

# Arkansas Pregnancy Risk Assessment Monitoring System (PRAMS) Survey

## 2016 Surveillance Report

**A Survey to Improve the Health of Babies and Mothers in Arkansas**



**Arkansas Department of Health  
Survey Unit, Health Statistics Branch  
Center for Public Health Practice**

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## Introduction

The Arkansas Pregnancy Risk Assessment Monitoring System (PRAMS) survey is a joint research project between the Health Statistics Branch of the Arkansas Department of Health and the U.S. Centers for Disease Control and Prevention (CDC). The PRAMS survey was started by the CDC in 1987 to provide states with information needed to reduce the number and percentage of babies that are low birthweight and to prevent infant mortality. The program was later expanded to support the CDC's Safe Motherhood Initiative to help women have healthy pregnancies and deliver healthy babies. Arkansas has been conducting the survey since 1997.

The PRAMS survey collects information from new mothers about their experiences and behaviors before, during, and after their pregnancy that might affect the health of their baby or the health of the mother. Because the same data collection methods are used in all states conducting the survey, Arkansas data can be compared to data from other states.

Women who receive the survey are chosen from a sample of all Arkansas women who recently had a live birth in Arkansas and whose infant is 2 to 6 months at the time of sample selection. The sample is weighted so that the results of the survey are applicable to all eligible women. For 2016, the total number of women sampled was 1,725 and 906 women responded to the survey for a weighted response rate of 55.8%. The denominator for calculating prevalence rates includes all respondents except those with missing, do not know, and refused answers.

PRAMS can be used in a number of ways:

- To develop programs or interventions to improve infant health
- To identify groups of women at high risk for infant health problems
- To monitor changes in factors related to infant health
- To measure progress towards goals in improving the health of infants

This surveillance report provides results for questions included in the 2016 Arkansas PRAMS survey. Questions on the survey were grouped to capture information on experiences and behaviors before, during, and after pregnancy and other experiences. A more detailed analysis (e.g., race/ethnicity, age, education, etc.) for any of the questions is available upon request. A copy of the 2016 (Phase 8) survey with the questions referenced in the report is available at <http://www.healthy.arkansas.gov/programsServices/healthStatistics/PRAMS/Pages/Questionnaires.aspx>.

For more information about Arkansas PRAMS, please visit

<http://www.healthy.arkansas.gov/programsServices/healthStatistics/PRAMS/Pages/default.aspx>.

Information about CDC PRAMS is available at [www.cdc.gov/prams](http://www.cdc.gov/prams).

## Maternal Characteristics of Arkansas PRAMS Respondents, 2016

Characteristic	Responses (n)	Weighted Sample	Weighted Percent	Standard Error
<b>Race/Ethnicity</b>				
White, NH	506	23,557	68.4	2.3
Black, NH	273	5,239	15.2	1.7
Other, NH	18†	1,147	3.3	0.9
Hispanic	94	4,520	13.1	1.7
Total	891	34,462	100.0	
<b>Age</b>				
<20	84	2,404	6.9	1.2
20-24	274	10,054	28.8	2.3
25-34	455	18,839	53.9	2.5
35+	93	3,654	10.5	1.5
Total	906	34,951	100.0	
<b>Education</b>				
<12	132	4,660	13.4	1.7
12	317	10,572	30.5	2.3
>12	443	19,425	56.0	2.5
Total	892	34,658	100.0	
<b>Marital Status</b>				
Married	457	21,561	61.7	2.4
Unmarried	449	13,390	38.3	2.4
Total	906	34,951	100.0	
<b>On Medicaid*</b>				
On Medicaid	469	16,337	47.9	2.5
Not on Medicaid	404	17,783	52.1	2.5
Total	873	34,119	100.0	
<b>Received WIC During Pregnancy</b>				
No	287	14,779	43.4	2.5
Yes	591	19,276	56.6	2.5
Total	878	34,054	100.0	

\*Prenatal care paid for by Medicaid or ARKids First.

† Results with less than 30 responses may not be reliable and should be used with caution.

## RESULTS FROM 2016 ARKANSAS PRAMS SURVEY

### BEFORE PREGNANCY

**Table 1.** Body Mass Index (BMI) prior to pregnancy. Derived from survey questions 1-2 about height and weight just before getting pregnant.

Pre-Pregnancy BMI	Responses (n)	Weighted Percent	Standard Error	95% CI	
Underweight (< 18.5)	42	3.8	0.9	2.0	5.6
Normal (18.5-24.9)	349	41.8	2.5	36.8	46.7
Overweight (25.0-29.9)	203	25.6	2.2	21.2	29.9
Obese (30.0 + )	270	28.9	2.3	24.4	33.4
Total	864	100.0			

**Table 2.** Survey question 4. Pre-pregnancy health conditions. (All applicable "Yes" responses checked.)

Type 1 or 2 diabetes	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	852	94.7	1.1	92.5	97.0
Yes	44	5.3	1.1	3.0	7.5
Total	896	100.0			
<b>High blood pressure or hypertension</b>					
No	811	93.5	1.2	91.2	95.8
Yes	89	6.5	1.2	4.2	8.8
Total	900	100.0			
<b>Depression</b>					
No	730	81.0	2.0	77.2	84.9
Yes	170	19.0	2.0	15.1	22.8
Total	900	100.0			

**Table 3. Survey question 5. Multivitamin, prenatal vitamin or folic acid vitamin use during month before pregnancy.**

How often vitamins taken	Responses (n)	Weighted Percent	Standard Error	95% CI	
Didn't take any vitamins	543	56.3	2.5	51.4	61.1
1-3 times-week	60	7.8	1.4	5.1	10.5
4-6 times-week	36	3.3	0.9	1.6	5.1
Every day of the week	262	32.6	2.4	28.0	37.2
Total	901	100.0			

**Table 4. Survey question 7. Any doctor, nurse, other health care worker visit, including dental or mental health in the twelve months before pregnancy. (All applicable "Yes" responses checked.)**

Type of pre-pregnancy health care visit	Responses (n)	Weighted Percent	Standard Error	95% CI	
Family doctor	251	46.7	3.3	40.2	53.2
OB/GYN	258	53.3	3.3	46.8	59.9
Illness or chronic condition	85	15.8	2.4	11.1	20.6
Injury	19†	3.1	1.1	0.9	5.2
Family planning	99	14.3	2.3	9.8	18.8
Depression/Anxiety	74	14.4	2.3	9.8	19.0
Dental care	270	59.4	3.3	53.0	65.9
Other	97	17.9	2.5	12.9	22.8

† Results with less than 30 responses may not be reliable and should be used with caution.



