

# CONNECTICUT PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS)

## 2018 Data Report



OCTOBER 2019

WORKING TO MAKE CONNECTICUT BABIES AND MOTHERS HEALTHIER

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## *Introduction*

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The Connecticut Pregnancy Risk Assessment Monitoring System (PRAMS) is a surveillance project of the Connecticut Department of Public Health (DPH) conducted in collaboration with the Centers for Disease Control and Prevention (CDC). Connecticut PRAMS is an ongoing population-based survey that collects data on maternal health, behaviors, and experiences before, during and shortly after pregnancy.

PRAMS provides data not available from other sources. The data gathered through the surveys are used to inform, develop, and evaluate maternal and infant health programs and policies in Connecticut. Additionally, the data are used to track Connecticut's progress toward national and state maternal and infant health objectives.

Connecticut was awarded the PRAMS grant in 2011 and began collecting data in 2013. For more information about Connecticut PRAMS, please visit: <http://www.ct.gov/dph/ctprams>.

## *Methodology*

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Each month, birth certificate information is used to generate a list of Connecticut women who have delivered a live born infant in-state within the past two to six months. From this list, approximately 200 women per month are randomly selected to participate in the survey.

Addressing racial and ethnic disparities is an overarching priority for programs within the Connecticut DPH. Women from certain racial and ethnic groups are sampled at a higher rate because some groups experience more pregnancy-related problems. Oversampling ensures that an adequate number of responses are attained to allow for meaningful analyses to investigate disparities in perinatal indicators. Connecticut's sample is stratified into four categories based on maternal race/ethnicity: Non-Hispanic Black, Non-Hispanic White, Non-Hispanic Other Races, and Hispanic.

Women selected for PRAMS receive up to three mailed paper survey staggered over a six week period. If there is no response to survey mailings, women are contacted and interviewed by telephone. The mail and telephone surveys are available in English and Spanish. Data collection procedures and instruments are standardized by CDC to allow comparisons between states.

For a more detailed description of the PRAMS methodology, please visit the CDC PRAMS webpage at [www.cdc.gov/prams/methodology.htm](http://www.cdc.gov/prams/methodology.htm).

## *Data in this Report*

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Data collected from sampled mothers are weighted to represent the cohort of Connecticut resident women who delivered a live born infant in 2018. Caution is advised when interpreting and generalizing results to all pregnancies as only those with a live birth were included in the survey. This excludes women who had a pregnancy that ended in fetal death, abortion, or miscarriage.

This report contains results for each question in the 2018 Connecticut PRAMS survey. Demographic characteristics of the mothers who completed the survey and results to each question with their 95% confidence intervals (95% CI) are presented. All estimates in this report were calculated using weighted PRAMS data, whereas the sample size presented is unweighted. Responses with less than 5 observations are suppressed. The weighted response rate for 2018 was 58%.

*Everything was good, and appreciated that PRAMS followed up. All mothers should be given this survey to check that the information is received by the mother or not.*

*Thank you for the opportunity to do this survey. It was fun and informative.*

*I love being mom to my baby and I was so happy that I gave birth to her.*

*Thank you PRAMS for asking me these questions. I really enjoyed to answer the questions. I like the questions, it's really helpful to a mother. Thank you.*

*Thank you for the important work you are doing to help all mothers and babies in CT!*

*~ CT PRAMS Moms*

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*Maternal Characteristics of Connecticut PRAMS Respondents, 2018*

Characteristic	n	Weighted n	Weighted %	95% CI	
<b>Age</b>					
<20 years	47	1,102	3.3	2.0	4.6
20-24	223	4,356	13.1	10.9	15.4
25-29	356	8,319	25.1	22.0	28.2
30-34	469	11,361	34.3	31.1	37.5
35+	342	8,008	24.2	21.3	27.0
<b>Maternal Race</b>					
White, non-Hispanic	292	17,244	52.0	51.2	52.8
Black, non-Hispanic	358	4,110	12.4	12.1	12.7
Hispanic	462	8,530	25.7	25.1	26.3
Other Races, non-Hispanic	325	3,262	9.8	9.6	10.1
<b>Maternal Education</b>					
<High School	200	3,716	11.2	9.3	13.2
High School	326	6,264	18.9	16.3	21.5
>High School	908	23,113	69.8	66.9	72.7
<b>Marital Status</b>					
Married	821	20,681	62.4	59.2	65.6
Not Married	615	12,453	37.6	34.4	40.8
<b>Federal Poverty Level</b>					
≤ 100%	495	8,873	29.9	26.9	32.8
101 - 200%	237	5,078	17.1	14.3	19.9
≥ 201%	497	15,767	53.1	49.7	56.4
<b>Previous Live Births</b>					
0	539	13,816	41.7	38.2	45.1
1	513	11,909	35.9	32.6	39.3
2	257	5,151	15.5	13.2	17.9
3	78	1,516	4.6	3.2	5.9
4+	50	753	2.3	1.5	3.1

