

CONNECTICUT PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS)

2020 Data Report



NOVEMBER 2021

WORKING TO MAKE CONNECTICUT BABIES AND MOTHERS HEALTHIER

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Introduction

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

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.

Data in this Report

Data collected from sampled mothers are weighted to represent the cohort of Connecticut resident women who delivered a live born infant in 2020. 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 2020 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 2020 was 63%.

A lot of things changed when I was 6 months pregnant due to COVID-19. Appts were less or video chats instead for a first pregnancy with a lot of unknowns it was unsettling at points. My partner was unable to come to in person appts and no visitors were allowed at the hospital after delivery.

I had a great pregnancy because I had so much support from my family, friends, nurses, doctors, and CT public health. Everyone was so caring and helpful to me. Thank you everyone!

I feel like it would have been definitely a more positive experience without the pandemic, it was a huge factor of how my pregnancy went with a lot of anxiety. If I had known there was a pandemic coming we would have waited.

~ CT PRAMS Moms

Table of Contents

Maternal Characteristics of Connecticut PRAMS Respondents.....	5
Insurance Status.....	6
Preconception Health.....	8
Family Planning Prior to Pregnancy.....	12
Fertility and Reproductive Medicine	14
Prenatal Care.....	15
Flu Shot.....	17
Oral Health During Pregnancy.....	18
WIC Participation During Pregnancy.....	19
Prenatal Health Conditions and Treatment.....	20
Tobacco Use.....	21
E-cigarette and Other Tobacco Product Use.....	22
Alcohol Use.....	23
Maternal Stressors.....	24
Physical Violence.....	25
Experiences of Discrimination.....	26
Delivery.....	27
Infant Health and Care.....	28
Breastfeeding.....	29
Infant Sleep Environment.....	31
Family Planning Postpartum.....	33
Postpartum Health Visit.....	34
Postpartum Depression.....	35
Maternal Support Postpartum.....	37
Paternal Involvement and Support.....	38
Household Income.....	39

Maternal Characteristics of Connecticut PRAMS Respondents, 2020

Characteristic	n	Weighted n	Weighted %	95% CI	
Age					
<20 years	36	843	2.6	1.7	3.6
20-24	211	4,453	14.0	11.8	16.1
25-29	332	6,763	21.2	18.6	23.8
30-34	447	11,030	34.6	31.3	37.8
35+	339	8,815	27.6	24.5	30.7
Maternal Race					
White, non-Hispanic	283	16,521	52.0	51.4	52.5
Black, non-Hispanic	345	3,777	11.9	11.7	12.1
Hispanic	430	8,595	27.0	26.6	27.5
Other Races, non - Hispanic	305	2,905	9.1	8.9	9.4
Maternal Education					
<High School	145	2,717	8.5	7.2	9.9
High School	280	5,872	18.4	16.2	20.7
>High School	937	23,243	73.0	70.6	75.4
Marital Status					
Married	797	19,752	61.9	58.9	64.9
Not Married	568	12,152	38.1	35.1	41.1
Federal Poverty Level					
≤ 100%	328	6,449	22.9	20.3	25.4
101-200%	230	4,355	15.4	13.2	17.7
≥ 201%	593	17,395	61.7	58.7	64.7
Previous Live Births					
0	550	13,329	41.8	38.5	45.2
1	478	11,658	36.6	33.3	39.9
2	202	4,208	13.2	11.1	15.4
3	81	1,658	5.2	3.8	6.6
4+	50	998	3.1	2.1	4.2

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	640	53.9	(50.9-57.0)
Private health insurance from my parents	47	4.1	(2.6-5.5)
Private health insurance from the CT Health Insurance Marketplace (Access Health CT) or www.accesshealthct.com or HealthCare.gov	44	2.8	(1.8-3.9)
Medicaid (HUSKY Health)	470	28.6	(25.9-31.2)
Tricare or other military health care	26	1.8	(0.9-2.7)
Indian Health Service or tribal health service	0	--	--
Other	34	1.9	(1.1-2.6)
No health insurance	146	8.9	(7.4-10.5)

