



## Acknowledgements

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A primary goal of PRAMS is to translate its data into action. Please share with us how you have used the data published here. We also welcome feedback on the usefulness of this format. You may contact the PRAMS staff by e-mail at [iowaprams@idph.iowa.gov](mailto:iowaprams@idph.iowa.gov) or by phone at 1-800-383-3826.

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## Snapshot

In 2019, there were:

- **37,597** live births in Iowa<sup>1</sup>
- **2,414** babies were born at a low birthweight<sup>1</sup>
- **172** babies died before their 1st birthday<sup>1</sup>

What does PRAMS tell us?

- **35,055** mothers were eligible for PRAMS\*
- **32,034** had insurance *before* they were pregnant
- **16,724** had their teeth cleaned before their pregnancy
- **23,121** reported their pregnancy was planned
- **31,172** reported ever breastfeeding their babies
- **29,197** primarily put their baby to sleep on his or her back - the safest position for infants to sleep
- **6,305** reported being diagnosed with depression postpartum
- **1,070** reported some form of violence during pregnancy
- **24,150** reported using a most or moderately effective method of contraception postpartum (including abstinence)

\*Number of PRAMS eligible mothers is less than the number of births due to multiple births and the exclusion of adopted and surrogate children.

<sup>1</sup>2019 Iowa Vital Statistics Report, Iowa Department of Public Health, 2020.

[https://idph.iowa.gov/Portals/1/userfiles/68/HealthStats/vital\\_stats\\_2019-20201022.pdf](https://idph.iowa.gov/Portals/1/userfiles/68/HealthStats/vital_stats_2019-20201022.pdf)

\* value suppressed for confidentiality

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

## Glossary

**Live birth:** A birth that shows any sign of life after delivery. The World Health Organization considers a sign of life as being the breathing or showing of any other evidence of life, such as beating of the heart, pulsation of the umbilical cord, or definite movement of voluntary muscles, whether or not the umbilical cord has been cut or the placenta is attached. The responsibility of determining if a birth meets this definition is that of the attending physician. In this publication, the terms live birth and birth are used synonymously.

### Pregnancy Intention

Condensed pregnancy intention categories are determined using [the Center for Disease Control and Prevention's \(CDC\) provided definition](#), where:

- *Intended pregnancy:* 'I wanted to be pregnant sooner' and 'I wanted to be pregnant then';
- *Unsure:* 'I wasn't sure what I wanted'; and
- *Unintended pregnancy:* 'I wanted to be pregnant later' and 'I didn't want to be pregnant then or at any time in the future'.

### Postpartum Contraceptive Effectiveness

Postpartum contraceptive effectiveness categories are defined using [CDC's provided definition](#):

- *Abstinence;*
- *Most effective:* Vasectomy, Tubal occlusion, IUD, Implant;
- *Moderately effective:* Injection, Pill, Patch or Ring;
- *Least effective:* Condom, Natural family planning, Withdrawal;
- *None:* Not practicing abstinence nor using any form of contraception.

### Number of Endorsed Stressors

PRAMS asks new mothers whether they experienced 13 different stressors during the 12 months before their baby was born. Each endorsed stressor is counted per each mother for a possible score of 0-13. This score is then broken out into four categories: 'No stressors', '1-2 stressors', '3-5 stressors', and '6 or more stressors'.

\* value suppressed for confidentiality

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

## List of Acronyms

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

\* value suppressed for confidentiality

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

## Introduction

### Overview of PRAMS

PRAMS stands for the Pregnancy Risk Assessment Survey (PRAMS) and is a cooperative project between the Iowa Department of Public Health (IDPH) and the Centers for Control and Prevention (CDC). Iowa joined the PRAMS project in 2011 and began data collection in February of 2013. In 2019, 1,974 Iowa mothers were asked to provide information on their experiences and behaviors before, during and after pregnancy.

PRAMS was initiated in 1987 to help state health departments establish and maintain an epidemiologic surveillance system of selected maternal behaviors and experiences. PRAMS was started at a time when the U.S. infant mortality rate was no longer declining as rapidly as it had in past years and the prevalence of low birthweight was showing little change. Maternal behaviors, such as alcohol and tobacco use, and limited use of prenatal care and pediatric care were contributing to the slow rate of decline. PRAMS was designed to supplement data from vital records and to generate data for planning and assessing perinatal health programs in each participating state.