**Table 1: Prevalence of health insurance types prior to pregnancy, survey question 12**

Question	n	Weighted %	95% CI
Source of insurance before pregnancy (all that apply)			
Private health insurance from my job or the job of my husband or partner	590	51.8	(48.7-54.9)
Private health insurance from my parents	42	3.5	(2.0-5.0)
Private health insurance from the CT Health Insurance Marketplace (Access Health CT) or www.accesshealthct.com or HealthCare.gov	89	4.8	(3.5-6.1)
Medicaid (HUSKY Health)	541	30.8	(27.7-33.9)
Tricare or other military health care	19	1.5	(0.7-2.3)
Indian Health Service or tribal health service	0	--	--
Other	43	2.0	(1.3-2.8)
No health insurance	183	9.7	(8.2-11.2)

**Table 2: Prevalence of health insurance types during pregnancy, survey question 13**

Question	n	Weighted %	95% CI
Source of insurance during pregnancy (all that apply)			
Private health insurance from my job or the job of my husband or partner	556	52.1	(48.9-55.4)
Private health insurance from my parents	31	2.9	(1.5-4.3)
Private health insurance from the CT Health Insurance Marketplace (Access Health CT) or www.accesshealthct.com or HealthCare.gov	56	3.1	(2.0-4.2)
Medicaid (HUSKY Health)	663	39.2	(35.9-42.4)
Tricare or other military health care	20	1.9	(0.8-2.9)
Indian Health Service or tribal health service	0	--	--
Other	56	3.0	(2.0-4.1)
No health insurance	55	3.1	(2.2-4.0)

## Insurance Status

**Table 3: Prevalence of current (at time of survey) health insurance types, survey question 14**

Question	n	Weighted %	95% CI
Source of insurance after pregnancy (all that apply)			
Private health insurance from my job or the job of my husband or partner	574	50.4	(47.2-53.5)
Private health insurance from my parents	21	1.6	(0.7-2.5)
Private health insurance from the CT Health Insurance Marketplace (Access Health CT) or www.accesshealthct.com or HealthCare.gov	56	3.6	(2.3-4.9)
Medicaid (HUSKY Health)	632	36.9	(33.7-40.2)
Tricare or other military health care	19	1.6	(0.7-2.4)
Indian Health Service or tribal health service	0	--	--
Other	32	2.1	(1.1-3.2)
No health insurance	146	7.5	(6.3-8.8)



**Table 4: Maternal Body Mass Index (BMI) immediately prior to pregnancy (derived from maternal report of height and weight, survey questions 1-2)**

Question	n	Weighted %	95% CI
Maternal BMI, pre-pregnancy			
Underweight (<18.5)	45	3.1	(1.8-4.4)
Normal (18.5-24.9)	522	43.0	(39.5-46.6)
Overweight (25.0-29.9)	387	26.7	(23.6-29.8)
Obese (≥30)	383	27.2	(24.1-30.3)

**Table 5: Prevalence of pregnancy history and birth outcomes, survey questions 4-5**

Question	n	Weighted %	95% CI
Birth History			
Previous live births			
No	533	41.6	(38.2-45.1)
Yes	879	58.4	(54.9-61.8)
Age difference between new baby and the child delivered just before new one? (multiparous mothers)			
0 to 12 months	26	2.2	(1.1-3.3)
13 to 18 months	47	5.7	(3.7-7.8)
19 to 24 months	88	10.9	(8.0-13.8)
More than 2 years but less than 3 years	132	19.1	(15.5-22.7)
3 to 5 years	264	30.4	(26.3-34.4)
More than 5 years	335	31.7	(27.9-35.5)

**Table 6: Prevalence of preconception health behaviors in the 12 months prior to pregnancy, survey question 6**

Question	n	Weighted %	95% CI
Behaviors in 12 months prior to pregnancy (% yes)			
Dieting to lose weight	400	30.4	(27.1-33.6)
Exercising 3+ days a week	529	42.2	(38.7-45.6)
Taking prescription medications other than birth control	273	21.4	(18.5-24.4)
Checked by a health care worker for diabetes	363	22.4	(19.6-25.2)
Spoke with health care provider about family medical history	599	42.8	(39.4-46.3)
Checked by a health care worker for depression or anxiety	299	21.3	(18.4-24.3)

**Table 7: Prevalence of health conditions in the 3 months prior to pregnancy, survey question 7**

Question	n	Weighted %	95% CI
Conditions in 3 months prior to pregnancy (% yes)			
Type 1 or Type 2 diabetes	36	1.7	(1.0-2.4)
Hypertension	57	2.6	(1.7-3.4)
Depression	125	10.5	(8.1-13.0)
Asthma	142	8.5	(6.7-10.3)
Thyroid problems	97	8.1	(6.1-10.1)
PCOS (polycystic ovarian syndrome)	61	4.6	(3.1-6.2)
Anxiety	206	18.5	(15.5-21.5)

**Table 8: Prevalence of multivitamin use in the month prior to pregnancy, survey question 8**

Question	n	Weighted %	95% CI
Multivitamin use			
Never	756	49.0	(45.6-52.4)
1-3 Times per week	78	4.4	(3.0-5.7)
4-6 Times per week	73	6.5	(4.7-8.4)
Everyday	513	40.1	(36.7-43.5)