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	589	52.8	(49.7-55.9)
Private health insurance from my parents	40	3.2	(1.9-4.4)
Private health insurance from the CT Health Insurance Marketplace (Access Health CT) or www.accesshealthct.com or HealthCare.gov	39	2.6	(1.5-3.6)
Medicaid (HUSKY Health)	607	39.7	(36.6-42.7)
Tricare or other military health care	25	1.9	(1.0-2.9)
Indian Health Service or tribal health service	<i>Insufficient Data</i>		
Other	27	1.7	(1.0-2.4)
No health insurance	40	2.4	(1.7-3.1)

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	575	49.9	(46.8-52.9)
Private health insurance from my parents	27	2.1	(1.1-3.1)
Private health insurance from the CT Health Insurance Marketplace (Access Health CT) or www.accesshealthct.com or HealthCare.gov	35	2.1	(1.2-2.9)
Medicaid (HUSKY Health)	625	39.2	(36.2-42.2)
Tricare or other military health care	26	2.0	(1.0-2.9)
Indian Health Service or tribal health service		<i>Insufficient Data</i>	
Other	22	1.4	(0.7-2.2)
No health insurance	81	4.9	(3.8-6.0)

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)	34	2.6	(1.4-3.7)
Normal (18.5-24.9)	512	44.1	(40.7-47.6)
Overweight (25.0-29.9)	374	27.2	(24.2-30.3)
Obese (≥30)	387	26.1	(23.2-28.9)

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

Question	n	Weighted %	95% CI
Birth History			
Previous live births			
No	560	42.2	(38.8-45.5)
Yes	796	57.8	(54.5-61.2)
Age difference between new baby and the child delivered just before new one? (multiparous mothers)			
0 to 12 months	27	2.4	(1.4-3.3)
13 to 18 months	60	8.3	(5.8-10.8)
19 to 24 months	76	11.2	(8.2-14.3)
More than 2 years but less than 3 years	151	21.4	(17.6-25.2)
3 to 5 years	213	28.1	(24.0-32.1)
More than 5 years	276	28.6	(25.0-32.3)

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	407	31.7	(28.5-35.0)
Exercising 3+ days a week	531	43.7	(40.3-47.1)
Taking prescription medications other than birth control	277	24.6	(21.5-27.6)
Checked by a health care worker for diabetes	312	19.2	(16.8-21.7)
Spoke with health care provider about family medical history	589	45.2	(41.8-48.6)
Checked by a health care worker for depression or anxiety	299	23.6	(20.7-26.5)

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	45	3.1	(1.9-4.3)
Hypertension	85	5.4	(4.0-6.8)
Depression	147	12.4	(10.1-14.8)
Asthma	177	12.4	(10.2-14.6)
Thyroid problems	77	6.2	(4.5-7.9)
PCOS (polycystic ovarian syndrome)	73	4.9	(3.4-6.3)
Anxiety	265	23.3	(20.3-26.3)

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

Question	n	Weighted %	95% CI
Multivitamin use			
Never	680	45.6	(42.3-48.9)
1-3 Times per week	83	4.8	(3.5-6.2)
4-6 Times per week	67	5.6	(4.0-7.3)
Everyday	529	43.9	(40.6-47.3)

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	464	26.5	(24.0-29.1)
Yes	888	73.5	(70.9-76.0)

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	56.7	(52.5-60.8)
Regular checkup at my OB/GYN's office	639	72.6	(69.0-76.3)
Visit for an illness or chronic condition	121	16.0	(12.9-19.2)
Visit for an injury	32	4.2	(2.4-6.0)
Visit for family planning or birth control	153	18.7	(15.5-22.0)
Visit for depression or anxiety	101	13.6	(10.6-16.6)
Visit to have my teeth cleaned by a dentist or dental hygienist	579	68.9	(65.1-72.6)
Other	96	12.5	(9.6-15.3)

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	308	37.8	(33.7-41.9)
Maintaining a healthy weight	390	40.7	(36.7-44.8)
Controlling any medical conditions such as diabetes or high blood pressure	171	15.4	(12.6-18.2)
Desire to have or not have children	390	47.9	(43.7-52.1)
Using birth control to prevent pregnancy	396	40.0	(36.0-44.0)
How to improve health before a pregnancy	287	31.1	(27.2-34.9)
Sexually transmitted infections such as chlamydia, gonorrhea, or syphilis	282	25.8	(22.5-29.1)
Smoking cigarettes	637	70.9	(67.0-74.8)
Someone was hurting me emotionally or physically	512	55.2	(51.0-59.4)
If I was feeling down or depressed	520	57.2	(53.0-61.4)
What kind of work I do	625	70.6	(66.8-74.5)
Test me for HIV	321	29.5	(26.0-32.9)

