

CONNECTICUT PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS)

2021 Data Report



SEPTEMBER 2023

WORKING TO MAKE CONNECTICUT BABIES AND MOTHERS HEALTHIER

Acknowledgements

We would like to thank all the women who participated in the Connecticut PRAMS survey, without whom this report would not have been possible.

Thanks also to the following for their continued contributions to the project:

∞ Connecticut PRAMS Project Staff:

Jennifer Morin, MPH, Epidemiologist: Principal Investigator, Project Director/Coordinator, and Analyst

Lisa Budris, MS, MPH, Epidemiologist: Data Manager and Analyst

Tabitha Fox, Epidemiologist: Data Manager

Laura Hayes, PhD, Epidemiologist: Monthly birth record sampling

Karyn Backus, MPH, Epidemiologist

∞ Connecticut DPH Office of Vital Records

∞ CDC PRAMS Team, especially Tanya Williams, Connecticut PRAMS Project Manager

∞ Connecticut PRAMS Steering Committee

Additional thanks to Wyoming PRAMS for the use of their annual data report template.

Funding for Connecticut PRAMS: Connecticut PRAMS is supported by funding from the Centers for Disease Control and Prevention (CDC) (Grant # 5U01DP006616) and the Health Resources and Services Administration (HRSA) (Grant # H18MC00007). The contents of this publication are solely the responsibility of the authors and do not necessarily represent the views of the CDC or HRSA.

Suggested Citation: Connecticut Department of Public Health. *Connecticut Pregnancy Risk Assessment Monitoring System (PRAMS) 2021 Data Report*. Hartford, CT; September 2023.

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 2021. 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 2021 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 2021 was 59%.

With both of my children I had an amazing experience w/my care. This includes my OB experience and my time at the hospital. I think its very important for mothers to have support and to be listened to. I'm so thankful to have had a doula, my husband and the support of my friends, family, and church family. The village helps.

There should be more postpartum support groups and postpartum education regarding baby development or how to reach birth to three.

I didn't receive a postpartum depression evaluation until my 6 week follow up. I was struggling with PPA before that and could have benefitted from an earlier check.

More information for more access to doulas I would have loved to have that or been exposed to that while I was pregnant or even prior to pregnancy.

COVID is serious but I really wanted my partner with me @ every appointment because we're together all the time already and this is his child too but Drs office didn't allow a plus one until my last couple appts. A kit would've been nice to leave the hospital with to know exactly what formula the baby was drinking etc.

~ 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, 2021

Characteristic	n	Weighted n	Weighted %	95% CI
Age				
<20 years	41	909	2.7	(1.7-3.7)
20-24	146	3,193	9.5	(7.8-11.2)
25-29	325	8,258	24.5	(21.5-27.5)
30-34	474	12,725	37.8	(34.5-41.0)
35+	342	8,616	25.6	(22.6-28.5)
Maternal Race				
White, non-Hispanic	278	17,696	52.5	(52.1-52.9)
Black, non-Hispanic	320	4,026	11.9	(11.7-12.2)
Hispanic	462	9,136	27.1	(26.8-27.4)
Other Races, non - Hispanic	268	2,843	8.4	(8.3-8.6)
Maternal Education				
<High School	158	2,965	8.8	(7.5-10.1)
High School	267	6,059	18.0	(15.6-20.3)
>High School	903	24,677	73.2	(70.7-75.7)
Marital Status				
Married	755	21,657	64.3	(61.5-67.0)
Not Married	573	12,044	35.7	(33.0-38.5)
Federal Poverty Level				
≤ 100%	303	6,193	21.1	(18.7-23.6)
101-200%	200	4,083	13.9	(11.7-16.2)
≥ 201%	609	19,046	65.0	(62.0-67.9)
Previous Live Births				
0	510	13,648	40.5	(37.1-43.9)
1	464	12,238	36.3	(33.0-39.6)
2	225	5,198	15.4	(13.1-17.8)
3	82	1,747	5.2	(3.8-6.5)
4+	46	860	2.6	(1.7-3.4)