**Table 5. Survey question 8. During health care worker visit before pregnancy, did doctor, nurse or other health care worker talk or ask about any of these.**

Health care worker's actions	Responses (n)	Weighted Percent	Standard Error	95% CI	
Tell me about folic acid	149	28.9	3.0	23.0	34.9
Talk about healthy weight	188	34.8	3.2	28.5	41.1
Talk about controlling diabetes or high blood pressure	90	12.7	2.2	8.4	16.9
Talk about desire to have (or not) more children	190	37.8	3.3	31.4	44.2
Talk about birth control	221	40.8	3.3	34.3	47.4
Talk about improving pre-pregnancy health	147	24.2	2.9	18.6	29.8
Talk about sexually transmitted diseases	134	22.8	2.8	17.2	28.3
Ask about smoking	376	71.5	3.1	65.5	77.5
Ask about emotional or physical hurt	163	33.3	3.2	27.0	39.6
Ask about mental health	209	41.1	3.3	34.6	47.7
Ask about employment	246	51.3	3.4	44.7	57.9
Tested for HIV	155	25.6	2.9	19.9	31.3

**Table 6. Survey question 10. Did doctor, nurse or other health care worker talk to you about preparing for a pregnancy.**

Health care worker pre-pregnancy preparation	Responses (n)	Weighted Percent	Standard Error	95% CI	
Getting vaccines updated	97	51.1	5.9	39.5	62.8
Getting dental care	66	36.3	5.7	25.2	47.5
Getting counseling for genetic disease	49	21.1	4.8	11.7	30.5
Getting counseling for depression or anxiety	53	24.5	5.0	14.6	34.5
Medication safety	118	62.0	5.7	50.8	73.3
Smoking during pregnancy	111	50.2	5.9	38.6	61.8
Drinking alcohol during pregnancy	112	51.8	5.9	40.2	63.4
Using illegal drugs	108	48.7	5.9	37.1	60.3
Effects of secondhand smoke	107	43.5	5.7	32.2	54.9

**Table 7. Survey question 11. Type of health insurance a month before getting pregnant with new baby. (All applicable "Yes" responses checked.)**

Type of insurance	Responses (n)	Weighted Percent	Standard Error	95% CI	
Insurance from job or job of husband or partner	288	38.1	2.4	33.3	42.9
Insurance from parents	82	8.3	1.4	5.6	11.1
Insurance from Health Care Exchange	106	8.1	1.3	5.5	10.7
Medicaid	267	20.4	2.0	16.6	24.2
ARKids First	50	4.3	1.0	2.4	6.2
TRICARE or other military health care	18†	2.0	0.7	0.6	3.3
Other	42	4.8	1.1	2.7	6.9
None	70	9.2	1.5	6.4	12.1

**Table 8. Survey question 12. Type of insurance used for prenatal care. (All applicable "Yes" responses checked.)**

Type of insurance	Responses (n)	Weighted Percent	Standard Error	95% CI	
Did not have prenatal care	31	2.4	0.7	0.9	3.8
Insurance from job or job of husband or partner	260	36.9	2.5	32.0	41.7
Insurance from parents	60	5.8	1.2	3.5	8.1
Insurance from Health Care Exchange	107	9.5	1.5	6.6	12.4
Medicaid	444	45.7	2.5	40.8	50.7
ARKIDS First	34	2.6	0.8	1.1	4.1
TRICARE or other military healthcare	18†	2.0	0.7	0.6	3.4
Other	45	4.9	1.1	2.8	7.1
None	12†	1.1	0.5	0.1	2.1

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 9. Survey question 13. Type of insurance you have now. (All applicable "Yes" responses checked.)**

Type of insurance	Responses (n)	Weighted Percent	Standard Error	95% CI	
Insurance from job or job of husband or partner	268	37.5	2.4	32.7	42.3
Insurance from parents	52	5.2	1.1	3.0	7.5
Insurance from Health Care Exchange	109	10.8	1.5	7.7	13.8
Medicaid	366	31.3	2.3	26.8	35.8
ARKids First	35	4.9	1.1	2.7	7.0
TRICARE or other military healthcare	14†	1.6	0.6	0.4	2.9
Other	48	6.0	1.2	3.7	8.4
None	49	6.0	1.2	3.7	8.4

**Table 10. Survey question 14. Feelings about becoming pregnant prior to pregnancy.**

Pregnancy feelings	Responses (n)	Weighted Percent	Standard Error	95% CI	
Wanted later	198	21.5	2.1	17.4	25.5
Wanted sooner	85	8.6	1.4	5.8	11.3
Wanted then	307	42.5	2.5	37.7	47.4
Wanted never	114	9.8	1.5	6.9	12.6
Not sure how felt	190	17.7	1.9	14.0	21.3
Total	894	100.0			