**Table 9: 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?, survey question 9**

Question	n	Weighted %	95% CI
Preconception health visits			
No	489	28.2	(25.3-31.2)
Yes	926	71.8	(68.8-74.7)

**Table 10: What type of health care visit did you have in the 12 months before you got pregnant with your new baby?, survey question 10**

Question	n	Weighted %	95% CI
Types of health visits			
Regular checkup at my family doctor’s office	545	55.4	(51.3-59.5)
Regular checkup at my OB/GYN’s office	695	78.3	(75.1-81.5)
Visit for an illness or chronic condition	125	15.6	(12.4-18.7)
Visit for an injury	40	4.2	(2.5-5.8)
Visit for family planning or birth control	163	19.1	(15.7-22.4)
Visit for depression or anxiety	93	13.3	(10.1-16.4)
Visit to have my teeth cleaned by a dentist or dental hygienist	612	69.3	(65.5-73.0)
Other	100	13.0	(10.1-15.9)

**Table 11: 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??, survey question 11**

Question	n	Weighted %	95% CI
Topics discussed during preconception health visits (all that apply)			
Taking a vitamin with folic acid	306	35.8	(31.8-39.9)
Maintaining a healthy weight	425	43.9	(39.8-48.1)
Controlling any medical conditions such as diabetes or high blood pressure	176	14.6	(12.1-17.2)
Desire to have or not have children	428	50.7	(46.5-54.9)
Using birth control to prevent pregnancy	413	42.2	(38.1-46.3)
How to improve health before a pregnancy	347	35.8	(31.8-39.8)
Sexually transmitted infections such as chlamydia, gonorrhea, or syphilis	311	27.1	(23.6-30.6)
Smoking cigarettes	712	79.0	(75.7-82.4)
Someone was hurting me emotionally or physically	485	50.5	(46.3-54.7)
If I was feeling down or depressed	489	50.5	(46.3-54.7)
What kind of work I do	619	68.7	(64.8-72.6)
Test me for HIV	383	34.4	(30.6-38.2)

**Table 12: Feelings about becoming pregnant prior to this pregnancy, survey question 15**

Question	n	Weighted %	95% CI
Pregnancy feelings			
Wanted later	253	16.3	(13.7-18.9)
Wanted sooner	225	18.7	(15.9-21.5)
Wanted right then	596	45.1	(41.6-48.5)
Wanted never	81	4.3	(3.1-5.4)
Unsure	250	15.6	(13.1-18.2)

**Table 13: Proportion of women trying to become pregnant at the time they did, survey question 16**

Question	n	Weighted %	95% CI
Trying to get pregnant			
No	640	39.1	(35.8-42.3)
Yes	766	60.9	(57.7-64.2)

**Table 14: Prevalence of pre-pregnancy contraception use among women who were not trying to become pregnant, survey question 17**

Question	n	Weighted %	95% CI
Used birth control			
No	367	56.3	(50.8-61.8)
Yes	259	43.7	(38.2-49.2)

**Table 15: Reasons for not using contraception among women who were not trying to become pregnant and reported not using birth control, survey question 18**

Question	n	Weighted %	95% CI
Reasons for not using birth control (all that apply)			
Didn't mind getting pregnant	186	53.2	(46.7-59.7)
Didn't think could become pregnant at that time	124	31.3	(25.2-37.5)
Side effects from birth control	35	8.7	(5.3-12.1)
Problems acquiring birth control	17	3.6	(1.4-5.9)
Thought partner or I was sterile	33	8.9	(5.0-12.9)
Partner didn't want to use	67	16.1	(11.1-21.0)
Forgot to use a birth control method	44	10.1	(6.4-13.8)
Other	34	7.5	(4.4-10.5)

**Table 16: Prevalence of fertility drugs or medical procedures from a doctor, nurse, or other health care worker to help you get pregnant?, survey question 19**

Question	n	Weighted %	95% CI
Fertility drugs or medical procedures			
No	669	88.3	(85.2-91.3)
Yes	81	11.7	(8.7-14.8)

**Table 17: Fertility treatments during the month you got pregnant?, survey question 20**

Question	n	Weighted %	95% CI
Fertility drugs or medical procedures (all that apply)			
Fertility-enhancing drugs prescribed by a doctor (fertility drugs include Clomid®, Serophene®, Pergonal®, or other drugs that stimulate ovulation)	37	33.0	(21.7-44.3)
Artificial insemination or intrauterine insemination (treatments in which sperm, but NOT eggs, were collected and medically placed into a woman’s body)	16	12.8	(5.0-20.7)
Assisted reproductive technology (treatments in which BOTH a woman’s eggs and a man’s sperm were handled in the laboratory)	38	38.3	(26.6-50.0)
Other medical treatment	11	6.9	(1.5-12.4)
I wasn’t using fertility treatments during the month that I got pregnant with my new baby	10	8.5	(2.1-14.9)

**Table 18: Proportion of women receiving prenatal care in 1st trimester, survey question 21**

Question	n	Weighted %	95% CI
Received care in 1st trimester			
No	129	6.9	(5.3-8.5)
Yes	1242	92.5	(90.8-94.1)
No PNC	13	0.7	(0.2-1.1)