### Why is PRAMS important?

- PRAMS provides data for state health officials to use to improve the health of mothers and infants.
- PRAMS allows CDC and the states to monitor changes in maternal and child health indicators (i.e. unintended pregnancy, prenatal care, breastfeeding, smoking, drinking, and infant health).
- PRAMS enhances information from birth certificates used to plan and review state maternal and infant health programs.
- The PRAMS sample is chosen from all women who had a recent live birth, so findings can be applied to the state's entire population of women who recently delivered a live-born infant.
- PRAMS not only provides state-specific data but also allows comparisons among participating states because the same data collection methods are used in all participating states.

### How are PRAMS data used?

PRAMS provides data not available from other sources about pregnancy and the first few months after birth. These data can be used to identify groups of women and infants at high risk for health problems, to monitor changes in health status, and to measure progress towards goals in improving the health of mothers and infants.

PRAMS data are used by:

- State and local governments to plan and review programs and policies aimed at reducing health problems among mothers and babies.
- State agencies to identify other agencies that have important contributions to make in planning maternal and infant health programs and to develop partnerships with those agencies.
- Researchers to investigate emerging issues in the field of maternal and child health.

For additional information, please visit <http://www.cdc.gov/prams/>. You will find detailed information on the methodology used, other participating states, and data to action success stories.

\* value suppressed for confidentiality

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

If you would like to request Iowa PRAMS data, please visit <http://idph.iowa.gov/prams> for information on the request process. Complete versions of the survey are also available.

## PRAMS Methodology

### Sample Design

All states participating in PRAMS utilize a sampling technique called 'stratified random sampling' in which all birth records are divided into categories, or 'strata.' Iowa stratifies by mother's race and ethnicity as reported by the mother on the birth certificate.

A random sample is drawn from each of these groups on a monthly basis. Selected mothers are then contacted to participate in the PRAMS project. Because a relatively small percentage of the total population of all Iowa mothers is contacted, a simple random sample may not yield sufficient numbers of responses from these women to tell us about their lifestyles and behaviors as a group. Stratified random sampling provides a means to collect more meaningful information about high-risk population groups. A weighting process is used to recombine the resulting responses to reflect the total population of Iowa mothers within a calendar year.

### Mode of Surveillance

All PRAMS states use a mixed-mode surveillance system. Mothers are first contacted via mail when their infant is over two months of age. Up to three self-administered surveys are sent to selected mothers. Mothers who do not respond to the mailed survey are called to complete the survey by a phone. All mothers who complete the survey are given a \$10 gift certificate for diapers.

### Inclusion Criteria

Any Iowa-resident woman, including teens, who delivers a live birth within Iowa is eligible to be included in the PRAMS sample. When twins or triplets are born, only one infant is randomly selected. Adopted infants and surrogate births are excluded. Birth certificates missing the mother's last name are also excluded.

### Limitations of PRAMS

As a self-administered survey, PRAMS data is subject to inaccurate reporting. Types of bias in PRAMS data may include recall bias, reporting bias, and misunderstanding of questions. PRAMS is also subject to non-response bias, especially among harder to reach populations. The data represents estimates of population behavior and experiences. Data can be used as a guideline for program activities.

### Response Rate

The overall response rate for Iowa PRAMS was 50% in 2019, which met the 50% minimum for PRAMS data to be considered valid. However, some subgroups, such as Non-Hispanic Black (NHB) mothers or mothers with a high school degree or lower, have response rates of less than 50%. Though the sample design described above helps improve estimates for these groups, it cannot fully correct for the selection bias created by non-response, and so estimates from these groups should be treated with higher caution.

### Confidence Intervals

Confidence intervals represent uncertainty around an estimate, though they themselves are an estimate. All confidence intervals in this report are at the 95% level. Uncertainty intervals in this report

\* value suppressed for confidentiality

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



account for uncertainty due to the sample selection process, but cannot fully account for non-response or misinformation given by participants. For more information about confidence intervals, see <https://www.census.gov/did/www/saipe/methods/statecounty/ci.html>.

### Data Suppression

Numerators containing less than 6 women have been suppressed from this document to comply with the IDPH confidentiality policy. These groups are indicated by an \* in the tables below. Additionally, unreliable estimates, subgroups that contain less than 50 respondents or have a confidence interval half-width of 10 points or greater, are indicated with a <sup>U</sup> and a lighter font color.