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	631	56.3	(53.3-59.2)
Private health insurance from my parents	41	3.3	(2.0-4.5)
Private health insurance from the CT Health Insurance Marketplace (Access Health CT) or www.accesshealthct.com or HealthCare.gov	50	3.3	(2.1-4.4)
Medicaid (HUSKY Health)	454	27.8	(25.2-30.5)
Tricare or other military health care	15	2.0	(0.9-3.1)
Indian Health Service or tribal health service	<i>Insufficient data to report</i>		
Other	31	2.0	(1.1-2.8)
No health insurance	147	8.3	(6.9-9.6)

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	595	56.5	(53.4-59.5)
Private health insurance from my parents	27	2.0	(1.0-3.0)
Private health insurance from the CT Health Insurance Marketplace (Access Health CT) or www.accesshealthct.com or HealthCare.gov	50	3.7	(2.4-5.0)
Medicaid (HUSKY Health)	566	36.4	(33.5-39.4)
Tricare or other military health care	20	2.5	(1.2-3.7)
Indian Health Service or tribal health service	<i>Insufficient data to report</i>		
Other	30	2.0	(1.1-2.8)
No health insurance	38	2.3	(1.6-3.1)

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	586	53.4	(50.4-56.4)
Private health insurance from my parents	22	2.0	(0.9-3.0)
Private health insurance from the CT Health Insurance Marketplace (Access Health CT) or www.accesshealthct.com or HealthCare.gov	40	2.5	(1.5-3.5)
Medicaid (HUSKY Health)	575	35.9	(33.0-38.9)
Tricare or other military health care	19	2.2	(1.1-3.3)
Indian Health Service or tribal health service	<i>Insufficient data to report</i>		
Other	27	1.7	(0.9-2.5)
No health insurance	107	5.9	(4.8-6.9)

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)	33	2.6	(1.5-3.8)
Normal (18.5-24.9)	527	44.1	(40.6-47.6)
Overweight (25.0-29.9)	347	27.2	(24.1-30.3)
Obese (≥30)	362	26.0	(23.1-29.0)

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

Question	n	Weighted %	95% CI
Birth History			
Previous live births			
No	522	42.2	(38.8-45.6)
Yes	793	57.8	(54.4-61.2)
Age difference between new baby and the child delivered just before new one? (multiparous mothers)			
0 to 12 months	22	2.3	(1.1-3.5)
13 to 18 months	43	6.6	(4.3-9.0)
19 to 24 months	83	11.8	(8.8-14.7)
More than 2 years but less than 3 years	138	23.5	(19.6-27.4)
3 to 5 years	236	28.5	(24.6-32.4)
More than 5 years	275	27.4	(23.9-30.9)

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	399	31.9	(28.7-35.2)
Exercising 3+ days a week	557	45.6	(42.1-49.0)
Taking prescription medications other than birth control	288	25.6	(22.5-28.8)
Checked by a health care worker for diabetes	315	20.9	(18.3-23.5)
Spoke with health care provider about family medical history	550	42.8	(39.4-46.2)
Checked by a health care worker for depression or anxiety	283	22.2	(19.3-25.0)

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	34	2.1	(1.2-3.1)
Hypertension	67	4.4	(3.1-5.8)
Depression	153	12.5	(10.2-14.8)
Asthma	145	10.6	(8.5-12.6)
Thyroid problems	96	8.3	(6.3-10.3)
PCOS (polycystic ovarian syndrome)	78	6.3	(4.6-8.0)
Anxiety	250	22.2	(19.3-25.2)

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

Question	n	Weighted %	95% CI
Multivitamin use			
Never	613	41.2	(38.0-44.4)
1 - 3 Times per week	88	5.4	(4.0-6.8)
4 - 6 Times per week	87	6.7	(5.0-8.5)
Everyday	534	46.7	(43.4-50.1)

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	460	28.5	(25.8-31.3)
Yes	854	71.5	(68.7-74.2)

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	496	57.6	(53.4-61.8)
Regular checkup at my OB/GYN's office	612	73.7	(70.1-77.3)
Visit for an illness or chronic condition	100	13.9	(10.8-16.9)
Visit for an injury	34	3.4	(2.0-4.9)
Visit for family planning or birth control	141	18.5	(15.1-21.9)
Visit for depression or anxiety	104	13.9	(10.9-16.9)
Visit to have my teeth cleaned by a dentist or dental hygienist	585	73.9	(70.5-77.4)
Other	109	13.8	(10.8-16.8)