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

Question	n	Weighted %	95% CI
Pregnancy feelings			
Wanted later	231	15.2	(12.9-17.5)
Wanted sooner	184	14.6	(12.1-17.0)
Wanted right then	627	50.5	(47.2-53.9)
Wanted never	79	5.2	(3.8-6.6)
Unsure	227	14.5	(12.3-16.7)

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	612	40.3	(37.2-43.5)
Yes	740	59.7	(56.5-62.8)

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

Question	n	Weighted %	95% CI
Used birth control			
No	359	60.9	(56.1-65.7)
Yes	249	39.1	(34.3-43.9)

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	185	55.7	(49.5-61.9)
Didn't think could become pregnant at that time	94	23.2	(18.2-28.2)
Side effects from birth control	53	12.2	(8.3-16.0)
Problems acquiring birth control	9	2.2	(0.5-3.9)
Thought partner or I was sterile	27	6.3	(3.9-8.8)
Partner didn't want to use	37	8.6	(5.3-11.9)
Forgot to use a birth control method	27	6.7	(3.6-9.8)
Other	39	9.3	(5.6-12.9)

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	638	87.4	(84.1-90.6)
Yes	82	12.6	(9.4-15.9)

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)	39	39.2	(26.4-52.1)
Artificial insemination or intrauterine insemination (treatments in which sperm, but NOT eggs, were collected and medically placed into a woman’s body)	16	16.4	(6.6-26.1)
Assisted reproductive technology (treatments in which BOTH a woman’s eggs and a man’s sperm were handled in the laboratory)	36	37.5	(24.7-50.3)
Other medical treatment	12	15.4	(5.1-25.7)
I wasn’t using fertility treatments during the month that I got pregnant with my new baby	11	11.3	(3.2-19.4)

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	99	5.9	(4.7-7.2)
Yes	1214	93.5	(92.2-94.8)
No PNC	13	0.6	(0.3-0.9)

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	123	9.1	(7.1-11.0)
Yes	1,212	90.9	(89.0-92.9)

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	60	52.6	(41.7-63.5)
Didn't have enough money or insurance	11	6.8	(2.9-10.6)
No transportation	9	7.3	(2.1-12.6)
Doctor/health plan wouldn't start earlier	28	31.9	(20.8-43.0)
Had too many other things going on	16	11.0	(4.7-17.4)
Couldn't take time off work or school	11	8.6	(3.2-14.0)
I didn't have Medicaid card	10	7.9	(1.7-14.1)
No childcare	7	3.6	(0.9-6.3)
Didn't know I was pregnant	47	31.6	(22.2-41.0)
Didn't want anyone else to know I was pregnant	8	8.3	(1.4-15.2)
Didn't want prenatal care	8	3.9	(1.2-6.6)

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	779	57.8	(54.3-61.2)
Taking prescription medication	1,266	95.7	(94.4-97.0)
Smoking	1,260	94.5	(93.0-96.1)
Alcohol	1,254	94.2	(92.6-95.8)
Physical or emotional abuse by partners (IPV)	1,085	79.5	(76.6-82.5)
If I was feeling down or depressed	1,110	81.9	(79.1-84.7)
Illegal drugs	1,118	83.0	(80.2-85.7)
HIV testing	825	57.4	(54.0-60.9)
Breastfeeding	1,194	88.1	(85.7-90.5)
Postpartum birth control	1,072	77.2	(74.2-80.3)

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	116	7.6	(6.0-9.2)
Yes	1,235	92.4	(90.8-94.0)

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

Question	n	Weighted %	95% CI
Received flu shot			
No	382	26.5	(23.6-29.4)
Yes, before pregnancy	156	9.8	(8.0-11.7)
Yes, during pregnancy	807	63.7	(60.5-66.8)