**Table 19: Proportion of women who received prenatal care as early as desired, survey question 22**

Question	n	Weighted %	95% CI
Received prenatal care as early as wanted			
No	133	8.7	(6.7-10.7)
Yes	1,256	91.3	(89.3-93.3)

**Table 20: Reasons for not getting prenatal care as early as desired, survey question 23**

Question	n	Weighted %	95% CI
Reasons for not getting prenatal care as early as wanted (all that apply)			
Couldn't get appointment	39	34.3	(22.8-45.8)
Didn't have enough money or insurance	22	15.4	(7.6-23.3)
No transportation	7	3.7	(0.6-6.8)
Doctor/health plan wouldn't start earlier	28	25.2	(14.4-35.9)
Had too many other things going on	15	9.2	(3.2-15.2)
Couldn't take time off work or school	8	4.0	(0.1-7.9)
I didn't have Medicaid card	12	5.9	(2.3-9.6)
No childcare	<i>Insufficient data to report</i>		
Didn't know I was pregnant	60	41.6	(29.6-53.7)
Didn't want anyone else to know I was pregnant	9	5.4	(0.2-10.7)
Didn't want prenatal care	5	3.7	(0.0-8.1)



**Table 21: Topics discussed by health care providers during prenatal care visits, survey question 24**

Question	n	Weighted %	95% CI
Topics during prenatal care visits (all that apply)			
Weight gain during pregnancy	853	60.3	(56.9-63.8)
Taking prescription medication	1,297	94.9	(93.6-96.3)
Smoking	1,316	95.1	(93.7-96.4)
Alcohol	1,311	95.0	(93.7-96.4)
Physical or emotional abuse by partners (IPV)	1,037	70.6	(67.4-73.9)
If I was feeling down or depressed	1,076	73.5	(70.3-76.6)
Illegal drugs	1,123	78.3	(75.4-81.2)
HIV testing	921	60.7	(57.2-64.1)
Breastfeeding	1,251	88.3	(86.0-90.6)
Postpartum birth control	1,148	77.3	(74.3-80.4)

**Table 22: Health care worker offered/told to get flu shot in 12 months prior to pregnancy, survey question 25**

Question	n	Weighted %	95% CI
Offered or told to get flu shot			
No	158	9.9	(8.0-11.8)
Yes	1,255	90.1	(88.2-92.0)

**Table 23: Receipt of flu shot in 12 months prior to delivery, survey question 26**

Question	n	Weighted %	95% CI
Received flu shot			
No	432	29.8	(26.6-32.9)
Yes, before pregnancy	175	10.8	(8.8-12.8)
Yes, during pregnancy	805	59.4	(56.1-62.8)

**Table 24: Prevalence of having a dental cleaning by a dentist or dental hygienist during pregnancy, survey question 27**

Question	n	Weighted %	95% CI
Received dental cleaning			
No	650	39.7	(36.4-43.0)
Yes	773	60.3	(57.0-63.6)

**Table 25: Oral health during pregnancy, survey question 28**

Question	n	Weighted %	95% CI
Care of teeth during pregnancy (% yes)			
Knew importance of dental care during pregnancy	1,230	88.7	(86.5-90.8)
Talked with dental or health care worker about oral care	809	59.2	(55.7-62.6)
Insurance covered dental care	1,182	84.4	(81.9-87.0)
Needed to see a dentist for a problem	257	16.1	(13.7-18.5)
Went to a dentist about a problem	219	14.0	(11.7-16.4)

**Table 26: Barriers to going to dentist during pregnancy, survey question 29**

Question	n	Weighted %	95% CI
Things that created problems getting dental care for a problem had during pregnancy (check all that apply)			
Couldn't find provider that took pregnant patients	66	3.8	(2.4-5.2)
Couldn't find provider that took Medicaid	53	3.6	(2.2-5.0)
Didn't think it was safe to go during pregnancy	225	11.7	(9.9-13.6)
Couldn't afford to go	131	9.2	(7.1-11.2)

## WIC Participation During Pregnancy

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**Table 27: Prevalence of WIC participation during pregnancy, survey question 30**

Question	n	Weighted %	95% CI
WIC during pregnancy			
No	731	67.7	(65.2-70.3)
Yes	664	32.3	(29.7-34.8)

**Table 28: Prevalence of health conditions during pregnancy, survey question 31**

<b>Question</b>	<b>n</b>	<b>Weighted %</b>	<b>95% CI</b>
Health problems during pregnancy (all that apply)			
Gestational diabetes	173	11.0	(8.8-13.1)
High blood pressure that started during this pregnancy, preeclampsia, or eclampsia	158	9.5	(7.6-11.4)
Depression	133	10.5	(8.1-12.8)
Thyroid problems	84	7.2	(5.3-9.1)
PCOS (polycystic ovarian syndrome)	45	3.6	(2.2-5.0)
Anxiety	200	17.7	(14.8-20.5)

**Table 29: Prevalence of women receiving 17P shots during pregnancy to prevent preterm delivery, survey question 32**

<b>Question</b>	<b>n</b>	<b>Weighted %</b>	<b>95% CI</b>
Weekly 17P shots			
No	1,204	89.0	(87.1-90.9)
Yes	113	6.3	(4.9-7.7)
I don't know	88	4.7	(3.3-6.1)