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	314	42.6	(38.4-46.8)
Maintaining a healthy weight	369	42.0	(37.8-46.2)
Controlling any medical conditions such as diabetes or high blood pressure	154	16.7	(13.6-19.7)
Desire to have or not have children	394	50.9	(46.7-55.2)
Using birth control to prevent pregnancy	356	41.1	(37.0-45.3)
How to improve health before a pregnancy	282	33.2	(29.1-37.2)
Sexually transmitted infections such as chlamydia, gonorrhea, or syphilis	254	25.6	(22.1-29.0)
Smoking cigarettes	632	76.6	(73.0-80.1)
Someone was hurting me emotionally or physically	513	62.0	(57.8-66.1)
If I was feeling down or depressed	492	58.0	(53.7-62.2)
What kind of work I do	577	70.8	(67.0-74.6)
Test me for HIV	326	32.8	(29.0-36.6)

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

Question	n	Weighted %	95% CI
Pregnancy feelings			
Wanted later	188	11.8	(9.8-13.7)
Wanted sooner	215	18.5	(15.7-21.3)
Wanted right then	596	51.2	(47.8-54.6)
Wanted never	86	4.5	(3.4-5.6)
Unsure	225	14.0	(11.9-16.2)

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	536	32.3	(29.5-35.1)
Yes	779	67.7	(64.9-70.5)

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	331	62.0	(56.9-67.0)
Yes	199	38.0	(33.0-43.1)

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	167	51.5	(45.1-58.0)
Didn't think could become pregnant at that time	94	26.2	(20.7-31.7)
Side effects from birth control	46	13.4	(8.9-17.9)
Problems acquiring birth control	11	2.6	(1.1-4.2)
Thought partner or I was sterile	22	5.5	(3.3-7.6)
Partner didn't want to use	38	9.6	(6.4-12.8)
Forgot to use a birth control method	21	5.4	(2.6-8.2)
Other	32	9.5	(5.7-13.3)

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	666	87.4	(84.4-90.4)
Yes	96	12.6	(9.6-15.6)

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)	52	43.7	(31.8-55.6)
Artificial insemination or intrauterine insemination (treatments in which sperm, but NOT eggs, were collected and medically placed into a woman’s body)	16	10.2	(4.0-16.4)
Assisted reproductive technology (treatments in which BOTH a woman’s eggs and a man’s sperm were handled in the laboratory)	44	40.8	(28.9-52.7)
Other medical treatment	14	15.8	(6.5-25.1)
I wasn’t using fertility treatments during the month that I got pregnant with my new baby	9	8.4	(1.7-15.2)

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	130	7.8	(6.3-9.3)
Yes	1154	91.9	(90.4-93.4)
No PNC	8	0.3	(0.1-0.5)

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	158	11.4	(9.3-13.5)
Yes	1,145	88.6	(86.5-90.7)

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	67	43.7	(33.6-53.7)
Didn't have enough money or insurance	23	11.3	(6.3-16.3)
No transportation	12	7.9	(2.6-13.2)
Doctor/health plan wouldn't start earlier	51	38.0	(28.1-48.0)
Had too many other things going on	16	9.3	(4.3-14.3)
Couldn't take time off work or school	11	5.6	(2.4-8.8)
I didn't have Medicaid card	15	9.0	(4.1-13.9)
No childcare	6	3.1	(0.6-5.5)
Didn't know I was pregnant	45	31.8	(22.3-41.3)
Didn't want anyone else to know I was pregnant	18	11.7	(5.0-18.4)
Didn't want prenatal care	10	4.6	(1.8-7.5)

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	723	53.9	(50.5-57.4)
Taking prescription medication	1,218	94.9	(93.6-96.1)
Smoking	1,217	94.2	(92.7-95.6)
Alcohol	1,212	93.7	(92.1-95.2)
Physical or emotional abuse by partners (IPV)	1,045	79.2	(76.3-82.0)
If I was feeling down or depressed	1,070	80.2	(77.3-83.0)
Illegal drugs	1,074	81.1	(78.3-83.9)
HIV testing	784	56.9	(53.4-60.3)
Breastfeeding	1,159	87.1	(84.7-89.5)
Postpartum birth control	1,009	73.1	(70.0-76.3)

