



2020 PRAMS Survey Frequencies

Iowa Pregnancy Risk Assessment Monitoring System (PRAMS)

Bureau of Family Health
Prepared by PRAMS Program Staff
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Iowa Department of Public Health
Protecting and Improving the Health of Iowans

IDPH
IOWA Department
of PUBLIC HEALTH

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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 2020, there were:

- **36,058** live births in Iowa¹
- **2,509** babies were born at a low birthweight¹
- **158** babies died before their 1st birthday¹

What does PRAMS tell us in 2020?

- **33,572** mothers were eligible for PRAMS*
- **30,151** had insurance *before* they were pregnant
- **17,147** had their teeth cleaned before their pregnancy
- **22,711** reported their pregnancy was planned
- **29,935** reported ever breastfeeding their babies
- **28,106** primarily put their baby to sleep on his or her back - the safest position for infants to sleep
- **4,291** reported being diagnosed with depression postpartum
- **1,213** reported some form of violence during pregnancy
- **22,168** 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.

¹2020 Iowa Vital Statistics Report, Iowa Department of Public Health, 2021.
https://idph.iowa.gov/Portals/1/userfiles/68/HealthStats/vital_stats_2020-20211117.pdf

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

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'.

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List of Acronyms

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

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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 2020, 1,732 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.

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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.

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 50% in 2020, meeting the required 50% response rate set by CDC for inclusion in the national PRAMS data set. 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

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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 \$96,000. 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.

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Results

Demographics

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Maternal Age Categories</i>				
< 20 years	25	1262	3.76	2.15-6.49
20-24 years	109	5201	15.49	12.18-19.51
25-29 years	237	11808	35.17	30.74-39.88
30-34 years	227	10426	31.06	26.97-35.46
35+ years	122	4874	14.52	11.52-18.13
<i>Maternal Education</i>				
Less than High School	104	4084	12.21	9.23-15.99
High School Graduate	204	7752	23.18	19.25-27.64
Some College/Associate's Degree	171	7446	22.26	18.66-26.34
College or Greater	239	14162	42.35	37.77-47.06
<i>Maternal Race/Ethnicity</i>				
Non-Hispanic Black	720	2528	7.53	7.28-7.78
Non-Hispanic White	323	24679	73.51	69.29-77.35
Hispanic	48	4552	13.56	10.32-17.61
Non-Hispanic Other	20	1813	5.40	3.47-8.32
<i>Urbanity</i>				
Urban	525	21525	64.12	59.43-68.55
Rural	195	12047	35.88	31.45-40.57
<i>Federal Poverty Level (FPL) Categories</i>				
0-49%	112	4014	13.36	10.14-17.42
50-184%	214	8091	26.94	22.68-31.67
185-374%	134	8006	26.66	22.46-31.33
375%+	154	9920	33.03	28.59-37.80
<i>Maternal Insurance (Before Pregnancy)</i>				
Public	217	7294	21.84	18.06-26.15
Private	421	22857	68.43	63.74-72.78
None	73	3250	9.73	7.15-13.11
<i>Maternal Insurance (During Pregnancy)</i>				
Public	279	10317	31.54	27.15-36.29
Private	385	21479	65.66	60.86-70.17
None	26	914	2.79	1.58-4.91
<i>Maternal Insurance (After Pregnancy)</i>				
Public	291	10187	30.64	26.36-35.29
Private	371	20829	62.65	57.85-67.22
None	45	2230	6.71	4.55-9.79

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2020 PRAMS Survey Frequencies