**Table 30: Prevalence of maternal tobacco use prior to, during and after pregnancy, survey questions 33-36**

Question		n	Weighted %	95% CI
Tobacco use in past 2 years	No	1,218	84.1	(81.2-86.9)
	Yes	195	15.9	(13.1-18.8)
Tobacco use 3 months prior to pregnancy	No	1,245	86.0	(83.3-88.7)
	Yes	169	14.0	(11.3-16.7)
Tobacco use during last 3 months of pregnancy	No	1,354	94.2	(92.1-96.3)
	Yes	61	5.8	(3.7-7.9)
Tobacco use now	No	1,318	92.2	(90.0-94.4)
	Yes	98	7.8	(5.6-10.0)
Changes in tobacco use during pregnancy	Nonsmoker	1,245	86.0	(83.3-88.7)
	Smoker quit	107	8.2	(6.2-10.1)
	Smoker reduced	43	4.8	(2.8-6.8)
	Smoker same/more	18	1.0	(0.4-1.6)
	Nonsmoker resumed	0	--	--

**Table 31: Prevalence of other tobacco products and E-cigarettes prior to and during, survey questions 37-39**

Question	n	Weighted %	95% CI
Use in past 2 years			
E-cigarettes or other electronic nicotine products	48	4.6	(2.9-6.3)
Hookah	73	3.5	(2.6-4.5)
Chewing tobacco, snuff, or snus	<i>Insufficient data to report</i>		
Cigars, cigarillos, clove cigars, or little cigars	30	2.3	(1.2-3.5)
E-cigarette use 3 months prior to pregnancy			
More than once a day	8	1.2	(0.2-2.3)
Once a day	5	0.4	(0.0-0.7)
2-6 days a week	<i>Insufficient data to report</i>		
1 day a week or less	12	1.4	(0.3-2.4)
I did not use e-cigarettes or other electronic nicotine products then	1,390	96.6	(95.0-98.2)
E-cigarette use during last 3 months of pregnancy			
More than once a day	<i>Insufficient data to report</i>		
Once a day	<i>Insufficient data to report</i>		
2-6 days a week	<i>Insufficient data to report</i>		
1 day a week or less	<i>Insufficient data to report</i>		
I did not use e-cigarettes or other electronic nicotine products then	1,412	99.2	(98.4-100.0)

**Table 32: Prevalence of maternal alcohol use prior to, during and after pregnancy, survey questions 40-42**

Question	n	Weighted %	95% CI
Alcohol use in past 2 years			
No	609	31.4	(28.5-34.3)
Yes	800	68.6	(65.7-71.5)
Alcohol use 3 months prior to pregnancy			
No	757	41.5	(38.3-44.7)
Yes	647	58.5	(55.3-61.7)
Alcohol use during last 3 months of pregnancy			
No	1,323	92.5	(90.6-94.3)
Yes	87	7.5	(5.7-9.4)
Changes in alcohol during pregnancy			
Nondrinker	755	41.4	(38.3-44.6)
Drinker quit	561	51.0	(47.6-54.4)
Drinker reduced	39	4.4	(2.8-5.9)
Drinker same/more	46	3.1	(2.0-4.2)
Nondrinker resumed	<i>Insufficient data to report</i>		



**Table 33: Prevalence of stressful life events in the 12 months prior to baby was born, survey question 43**

Question	n	Weighted %	95% CI
Maternal stressors in 12 months before baby was born (Check, all that apply)			
Family member sick	270	24.5	(21.3-27.6)
Separation/divorce	86	5.6	(4.0-7.3)
Moved to new address	425	29.5	(26.3-32.8)
Homeless	38	2.0	(1.0-2.9)
Partner lost job	99	6.7	(4.9-8.4)
Mother lost job	173	9.8	(7.9-11.7)
Cut in work hours or pay	212	14.1	(11.8-16.5)
Apart from husband or partner	44	3.4	(2.2-4.7)
Argued with partner more	251	16.4	(13.9-19.0)
Partner said didn't want pregnancy	88	4.9	(3.5-6.4)
Had bills couldn't pay	222	13.2	(10.9-15.5)
Partner or I went to jail	43	2.7	(1.4-4.1)
Someone close had problem with drinking/drugs	111	9.9	(7.6-12.2)
Someone close died	228	16.3	(13.7-18.9)

*Physical Violence*

**Table 34: Prevalence of physical violence 12 months prior to and during pregnancy, survey questions 44-45**

Question	n	Weighted %	95% CI
Violence, before pregnancy			
My husband or partner	17	1.3	(0.4-2.1)
My ex-husband or ex-partner	17	0.8	(0.4-1.3)
Another family member	0	--	--
Someone else	11	1.0	(0.2-1.8)
Violence, during pregnancy			
My husband or partner	9	0.5	(0.1-0.8)
My ex-husband or ex-partner	11	0.5	(0.2-0.8)
Another family member	<i>Insufficient data to report</i>		
Someone else	10	0.7	(0.2-1.2)