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	163	11.2	(9.2-13.3)
Yes	1,154	88.8	(86.7-90.8)

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

Question	n	Weighted %	95% CI
Received flu shot			
No	439	30.0	(27.0-33.0)
Yes, before pregnancy	179	13.7	(11.3-16.1)
Yes, during pregnancy	675	56.3	(52.9-59.6)

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	640	42.5	(39.2-45.7)
Yes	682	57.5	(54.3-60.8)

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	1,118	88.1	(86.2-90.0)
Talked with dental or health care worker about oral care	744	61.0	(57.7-64.3)
Insurance covered dental care	1,115	87.7	(85.6-89.7)
Needed to see a dentist for a problem	213	14.7	(12.4-17.1)
Went to a dentist about a problem	182	12.1	(10.0-14.2)

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	55	2.8	(2.0-3.6)
Couldn't find provider that took Medicaid	56	3.6	(2.5-4.7)
Didn't think it was safe to go during pregnancy	203	12.7	(10.6-14.7)
Couldn't afford to go	107	6.4	(5.0-7.7)

WIC Participation During Pregnancy

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

Question	n	Weighted %	95% CI
WIC during pregnancy			
No	841	73.9	(71.6-76.2)
Yes	461	26.1	(23.8-28.4)

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	185	11.9	(9.9-14.0)
High blood pressure that started during this pregnancy, preeclampsia, or eclampsia	233	18.2	(15.5-20.9)
Depression	167	13.1	(10.7-15.4)
Thyroid problems	95	8.0	(6.1-10.0)
PCOS (polycystic ovarian syndrome)	62	5.0	(3.4-6.5)
Anxiety	244	21.0	(18.1-23.9)

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	1,180	92.5	(91.0-93.9)
Yes	74	4.5	(3.3-5.7)
I don't know	61	3.1	(2.2-3.9)

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	1,189	89.7	(87.7-91.8)
Yes	131	10.3	(8.2-12.3)
Tobacco use 3 months prior to pregnancy			
No	1,203	91.1	(89.1-93.0)
Yes	114	8.9	(7.0-10.9)
Tobacco use during last 3 months of pregnancy			
No	1,279	97.1	(95.9-98.2)
Yes	39	2.9	(1.8-4.1)
Tobacco use now			
No	1,248	94.8	(93.3-96.3)
Yes	71	5.2	(3.7-6.7)
Changes in tobacco use during pregnancy			
Nonsmoker	1,201	91.0	(89.0-92.9)
Smoker quit	78	6.1	(4.5-7.8)
Smoker reduced	23	1.8	(0.9-2.7)
Smoker same/more	13	1.0	(0.3-1.7)
Nonsmoker resumed	<i>Insufficient data to report</i>		

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	57	5.0	(3.4-6.5)
Hookah	83	4.7	(3.6-5.8)
Chewing tobacco, snuff, or snus	6	0.5	(0.0-1.1)
Cigars, cigarillos, clove cigars, or little cigars	19	1.3	(0.6-2.1)
E-cigarette use 3 months prior to pregnancy			
More than once a day	20	1.9	(0.9-2.9)
Once a day			<i>Insufficient data to report</i>
2-6 days a week	0	--	--
1 day a week or less	12	1.0	(0.3-1.6)
I did not use e - cigarettes or other electronic nicotine products then	1,282	96.6	(95.3-97.9)
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	1,310	99.0	(98.2-99.8)

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	523	30.1	(27.4-32.9)
Yes	793	69.9	(67.1-72.6)
Alcohol use 3 months prior to pregnancy			
No	651	39.8	(36.7-42.9)
Yes	661	60.2	(57.1-63.3)
Alcohol use during last 3 months of pregnancy			
No	1,245	93.4	(91.6-95.2)
Yes	72	6.6	(4.8-8.4)
Changes in alcohol during pregnancy			
Nondrinker	649	39.7	(36.6-42.8)
Drinker quit	591	53.7	(50.4-57.0)
Drinker reduced	33	4.2	(2.6-5.8)
Drinker same/more	36	2.3	(1.4-3.1)
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	253	21.6	(18.7-24.5)
Separation/divorce	72	4.1	(3.1-5.2)
Moved to new address	355	24.9	(22.0-27.7)
Homeless	35	2.0	(1.2-2.7)
Partner lost job	134	7.9	(6.4-9.5)
Mother lost job	173	10.9	(9.0-12.7)
Cut in work hours or pay	261	18.3	(15.7-20.8)
Apart from husband or partner	49	3.1	(2.0-4.2)
Argued with partner more	220	15.3	(13.0-17.7)
Partner said didn't want pregnancy	60	3.1	(2.2-4.1)
Had bills couldn't pay	192	11.3	(9.5-13.1)
Partner or I went to jail	26	1.8	(0.9-2.6)
Someone close had problem with drinking/drugs	96	7.9	(6.0-9.8)
Someone close died	274	19.3	(16.7-21.9)

