93
<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	158	8647	34.97	29.28-41.12
Talk to me about maintaining a healthy weight	206	9674	39.42	33.44-45.73
Talk to me about controlling any medical conditions such as diabetes or high blood pressure	92	3271	13.27	9.69-17.91
Talk to me about my desire to have or not have children	208	11225	45.51	39.34-51.82

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2018 PRAMS Survey Frequencies

Talk to me about using birth control to prevent pregnancy	241	11406	46.42	40.19-52.77
Talk to me about how I could improve my health before a pregnancy	159	7214	29.38	24.01-35.39
Talk to me about sexually transmitted infections such as chlamydia, gonorrhea, or syphilis	156	4940	20.10	15.67-25.41
Ask me if I was smoking cigarettes	400	20259	83.35	78.27-87.43
Ask me if someone was hurting me emotionally or physically	301	14176	57.49	51.18-63.57
Ask me if I was feeling down or depressed	317	15066	61.39	55.12-67.31
Ask me about the kind of work I do	317	16318	66.19	59.98-71.89
Test me for HIV	153	5297	22.22	17.44-27.86

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Other Topics: Prenatal Care

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	641	26922	76.65	71.86-80.83
2nd Trimester	193	7622	21.70	17.63-26.41
3rd Trimester	19	581	1.65	0.75-3.59
<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	684	27206	78.59	73.90-82.64
Exercise during pregnancy	660	27740	80.43	75.86-84.32
Programs or resources to help me gain the right amount of weight during pregnancy	363	11588	33.97	29.20-39.10
Programs or resources to help me lose weight after pregnancy	197	4848	14.20	11.08-18.03
<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	442	17328	50.63	45.30-55.95
If I was taking any prescription medication	777	33250	96.50	93.84-98.03
If I was smoking cigarettes	800	33907	98.26	96.75-99.08
If I was drinking alcohol	794	33628	97.47	95.41-98.62
If someone was hurting me emotionally or physically	675	26372	76.68	71.83-80.93
If I was feeling down or depressed	735	29985	87.21	83.24-90.35
If I was using drugs such as marijuana, cocaine, crack, or meth	705	28619	83.45	79.13-87.02
If I wanted to be tested for HIV	505	18073	53.79	48.37-59.11
If I planned to breastfeed my new baby	779	32561	94.41	91.46-96.39
If I planned to use birth control after my baby was born	732	28801	84.14	79.81-87.69
<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	746	31737	91.52	88.15-94.00
NO	88	2940	8.48	6.00-11.85

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2018 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During the 12 months before the delivery of your new baby, did you get a flu shot?</i>				
No	249	8776	25.38	21.04-30.27
Yes, before my pregnancy	90	3347	9.68	7.12-13.04
Yes, during my pregnancy	486	22455	64.94	59.77-69.78
<i>During your most recent pregnancy, did you get a Tdap shot or vaccination?</i>				
YES	614	27502	83.90	79.35-87.60
NO	132	5277	16.10	12.40-20.65

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Other Topics: Postpartum Care

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Since your new baby was born, have you had a postpartum checkup for yourself?</i>				
YES	749	32455	94.18	91.23-96.18
NO	70	2006	5.82	3.82-8.78
<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	13	225	11.05	4.39-25.14
I felt fine and did not think I needed to have a visit	^u 41	^u 1023	^u 50.20	^u 30.14-70.18
I couldn't get an appointment when I wanted one	^u 9	^u 251	^u 12.31	^u 3.42-35.76
I didn't have any transportation to get to the clinic or doctor's office	^u 9	^u 254	^u 12.47	^u 3.52-35.76
I had too many things going on	^u 22	^u 174	^u 35.04	^u 17.91-57.14
I couldn't take time off from work	^u 7	^u 219	^u 10.74	^u 2.50-36.06
Other	^u 11	^u 419	^u 20.57	^u 7.35-45.79
<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	455	18156	56.50	50.95-61.90
Talk to me about healthy eating, exercise, and losing weight gained during pregnancy	440	16840	52.25	46.74-57.71
Talk to me about how long to wait before getting pregnant again	391	16354	50.62	45.13-56.09
Talk to me about birth control methods I can use after giving birth	655	28920	89.58	85.86-92.41
Give or prescribe me a contraceptive method such as the pill, patch, shot, NuvaRing, or condoms	376	14661	45.57	40.16-51.08
Insert an IUD or contraceptive implant	172	7086	22.09	17.82-27.04
Ask me if I was smoking cigarettes	533	19903	61.93	56.43-67.15
Ask me if someone was hurting me emotionally or physically	519	18306	56.84	51.30-62.21
Ask me if I was feeling down or depressed	682	28881	89.46	85.41-92.48
Test me for diabetes	245	5278	16.63	13.27-20.65

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Other Topics: Comorbidities

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)	27	1915	5.48	3.29-8.98
High blood pressure or hypertension	32	1914	5.48	3.37-8.77
Depression	101	5889	16.86	13.05-21.50
Asthma	77	3841	10.94	7.92-14.93
Anxiety	138	8413	23.98	19.53-29.07
<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>				
Talk to me about controlling any medical conditions such as diabetes or high blood pressure	92	3271	13.27	9.69-17.91
Ask me if I was feeling down or depressed	317	15066	61.39	55.12-67.31
<i>During your most recent pregnancy, did you have any of the following health conditions?</i>				
Gestational diabetes	84	2615	7.58	5.44-10.47
High blood pressure (that started during this pregnancy), pre-eclampsia or eclampsia	85	4622	13.37	10.03-17.62
Depression	101	5243	15.21	11.60-19.69

* value suppressed for confidentiality

^u unreliable estimate (subgroup <50, or CI >=20 points)

Other Topics: Other

Question	Sample N	Weighted N	Weighted %	95% CI
<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	67	2335	6.83	4.52-10.20
NO	748	31844	93.17	89.80-95.48
<i>After your baby was delivered, how long did he or she stay in the hospital?</i>				
2 or less days	429	19729	57.10	51.80-62.24
3-5 days	329	11493	33.26	28.53-38.36
6-14 days	30	1555	4.50	2.73-7.34
More than 14 days	32	1775	5.14	3.14-8.30
<i>Has your new baby had a well-baby checkup?</i>				
YES	805	34250	99.46	97.03-99.90
NO	*	*	*	*
<i>Listed below are some statements about safety</i>				
I always used a seatbelt during my most recent pregnancy	777	32791	95.32	91.97-97.31
My home has a working smoke alarm	765	33305	97.23	95.03-98.48
There are loaded guns, rifles or other firearms in my home	65	3906	11.36	8.38-15.22
I have received information about infant products that should be taken off the market since my new baby was born	301	14536	42.44	37.21-47.85
<i>Have you ever heard or read about what can happen if a baby is shaken?</i>				
YES	730	32464	94.53	91.60-96.48
NO	69	1878	5.47	3.52-8.40
<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	542	21275	65.72	60.30-70.77
NO	187	11095	34.28	29.23-39.70

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