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	759	52.5	(49.1-55.8)
Yes	595	47.5	(44.2-50.9)

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	1,170	89.2	(87.4-91.0)
Talked with dental or health care worker about oral care	702	55.3	(51.9-58.7)
Insurance covered dental care	1,120	85.8	(83.6-88.0)
Needed to see a dentist for a problem	210	14.3	(12.0-16.6)
Went to a dentist about a problem	155	11.0	(8.9-13.1)

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	74	4.1	(3.1-5.1)
Couldn't find provider that took Medicaid	65	5.0	(3.6-6.4)
Didn't think it was safe to go during pregnancy	271	16.3	(14.0-18.5)
Couldn't afford to go	112	8.1	(6.4-9.8)

WIC Participation During Pregnancy

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

Question	n	Weighted %	95% CI
WIC during pregnancy			
No	825	70.6	(68.2-73.0)
Yes	523	29.4	(27.0-31.8)

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

Question	n	Weighted %	95% CI
Health problems during pregnancy (all that apply)			
Gestational diabetes	177	10.0	(8.2-11.7)
High blood pressure that started during this pregnancy, preeclampsia, or eclampsia	200	14.1	(11.8-16.5)
Depression	153	11.7	(9.5-13.9)
Thyroid problems	77	6.0	(4.3-7.7)
PCOS (polycystic ovarian syndrome)	58	3.8	(2.5-5.0)
Anxiety	252	21.6	(18.7-24.5)

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

Question	n	Weighted %	95% CI
Weekly 17P shots			
No	1,178	90.9	(89.4-92.5)
Yes	103	5.7	(4.4-7.1)
I don't know	64	3.3	(2.4-4.2)

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	1,228	87.6	(85.2-90.1)
Yes	126	12.4	(9.9-14.8)
Tobacco use 3 months prior to pregnancy			
No	1,253	90.0	(87.8-92.2)
Yes	101	10.0	(7.8-12.2)
Tobacco use during last 3 months of pregnancy			
No	1,323	96.9	(95.7-98.2)
Yes	31	3.1	(1.8-4.3)
Tobacco use now			
No	1,298	94.9	(93.3-96.4)
Yes	56	5.1	(3.6-6.7)
Changes in tobacco use during pregnancy			
Nonsmoker	1,253	90.0	(87.8-92.2)
Smoker quit	70	6.9	(5.0-8.8)
Smoker reduced	19	2.1	(1.0-3.1)
Smoker same/more	12	1.0	(0.3-1.7)
Nonsmoker resumed	0	--	--

E - cigarette and Other Tobacco Product Use

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	44	4.6	(3.0-6.1)
Hookah	63	4.1	(2.8-5.3)
Chewing tobacco, snuff, or snus	<i>Insufficient data to report</i>		
Cigars, cigarillos, clove cigars, or little cigars	20	1.7	(0.8-2.7)
E-cigarette use 3 months prior to pregnancy			
More than once a day	14	1.5	(0.6-2.5)
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	7	0.8	(0.1-1.5)
I did not use e-cigarettes or other electronic nicotine products then	1,326	97.0	(95.7-98.3)
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	1,350	99.7	(99.3-100.0)

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	572	32.3	(29.6-35.0)
Yes	780	67.7	(65.0-70.4)
Alcohol use 3 months prior to pregnancy			
No	692	40.6	(37.5-43.6)
Yes	657	59.4	(56.4-62.5)
Alcohol use during last 3 months of pregnancy			
No	1,275	92.9	(91.0-94.9)
Yes	77	7.1	(5.1-9.0)
Changes in alcohol during pregnancy			
Nondrinker	690	40.5	(37.5-43.5)
Drinker quit	582	52.6	(49.4-55.8)
Drinker reduced	27	3.4	(1.9-4.9)
Drinker same/more	47	3.3	(2.1-4.5)
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	221	17.6	(15.0-20.3)
Separation/divorce	63	3.7	(2.6-4.8)
Moved to new address	357	24.4	(21.6-27.3)
Homeless	27	1.6	(0.9-2.3)
Partner lost job	117	7.8	(6.1-9.6)
Mother lost job	177	11.4	(9.4-13.4)
Cut in work hours or pay	273	19.4	(16.8-22.1)
Apart from husband or partner	48	3.8	(2.5-5.2)
Argued with partner more	241	16.3	(13.8-18.7)
Partner said didn't want pregnancy	64	4.5	(3.1-5.9)
Had bills couldn't pay	167	10.4	(8.5-12.3)
Partner or I went to jail	25	1.0	(0.6-1.4)
Someone close had problem with drinking/drugs	94	8.2	(6.3-10.2)
Someone close died	255	18.0	(15.4-20.5)