### Household Income

Household income is analyzed using four groups for this report; the groups were chosen in order to have similar numbers of women in each, and the cutoff of 185% of the Federal Poverty Line (FPL) because this is the threshold for WIC eligibility, and 375% is the threshold for qualification for Medicaid for pregnant women in the state of Iowa. For a four-person family, this cutoff for Medicaid eligibility is an annual income of approximately \$96,000. When calculating FPL for the family, the family size includes one above the number indicated by the respondent to account for the new infant. For example, if the respondent wrote that four people depended on the income reported, FPL will be calculated as if five people depended on the reported income.

### Maternal Residence

Urbanity was chosen by mother's county of residence, based on the National Center for Health Statistics urban-rural continuum. Counties designated as Small-Metro or Micropolitan were considered urban (Iowa has no counties with higher urbanity), while the rest of the counties, classified as non-core, are considered rural.

### Maternal Insurance

Maternal insurance is tracked at three time periods in the PRAMS survey: before pregnancy, during pregnancy, and at the time of survey (postpartum). Mothers who selected both public insurance and private insurance options during a given time were included in the private insurance group. Military insurance is considered private insurance for this report.

\* value suppressed for confidentiality

<sup>U</sup> unreliable estimate (subgroup <50, or CI >=20 points)

## Results

### Demographics

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Maternal Age Categories</i>				
< 20 years	43	1889	5.39	3.21-8.90
20-24 years	156	5083	14.50	11.04-18.82
25-29 years	272	13855	39.52	34.29-45.01
30-34 years	242	9744	27.80	23.60-32.43
35+ years	137	4484	12.79	9.98-16.26
<i>Maternal Education</i>				
Less than High School	170	3681	10.51	7.65-14.28
High School Graduate	263	9500	27.13	22.41-32.44
Some College/Associate's Degree	225	9007	25.72	21.48-30.48
College or Greater	189	12824	36.63	31.77-41.78
<i>Maternal Race/Ethnicity</i>				
Non-Hispanic Black	297	2672	7.62	7.31-7.95
Non-Hispanic White	244	27779	79.24	77.01-81.32
Hispanic	300	3530	10.07	9.64-10.52
Non-Hispanic Other	9	1074	3.06	1.53-6.03
<i>Urbanity</i>				
Urban	595	20400	58.19	52.78-63.42
Rural	255	14655	41.81	36.58-47.22
<i>Federal Poverty Level (FPL) Categories</i>				
0-49%	151	3370	10.62	7.89-14.20
50-184%	301	10040	31.64	26.55-37.21
185-374%	141	9066	28.57	23.72-33.98
375%+	114	9257	29.17	24.41-34.44
<i>Maternal Insurance (Before Pregnancy)</i>				
Public	237	7460	21.34	17.21-26.15
Private	440	24574	70.30	65.33-74.84
None	162	2921	8.36	6.22-11.14
<i>Maternal Insurance (During Pregnancy)</i>				
Public	357	10475	30.44	25.69-35.64
Private	407	22530	65.46	60.17-70.40
None	60	1411	4.10	2.41-6.89
<i>Maternal Insurance (After Pregnancy)</i>				
Public	306	9661	27.92	23.29-33.06
Private	386	22244	64.28	59.05-69.19
None	141	2700	7.80	5.60-10.77

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2019 PRAMS Survey Frequencies

Priority Area 1: Infant Safe Sleep

Question	Sample N	Weighted N	Weighted %	95% CI
<b><i>In which one position do you most often lay your baby down to sleep now?</i></b>				
On his or her side	67	2078	6.04	4.03-8.96
On his or her back	614	29197	84.83	80.84-88.11
On his or her stomach	50	1541	4.48	2.77-7.15
Multiple positions	84	1603	4.66	3.00-7.16
<b><i>In the past 2 weeks, how often has your new baby slept alone in his or her own crib or bed?</i></b>				
Always	492	23942	69.57	64.53-74.18
Often	115	4676	13.59	10.31-17.71
Sometimes	96	2575	7.48	5.29-10.48
Rarely	41	1130	3.28	1.89-5.64
Never	70	2091	6.08	4.01-9.10
<b><i>When your new baby sleeps alone, is his or her crib or bed in the same room where you sleep?</i></b>				
YES	621	24527	76.33	71.18-80.81
NO	111	7605	23.67	19.19-28.82
<b><i>Listed below are some more things about how babies sleep. How did your new baby usually sleep in the past 2 weeks?</i></b>				
In a crib, bassinet, or pack and play	724	31860	92.97	89.74-95.23
On a twin or larger mattress or bed	267	6062	18.13	14.68-22.19
On a couch, sofa or armchair	102	2594	7.77	5.54-10.81
In an infant car seat or swing	340	12983	38.64	33.50-44.04
In a sleeping sack or wearable blanket	271	16657	50.07	44.64-55.50
With a blanket	335	13086	38.82	33.58-44.34
With toys, cushions or pillows	67	2384	7.13	4.72-10.64
With crib bumper pads	105	3867	11.58	8.44-15.70
<b><i>Did a doctor, nurse or other health care worker tell you any of the following things?</i></b>				
Place my baby on his or her back to sleep	763	33090	96.77	94.29-98.19
Place my baby to sleep in a crib, bassinet, or pack and play	724	30653	90.06	86.04-93.02
Place my baby's crib or bed in my room	472	19714	58.40	52.89-63.70
What things should and should not go in bed with my baby	734	30545	89.23	85.09-92.32