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	57	2006	6.12	4.22-8.80
On his or her back	528	28106	85.73	82.23-88.64
On his or her stomach	55	1526	4.65	3.15-6.83
Multiple positions	43	1147	3.50	2.15-5.64
<i>In the past 2 weeks, how often has your new baby slept alone in his or her own crib or bed?</i>				
Always	436	22177	67.76	63.09-72.09
Often	113	5652	17.27	13.94-21.20
Sometimes	68	2126	6.50	4.51-9.28
Rarely	36	1492	4.56	2.92-7.06
Never	30	1283	3.92	2.36-6.44
<i>When your new baby sleeps alone, is his or her crib or bed in the same room where you sleep?</i>				
YES	504	21958	71.00	66.34-75.25
NO	139	8970	29.00	24.75-33.66
<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	619	30522	93.56	90.81-95.53
On a twin or larger mattress or bed	172	6206	19.36	15.79-23.51
On a couch, sofa or armchair	71	2916	9.21	6.69-12.55
In an infant car seat or swing	260	12752	39.95	35.25-44.84
In a sleeping sack or wearable blanket	291	17057	53.49	48.61-58.31
With a blanket	235	10408	32.65	28.19-37.44
With toys, cushions or pillows	61	1860	5.84	3.96-8.52
With crib bumper pads	96	4284	13.38	10.34-17.15
<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	648	31121	96.21	93.85-97.68
Place my baby to sleep in a crib, bassinet, or pack and play	622	29910	92.13	89.16-94.34
Place my baby's crib or bed in my room	403	18962	58.69	53.81-63.40
What things should and should not go in bed with my baby	603	29097	90.03	86.79-92.55

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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	120	4009	12.11	9.34-15.58
I wanted to be pregnant sooner	121	5469	16.53	13.34-20.30
I wanted to be pregnant then	304	17242	52.10	47.31-56.86
I didn't want to be pregnant then or at any time in the future	45	1819	5.50	3.67-8.16
I wasn't sure what I wanted	114	4553	13.76	10.74-17.45
<i>When you got pregnant with your new baby, were you trying to get pregnant?</i>				
YES	406	21768	65.50	60.78-69.93
NO	294	11465	34.50	30.07-39.22
<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	110	4504	39.26	31.49-47.62
NO	185	6967	60.74	52.38-68.51
<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	96	3834	54.23	43.79-64.32
I thought I could not get pregnant at that time	52	1774	25.12	17.27-35.02
I had side effects from the birth control method I was using	34	819	11.60	6.63-19.52
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)	20	709	10.02	5.09-18.78
My husband or partner didn't want to use anything	36	1484	21.34	13.80-31.50
I forgot to use a birth control method	21	839	11.87	6.43-20.88
Other	23	1207	17.08	10.25-27.08
<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	193	10727	43.76	38.38-49.29
Talk to me about using birth control to prevent pregnancy	197	10396	42.35	36.96-47.93

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2020 PRAMS Survey Frequencies

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	597	27302	83.48	79.62-86.74
<i>Are you or your husband or partner doing anything now to keep from getting pregnant?</i>				
YES	537	27042	82.17	78.17-85.57
NO	155	5867	17.83	14.43-21.83
<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	1102	18.55	11.43-28.66
I am pregnant now	11	251	4.29	1.49-11.71
I had my tubes tied or blocked	*	*	*	*
I don't want to use birth control	65	2564	43.10	32.45-54.43
I am worried about side effects from birth control	57	2096	35.23	25.25-46.71
I am not having sex	42	1708	28.72	19.39-40.30
My husband or partner doesn't want to use anything	18	631	10.61	5.53-19.39
I have problem paying for birth control	*	*	*	*
Other	24	981	16.48	9.68-26.65
<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	36	1844	6.80	4.53-10.10
Vasectomy	22	1718	6.34	4.16-9.55
Birth control pills	133	8085	29.81	25.17-34.91
Condoms	149	7506	27.67	23.23-32.61
Shots or injections	37	992	3.66	2.11-6.26
Contraceptive patch or vaginal ring	8	137	0.50	0.15-1.68
IUD	75	4375	16.13	12.58-20.44
Contraceptive implant in the arm	58	2023	7.46	5.03-10.93
Natural family planning	47	2054	7.57	5.33-10.65
Withdrawal	92	4904	18.09	14.36-22.52
Not having sex	57	2020	7.45	5.26-10.45
Other	*	*	*	*

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2020 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	316	15013	50.32	45.28-55.34
Talk to me about birth control methods I can use after giving birth	545	26615	88.53	84.91-91.37
Give or prescribe me a contraceptive method such as the pill, patch, shot, NuvaRing, or condoms	275	12512	41.67	36.81-46.71
Insert an IUD or contraceptive implant	133	6060	20.22	16.47-24.57
Analytic Variable	Sample N	Weighted N	Weighted %	95% CI
<i>Pregnancy Intention</i>				
Intended	425	22712	68.63	64.01-72.91
Unsure	114	4553	13.76	10.74-17.45
Unintended	165	5828	17.61	14.26-21.55
<i>Postpartum Contraceptive Effectiveness</i>				
Abstinence	99	3729	11.37	8.70-14.74
Most	186	9902	30.20	25.91-34.88
Moderate	161	8537	26.04	22.00-30.53
Least	135	6630	20.22	16.71-24.26
None	108	3988	12.16	9.39-15.61