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	15	0.9	(0.3-1.4)
My ex-husband or ex-partner	23	1.4	(0.7-2.0)
Another family member	6	0.4	(0.0-0.9)
Someone else	6	0.4	(0.0-0.8)
Violence, during pregnancy			
My husband or partner	12	0.5	(0.3-1.4)
My ex-husband or ex-partner	9	0.5	(0.7-2.0)
Another family member	8	0.5	(0.0-0.9)
Someone else	10	0.7	(0.0-0.8)

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	9	0.4	(0.1-0.6)
Often	17	0.7	(0.4-1.0)
Sometimes	100	4.8	(3.7-5.8)
Rarely	182	10.3	(8.5-12.1)
Never	996	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	71	3.6	(2.6-4.5)
Age	47	3.3	(2.1-4.5)
Language spoke	28	1.7	(1.0-2.4)
Citizenship	19	1.1	(0.5-1.6)
Insurance or Medicaid status	53	3.4	(2.3-4.6)
Other	27	1.7	(0.9-2.5)

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	88	3.4	(2.7-4.1)
Felt emotionally upset as a result of how treated based on race or ethnic background	66	3.0	(2.2-3.8)
Experienced physical symptoms that were related to treatment based on race or ethnic background	53	2.6	(1.8-3.4)

Table 38: Prevalence of delivery methods, survey question 47

Question	n	Weighted %	95% CI
Delivery method			
Vaginal	857	68.8	(65.7-71.9)
Cesarean section	456	31.2	(28.1-34.3)

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	176	38.9	(33.2-44.7)
Baby was breech	74	21.0	(15.9-26.0)
Past due date	34	8.1	(4.7-11.4)
Baby too big	46	11.3	(7.5-15.2)
Medical condition that made labor dangerous	35	6.3	(3.8-8.7)
Pregnancy complication	93	19.1	(14.6-23.6)
Induction did not work	71	16.2	(11.8-20.6)
Labor taking too long	72	15.2	(11.0-19.3)
Fetal distress	73	13.9	(10.0-17.7)
Wanted to schedule delivery	39	9.8	(6.1-13.5)
Didn't want to have baby vaginally	19	4.1	(1.9-6.3)
Other	81	16.8	(12.5-21.1)

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	6	0.2	(0.0-0.5)
< 1 day	34	1.7	(1.1-2.3)
1 to 2 days	692	59.9	(56.7-63.1)
3 to 5 days	479	31.5	(28.4-34.5)
6 to 14 days	57	3.8	(2.6-5.0)
14+ days	42	2.8	(1.8-3.9)
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	10	0.7	(0.2-1.3)
Yes	1,293	99.3	(98.7-99.8)
Infant living with mother			
No	8	0.7	(0.1-1.4)
Yes	1,286	99.3	(98.6-99.9)

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

Question	n	Weighted %	95% CI
Sources (% yes)			
Doctor	1,032	78.9	(76.0-81.8)
Nurse, midwife, or doula	928	75.1	(72.1-78.1)
Breastfeeding or lactation specialist	992	79.4	(76.6-82.1)
Baby's doctor or health care provider	929	72.4	(69.2-75.6)
Breastfeeding support group	269	20.1	(17.5-22.8)
Breastfeeding hotline or toll-free number	149	9.6	(7.9-11.4)
Family or friends	741	60.9	(57.5-64.3)
Other	118	10.7	(8.4-13.0)