**Table 35: Experiences of discrimination or harassment because of race, ethnicity or culture in the 12 months prior to pregnancy, survey question 70**

Question	n	Weighted %	95% CI
How often experienced discrimination or harassment			
Always	11	0.5	(0.1-0.8)
Often	20	1.1	(0.3-1.9)
Sometimes	94	4.6	(3.5-5.7)
Rarely	140	8.0	(6.3-9.8)
Never	1,130	85.8	(83.7-87.9)

**Table 36: Experiences of discrimination based on different maternal characteristics at health related services during pregnancy, survey question 71**

Question	n	Weighted %	95% CI
Maternal characteristic felt discriminated against (check all that apply)			
Race, ethnicity, or culture	57	3.2	(2.2-4.3)
Age	44	3.3	(1.8-4.8)
Language spoke	52	3.1	(2.1-4.1)
Citizenship	33	2.2	(1.3-3.2)
Insurance or Medicaid status	62	3.8	(2.5-5.2)
Other	34	2.4	(1.4-3.3)

**Table 37: Experiences of racial or ethnic discrimination during pregnancy, survey question 72**

Question	n	Weighted %	95% CI
Experiences of discrimination (check all that apply)			
Felt that race or ethnic background contributed to level of stress	59	2.9	(1.9-4.0)
Felt emotionally upset as a result of how treated based on race or ethnic background	62	3.4	(2.3-4.5)
Experienced physical symptoms that were related to treatment based on race or ethnic background	40	2.2	(1.4-2.9)

**Table 38: Prevalence of delivery methods, survey question 47**

Question	n	Weighted %	95% CI
Delivery method			
Vaginal	897	63.3	(60.0-66.7)
Cesarean section	507	36.7	(33.3-40.0)

**Table 39: Reasons baby born by C-Section, survey question 48**

Question	n	Weighted %	95% CI
Reasons baby born by C-section (check all that apply)			
Had a previous C-section	210	40.9	(35.4-46.3)
Baby was breech	105	21.7	(17.1-26.3)
Past due date	47	10.7	(7.0-14.4)
Baby too big	60	13.4	(9.4-17.4)
Medical condition that made labor dangerous	32	5.8	(3.3-8.2)
Pregnancy complication	79	14.0	(10.3-17.6)
Induction did not work	89	16.4	(12.3-20.6)
Labor taking too long	83	15.1	(11.2-19.0)
Fetal distress	89	14.7	(10.8-18.6)
Wanted to schedule delivery	39	6.8	(4.2-9.4)
Didn't want to have baby vaginally	26	4.8	(2.4-7.2)
Other	80	15.7	(11.6-19.9)

**Table 40: Infant length of hospital stay after birth, survey questions 49**

Question	n	Weighted %	95% CI
Baby length of stay after delivery			
Not born in hospital	5	0.7	(0.0-1.5)
< 1 day	26	1.8	(0.9-2.8)
1 to 2 days	649	45.5	(42.1-49.0)
3 to 5 days	624	45.4	(41.9-48.9)
6-14 days	59	4.0	(2.7-5.3)
14+ days	42	2.3	(1.5-3.1)
Baby still in hospital	<i>Insufficient data to report</i>		

**Table 41: Infant alive now and infant living with mother, survey questions 50-51**

Question	n	Weighted %	95% CI
Infant alive now?			
No	7	0.4	(0.1-0.7)
Yes	1,396	99.6	(99.3-99.9)
Infant living with mother			
No	6	0.2	(0.0-0.3)
Yes	1,386	99.8	(99.7-100.0)

**Table 42: Sources of information about breastfeeding, survey question 52**

Question	n	Weighted %	95% CI
Sources (% yes)			
Doctor	1,130	82.2	(79.5-84.9)
Nurse, midwife, or doula	1,042	77.2	(74.2-80.2)
Breastfeeding or lactation specialist	1,029	77.8	(74.9-80.7)
Baby's doctor or health care provider	994	71.6	(68.2-74.9)
Breastfeeding support group	360	25.6	(22.4-28.7)
Breastfeeding hotline or toll-free number	180	11.8	(9.5-14.1)
Family or friends	839	65.2	(61.9-68.6)
Other	168	13.6	(10.9-16.3)

**Table 43: Prevalence of ever breastfeeding and breastfeeding duration at 4 and 8 weeks, survey questions 53-55**

Question	n	Weighted %	95% CI
Breastfeeding (ever)			
No	119	7.0	(5.4-8.6)
Yes	1,269	93.0	(91.4-94.6)
Duration of breastfeeding (to at least 4 weeks)			
No	257	18.2	(15.5-21.0)
Yes	1,116	81.8	(79.0-84.5)
Duration of breastfeeding (to at least 8 weeks)			
No	401	28.9	(25.7-32.1)
Yes	972	71.1	(67.9-74.3)