**Table 11. Survey question 15. When you got pregnant, were you trying to get pregnant?**

Trying to get pregnant	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	534	53.7	2.5	48.8	58.6
Yes	361	46.3	2.5	41.4	51.2
Total	895	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 12. Survey question 16. Were you and your husband doing anything to keep from getting pregnant, for those who said they were not trying to get pregnant (i.e. “No” to question 15).**

Trying to keep from getting pregnant	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	300	54.8	3.4	48.1	61.5
Yes	222	45.2	3.4	38.5	51.9
Total	522	100.0			

**Table 13. Survey question 17. What were the reasons for not doing anything to keep from getting pregnant, for those who said they were NOT doing anything to keep from getting pregnant (i.e. “No” to question 16) and those who said they were NOT trying to get pregnant (i.e. “No” to question 15). (All applicable "Yes" responses checked.)**

Reason for not doing anything	Responses (n)	Weighted Percent	Standard Error	95% CI	
Didn't mind getting pregnant	118	38.6	4.3	30.1	47.2
Thought couldn't at the time	93	23.9	3.7	16.6	31.3
Side effects from birth control	35	12.1	2.9	6.4	17.8
Problems getting birth control when needed	29†	9.8	2.6	4.6	15.0
Thought we were sterile	33	10.6	2.8	5.2	16.0
Husband or partner didn't want to use anything	59	19.9	3.6	12.9	27.0
Forgot to use birth control	32	12.3	3.0	6.4	18.1
Other reason	32	10.6	2.8	5.1	16.0

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 14. Survey question 18. What method of birth control were you using when you got pregnant.**

Type of birth control	Responses (n)	Weighted Percent	Standard Error	95% CI	
Birth control pills	67	28.3	4.5	19.5	37.0
Condoms	124	46.5	4.9	36.9	56.2
Shots or injections	19†	4.2	1.9	0.5	7.9
Arm implants	2†	1.1	1.1	0.0	3.2
Patch or vaginal ring	5†	2.3	1.5	0.0	5.3
IUD	5†	2.3	1.5	0.0	5.3
Natural method	19†	6.6	2.4	1.9	11.3
Withdrawal	93	41.6	4.9	32.0	51.2
Other	5†	2.5	1.5	0.0	5.5

† Results with less than 30 responses may not be reliable and should be used with caution.

**DURING PREGNANCY**

**Table 15.** Derived from survey question 19. Prevalence of prenatal care in the first trimester.

Received prenatal care in 1st Trimester	Responses (n)	Weighted Percent	Standard Error	95% CI	
Yes	698	80.1	2.0	76.2	84.1
No	175	19.1	2.0	15.2	23.0
No PNC	13†	0.7	0.4	0.0	1.5
Total	886	100.0			

**Table 16.** Survey question 20. Discussion with doctor, nurse, or other health care worker during any prenatal visit.

Prenatal visit discussion	Responses (n)	Weighted Percent	Standard Error	95% CI	
Effects of smoking	621	69.6	2.4	65.0	74.3
Breastfeeding	715	81.9	2.0	78.1	85.8
Effects of alcohol	619	68.7	2.4	64.0	73.3
Effects of illegal drugs	581	63.0	2.5	58.2	67.9
Preterm labor signs	640	74.9	2.2	70.6	79.3
Depression	536	62.6	2.5	57.7	67.4
Physical Abuse	346	39.4	2.5	34.5	44.3
Effects of second hand smoke	548	59.0	2.5	54.1	64.0

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 17. Survey question 21. Did a doctor, nurse, or other health care worker ask any of these during a prenatal visit?**

Prenatal visit talk	Responses (n)	Weighted Percent	Standard Error	95% CI	
Weight gain during pregnancy	476	55.1	2.5	50.1	60.1
Any prescription medication	794	94.0	1.2	91.8	96.3
Smoke cigarettes	805	93.9	1.2	91.5	96.3
Alcohol use	769	91.7	1.4	89.0	94.4
Emotional or physical abuse	427	49.3	2.6	44.3	54.3
Depressed	525	62.9	2.5	58.0	67.7
Illegal drug use	594	67.6	2.4	62.9	72.3
HIV Test	454	51.1	2.6	46.0	56.1
Breastfeeding plans	782	92.4	1.3	89.8	95.0
Use birth control after birth	725	85.8	1.8	82.4	89.3

**Table 18. Survey question 22. Did you have a test for HIV during your most recent pregnancy or delivery?**

HIV test	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	242	37.3	2.8	31.8	42.8
Yes	458	62.7	2.8	57.2	68.2
Total	700	100.0			

**Table 19. Survey question 23. For those whom did not have a HIV test done (questions 22), what was the reason why the testing for HIV was not done. (All applicable "Yes" responses checked.)**

Reasons for not testing for HIV	Responses (n)	Weighted Percent	Standard Error	95% CI	
Not offered test	108	38.8	4.6	29.8	47.9
Did not want to	24†	11.6	3.0	5.6	17.6
HIV status known	77	25.5	4.0	17.6	33.5
Not at risk	69	32.5	4.4	23.8	41.3
Don't want others to think at risk	2†	1.1	1.0	0.0	3.0
Fear of results	1†	0.1	0.1	0.0	0.3
Other	37	12.8	3.1	6.8	18.9

**Table 20. Survey question 24. Doctor, nurse or other health care worker offer you or tell you get a flu shot during 12 months before delivery.**

Offered flu shut	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	197	16.5	1.8	13.0	20.1
Yes	690	83.5	1.8	79.9	87.0
Total	887	100.0			

**Table 21. Survey question 25. During 12 months before delivery did you receive a flu shot.**

Flu shot 12 months before delivery	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	405	39.0	2.4	34.2	43.8
Yes, before pregnancy	135	17.0	1.9	13.2	20.7
Yes during pregnancy	348	44.1	2.5	39.2	49.0
Total	888	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.