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	13	0.6	(0.2-0.9)
My ex-husband or ex-partner	19	1.1	(0.5-1.7)
Another family member	<i>Insufficient data to report</i>		
Someone else	11	1.1	(0.3-1.8)
Violence, during pregnancy			
My husband or partner	13	0.5	(0.2-0.8)
My ex-husband or ex-partner	10	0.4	(0.2-0.7)
Another family member	<i>Insufficient data to report</i>		
Someone else	12	0.9	(0.3-1.4)

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	12	0.6	(0.3-0.9)
Often	24	1.0	(0.6-1.5)
Sometimes	88	4.8	(3.5-6.0)
Rarely	183	9.8	(8.1-11.4)
Never	1,030	83.9	(81.8-85.9)

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	62	2.9	(2.1-3.8)
Age	62	4.2	(3.0-5.5)
Language spoke	40	2.4	(1.6-3.3)
Citizenship	26	1.5	(0.8-2.1)
Insurance or Medicaid status	59	3.4	(2.3-4.4)
Other	33	2.2	(1.3-3.1)

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	82	3.7	(2.8-4.7)
Felt emotionally upset as a result of how treated based on race or ethnic background	80	3.8	(2.9-4.8)
Experienced physical symptoms that were related to treatment based on race or ethnic background	44	1.9	(1.4-2.5)

Table 38: Prevalence of delivery methods, survey question 47

Question	n	Weighted %	95% CI
Delivery method			
Vaginal	888	68.0	(64.8-71.1)
Cesarean section	454	32.0	(28.9-35.2)

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	201	43.1	(37.2-48.9)
Baby was breech	82	17.7	(13.2-22.2)
Past due date	36	7.5	(4.4-10.6)
Baby too big	50	10.4	(6.8-13.9)
Medical condition that made labor dangerous	36	6.7	(3.8-9.6)
Pregnancy complication	92	21.0	(16.1-25.9)
Induction did not work	61	13.0	(9.0-17.0)
Labor taking too long	64	13.7	(9.6-17.8)
Fetal distress	71	15.1	(10.9-19.4)
Wanted to schedule delivery	36	8.8	(5.2-12.4)
Didn't want to have baby vaginally	27	6.0	(3.2-8.9)
Other	83	19.2	(14.4-24.0)

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	7	0.7	(0.1-1.3)
< 1 day	20	1.8	(0.9-2.8)
1 to 2 days	741	56.8	(53.4-60.1)
3 to 5 days	477	33.0	(29.9-36.2)
6 to 14 days	54	4.0	(2.6-5.3)
14+ days	46	3.2	(2.1-4.3)
Baby still in hospital	5	0.5	(0.0-0.9)

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

Question	n	Weighted	
		%	95% CI
Infant alive now?			
No		<i>Insufficient data to report</i>	
Yes	1,338	99.8	(99.6-100.0)
Infant living with mother			
No		<i>Insufficient data to report</i>	
Yes	1,326	99.4	(98.7-100.0)

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

Question	n	Weighted %	95% CI
Sources (% yes)			
Doctor	1,034	77.3	(74.3-80.3)
Nurse, midwife, or doula	962	74.6	(71.5-77.6)
Breastfeeding or lactation specialist	961	74.7	(71.8-77.7)
Baby's doctor or health care provider	899	68.2	(64.9-71.5)
Breastfeeding support group	289	20.7	(18.0-23.4)
Breastfeeding hotline or toll-free number	157	10.0	(8.2-11.8)
Family or friends	754	60.0	(56.6-63.4)
Other	103	9.4	(7.2-11.6)