**Table 44: Prevalence of baby friendly activities in the hospital, survey question 77**

Question	n	Weighted %	95% CI
For babies born at the hospital (check all that apply)			
Hospital staff gave me information about breastfeeding	1,313	96.0	(94.7-97.3)
My baby stayed in the same room with me	1,237	90.6	(88.6-92.5)
Breastfed my baby	1,196	89.8	(87.9-91.6)
Hospital staff helped me learn how to breastfeed	1,150	84.5	(82.0-87.0)
Breastfed in the first hour	988	75.7	(72.8-78.6)
Skin-to-skin	1,175	86.6	(84.2-88.9)
Fed only breast milk	678	54.6	(51.1-58.0)
Breastfed whenever my baby wanted	1,159	86.9	(84.6-89.1)
Used breast pump	723	49.3	(45.7-52.8)
Given gift pack with formula	646	43.4	(40.0-46.9)
Given telephone number for breastfeeding help	1,066	78.8	(75.9-81.7)
Baby given pacifier	727	54.5	(51.0-58.1)

## Infant Sleep Environment

**Table 45: Prevalence of infant sleep position, bed sharing and room sharing, survey questions 56-58**

Question	n	Weighted %	95% CI
Usual way of placing baby down to sleep*			
Side	182	9.6	(7.9-11.3)
Back	1,015	79.1	(76.6-81.6)
Stomach	108	6.6	(5.0-8.3)
Side/back	40	2.5	(1.5-3.5)
Side/stomach	5	0.2	(0.0-0.4)
Back/stomach	14	0.9	(0.3-1.5)
All three positions	21	1.1	(0.6-1.7)
Infant sleeping alone			
Always	807	62.0	(58.6-65.4)
Often	242	16.5	(13.9-19.1)
Sometimes	157	9.7	(7.7-11.7)
Rarely	58	3.2	(2.1-4.3)
Never	116	8.6	(6.6-10.6)
Sleeping alone in same room as parents			
No	161	18.2	(15.3-21.2)
Yes	1,104	81.8	(78.8-84.7)

\*Note: Women were asked to choose just one usual way of placing baby down to sleep, but a large number of women picked 2 or more.



**Table 46: Usual infant sleep environment in past 2 weeks, survey question 59**

Question	n	Weighted %	95% CI
Locations (all that apply)			
Crib, bassinet, or pack and play	1,237	92.4	(90.8-94.1)
Twin or larger mattress or bed	437	26.7	(23.8-29.7)
Couch, sofa, or armchair	103	7.2	(5.2-9.3)
Infant car seat or swing	617	48.1	(44.5-51.7)
Sleeping sack or wearable blanket	424	42.7	(39.2-46.2)
With a blanket	607	41.3	(37.9-44.8)
With toys, cushions, or pillows, including nursing pillows	130	8.7	(6.7-10.7)
Crib bumper pads (mesh or non-mesh)	231	17.3	(14.5-20.0)

**Table 47: Infant sleep recommendations from health care worker, survey question 60**

Question	n	Weighted %	95% CI
Did they tell you (all that apply):			
Place baby on their back to sleep	1,310	95.6	(94.4-96.8)
Place baby to sleep in a crib, bassinet, or pack and play	1,234	89.6	(87.5-91.7)
Place baby's crib or bed in my room	825	60.5	(57.1-63.9)
Things that should and should not go in bed with my baby	1,241	90.2	(88.1-92.3)

**Table 48: Prevalence of postpartum contraception use and reasons for not using a contraception method postpartum, survey questions 61-63**

Question	n	Weighted %	95% CI
Postpartum birth control use			
Not currently using	300	22.4	(19.4-25.3)
Currently using	1,092	77.6	(74.7-80.6)
If no current birth control, why not (Check all that apply)			
Want to get pregnant	33	12.4	(7.5-17.3)
Pregnant now	6	2.3	(0.1-4.5)
Tubes tied	13	3.1	(1.5-4.8)
Don't want to use	111	41.1	(33.5-48.7)
Side effects	96	29.4	(22.6-36.1)
Not having sex	99	28.7	(21.9-35.5)
Partner doesn't want to use	34	13.4	(7.6-19.3)
Problems paying for birth control	9	2.1	(0.3-3.9)
Other	48	17.9	(11.8-24.1)
If currently using birth control, what kind (Check all that apply)			
Tubes tied or blocked	106	8.3	(6.3-10.2)
Vasectomy	23	3.1	(1.6-4.5)
Birth control pills	229	23.0	(19.6-26.4)
Condoms	300	27.5	(24.0-31.0)
Injection	122	7.4	(5.6-9.2)
Contraceptive patch or ring	18	1.0	(0.4-1.7)
IUD	179	17.2	(14.2-20.2)
Contraceptive implant	77	5.2	(3.9-6.5)
Natural family planning	44	4.4	(2.8-6.0)
Withdrawal	142	15.5	(12.4-18.5)
Abstinence	135	13.4	(10.5-16.3)
Other	23	2.0	(1.0-3.0)

**Table 49: Prevalence of maternal postpartum check-up, survey question 64**

Question	n	Weighted %	95% CI
Received a postpartum check-up			
No	108	5.6	(4.2-7.0)
Yes	1,298	94.4	(93.0-95.8)