**Table 22. Survey question 26. Tdap shot or vaccination before most recent pregnancy.**

<b>Tdap or vaccination during pregnancy</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
No	347	35.7	2.5	30.7	40.6
Yes	424	64.3	2.5	59.4	69.3
Total	771	100.0			

**Table 23. Survey question 27. Teeth cleaned by dentist or dental hygienist during recent pregnancy.**

<b>Dental cleaning</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
No	607	63.8	2.4	59.0	68.6
Yes	283	36.2	2.4	31.4	41.0
Total	890	100.0			

**Table 24. Survey question 28. Questions related to dental care during most recent pregnancy.**

<b>Dental care during pregnancy</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
Important to care for teeth & gums	737	82.5	1.9	78.7	86.3
Dental care worker talked about dental care	331	40.5	2.5	35.6	45.4
Dental care insurance during pregnancy	532	64.3	2.4	59.5	69.0
Needed dental care for problem	223	24.7	2.2	20.4	29.0
Dental visit for problem	135	14.7	1.8	11.2	18.3

**Table 25. Survey question 29. During most recent pregnancy, home visitor gave home help prepare for new baby.**

Told visit different doctor	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	820	95.5	1.0	93.5	97.5
Yes	63	4.5	1.0	2.5	6.5
Total	883	100.0			

**Table 26. Survey question 30. For those who had a home visitor help prepare (question 29), who was the home visitor.**

Type of home visitor	Responses (n)	Weighted Percent	Standard Error	95% CI	
Nurse/nurse aide	25†	10.2	1.9	6.4	14.0
Teacher/health educator	9†	3.3	1.5	0.3	6.3
Doula/midwife	7†	54.4	13.4	27.4	81.3
Other	12†	32.1	13.5	5.0	59.2
Total	53	100.0			

**Table 27. Survey question 31. Any health of these health conditions during most recent pregnancy.**

Health conditions during recent pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
Gestational diabetes	64	6.5	1.2	4.0	8.9
High blood pressure	184	14.6	1.7	11.3	18.0
Depression	187	20.8	2.0	16.8	24.8
Gum disease or tooth decay	93	9.7	1.5	6.7	12.6

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 28. Survey question 32. For those who had gestational diabetes during most recent pregnancy (question 31(a)), did doctor, nurse or other health care worker tell you to make an appointment with different doctor because of the gestational diabetes.**

Told visit different doctor	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	43	70.6	9.9	50.7	90.4
Yes	16†	29.4	9.9	9.6	49.3
Total	59	100.0			

**Table 29. Survey question 33. For those who had gestational diabetes during most recent pregnancy (question 31(a)), did doctor, nurse or other health care worker do any of these.**

Gestational diabetes assistance	Responses (n)	Weighted Percent	Standard Error	95% CI	
Referral to nutritionist	43	76.4	9.1	58.1	94.8
Talk about exercise	44	75.5	9.2	57.1	94.0
Talk about weight	39	65.1	10.3	44.3	85.8
Suggest breastfeeding	33	62.5	10.4	41.7	83.3
Talk about type 2 diabetes	42	69.8	9.8	50.0	89.5

**Table 30. Survey question 34. Smoked cigarettes in the past two years.**

Smoked cigarettes in past two years	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	609	71.8	2.3	67.3	76.2
Yes	268	28.2	2.3	23.8	32.7
Total	877	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 31. Survey question 35. For those who smoked cigarettes in the past 2 years (question 34), how many cigarettes were smoked on average in a day in the three months before pregnancy.**

Cigarettes per day (3 months before pregnancy)	Responses (n)	Weighted Percent	Standard Error	95% CI	
41 cigarettes or more	11†	3.8	1.8	0.3	7.3
21 to 40 cigarettes	20†	2.7	1.1	0.5	4.9
11 to 20 cigarettes	71	28.2	4.3	19.7	36.7
6 to 10 cigarettes	65	22.7	4.0	14.9	30.6
1 to 5 cigarettes	60	22.2	4.0	14.3	30.0
Less than 1 cigarette	19†	7.1	2.5	2.3	11.9
None(0 cigarettes)	23†	13.2	3.3	6.7	19.8
Total	269	100.0			

**Table 32. Survey question 36. How many cigarettes were smoked on average in a day in the last three months of pregnancy?**

Cigarettes per day (last 3 months of pregnancy)	Responses (n)	Weighted Percent	Standard Error	95% CI	
41 cigarettes or more	6†	0.6	0.2	0.1	1.0
21 to 40 cigarettes	8†	1.7	1.1	0.0	3.8
11 to 20 cigarettes	19†	7.0	2.4	2.1	11.8
6 to 10 cigarettes	37	14.3	3.3	7.7	20.9
1 to 5 cigarettes	68	25.6	4.2	17.3	33.8
Less than 1 cigarette	17†	7.0	2.4	2.2	11.8
None (0 cigarettes)	116	43.9	4.7	34.6	53.2
Total	271	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 33. Derived from survey questions 35, 36 & 40. Prevalence of smoking before, during, and after pregnancy. (Smoking questions asked of women who had smoked any cigarettes in the past two years.)**

<b>Smoked 3 months before pregnancy</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
No	632	75.7	2.2	71.5	79.9
Yes	246	24.3	2.2	20.1	28.5
Total	878	100.0			

<b>Smoked last 3 months of pregnancy</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
No	725	84.3	1.8	80.7	87.9
Yes	155	15.7	1.8	12.1	19.3
Total	880	100.0			

<b>Smoke now (at the time of survey)</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
No	677	80.1	2.0	76.1	84.0
Yes	201	19.9	2.0	16.0	23.9
Total	878	100.0			