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2019 PRAMS Survey Frequencies

Priority Area 2: Unintended Pregnancy

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant?</i>				
I wanted to be pregnant later	171	5483	15.67	12.09-20.08
I wanted to be pregnant sooner	118	6830	19.52	15.69-24.03
I wanted to be pregnant then	373	16291	46.57	41.30-51.92
I didn't want to be pregnant then or at any time in the future	42	1877	5.36	3.36-8.46
I wasn't sure what I wanted	138	4504	12.87	9.67-16.94
<i>When you got pregnant with your new baby, were you trying to get pregnant?</i>				
YES	436	20636	59.90	54.53-65.05
NO	400	13815	40.10	34.96-45.48
<i>When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant?</i>				
YES	163	4706	34.19	26.59-42.70
NO	237	9057	65.81	57.30-73.41
<i>What were your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant?</i>				
I didn't mind if I got pregnant	<sup>u</sup> 139	<sup>u</sup> 5550	<sup>u</sup> 58.69	<sup>u</sup> 48.04-68.59
I thought I could not get pregnant at that time	72	1736	18.31	12.10-26.74
I had side effects from the birth control method I was using	40	1643	17.31	10.43-27.35
I had problems getting birth control when I needed it	16	187	1.97	1.17-3.29
I thought my husband or partner or I was sterile (could not get pregnant at all)	29	757	8.05	3.92-15.80
My husband or partner didn't want to use anything	42	1111	11.74	6.65-19.89
I forgot to use a birth control method	15	724	7.63	3.51-15.78
Other	29	1182	12.45	6.75-21.85
<i>During any of your health care visits in the 12 months before you got pregnant, did a doctor, nurse, or other health care worker do any of the following things?</i>				
Talk to me about my desire to have children	226	11261	46.27	40.01-52.64
Talk to me about using birth control to prevent pregnancy	238	10120	41.75	35.59-48.17

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## 2019 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During any of your prenatal care visits, did a <b>doctor, nurse or other health care worker ask you any of the things listed below?</b></i>				
If I planned to use birth control after my baby was born	713	28677	84.01	79.38-87.77
<i>Are you or your husband or partner <b>doing anything now to keep from getting pregnant?</b></i>				
YES	667	28858	84.12	79.81-87.65
NO	153	5448	15.88	12.35-20.19
<i>What are your reasons or your husband's or partner's <b>reasons for not doing anything to keep from getting pregnant now?</b></i>				
I want to get pregnant	<sup>u</sup> 29	<sup>u</sup> 1090	<sup>u</sup> 19.28	<sup>u</sup> 10.96-31.67
I am pregnant now	7	62	1.10	0.51-2.32
I had my tubes tied or blocked	*	*	*	*
I don't want to use birth control	<sup>u</sup> 76	<sup>u</sup> 2927	<sup>u</sup> 51.79	<sup>u</sup> 38.66-64.67
I am worried about side effects from birth control	<sup>u</sup> 74	<sup>u</sup> 2533	<sup>u</sup> 44.82	<sup>u</sup> 32.22-58.12
I am not having sex	<sup>u</sup> 47	<sup>u</sup> 1529	<sup>u</sup> 27.06	<sup>u</sup> 17.16-39.92
My husband or partner doesn't want to use anything	20	668	12.22	5.70-24.27
I have problem paying for birth control	7	87	1.54	0.72-3.25
Other	19	768	13.59	6.95-24.90
<i>What kind of <b>birth control</b> are you or your husband or partner using <b>now to keep from getting pregnant?</b></i>				
Tubes tied or blocked	57	2561	8.81	6.01-12.76
Vasectomy	12	1034	3.56	1.82-6.83
Birth control pills	129	7539	25.94	21.01-31.57
Condoms	154	6898	23.74	19.21-28.95
Shots or injections	73	2385	8.21	5.30-12.49
Contraceptive patch or vaginal ring	13	239	0.82	0.30-2.25
IUD	106	5672	19.52	15.25-24.64
Contraceptive implant in the arm	111	3130	10.77	7.72-14.84
Natural family planning	46	2074	7.14	4.67-10.75
Withdrawal	111	5414	18.63	14.44-23.70
Not having sex	61	2161	7.44	4.84-11.26
Other	11	570	1.96	0.79-4.78