**Table 50: Topics discussed or services received during postpartum check-up, survey question 65**

Question	n	Weighted %	95% CI
Topics discussed or services provided:			
Taking a vitamin with folic acid	741	55.5	(51.9-59.2)
Eating healthy, exercise, and losing weight gained during pregnancy	829	60.9	(57.3-64.5)
How long to wait before getting pregnant again	698	52.5	(48.9-56.2)
Birth control methods	1,163	90.7	(88.5-92.8)
Prescribed a contraceptive method	605	42.8	(39.2-46.4)
Had an IUD or a contraceptive implant inserted	271	19.3	(16.5-22.1)
Smoking cigarettes	844	61.4	(57.8-64.9)
Emotional/physical abuse	879	61.4	(57.9-65.0)
Feeling down or depressed	1,162	89.8	(87.6-92.1)
Test for diabetes	435	25.8	(22.8-28.7)

**Table 51: Prevalence of maternal postpartum depressive symptoms, survey questions 66-67**

Question	n	Weighted %	95% CI
<b>Postpartum depressive symptoms</b>			
Down, depressed, hopeless			
Always	13	0.8	(0.2-1.3)
Often	59	4.7	(3.1-6.3)
Sometimes	255	18.9	(16.1-21.8)
Rarely	361	29.3	(26.1-32.6)
Never	705	46.3	(42.8-49.7)
<b>Little interest or pleasure in doing things</b>			
Always	87	3.3	(2.5-4.0)
Often	82	5.2	(3.7-6.6)
Sometimes	227	16.1	(13.5-18.7)
Rarely	291	23.7	(20.6-26.8)
Never	700	51.7	(48.2-55.2)
<b>Postpartum Depressive Symptoms *</b>			
No	1,176	88.3	(86.2-90.4)
Yes	204	11.7	(9.6-13.8)

\*Yes indicates mother answered often or always to one or both questions about depression

**Table 52: Prevalence of seeking help for depression postpartum, survey question 68**

Question		n	Weighted %	95% CI
Asked for help for depression	No	1,213	85.7	(83.1-88.4)
	Yes	189	14.3	(11.6-16.9)

**Table 53: Prevalence of depression during pregnancy, survey question 69**

Question		n	Weighted %	95% CI
Health care worker indicated depression	No	1,261	89.6	(87.2-92.0)
	Yes	136	10.4	(8.0-12.8)

**Table 54: Support available to mom postpartum, survey question 73**

Question	n	Weighted %	95% CI
Who would help you (all that apply)			
Husband or partner	1,244	92.4	(90.9-93.9)
Mother, father, or in-laws	1,051	82.3	(80.1-84.5)
Other family member or relative	822	64.7	(61.4-67.9)
A friend	717	55.9	(52.5-59.4)
Religious community	227	13.3	(11.1-15.5)
Someone else	70	4.7	(3.3-6.2)
No one would help	25	1.2	(0.7-1.7)

**Table 55: Frequency of emotional support from husband or partner, survey question 74**

Question	n	Weighted %	95% CI
Frequency of emotional support			
Always	859	61.7	(58.3-65.1)
Often	241	21.4	(18.4-24.4)
Sometimes	142	9.0	(7.1-11.0)
Rarely	57	3.2	(2.2-4.2)
Never	84	4.6	(3.2-6.1)

**Table 56: Frequency of paternal material support for infant postpartum (e.g., money, food, shelter, clothing, health care), survey question 75**

Question	n	Weighted %	95% CI
Frequency of material support			
Always	1,098	85.5	(83.3-87.7)
Often	104	5.9	(4.5-7.3)
Sometimes	61	3.1	(2.0-4.2)
Rarely	37	2.0	(1.0-2.9)
Never	72	3.5	(2.4-4.7)

**Table 57: Frequency of paternal emotional involvement when with infant (e.g., hug, kiss, hold, play with baby), survey question 76**

Question	n	Weighted %	95% CI
Frequency of emotional involvement when with baby			
Always	1,035	74.1	(70.9-77.2)
Often	202	19.1	(16.1-22.0)
Sometimes	48	3.0	(1.9-4.2)
Rarely	15	0.6	(0.2-1.0)
Never	17	0.6	(0.3-1.0)
Father doesn't spend time with baby	53	2.6	(1.6-3.6)

**Table 58: Total household income during the 12 months before baby was born, survey question 78**

Question	n	Weighted %	95% CI
Total household income in the 12 months before the baby was born			
\$10,000 or less	202	11.8	(9.5-14.0)
\$10,001 - \$16,000	106	6.8	(5.1-8.4)
\$16,001 - \$20,000	82	5.4	(4.0-6.9)
\$20,001 to \$24,000	79	4.0	(3.0-5.0)
\$24,001 to \$28,000	63	5.1	(3.2-7.0)
\$28,001 to \$32,000	57	2.7	(1.9-3.6)
\$32,001 to \$40,000	76	5.0	(3.4-6.5)
\$40,001 to \$48,000	44	3.7	(2.3-5.1)
\$48,001 to \$57,000	44	4.1	(2.5-5.7)
\$57,001 to \$60,000	25	2.0	(1.0-2.9)
\$60,001 to \$73,000	55	5.0	(3.3-6.6)
\$73,001 to \$85,000	47	4.1	(2.6-5.5)
\$85,001 to \$99,999	63	6.5	(4.6-8.4)
\$100,000 or more	302	33.8	(30.4-37.3)