**Table 34. Survey question 37. Any quit activities during most recent pregnancy.**

Quit smoke activities	Responses (n)	Weighted Percent	Standard Error	95% CI	
Set quit date	60	29.6	4.8	20.1	39.1
Use booklets/videos	21†	5.2	2.2	0.9	9.4
Call quit line or visit website	15†	6.7	2.7	1.4	12.0
Attend class	3†	0.1	0.0	0.0	0.1
Quit counselling	4†	0.2	0.1	0.0	0.5
Patch/gum/lozenge	24†	5.3	2.2	1.1	9.6
Use pill/Zyban	4†	3.7	2.1	0.0	7.9
Use pill/Chantix	1†	0.0	0.0	0.0	0.1
Quit by self	169	71.0	4.8	61.7	80.4
Switch to e-cigs	35	18.0	4.1	9.9	26.1
Other	20†	9.5	3.8	2.1	17.0

**Table 35. Survey question 38. Quit smoke around time of most recent pregnancy.**

Quit period	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	39	13.8	3.5	6.9	20.8
No, but I cut back	86	42.4	5.2	32.2	52.6
Yes, before pregnancy	15†	4.6	2.1	0.4	8.8
Yes, when pregnant	66	30.7	4.9	21.2	40.3
Yes, later in pregnancy	31	8.4	2.7	3.0	13.8
Total	237	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 36. Survey question 39. Whether any of these make it difficult to quit smoking.**

Reasons why quitting is difficult	Responses (n)	Weighted Percent	Standard Error	95% CI	
Cost of meds or products	81	39.3	5.1	29.2	49.4
Cost of classes	47	21.0	4.3	12.6	29.4
Weight gain	57	32.3	5.0	22.5	42.0
Loss of way to handle stress	144	67.9	4.8	58.5	77.4
Others smoking	153	70.9	4.8	61.5	80.3
Cigarette cravings	177	83.0	3.7	75.7	90.4
Lack of support	73	34.2	5.0	24.3	44.1
Depression	82	33.8	5.0	24.0	43.7
Anxiety	119	56.5	5.2	46.3	66.8

**Table 37. Survey question 40. Current average number of cigarettes smoked per day.**

Cigarettes per day	Responses (n)	Weighted Percent	Standard Error	95% CI	
			Percent	for Percent	
41 cigarettes or more	5†	0.7	0.4	0.0	1.4
21 to 40 cigarettes	10†	2.7	1.5	0.0	5.6
11 to 20 cigarettes	56	23.9	4.1	15.8	32.0
6 to 10 cigarettes	63	25.6	4.2	17.3	33.8
1 to 5 cigarettes	57	16.5	3.5	9.6	23.3
Less than 1 cigarette	10†	1.8	1.1	0.0	3.9
None (0 cigarettes)	68	28.9	4.4	20.3	37.5
Total	269	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 38.** Derived from survey questions 35-36 & 40. Women who quit smoking during the last 3 months of pregnancy and resumed after delivery.

Smoking status/last 3 months of pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
Quit in last three months	93	36.5	4.9	26.8	46.1
Did not quit in last three months	153	63.5	4.9	53.9	73.2
Total	246	100.0			

**Table 39.** Derived from survey questions 35-36 & 40. Delivery status after women who quit.

Smoking status after delivery for women who quit	Responses (n)	Weighted Percent	Standard Error	95% CI for Percent	
Smoking resumed after delivery	54	55.8	8.6	38.8	72.9
Smoking not resumed after delivery	38	44.2	8.6	27.1	61.2
Total	92	100.0			

**Table 40.** Survey question 41. Number of cigarette smokers in home, including self, during most recent pregnancy.

Number of smokers in home during most recent pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
0	578	70.7	2.3	66.2	75.2
1	187	19.3	2.0	15.4	23.2
2	68	7.0	1.3	4.5	9.5
3	32	2.7	0.8	1.1	4.3
4	5†	0.1	0.0	0.0	0.2
5	3†	0.1	0.0	0.0	0.2
Total	873	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.



**Table 41. Survey question 42. Describe the rules about smoking inside your home during your most recent pregnancy.**

Home smoking rules	Responses (n)	Weighted Percent	Standard Error	95% CI	
Not allowed anywhere	788	91.6	1.4	89.0	94.3
Allowed some places or times	64	5.2	1.1	3.1	7.3
Permitted anywhere	36	3.2	0.9	1.5	4.9
Total	888	100.0			

**Table 42. Survey question 43. Number of cigarette smokers in your home, not including yourself.**

Number of smokers in home	Responses (n)	Weighted Percent	Standard Error	95% CI	
0	613	72.2	2.3	67.8	76.6
1	190	21.8	2.1	17.7	25.9
2	53	4.2	1.0	2.3	6.1
3	19†	1.4	0.6	0.3	2.6
4	5†	0.3	0.3	0.0	0.9
5	2†	0.0	0.0	0.0	0.1
7	1†	0.0	0.0	0.0	0.0
Total	883	100.0			

**Table 43. Survey question 44. Rules regarding smoking inside the home now.**

Current home smoking rules	Responses (n)	Weighted Percent	Standard Error	95% CI	
Not allowed anywhere	798	93.6	1.2	91.3	95.9
Allowed some places or times	71	5.1	1.1	3.0	7.2
Permitted anywhere	18†	1.3	0.5	0.3	2.3
Total	887	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 44. Survey question 45. Any of these products used in the last two years.**

Type used in past 2 years	Responses (n)	Weighted Percent	Standard Error	95% CI	
E-cigarettes	106	12.7	1.7	9.4	16.1
Hookah	40	4.4	1.0	2.4	6.5
Chewing tobacco, snuff, snus, dip	10†	1.0	0.5	0.0	2.0
Cigars, cigarillos, filtered cigars	65	6.0	1.2	3.7	8.3

**Table 45. Survey question 46. In three months before pregnancy, how often were e-cigarettes or other electronic nicotine products used.**