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2019 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During your postpartum checkup, did a doctor, nurse or other health care worker do any of the following things?</i>				
Talk to me about how long to wait before getting pregnant again	385	16548	51.83	46.22-57.40
Talk to me about birth control methods I can use after giving birth	641	27766	86.75	82.35-90.19
Give or prescribe me a contraceptive method such as the pill, patch, shot, NuvaRing, or condoms	360	15343	48.13	42.55-53.76
Insert an IUD or contraceptive implant	202	8352	26.74	21.99-32.08
Analytic Variable	Sample N	Weighted N	Weighted %	95% CI
<b><i>Pregnancy Intention</i></b>				
Intended	491	23121	66.09	60.81-71.00
Unsure	138	4504	12.87	9.67-16.94
Unintended	213	7359	21.04	16.93-25.83
<b><i>Postpartum Contraceptive Effectiveness</i></b>				
Abstinence	109	3702	10.78	7.87-14.59
Most	277	11814	34.40	29.46-39.71
Moderate	187	8633	25.14	20.66-30.22
Least	138	6299	18.34	14.61-22.78
None	103	3892	11.33	8.32-15.25

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2019 PRAMS Survey Frequencies

Priority Area 3: Mental Health

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During the 3 months before you got pregnant with your new baby, <b>did you have any of the following health conditions?</b></i>				
Depression	133	6682	19.19	15.16-24.00
<i>During any of your health care visits in the 12 months before you got pregnant, did a <b>doctor, nurse, or other health care worker do any of the following things?</b></i>				
Ask me if someone was hurting me emotionally or physically	663	26034	76.44	71.40-80.83
Ask me if I was feeling down or depressed	718	29449	86.01	81.69-89.45
<i>During any of your prenatal care visits, did a <b>doctor, nurse or other health care worker ask you any of the things listed below?</b></i>				
If someone was hurting me emotionally or physically	292	12747	52.18	45.81-58.47
If I was feeling down or depressed	335	15399	63.17	56.88-69.04
<i>During your most recent pregnancy, <b>did you have any of the following health conditions?</b></i>				
Depression	138	6162	18.00	14.17-22.59
<i>This question is about <b>things that may have happened</b> during the 12 months before your new baby was born.</i>				
A close family member was very sick and had to go into the hospital	178	10399	30.18	25.37-35.48
I got separated or divorced from my husband or partner	61	2224	6.42	4.26-9.56
I moved to a new address	268	11049	31.99	27.09-37.33
I was homeless or had to sleep outside, in a car or in a shelter	17	267	0.77	0.38-1.57
My husband or partner lost their job	81	2770	8.00	5.43-11.64
I lost my job even though I wanted to go on working	87	2610	7.54	5.16-10.87
My husband, partner, or I had a cut in work hours or pay	130	5658	16.34	12.60-20.92
I was apart from my husband or partner due to military deployment or extended work-related travel	25	739	2.13	1.12-4.03
I argued with my husband or partner more than usual	161	6448	18.62	14.78-23.18
My husband or partner said they didn't want me to be pregnant	51	1834	5.29	3.31-8.37