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	104	6.4	(5.0-7.8)
Yes	1,194	93.6	(92.2-95.0)
Duration of breastfeeding (to at least 4 weeks)			
No	246	17.9	(15.4-20.4)
Yes	1,043	82.1	(79.6-84.6)
Duration of breastfeeding (to at least 8 weeks)			
No	359	26.0	(23.1-29.0)
Yes	930	74.0	(71.0-76.9)

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	1,227	95.8	(94.5-97.1)
My baby stayed in the same room with me	1,180	92.8	(91.1-94.4)
Breastfed my baby	1,085	86.7	(84.5-88.8)
Hospital staff helped me learn how to breastfeed	1,044	82.1	(79.5-84.6)
Breastfed in the first hour	883	73.1	(70.2-76.0)
Skin-to-skin	1,109	89.1	(87.2-91.0)
Fed only breast milk	606	54.1	(50.8-57.4)
Breastfed whenever my baby wanted	1,023	82.0	(79.5-84.5)
Used breast pump	667	49.1	(45.6-52.5)
Given gift pack with formula	664	46.9	(43.5-50.2)
Given telephone number for breastfeeding help	990	78.9	(76.2-81.7)
Baby given pacifier	746	54.8	(51.4-58.3)

h

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	124	8.3	(6.5-10.0)
Back	969	80.8	(78.4-83.1)
Stomach	94	5.0	(3.8-6.2)
Side/back	57	3.5	(2.4-4.5)
Side/stomach	8	0.4	(0.1-0.7)
Back/stomach	12	0.7	(0.2-1.1)
All three positions	24	1.4	(0.7-2.0)
Infant sleeping alone			
Always	750	62.1	(58.8-65.4)
Often	212	16.7	(14.1-19.3)
Sometimes	161	10.0	(8.2-11.8)
Rarely	52	3.4	(2.3-4.6)
Never	109	7.8	(6.0-9.6)
Sleeping alone in same room as parents			
No	170	20.4	(17.3-23.6)
Yes	1,004	79.6	(76.4-82.7)

*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	1,184	93.8	(92.3-95.3)
Twin or larger mattress or bed	407	26.3	(23.5-29.1)
Couch, sofa, or armchair	117	7.9	(6.2-9.7)
Infant car seat or swing	559	45.9	(42.4-49.4)
Sleeping sack or wearable blanket	515	52.1	(48.8-55.3)
With a blanket	487	31.4	(28.5-34.3)
With toys, cushions, or pillows, including nursing pillows	105	6.9	(5.3-8.4)
Crib bumper pads (mesh or non mesh)	153	9.0	(7.4-10.7)

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	1,201	94.4	(93.0-95.8)
Place baby to sleep in a crib, bassinet, or pack and play	1,154	90.3	(88.3-92.3)
Place baby's crib or bed in my room	764	61.9	(58.6-65.2)
Things that should and should not go in bed with my baby	1,172	90.9	(88.8-92.9)

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	364	26.4	(23.4-29.3)
Currently using	948	73.6	(70.7-76.6)
If no current birth control, why not (Check all that apply)			
Want to get pregnant	49	14.3	(9.5-19.1)
Pregnant now	7	1.1	(0.3-2.0)
Tubes tied	17	3.8	(1.8-5.7)
Don't want to use	128	38.5	(32.0-44.9)
Side effects	103	27.3	(21.5-33.0)
Not having sex	102	30.0	(23.9-36.1)
Partner doesn't want to use	22	4.3	(2.1-6.4)
Problems paying for birth control	9	2.3	(0.6-4.0)
Other	60	16.9	(12.0-21.8)
If currently using birth control, what kind (Check all that apply)			
Tubes tied or blocked	87	7.2	(5.4-9.1)
Vasectomy	30	4.8	(2.9-6.7)
Birth control pills	204	22.5	(19.1-25.9)
Condoms	257	28.0	(24.3-31.7)
Injection	74	5.4	(4.1-6.7)
Contraceptive patch or ring	25	2.3	(1.2-3.3)
IUD	167	19.5	(16.3-22.8)
Contraceptive implant	52	4.1	(2.9-5.3)
Natural family planning	41	4.4	(2.7-6.1)
Withdrawal	141	17.2	(14.0-20.4)
Abstinence	98	8.3	(6.2-10.3)
Other	17	1.8	(0.7-2.9)