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	103	7.8	(5.9-9.6)
Yes	1,227	92.2	(90.4-94.1)
Duration of breastfeeding (to at least 4 weeks)			
No	248	18.9	(16.3-21.5)
Yes	1,072	81.1	(78.5-83.7)
Duration of breastfeeding (to at least 8 weeks)			
No	364	28.0	(24.9-31.0)
Yes	956	72.0	(69.0-75.1)

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	1,245	95.2	(93.7-96.8)
My baby stayed in the same room with me	1,161	88.4	(86.1-90.7)
Breastfed my baby	1,132	86.8	(84.5-89.2)
Hospital staff helped me learn how to breastfeed	1,058	79.4	(76.5-82.3)
Breastfed in the first hour	914	70.4	(67.2-73.6)
Skin-to-skin	1,105	85.2	(82.8-87.6)
Fed only breast milk	624	50.4	(46.9-53.9)
Breastfed whenever my baby wanted	1,052	79.1	(76.3-82.0)
Used breast pump	706	50.4	(46.9-53.8)
Given gift pack with formula	665	47.2	(43.8-50.6)
Given telephone number for breastfeeding help	984	76.5	(73.6-79.5)
Baby given pacifier	754	55.6	(52.2-59.0)

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	154	8.4	(6.9-10.0)
Back	958	80.5	(78.4-82.7)
Stomach	105	5.9	(4.5-7.3)
Side/back	52	2.8	(2.0-3.6)
Side/stomach	9	0.3	(0.1-0.6)
Back/stomach	15	0.7	(0.3-1.0)
All three positions	26	1.3	(0.8-1.8)
Infant sleeping alone			
Always	775	65.8	(62.7-68.9)
Often	229	15.6	(13.2-18.1)
Sometimes	149	8.8	(7.0-10.5)
Rarely	65	3.6	(2.5-4.7)
Never	99	6.2	(4.7-7.7)
Sleeping alone in same room as parents			
No	177	20.7	(17.6-23.8)
Yes	1,041	79.3	(76.2-82.4)

*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	1,203	93.2	(91.6-94.8)
Twin or larger mattress or bed	436	25.9	(23.2-28.6)
Couch, sofa, or armchair	113	7.8	(6.1-9.5)
Infant car seat or swing	574	43.3	(39.9-46.8)
Sleeping sack or wearable blanket	428	43.5	(40.1-46.9)
With a blanket	524	35.2	(32.0-38.3)
With toys, cushions, or pillows, including nursing pillows	104	6.8	(5.2-8.4)
Crib bumper pads (mesh or non-mesh)	159	12.1	(9.8-14.3)

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	1,224	94.2	(92.9-95.6)
Place baby to sleep in a crib, bassinet, or pack and play	1,177	90.1	(88.0-92.1)
Place baby's crib or bed in my room	756	60.7	(57.3-64.0)
Things that should and should not go in bed with my baby	1,185	90.3	(88.2-92.4)

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	346	24.8	(21.8-27.7)
Currently using	990	75.2	(72.3-78.2)
If no current birth control, why not (Check all that apply)			
Want to get pregnant	56	16.8	(11.7-21.9)
Pregnant now	6	1.4	(0.3-2.5)
Tubes tied	19	5.7	(2.5-8.9)
Don't want to use	129	38.0	(31.3-44.7)
Side effects	118	29.6	(23.6-35.6)
Not having sex	97	27.8	(21.6-34.0)
Partner doesn't want to use	31	8.9	(5.2-12.5)
Problems paying for birth control	5	1.6	(0.0-3.3)
Other	52	17.1	(11.8-22.5)
If currently using birth control, what kind (Check all that apply)			
Tubes tied or blocked	72	6.2	(4.4-7.9)
Vasectomy	31	4.4	(2.6-6.2)
Birth control pills	226	25.0	(21.5-28.5)
Condoms	253	24.3	(20.9-27.7)
Injection	68	5.5	(4.0-6.9)
Contraceptive patch or ring	27	2.4	(1.2-3.6)
IUD	181	19.1	(16.0-22.3)
Contraceptive implant	66	5.0	(3.7-6.4)
Natural family planning	33	3.4	(2.0-4.8)
Withdrawal	131	17.6	(14.4-20.9)
Abstinence	98	8.5	(6.4-10.7)
Other	18	1.7	(0.7-2.7)