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2019 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<i>(CONT.) This question is about <b>things that may have happened</b> during the 12 months before your new baby was born.</i>				
I had problems paying the rent, mortgage, or other bills	131	4809	13.88	10.54-18.06
My husband, partner, or I went to jail	39	1060	3.07	1.81-5.18
Someone very close to me had a problem with drinking or drugs	74	3810	11.00	7.97-14.99
Someone very close to me died	155	6666	19.25	15.29-23.94
<i>During the 12 months before your new baby was born, <b>did you feel emotionally upset (for example, angry, sad or frustrated) as a result of how you were treated based on your race?</b></i>				
YES	91	1845	5.33	3.56-7.92
NO	731	32745	94.67	92.09-96.44
<i>In the 12 months before you got pregnant with your new baby, did any of the following <b>people push, hit, slap, kick, choke or physically hurt you</b> in any other way?</i>				
My husband or partner	15	305	0.88	0.39-1.99
My ex-husband or ex-partner	18	638	1.85	0.79-4.28
Another family member	6	143	0.42	0.12-1.42
Someone else	11	721	2.09	0.90-4.79
<i>During your most recent pregnancy, did any of the following <b>people push, hit, slap, kick, choke, or physically hurt you</b> in any other way?</i>				
My husband or partner	11	193	0.56	0.22-1.42
My ex-husband or ex-partner	12	557	1.61	0.61-4.19
Another family member	*	*	*	*
Someone else	8	409	1.19	0.41-3.39
<i>During your postpartum checkup, <b>did a doctor, nurse or other health care worker do any of the following things?</b></i>				
Ask me if someone was hurting me emotionally or physically	523	19975	62.85	57.24-68.14
Ask me if I was feeling down or depressed	664	29134	91.39	87.42-94.20

\* value suppressed for confidentiality

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



2019 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Since your new baby was born, how often have you <b>felt down, depressed or hopeless?</b></i>				
Always	8	266	0.77	0.20-3.02
Often	50	2550	7.42	5.02-10.85
Sometimes	163	8115	23.62	19.20-28.70
Rarely	239	11031	32.11	27.35-37.27
Never	356	12392	36.07	31.09-41.38
<i>Since your new baby was born, how often have you had <b>little interest or little pleasure in doing things you usually enjoy?</b></i>				
Always	25	557	1.62	0.81-3.19
Often	47	2047	5.94	3.75-9.29
Sometimes	147	5827	16.91	13.28-21.30
Rarely	220	11198	32.51	27.65-37.77
Never	378	14822	43.02	37.78-48.43
<i>The following questions ask about your <b>emotional wellbeing during your most recent pregnancy</b></i>				
I answered written questions asking me to rate my mood	570	23109	67.50	62.10-72.47
A doctor, nurse or other health care worker talked to me about postpartum depression	687	29022	84.80	80.21-88.47
A doctor, nurse or other health care worker told me I had depression	110	4024	11.76	8.65-15.80
A doctor, nurse or other health care worker recommended that I take a prescription medication for depression	111	4415	12.89	9.65-17.03
I took medication for depression	78	4595	13.48	10.03-17.87
A doctor, nurse or other health care worker recommended that I get counseling for depression	88	2652	7.73	5.30-11.13
I received counseling for depression	62	2571	7.49	5.04-11.01

\* value suppressed for confidentiality

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

2019 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<i>The following questions ask about your <b>emotional well-being since your new baby was born</b></i>				
I answered written questions asking me to rate my mood	535	22887	66.97	61.54-71.98
A doctor, nurse or other health care worker told me I had depression	199	6305	18.42	14.69-22.83
A doctor, nurse or other health care worker recommended that I take a prescription medication for depression	117	5856	17.11	13.23-21.83
I took medication for depression	107	6495	19.05	14.97-23.94
A doctor, nurse or other health care worker recommended that I get counseling for depression	72	2980	8.70	6.02-12.43
I received counseling for depression	64	2968	8.65	6.01-12.28
Before you got pregnant with your new baby, did <b>your husband or partner ever try to keep you from using your birth control</b> so that you would get pregnant when you didn't want to?				
YES	6	58	0.17	0.08-0.36
NO	810	34289	99.83	99.64-99.92
<i>During any of the following time periods, did your husband or <b>partner threaten you, limit your activities against your will, or make you feel unsafe</b> in any other way?</i>				
During the 12 months before I got pregnant	17	488	1.42	0.70-2.88
During my most recent pregnancy	24	841	2.45	1.21-4.92
Since my new baby was born	19	603	1.76	0.81-3.81
<i>During your most recent pregnancy, would you have <b>had the kinds of help listed below if you needed them?</b></i>				
Someone to loan me \$50	607	29105	84.59	80.39-88.02
Someone to help me if I were sick and needed to be in bed	643	29916	86.94	83.04-90.05
Someone to take me to the clinic or doctor's office if I need a ride	678	31120	90.73	87.49-93.20
Someone to talk with about my problems	655	30768	89.73	86.33-92.36