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

Question	n	Weighted %	95% CI
Received a postpartum check-up			
No	76	5.1	(3.8-6.5)
Yes	1,238	94.9	(93.5-96.2)

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	708	54.9	(51.3-58.4)
Eating healthy, exercise, and losing weight gained during pregnancy	727	53.3	(49.8-56.8)
How long to wait before getting pregnant again	661	50.5	(46.9-54.0)
Birth control methods	1,070	88.9	(86.9-91.0)
Prescribed a contraceptive method	458	34.7	(31.4-38.0)
Had an IUD or a contraceptive implant inserted	226	18.1	(15.4-20.8)
Smoking cigarettes	792	59.5	(56.0-63.0)
Emotional/physical abuse	942	71.5	(68.1-74.8)
Feeling down or depressed	1,146	93.1	(91.3-94.9)
Test for diabetes	382	24.6	(22.0-27.3)

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

Question	n	Weighted %	95% CI
Postpartum depressive symptoms			
Down, depressed, hopeless			
Always	17	1.2	(0.5-1.9)
Often	69	5.7	(4.1-7.3)
Sometimes	254	19.2	(16.5-21.9)
Rarely	391	31.7	(28.4-34.9)
Never	582	42.3	(38.9-45.6)
Little interest or pleasure in doing things			
Always	65	3.4	(2.4-4.3)
Often	79	5.7	(4.1-7.2)
Sometimes	228	15.4	(13.0-17.7)
Rarely	329	27.7	(24.6-30.9)
Never	611	47.9	(44.5-51.3)
Postpartum Depressive Symptoms*			
No	1,129	88.1	(86.0-90.2)
Yes	181	11.9	(9.8-14.0)

*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	1,135	85.7	(83.3-88.1)
	Yes	177	14.3	(11.9-16.7)

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

Question		n	Weighted %	95% CI
Health care worker indicated depression	No	1,173	89.1	(87.0-91.3)
	Yes	137	10.9	(8.7-13.0)

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	1,173	91.8	(90.2-93.3)
Mother, father, or in-laws	974	81.0	(78.9-83.2)
Other family member or relative	797	64.9	(61.7-68.1)
A friend	715	61.6	(58.5-64.7)
Religious community	212	14.4	(12.1-16.7)
Someone else	64	5.0	(3.5-6.5)
No one would help	23	1.1	(0.6-1.5)

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

Question	n	Weighted %	95% CI
Frequency of emotional support			
Always	782	59.5	(56.1-62.9)
Often	252	22.2	(19.3-25.2)
Sometimes	160	11.7	(9.5-13.8)
Rarely	37	2.6	(1.5-3.7)
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	1,053	85.1	(83.0-87.3)
Often	95	6.2	(4.6-7.7)
Sometimes	55	3.6	(2.4-4.8)
Rarely	30	1.7	(1.0-2.4)
Never	56	3.4	(2.4-4.4)

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	987	75.6	(72.6-78.6)
Often	195	17.5	(14.8-20.2)
Sometimes	37	3.1	(1.9-4.3)
Rarely	11	0.6	(0.1-1.2)
Never	20	1.0	(0.6-1.4)
Father doesn't spend time with baby	34	2.1	(1.3-3.0)

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	113	7.7	(6.1-9.3)
\$10,001 to \$16,000	54	3.8	(2.7-5.0)
\$16,001 to \$20,000	48	3.4	(2.3-4.5)
\$20,001 to \$24,000	45	2.6	(1.8-3.4)
\$24,001 to \$28,000	52	3.7	(2.5-4.9)
\$28,001 to \$32,000	70	4.5	(3.3-5.7)
\$32,001 to \$40,000	62	5.2	(3.6-6.9)
\$40,001 to \$48,000	67	4.1	(2.9-5.2)
\$48,001 to \$57,000	27	2.2	(1.1-3.3)
\$57,001 to \$60,000	68	6.1	(4.3-7.9)
\$60,001 to \$73,000	67	7.0	(4.9-9.1)
\$73,001 to \$85,000	64	4.6	(3.3-5.9)
\$85,001 to \$99,999	59	6.3	(4.3-8.2)
\$100,000 or more	334	38.9	(35.4-42.4)