How often e-cigarettes used	Responses (n)	Weighted Percent	Standard Error	95% CI	
More than once a day	20†	22.3	6.1	10.2	34.3
Once a day	9†	13.8	5.1	3.5	24.0
2-6 days a week	8†	5.3	3.2	0.0	11.6
1 day a week or less	24†	24.3	6.3	11.9	36.7
Did not use	45	34.4	6.8	20.9	47.9
Total	106	100.0			

**Table 46. Survey question 47. How often e-cigarettes or other electronic nicotine products used in last three months of pregnancy.**

E-cigarettes use in last 3 months	Responses (n)	Weighted Percent	Standard Error	95% CI	
More than once a day	7†	7.3	3.9	0.0	15.1
Once a day	3†	0.3	0.2	0.0	0.6
2-6 days a week	5†	5.1	3.2	0.0	11.5
1 day a week or less	13†	14.7	5.3	4.2	25.3
Did not use	77	72.6	6.6	59.4	85.7
Total	105	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 47. Survey question 48. Any alcoholic drinks in the past two years.**

Alcohol in past 2 years	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	366	37.7	2.5	32.9	42.5
Yes	516	62.3	2.5	57.5	67.1
Total	882	100.0			

**Table 48. Survey question 49. How many alcoholic drinks in average week in the three months before pregnancy.**

Alcohol 3 months before pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
			Percent	for Percent	
14 drinks or more a week	10†	2.5	1.0	0.5	4.5
8 to 13 drinks a week	9†	2.6	1.0	0.5	4.6
4-7 drinks a week	34	7.2	1.7	3.8	10.5
1-3 drinks a week	99	19.3	2.6	14.3	24.3
Less than 1 drink a week	241	48.9	3.2	42.5	55.2
I did not drink then	125	19.6	2.5	14.7	24.5
Total	518	100.0			

**Table 49. Survey question 50. Did any of these happen - push, hit, slap, kick, choke or physically hurt - in the 12 months before pregnancy by any of these people.**

Abuse by any of these 12 months before pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
Husband or partner	26†	2.7	0.8	1.1	4.3
Ex-husband or ex-partner	27†	3.3	0.9	1.6	5.1
Other	14†	1.7	0.6	0.4	2.9

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 50. Survey question 51. Did any of these happen - push, hit, slap, kick, choke or physically hurt - during most recent pregnancy.**

<b>Abuse by any of these during recent pregnancy</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
Husband or partner	16†	0.8	0.4	0.0	1.7
Ex-husband or ex-partner	13†	1.3	0.6	0.2	2.4
Other	21†	2.0	0.7	0.6	3.4

**Table 51. Survey question 52. Did any of these happen during most recent pregnancy?**

<b>Type of abuse during recent pregnancy</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
Threatened or felt unsafe	35	3.3	0.9	1.6	5.1
Anger or threats	28†	2.5	0.8	1.0	4.0
Was controlled	46	5.4	1.1	3.2	7.7
Forced sex	8†	0.4	0.3	0.0	1.0

† Results with less than 30 responses may not be reliable and should be used with caution.

**AFTER PREGNANCY**

**Table 52. Survey question 54. Length of hospital stay after delivery of baby.**

Length of stay	Responses (n)	Weighted Percent	Standard Error	95% CI	
< 1 day	28†	4.0	1.0	2.0	6.0
1-2 days	451	63.0	2.4	58.3	67.7
3-5 days	221	22.5	2.1	18.4	26.7
6-14 days	59	5.0	1.0	3.0	7.0
More than 14 days	115	4.1	0.7	2.8	5.4
Not born in hospital	6†	1.2	0.6	0.1	2.3
Still in hospital	5†	0.1	0.1	0.0	0.3
Total	885	100.0			

**Table 53. Survey question 55. Is your infant alive now?**

Infant alive	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	19†	0.5	0.1	0.3	0.7
Yes	851	99.5	0.1	99.3	99.7
Total	870	100.0			

**Table 54. Survey question 56. For those mothers whose babies are living (question 52) and stay with them.**

Infant with mom	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	8†	0.4	0.3	0.0	1.0
Yes	846	99.6	0.3	99.0	100.0
Total	854	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 55. Survey question 57. Received information on breastfeeding before or after birth of baby.**

Source of information	Responses (n)	Weighted Percent	Standard Error	95% CI	
Doctor	648	74.8	2.2	70.4	79.2
Nurse, midwife, doula	522	66.6	2.4	61.8	71.4
Lactation specialist	509	65.5	2.4	60.7	70.3
Baby's doctor	540	63.1	2.5	58.1	68.0
Breast feeding support group	129	15.0	1.9	11.4	18.7
Breastfeeding hotline	83	12.7	1.8	9.2	16.2
Family/friends	497	63.3	2.5	58.5	68.2

**Table 56. Survey question 58. Breastfeeding for any length of time.**

Ever breastfeed	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	220	16.7	1.8	13.1	20.3
Yes	630	83.3	1.8	79.7	86.9
Total	850	100.0			

**Table 57. Survey question 59. For those who did not breastfeed (question 58), reasons for not breastfeeding.**

Reason for not breastfeeding	Responses (n)	Weighted Percent	Standard Error	95% CI	
Mom sick or on medication	43	12.4	3.5	5.4	19.3
Other children to care for	58	32.5	5.5	21.6	43.3
Too many household duties	27†	14.3	4.2	6.1	22.6
Don't like breastfeeding	49	19.8	4.6	10.8	28.9
Tried but too difficult	29†	10.0	3.4	3.2	16.8
Didn't want to	91	35.2	5.4	24.4	45.9
Went back to work	30	15.0	4.2	6.7	23.3
Went back to school	14†	7.6	3.1	1.5	13.7