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2020 PRAMS Survey Frequencies

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	5468	16.35	13.06-20.28
<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	560	25367	77.42	73.12-81.21
Ask me if I was feeling down or depressed	608	28263	86.23	82.63-89.19
<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	252	12752	51.75	46.24-57.23
If I was feeling down or depressed	283	14780	60.35	54.82-65.63
<i>During your most recent pregnancy, did you have any of the following health conditions?</i>				
Depression	84	5147	15.43	12.13-19.42
<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	136	6560	19.81	16.26-23.91
I got separated or divorced from my husband or partner	37	2208	6.66	4.45-9.87
I moved to a new address	218	10501	31.69	27.34-36.38
I was homeless or had to sleep outside, in a car or in a shelter	18	771	2.33	1.19-4.51
My husband or partner lost their job	53	2483	7.50	5.24-10.63
I lost my job even though I wanted to go on working	78	2782	8.42	6.07-11.58
My husband, partner, or I had a cut in work hours or pay	137	6624	20.00	16.41-24.15
I was apart from my husband or partner due to military deployment or extended work-related travel	22	1050	3.18	1.86-5.37
I argued with my husband or partner more than usual	128	6035	18.23	14.78-22.27
My husband or partner said they didn't want me to be pregnant	41	1859	5.61	3.70-8.42

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2020 PRAMS Survey Frequencies

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>				
I had problems paying the rent, mortgage, or other bills	105	4785	14.44	11.25-18.35
My husband, partner, or I went to jail	27	1380	4.19	2.55-6.82
Someone very close to me had a problem with drinking or drugs	70	4291	12.95	9.91-16.74
Someone very close to me died	134	5585	16.91	13.62-20.81
<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	60	1597	4.85	3.16-7.36
NO	633	31354	95.15	92.64-96.84
<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	13	616	1.87	0.88-3.93
My ex-husband or ex-partner	17	632	1.92	0.95-3.87
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>				
My husband or partner	18	819	2.48	1.26-4.83
My ex-husband or ex-partner	9	258	0.79	0.26-2.35
Another family member	*	*	*	*
Someone else	6	321	0.98	0.33-2.86
<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	397	18044	60.39	55.37-65.20
Ask me if I was feeling down or depressed	542	26784	89.13	85.62-91.86

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2020 PRAMS Survey Frequencies

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	7	397	1.21	0.46-3.10
Often	28	1178	3.58	2.12-5.99
Sometimes	134	6945	21.12	17.44-25.34
Rarely	207	12088	36.76	32.25-41.51
Never	316	12279	37.34	32.83-42.07
<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	30	773	2.35	1.28-4.28
Often	35	1215	3.70	2.25-6.03
Sometimes	130	5241	15.96	12.77-19.77
Rarely	183	10737	32.69	28.34-37.37
Never	313	14875	45.29	40.56-50.12
<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	461	22459	69.53	64.94-73.76
A doctor, nurse or other health care worker talked to me about postpartum depression	551	27309	83.81	80.05-86.97
A doctor, nurse or other health care worker told me I had depression	68	3259	9.99	7.37-13.42
A doctor, nurse or other health care worker recommended that I take a prescription medication for depression	70	3504	10.71	7.97-14.25
I took medication for depression	75	4013	12.40	9.52-16.00
A doctor, nurse or other health care worker recommended that I get counseling for depression	58	2520	7.70	5.41-10.85
I received counseling for depression	40	1933	5.91	3.93-8.80

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

2020 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<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	437	22447	69.23	64.65-73.46
A doctor, nurse or other health care worker told me I had depression	89	4391	13.50	10.46-17.26
A doctor, nurse or other health care worker recommended that I take a prescription medication for depression	72	3156	9.66	7.19-12.88
I took medication for depression	84	4487	13.94	10.89-17.66
A doctor, nurse or other health care worker recommended that I get counseling for depression	61	2641	8.09	5.77-11.24
I received counseling for depression	43	1951	5.98	4.01-8.81
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	12	90	0.27	0.16-0.47
NO	677	32699	99.73	99.53-99.84
<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	540	1.65	0.78-3.46
During my most recent pregnancy	17	701	2.14	1.04-4.35
Since my new baby was born	17	649	1.99	0.93-4.17
<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	520	27941	85.70	82.06-88.70
Someone to help me if I were sick and needed to be in bed	557	28731	87.65	84.13-90.47
Someone to take me to the clinic or doctor's office if I need a ride	588	29305	89.36	86.01-91.98
Someone to talk with about my problems	563	29042	88.62	85.26-91.30