\* value suppressed for confidentiality

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

2019 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<b><i>Since you delivered your new baby, would you have the kinds of help listed below if you needed them?</i></b>				
Someone to loan me \$50	636	29924	89.01	85.28-91.88
Someone to help me if I were sick and needed to be in bed	667	30644	91.51	88.16-93.98
Someone to talk with about my problems	677	31348	93.18	90.47-95.16
Someone to take care of my baby	677	31236	92.96	90.04-95.08
Someone to help me if I were tired and feeling frustrated with my new baby	675	31035	92.61	89.54-94.83
Someone to take me and my baby to the doctor's office if I had no other way of getting there	693	31482	93.94	91.19-95.87
Analytic Variable	Sample N	Weighted N	Weighted %	95% CI
<b><i>Number of Endorsed Stressors Count</i></b>				
None	267	10004	28.86	24.41-33.77
1-2 stressors	340	16270	46.94	41.61-52.33
3-5 stressors	181	6767	19.52	15.62-24.12
6+ stressors	41	1623	4.68	2.81-7.71

\* value suppressed for confidentiality

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

2019 PRAMS Survey Frequencies

Priority Area 4: Breastfeeding

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During any of your prenatal care visits, did a <b>doctor, nurse or other health care worker ask you any of the things listed below?</b></i>				
If I planned to breastfeed my new baby	766	31789	93.13	89.73-95.46
<i>Before or after your new baby was born, did you <b>receive information about breastfeeding</b> from any of the following sources?</i>				
My doctor	659	26005	75.94	70.87-80.38
A nurse, midwife or doula	620	25892	75.91	70.78-80.39
From breastfeeding lactation specialist	538	25299	74.59	69.34-79.21
My baby's doctor or health care provider	570	21965	64.70	59.23-69.81
A breastfeeding support group	263	9246	27.41	22.92-32.40
A breastfeeding hotline or toll-free number	102	3478	10.35	7.53-14.06
Family or friends	485	21400	62.68	57.26-67.79
Other	118	2867	10.59	7.81-14.21
<i>Did you <b>ever breastfeed or pump</b> breast milk to feed your new baby, even for a short period of time?</i>				
YES	713	31172	90.32	86.75-93.00
NO	104	3343	9.68	7.00-13.25
<i>What were your <b>reasons for not breastfeeding</b> your new baby?</i>				
I was sick or on medicine	<sup>u</sup> 17	<sup>u</sup> 496	<sup>u</sup> 14.88	<sup>u</sup> 6.28-31.33
I had other children to take care of	<sup>u</sup> 26	<sup>u</sup> 1153	<sup>u</sup> 34.61	<sup>u</sup> 20.05-52.77
I had too many household duties	<sup>u</sup> 16	<sup>u</sup> 706	<sup>u</sup> 21.19	<sup>u</sup> 10.45-38.28
I didn't like breastfeeding	<sup>u</sup> 36	<sup>u</sup> 820	<sup>u</sup> 24.63	<sup>u</sup> 13.56-40.50
I tried but it was too hard	24	320	9.64	5.00-17.76
I didn't want to	<sup>u</sup> 46	<sup>u</sup> 1693	<sup>u</sup> 50.82	<sup>u</sup> 34.53-66.93
I went back to work	<sup>u</sup> 21	<sup>u</sup> 810	<sup>u</sup> 24.33	<sup>u</sup> 11.72-43.79
I went back to school	8	81	2.62	1.23-5.49
Other	<sup>u</sup> 24	<sup>u</sup> 819	<sup>u</sup> 24.58	<sup>u</sup> 12.54-42.54
<i>Are you <b>currently breastfeeding or feeding pumped milk</b> to your new baby?</i>				
YES	410	19157	61.42	55.69-66.85
NO	303	12033	38.58	33.15-44.31