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 58. Survey question 60. Currently breastfeeding or feeding pumped milk to baby.**

Currently breast feeding	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	386	54.1	2.8	48.6	59.6
Yes	247	45.9	2.8	40.4	51.4
Total	633	100.0			

**Table 59. Survey question 62. Things that happened at hospital where baby was born.**

Hospital's actions	Responses (n)	Weighted Percent	Standard Error	95% CI	
Hospital gave breastfeeding information	571	94.1	1.3	91.5	96.7
Baby in room with mom	484	88.2	1.7	84.9	91.4
Breastfed in hospital	494	86.8	1.8	83.2	90.4
Staff helped with breastfeeding	451	74.3	2.5	69.4	79.2
Breastfed in 1st hour	360	69.5	2.6	64.5	74.6
Skin-to-skin contact within 1st hour	419	78.3	2.3	73.9	82.7
Only breast milk at hospital	324	61.6	2.8	56.2	67.0
Breastfeed on demand	440	77.3	2.3	72.7	81.9
Hospital provided pump	274	32.4	2.6	27.3	37.5
Hospital gave gift pack with formula	391	50.7	2.9	45.1	56.3
Hospital gave phone number for breastfeeding help	461	76.2	2.4	71.5	81.0
Hospital gave baby pacifier	421	54.7	2.9	49.1	60.4

**Table 60. Survey question 63. The one position that baby is most often laid to sleep.**

Sleep position	Responses (n)	Weighted Percent	Standard Error	95% CI	
Side	117	12.6	1.7	9.3	15.9
Back	601	74.4	2.2	70.1	78.7
Stomach	105	10.7	1.6	7.6	13.8
Other	30	2.3	0.7	0.9	3.7
Total	853	100.0			

**Table 61. Survey question 64. How often baby slept alone in own crib or bed in the last 2 weeks.**

Baby sleeps alone	Responses (n)	Weighted Percent	Standard Error	95% CI	
Always	413	51.5	2.5	46.5	56.5
Often almost always	179	23.3	2.2	19.1	27.6
Sometimes	108	9.5	1.5	6.6	12.4
Rarely	56	6.4	1.3	4.0	8.9
Never	97	9.3	1.4	6.4	12.1
Total	853	100.0			

**Table 62. Survey question 65. When baby slept alone (question 64), whether mother shared the room.**

Baby in room with mom	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	104	18.5	2.1	14.3	22.7
Yes	648	81.5	2.1	77.3	85.7
Total	752	100.0			



**Table 63. Survey question 66. How baby usually slept in the past two weeks.**

<b>Sleeping style</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
Crib, bassinet, pack & play	724	85.6	1.8	82.1	89.2
Twin or larger mattress or bed	289	30.0	2.4	25.4	34.6
Couch, sofa or armchair	109	11.5	1.6	8.3	14.7
Infant car seat or swing	395	45.3	2.6	40.2	50.3
Sleeping sack or wearable blanket	178	21.9	2.1	17.7	26.1
With blanket	521	59.9	2.5	55.0	64.9
Toys, cushions or pillows	111	13.0	1.7	9.6	16.4
Crib bumper pads	194	22.9	2.2	18.6	27.1

**Table 64. Survey question 67. Doctor, nurse or other health care worker speak of these.**

<b>Talk on baby sleep</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
Place on back to sleep	771	89.0	1.6	85.8	92.2
Place in crib, bassinet, pack & play to sleep	677	79.6	2.1	75.6	83.7
Place crib on mom's bed	413	41.1	2.5	36.2	46.0
Items that can or cannot go in baby's bed	706	80.4	2.1	76.4	84.5

**Table 65. Survey question 68. Home visitor after delivery.**

<b>Home visitor after delivery</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
No	773	94.8	1.0	92.8	96.8
Yes	90	5.2	1.0	3.2	7.2
Total	863	100.0			

**Table 66. Survey question 69. For those who had a home visitor (question 68), did home visitor talk about these.**

Home visitor discussion	Responses (n)	Weighted Percent	Standard Error	95% CI	
Breastfeeding	68	62.6	10.6	41.6	83.6
Waiting before getting pregnant again	55	59.4	11.0	37.5	81.3
Family planning	66	74.4	9.3	55.9	93.0
Postpartum depression	71	87.3	6.4	74.5	100.0
Community resources	52	68.4	9.8	48.9	88.0
Healthy weight	60	58.8	10.9	37.1	80.6
Quit smoking	52	62.0	10.6	41.0	83.0
How to get health care	74	84.3	8.0	68.4	100.0

**Table 67. Survey question 70. Using any birth control.**

Postpartum birth control	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	157	15.3	1.8	11.8	18.8
Yes	721	84.7	1.8	81.2	88.2
Total	878	100.0			

**Table 68. Survey question 71. Those who are not using birth control (question 70), what are the reasons for not doing so.**

Reasons for no birth control	Responses (n)	Weighted Percent	Standard Error	95% CI	
Want pregnancy	27†	12.8	3.9	5.2	20.4
Pregnant now	6†	35.4	5.8	24.0	46.8
Tubes ties or blocked	9†	2.7	1.7	0.0	6.0
Did not want to use	49	35.4	5.8	24.0	46.8
Side effects of birth control	46	19.4	4.4	10.7	28.1
Not sexually active	33	17.9	4.6	8.9	26.8
Husband or partner doesn't want to	13†	6.0	2.8	0.5	11.6
Payment problems	6†	1.2	0.6	0.0	2.4