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2020 PRAMS Survey Frequencies

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	542	28798	89.98	86.87-92.42
Someone to help me if I were sick and needed to be in bed	573	29404	91.74	88.79-93.97
Someone to talk with about my problems	577	29689	92.42	89.60-94.52
Someone to take care of my baby	568	29109	90.84	87.68-93.25
Someone to help me if I were tired and feeling frustrated with my new baby	574	29407	91.50	88.40-93.82
Someone to take me and my baby to the doctor's office if I had no other way of getting there	596	30047	93.70	90.99-95.64
Analytic Variable	Sample N	Weighted N	Weighted %	95% CI
<i>Number of Endorsed Stressors Count</i>				
None	240	11376	34.32	29.96-38.96
1-2 stressors	275	12870	38.82	34.29-43.56
3-5 stressors	149	7281	21.96	18.14-26.33
6+ stressors	38	1623	4.90	3.13-7.59

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2020 PRAMS Survey Frequencies

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	641	30220	91.84	88.88-94.06
<i>Before or after your new baby was born, did you receive information about breastfeeding from any of the following sources?</i>				
My doctor	547	25669	78.79	74.58-82.46
A nurse, midwife or doula	533	25056	76.64	72.29-80.49
From breastfeeding lactation specialist	487	24301	74.84	70.39-78.81
My baby's doctor or health care provider	481	22164	68.33	63.68-72.63
A breastfeeding support group	175	7546	23.36	19.47-27.76
A breastfeeding hotline or toll-free number	79	3343	10.40	7.75-13.82
Family or friends	382	19032	58.74	53.90-63.42
Other	91	3865	14.58	11.15-18.85
<i>Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?</i>				
YES	607	29935	91.45	88.38-93.76
NO	77	2799	8.55	6.24-11.62
<i>What were your reasons for not breastfeeding your new baby?</i>				
I was sick or on medicine	11	386	13.78	5.90-28.97
I had other children to take care of	21	875	31.27	18.20-48.19
I had too many household duties	12	395	14.11	6.15-29.18
I didn't like breastfeeding	25	924	33.01	19.64-49.85
I tried but it was too hard	14	526	18.79	8.96-35.22
I didn't want to	41	1730	61.82	45.46-75.87
I went back to work	19	406	14.51	7.14-27.25
I went back to school	10	88	3.15	1.65-5.93
Other	15	711	25.41	13.43-42.80
<i>Are you currently breastfeeding or feeding pumped milk to your new baby?</i>				
YES	394	19398	64.82	59.75-69.58
NO	212	10527	35.18	30.42-40.25

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

2020 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
How many <i>weeks or months</i> did you <i>breastfeed</i> or feed pumped milk to your baby?				
< 4 weeks	47	2223	7.43	5.17-10.58
4-7 weeks	67	2978	9.95	7.25-13.52
8+ weeks	492	24724	82.62	78.38-86.17
What were your <i>reasons for stopping breastfeeding</i>?				
My baby had difficulty latching or nursing	76	3410	32.39	24.80-41.04
Breast milk alone did not satisfy my baby	81	3971	37.72	29.57-46.63
I thought my baby was not gaining enough weight	28	1482	14.14	9.20-21.12
My nipples were sore, cracked or bleeding or it was too painful	48	2315	21.99	15.54-30.16
I thought I was not producing enough milk, or my milk dried up	120	6257	59.44	50.49-67.80
I had too many other household duties	49	2343	22.25	15.88-30.26
I felt it was the right time to stop breastfeeding	37	1493	14.19	9.16-21.31
I got sick or I had to stop for medical reasons	15	741	7.04	3.62-13.24
I went back to work	41	1824	17.33	11.72-24.87
I went back to school	*	*	*	*
My partner did not support breastfeeding	*	*	*	*
My baby was jaundiced	9	519	4.93	2.14-10.97
My work or school did not have a place for me to pump/express milk	*	*	*	*
It was hard to use breaks to pump or breastfeed	14	672	6.39	3.17-12.47
Other	47	1953	18.55	12.88-25.98