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

Question	n	Weighted %	95% CI
Received a postpartum check-up			
No	124	7.8	(6.1-9.4)
Yes	1,221	92.2	(90.6-93.9)

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	677	53.9	(50.3-57.5)
Eating healthy, exercise, and losing weight gained during pregnancy	700	52.7	(49.1-56.3)
How long to wait before getting pregnant again	631	49.3	(45.7-52.9)
Birth control methods	1,067	88.8	(86.7-91.0)
Prescribed a contraceptive method	475	36.9	(33.5-40.2)
Had an IUD or a contraceptive implant inserted	242	18.2	(15.5-20.8)
Smoking cigarettes	756	55.8	(52.3-59.4)
Emotional/physical abuse	860	65.1	(61.6-68.7)
Feeling down or depressed	1,081	90.5	(88.4-92.6)
Test for diabetes	363	23.0	(20.6-25.5)

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

Question	n	Weighted %	95% CI
Postpartum depressive symptoms			
Down, depressed, hopeless			
Always	11	0.7	(0.2-1.2)
Often	67	5.3	(3.8-6.9)
Sometimes	252	18.1	(15.5-20.7)
Rarely	360	31.1	(27.8-34.3)
Never	652	44.8	(41.5-48.1)
Little interest or pleasure in doing things			
Always	50	2.4	(1.6-3.2)
Often	73	4.5	(3.2-5.8)
Sometimes	257	18.1	(15.5-20.7)
Rarely	311	25.7	(22.6-28.7)
Never	650	49.4	(45.9-52.8)
Postpartum Depressive Symptoms*			
No	1,167	89.6	(87.6-91.5)
Yes	171	10.4	(8.5-12.4)

*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	1,183	87.0	(84.7-89.4)
	Yes	161	13.0	(10.6-15.3)

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

Question		n	Weighted %	95% CI
Health care worker indicated depression	No	1,218	90.4	(88.4-92.4)
	Yes	127	9.6	(7.6-11.6)

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	1,215	91.9	(90.3-93.6)
Mother, father, or in-laws	968	77.9	(75.4-80.4)
Other family member or relative	794	62.8	(59.6-66.0)
A friend	717	56.8	(53.5-60.1)
Religious community	249	14.9	(12.6-17.1)
Someone else	63	4.8	(3.3-6.2)
No one would help	17	1.0	(0.5-1.5)

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

Question	n	Weighted %	95% CI
Frequency of emotional support			
Always	830	59.9	(56.5-63.3)
Often	253	23.6	(20.6-26.7)
Sometimes	134	9.7	(7.6-11.7)
Rarely	44	2.8	(1.8-3.9)
Never	67	4.0	(2.9-5.1)

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	1,076	85.4	(83.2-87.6)
Often	88	6.0	(4.5-7.6)
Sometimes	69	4.0	(2.9-5.1)
Rarely	23	1.1	(0.6-1.7)
Never	51	3.4	(2.2-4.6)

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	967	70.2	(67.0-73.4)
Often	235	22.4	(19.4-25.4)
Sometimes	46	3.0	(1.9-4.1)
Rarely	21	1.4	(0.7-2.1)
Never	8	0.5	(0.1-0.8)
Father doesn't spend time with baby	34	2.5	(1.4-3.6)

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	117	8.5	(6.8-10.1)
\$10,001 to \$16,000	82	5.6	(4.2-7.0)
\$16,001 to \$20,000	74	4.5	(3.3-5.7)
\$20,001 to \$24,000	42	2.6	(1.7-3.5)
\$24,001 to \$28,000	58	3.9	(2.7-5.0)
\$28,001 to \$32,000	78	5.7	(4.1-7.2)
\$32,001 to \$40,000	68	4.7	(3.3-6.1)
\$40,001 to \$48,000	59	4.1	(2.8-5.4)
\$48,001 to \$57,000	49	4.6	(3.0-6.1)
\$57,001 to \$60,000	37	3.3	(2.0-4.7)
\$60,001 to \$73,000	63	5.3	(3.7-6.9)
\$73,001 to \$85,000	61	5.2	(3.5-6.8)
\$85,001 to \$99,999	65	6.1	(4.2-7.9)
\$100,000 or more	306	36.1	(32.6-39.6)