**Table 69. Survey question 72. Type of birth control being used.**

Birth control type	Responses (n)	Weighted Percent	Standard Error	95% CI	
Tubes tied or blocked	124	12.5	1.8	9.0	16.0
Vasectomy	24†	4.1	1.1	1.9	6.2
Birth control pills	211	30.5	2.5	25.5	35.4
Condoms	236	29.1	2.5	24.2	33.9
Shots or injections	94	10.1	1.6	6.9	13.2
Implants	43	6.3	1.3	3.7	9.0
Contraceptive patch or ring	15†	1.8	0.7	0.4	3.3
IUD	69	11.7	1.8	8.2	15.2
Natural method	27†	4.0	1.1	1.9	6.2
Withdrawal	152	18.7	2.1	14.5	22.9
No sex	85	11.7	1.8	8.2	15.2

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 70. Survey question 73. Had postpartum check since delivery.**

Postpartum Check	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	121	10.1	1.5	7.2	13.0
Yes	754	89.9	1.5	87.0	92.8
Total	875	100.0			

**Table 71. Survey question 74. For those who have had a postpartum check (questions 72), were any of these done.**

Postpartum check content	Responses (n)	Weighted Percent	Standard Error	95% CI	
Take folic acid	464	62.1	2.6	57.0	67.2
Healthy eating & exercise	432	53.6	2.7	48.4	58.9
Wait before another pregnancy	372	46.0	2.7	40.8	51.2
Birth control methods	653	88.9	1.6	85.7	92.2
Prescription for birth control	378	49.3	2.7	44.0	54.6
Received IUD or implant	134	19.6	2.1	15.4	23.8
Smoking habits	422	51.0	2.7	45.8	56.3
Any abuse	282	35.7	2.6	30.6	40.7
Depression	490	67.1	2.5	62.2	72.1
Test for diabetes	174	18.3	2.0	14.3	22.3

**Table 72. Survey question 75. Testing for diabetes since birth of baby.**

Diabetes test	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	721	85.5	1.8	82.1	88.9
Yes	154	14.5	1.8	11.1	17.9
Total	875	100.0			

**Table 73. Survey question 76. For those who were tested for diabetes (question 75), doctor, nurse or other health care worker informed mother that she had diabetes.**

Told diabetes	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	144	92.9	3.3	86.4	99.5
Yes	11†	7.1	3.3	0.5	13.6
Total	155	100.0			

**Table 74. Survey question 77. For those who were tested for diabetes (question 75), but haven't been informed by a doctor, nurse or health care worker that they have diabetes (question 76), did a doctor, nurse or other health care worker tell mother that she had prediabetes, borderline diabetes or high blood sugar.**

Pre-diabetes	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	125	89.5	4.1	81.3	97.6
Yes	18†	10.5	4.1	2.4	18.7
Total	143	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 75. Survey question 78. How often felt hopeless, depressed or down.**

<b>Depression</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
Always	34	2.3	0.7	0.9	3.7
Often almost always	98	9.0	1.4	6.3	11.8
Sometimes	214	27.5	2.3	23.1	32.0
Rarely	224	26.6	2.2	22.3	31.0
Never	315	34.5	2.4	29.7	39.2
Total	885	100.0			

**Table 76. Survey question 79. How often have you had little interest or little pleasure in doing things that were usually enjoyed.**

<b>Little pleasure doing things</b>	<b>Responses (n)</b>	<b>Weighted Percent</b>	<b>Standard Error</b>	<b>95% CI</b>	
Always	45	4.1	1.0	2.2	6.0
Often almost always	96	10.2	1.5	7.3	13.2
Sometimes	254	26.7	2.2	22.3	31.1
Rarely	205	26.2	2.2	21.9	30.6
Never	286	32.7	2.4	28.1	37.4
Total	886	100.0			

## OTHER EXPERIENCES

**Table 77. Survey question 80. Services received during most recent pregnancy.**

Services received	Responses (n)	Weighted Percent	Standard Error	95% CI	
Food stamps	351	29.5	2.3	25.0	33.9
WIC	591	56.6	2.5	51.7	61.5
Counseling	48	6.2	1.2	3.8	8.6
Quit smoking	47	3.4	0.9	1.7	5.1
Home violence reduction	24†	1.8	0.6	0.6	3.1

**Table 78. Survey question 81. During 12 months before baby's birth, what was yearly income?**

Income	Responses (n)	Weighted Percent	Standard Error	95% CI	
\$0 - \$16,000	333	29.5	2.3	25.0	34.0
\$16,001 - \$20,00	106	12.7	1.7	9.3	16.0
\$20,001 - \$24,000	63	7.1	1.3	4.5	9.7
\$24,001 - \$28,000	29†	4.6	1.1	2.4	6.8
\$28,001 - \$32,000	34	4.3	1.0	2.2	6.3
\$32,001 - \$40,000	50	5.7	1.2	3.3	8.0
\$40,001 - \$48,000	34	5.8	1.2	3.4	8.2
\$48,001 - \$57,000	37	4.7	1.1	2.6	6.8
\$57,001 - \$60,000	14†	2.5	0.8	0.8	4.1
\$60,001 - \$73,000	28†	3.0	0.9	1.2	4.7
\$73,001 - \$85,000	41	7.4	1.4	4.7	10.1
\$85,001 or more	82	12.8	1.7	9.4	16.3
Total	851	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 78. Survey question 82. During 12 months before delivery, count income dependents.**

Number of income dependents	Responses (n)	Weighted Percent	Standard Error	95% CI	
1	104	10.5	1.5	7.5	13.5
2	285	31.8	2.4	27.1	36.4
3	229	28.2	2.3	23.7	32.8
4	143	17.4	1.9	13.6	21.2
5	59	7.6	1.4	5.0	10.3
6	28†	2.9	0.9	1.2	4.6
7	9†	1.0	0.5	0.0	2.0
8	5†	0.4	0.3	0.0	1.0
9	2†	0.0	0.0	0.0	0.0
10	1†	0.0	0.0	0.0	0.1
25	1†	0.0	0.0	0.0	0.1
Total	866	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.