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2020 PRAMS Survey Frequencies

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	352	18405	75.32	70.23-79.79
<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	644	31423	95.87	93.67-97.32
If I was smoking cigarettes	660	31462	96.15	93.86-97.60
If I was drinking alcohol	657	31230	94.92	92.32-96.66
If I was using drugs such as marijuana, cocaine, crack, or meth	575	26836	82.06	78.18-85.38
<i>Have you smoked any cigarettes in the past 2 years?</i>				
YES	100	5699	17.10	13.61-21.27
NO	602	27622	82.90	78.73-86.39
<i>In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day?</i>				
21 or more cigarettes	*	*	*	*
1 to 20 cigarettes	90	5114	15.38	12.05-19.43
No cigarettes	610	28112	84.56	80.52-87.89
<i>In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day?</i>				
21 or more cigarettes	*	*	*	*
1 to 20 cigarettes	52	3148	9.45	6.81-12.96
No cigarettes	650	30170	90.53	87.01-93.16
<i>Did you quit smoking around the time of your most recent pregnancy?</i>				
No	20	930	18.09	10.23-29.97
No, but I cut back	21	1630	31.69	20.59-45.35
Yes, I quit before I found out I was pregnant	10	422	8.20	3.85-16.63
Yes, I quit when I found out I was pregnant	30	1527	29.69	19.18-42.91
Yes, I quit later in my pregnancy	10	634	12.33	5.97-23.77

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2020 PRAMS Survey Frequencies

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	15	784	15.24	7.96-27.21
Use booklets, videos or other materials to help me quit	*	*	*	*
Call a national quit line or Quitline Iowa or go to a website	6	270	5.25	1.79-14.44
Attend a class or program to stop smoking	0	0	0	0.00-0.00
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	67	3709	72.13	58.81-82.43
Other	*	*	*	*
<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	11	757	15.76	8.24-28.06
Cost of classes to help with quitting	11	761	15.45	8.09-27.52
Fear of weight gain	19	1237	24.71	15.10-37.72
Loss of a way to handle stress	43	2908	57.99	44.42-70.21
Other people smoking around me	38	2610	52.13	39.02-64.96
Cravings for a cigarette	48	3419	68.30	55.36-78.92
Lack of support from others to quit	15	988	20.21	11.35-33.37
Worsening depression	18	1291	25.75	15.71-39.23
Worsening anxiety	30	1803	35.96	24.38-49.46
Some other reason	7	349	9.20	3.28-23.23
<i>How many cigarettes do you smoke on an average day now?</i>				
21 or more cigarettes	*	*	*	*
1 to 20 cigarettes	63	3764	11.38	8.47-15.14
No cigarettes	634	29293	88.59	84.84-91.50
<i>Have you used any of the following products in the past 2 years?</i>				
E-cigarettes or other electronic nicotine products	38	2556	7.69	5.37-10.91
Hookah	11	340	1.02	0.45-2.33
Chewing tobacco, snuff, snus or dip	*	*	*	*

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2020 PRAMS Survey Frequencies

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	10	635	25.50	12.59-44.85
Once a day	*	*	*	*
2-6 days a week	*	*	*	*
1 day a week or less	9	721	28.92	14.99-48.44
I did not use these products then	13	834	33.46	18.40-52.87
<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	0.00-0.00
2-6 days a week	0	0	0	0.00-0.00
1 day a week or less	*	*	*	*
I did not use these products then	34	2192	87.94	68.04-96.15
<i>Have you had any alcoholic drinks in the past 2 years?</i>				
YES	430	25102	75.65	71.36-79.48
NO	268	8080	24.35	20.52-28.64
<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	73	4473	13.54	10.57-17.19
Less than 1 to 3 drinks per week	303	17600	53.29	48.48-58.03
I didn't drink then	320	10957	33.17	28.83-37.82
<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	83	5298	17.71	14.09-22.04
1 time	55	3655	12.22	9.27-15.95
I didn't have 4 drinks or more in a 2 hour time span	504	20955	70.07	65.18-74.53
<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	392	18088	60.43	55.46-65.20

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2020 PRAMS Survey Frequencies

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	298	17147	68.66	63.30-73.57
<i>During your most recent pregnancy, did you have your teeth cleaned by a dentist or dental hygienist?</i>				
YES	316	16828	50.29	45.52-55.05
NO	390	16633	49.71	44.95-54.48
<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	606	29825	89.23	85.76-91.94
A dental or other health care worker talked with me about how to care for my teeth and gums	382	17622	53.29	48.46-58.06
I had insurance to cover dental care during my pregnancy	548	26745	82.40	78.43-85.77
I needed to see a dentist for a problem	126	4303	13.15	10.20-16.81
I went to a dentist or dental clinic about a problem	92	3387	10.35	7.75-13.69
<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	1501	4.56	2.89-7.13
I could not find a dentist or dental clinic that would take Medicaid patients (if had Medicaid health insurance)	68	3184	31.33	23.50-40.39
I did not think it was safe to go to the dentist during pregnancy	122	4478	13.58	10.56-17.30
I could not afford to go to the dentist or dental clinic	81	3496	10.60	7.89-14.11

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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	364	14126	42.26	37.60-47.07
1 to 3 times a week	52	2783	8.33	6.02-11.41
4 to 6 times a week	46	2923	8.75	6.44-11.77
Every day of the week	253	13592	40.66	36.10-45.40
<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	463	24869	74.63	70.20-78.61
NO	249	8454	25.37	21.40-29.80
<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	277	13780	56.00	50.46-61.39
Regular checkup at my OB/GYN's office	220	12156	49.02	43.55-54.51
Visit for an illness or chronic condition	74	4401	17.89	14.02-22.54
Visit for an injury	16	718	2.90	1.55-5.34
Visit for family planning or birth control	90	4348	17.46	13.73-21.94
Visit for depression or anxiety	67	3864	15.48	11.87-19.93
Visit to have my teeth cleaned by a dentist or dental hygienist	298	17147	68.66	63.30-73.57
Other	75	3952	15.88	12.35-20.19
<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	140	7692	31.53	26.66-36.84
Talk to me about maintaining a healthy weight	190	9864	40.05	34.77-45.56
Talk to me about controlling any medical conditions such as diabetes or high blood pressure	78	3600	14.76	11.14-19.29
Talk to me about my desire to have or not have children	193	10727	43.76	38.38-49.29

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2020 PRAMS Survey Frequencies

(CONT.) 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?

Talk to me about using birth control to prevent pregnancy	197	10396	42.35	36.96-47.93
Talk to me about how I could improve my health before a pregnancy	139	7088	28.83	24.10-34.08
Talk to me about sexually transmitted infections such as chlamydia, gonorrhea, or syphilis	117	4631	19.00	14.98-23.79
Ask me if I was smoking cigarettes	352	18405	75.32	70.23-79.79
Ask me if someone was hurting me emotionally or physically	252	12752	51.75	46.24-57.23
Ask me if I was feeling down or depressed	283	14780	60.35	54.82-65.63
Ask me about the kind of work I do	311	16663	67.82	62.40-72.80
Test me for HIV	103	3364	13.92	10.71-17.91

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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	569	26778	79.76	75.67-83.32
2nd Trimester	136	5950	17.72	14.42-21.60
3rd Trimester	15	844	2.51	1.30-4.81
<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	539	24594	74.92	70.52-78.87
Exercise during pregnancy	553	25728	78.45	74.19-82.17
Programs or resources to help me gain the right amount of weight during pregnancy	277	10941	33.49	29.10-38.19
Programs or resources to help me lose weight after pregnancy	136	5384	16.48	13.15-20.45
<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	373	16657	51.14	46.30-55.96
If I was taking any prescription medication	644	31423	95.87	93.67-97.32
If I was smoking cigarettes	660	31462	96.15	93.86-97.60
If I was drinking alcohol	657	31230	94.92	92.32-96.66
If someone was hurting me emotionally or physically	560	25367	77.42	73.12-81.21
If I was feeling down or depressed	608	28263	86.23	82.63-89.19
If I was using drugs such as marijuana, cocaine, crack, or meth	575	26836	82.06	78.18-85.38
If I wanted to be tested for HIV	386	17153	53.60	48.72-58.41
If I planned to breastfeed my new baby	641	30220	91.84	88.88-94.06
If I planned to use birth control after my baby was born	597	27302	83.48	79.62-86.74
<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	642	30157	90.65	87.33-93.16
NO	61	3112	9.35	6.84-12.67

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2020 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	197	7658	23.11	19.31-27.40
Yes, before my pregnancy	98	4308	13.00	10.12-16.54
Yes, during my pregnancy	406	21176	63.89	59.18-68.36
<i>During your most recent pregnancy, did you get a Tdap shot or vaccination?</i>				
YES	539	27152	87.77	84.13-90.67
NO	99	3783	12.23	9.33-15.87

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2020 PRAMS Survey Frequencies

Other Topics: Postpartum Care

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Since your new baby was born, have you had a postpartum <i>checkup for yourself?</i></i>				
YES	618	30013	91.25	88.06-93.65
NO	74	2877	8.75	6.35-11.94
<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	8	118	3.95	1.28-11.55
I felt fine and did not think I needed to have a visit	32	1093	36.71	22.91-53.10
I couldn't get an appointment when I wanted one	9	178	5.99	1.61-19.86
I didn't have any transportation to get to the clinic or doctor's office	11	418	14.05	5.90-29.89
I had too many things going on	18	851	28.59	15.97-45.76
I couldn't take time off from work	*	*	*	*
Other	29	1380	46.34	30.99-62.42
<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	344	16176	54.31	49.25-59.28
Talk to me about healthy eating, exercise, and losing weight gained during pregnancy	306	13426	44.67	39.74-49.70
Talk to me about how long to wait before getting pregnant again	316	15013	50.32	45.28-55.34
Talk to me about birth control methods I can use after giving birth	545	26615	88.53	84.91-91.37
Give or prescribe me a contraceptive method such as the pill, patch, shot, NuvaRing, or condoms	275	12512	41.67	36.81-46.71
Insert an IUD or contraceptive implant	133	6060	20.22	16.47-24.57
Ask me if I was smoking cigarettes	392	18088	60.43	55.46-65.20
Ask me if someone was hurting me emotionally or physically	397	18044	60.39	55.37-65.20
Ask me if I was feeling down or depressed	542	26784	89.13	85.62-91.86
Test me for diabetes	172	5629	18.85	15.21-23.13

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2020 PRAMS Survey Frequencies

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)	24	1328	3.97	2.43-6.42
High blood pressure or hypertension	48	1776	5.31	3.54-7.88
Depression	101	5468	16.35	13.06-20.28
Asthma	80	3446	10.31	7.72-13.63
Anxiety	167	9711	29.02	24.85-33.58
<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	78	3600	14.76	11.14-19.29
Ask me if I was feeling down or depressed	283	14780	60.35	54.82-65.63
<i>During your most recent pregnancy, did you have any of the following health conditions?</i>				
Gestational diabetes	73	3307	9.91	7.43-13.09
High blood pressure (that started during this pregnancy), pre-eclampsia or eclampsia	97	4022	12.05	9.26-15.54
Depression	95	5147	15.43	12.13-19.42

* value suppressed for confidentiality

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

2020 PRAMS Survey Frequencies

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	38	2086	6.34	4.21-9.44
NO	647	30831	93.66	90.56-95.79
<i>After your baby was delivered, how long did he or she stay in the hospital?</i>				
2 or less days	420	21188	64.46	59.70-68.96
3-5 days	200	8590	26.14	22.10-30.62
6-14 days	33	1165	3.54	2.20-5.67
More than 14 days	41	1925	5.56	3.89-8.73
<i>Has your new baby had a well-baby checkup?</i>				
YES	666	32009	98.34	96.64-99.19
NO	15	540	1.66	0.81-3.36
<i>Listed below are some statements about safety</i>				
I always used a seatbelt during my most recent pregnancy	638	31321	96.63	94.52-97.94
My home has a working smoke alarm	637	31210	96.07	93.60-97.61
There are loaded guns, rifles or other firearms in my home	89	4431	13.72	10.79-17.30
I have received information about infant products that should be taken off the market since my new baby was born	247	13218	40.75	36.07-45.61
<i>Have you ever heard or read about what can happen if a baby is shaken?</i>				
YES	602	30799	94.82	92.34-96.53
NO	73	1683	5.18	3.47-7.66
<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	413	20470	66.64	61.86-71.10
NO	188	10246	33.36	28.90-38.14

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