\* value suppressed for confidentiality

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

## 2019 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<b>How many weeks or months did you breastfeed or feed pumped milk to your baby?</b>				
< 4 weeks	87	4037	12.94	9.56-17.30
4-7 weeks	77	2630	8.43	5.77-12.16
8+ weeks	549	24523	78.62	73.58-82.93
<b>What were your reasons for stopping breastfeeding?</b>				
My baby had difficulty latching or nursing	86	3573	29.73	21.79-39.11
Breast milk alone did not satisfy my baby	104	3508	29.21	21.68-38.10
I thought my baby was not gaining enough weight	39	1244	10.35	6.03-17.22
My nipples were sore, cracked or bleeding or it was too painful	69	1981	16.48	10.84-24.26
I thought I was not producing enough milk, or my milk dried up	184	7715	64.18	54.86-72.53
I had too many other household duties	70	2916	24.26	17.37-32.80
I felt it was the right time to stop breastfeeding	46	2027	16.86	10.68-25.59
I got sick or I had to stop for medical reasons	22	594	4.94	2.24-10.54
I went back to work	77	2971	24.72	17.63-33.50
I went back to school	12	302	2.52	1.74-8.16
My partner did not support breastfeeding	10	371	3.09	1.04-8.82
My baby was jaundiced	21	732	6.09	2.81-12.69
My work or school did not have a place for me to pump/express milk	21	378	3.14	1.58-6.16
It was hard to use breaks to pump or breastfeed	49	1725	14.35	9.10-21.92
Other	67	3556	29.58	21.62-39.01

\* value suppressed for confidentiality

^ unreliable estimate (subgroup &lt;50, or CI &gt;=20 points)

2019 PRAMS Survey Frequencies

Priority Area 5: Substance Use

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During any of your health care visits in the 12 months before you got pregnant, did a doctor, nurse, or other health care worker do any of the following things?</i>				
Ask me if I was smoking cigarettes	394	18570	76.78	71.06-81.67
<i>During any of your prenatal care visits, did a doctor, nurse or other health care worker ask you any of the things listed below?</i>				
If I was taking any prescription medication	764	32581	95.14	91.85-97.14
If I was smoking cigarettes	778	32568	95.10	92.00-97.04
If I was drinking alcohol	775	31813	92.85	89.09-95.38
If I was using drugs such as marijuana, cocaine, crack, or meth	670	26838	78.93	74.11-83.07
<i>Have you smoked any cigarettes in the past 2 years?</i>				
YES	123	6586	19.08	15.02-23.95
NO	708	27921	80.92	76.05-84.99
<i>In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day?</i>				
21 or more cigarettes	*	*	*	*
1 to 20 cigarettes	103	5630	16.23	12.41-20.94
No cigarettes	724	28859	83.19	78.45-87.05
<i>In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day?</i>				
21 or more cigarettes	*	*	*	*
1 to 20 cigarettes	49	2564	7.39	4.78-11.24
No cigarettes	781	31955	92.11	88.23-94.79
<i>Did you quit smoking around the time of your most recent pregnancy?</i>				
No	<sup>u</sup> 14	<sup>u</sup> 1097	<sup>u</sup> 18.81	<sup>u</sup> 9.30-34.35
No, but I cut back	<sup>u</sup> 30	<sup>u</sup> 1516	<sup>u</sup> 25.98	<sup>u</sup> 15.64-39.94
Yes, I quit before I found out I was pregnant	11	771	13.21	6.22-25.89
Yes, I quit when I found out I was pregnant	<sup>u</sup> 36	<sup>u</sup> 1855	<sup>u</sup> 31.80	<sup>u</sup> 20.37-45.94
Yes, I quit later in my pregnancy	17	595	10.20	4.82-20.31

\* value suppressed for confidentiality

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

2019 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<b><i>During your most recent pregnancy, did you do any of the following things about quitting smoking?</i></b>				
Set a specific date to stop smoking	<sup>U</sup> 21	<sup>U</sup> 1002	<sup>U</sup> 17.63	<sup>U</sup> 9.59-30.17
Use booklets, videos or other materials to help me quit	7	143	2.51	0.72-8.32
Call a national quit line or Quitline Iowa or go to a website	*	*	*	*
Attend a class or program to stop smoking	*	*	*	*
Go to counseling for help with quitting	0	0	0.00	0.00-0.00
Use a nicotine patch, gum, lozenge, nasal spray or inhaler	8	236	4.16	1.45-11.31
Take a pill like Zyban to stop smoking	*	*	*	*
Take a pill like Chantix to stop smoking	0	0	0.00	0.00-0.00
Try to quit on my own	<sup>U</sup> 78	<sup>U</sup> 3750	<sup>U</sup> 66.20	<sup>U</sup> 50.95-78.69
Other	15	540	12.13	5.57-24.43
<b><i>Listed below are some things that can make it hard from some people to quit smoking</i></b>				
Cost of medicines or products to help with quitting	<sup>U</sup> 18	<sup>U</sup> 957	<sup>U</sup> 16.80	<sup>U</sup> 8.63-30.15
Cost of classes to help with quitting	<sup>U</sup> 16	<sup>U</sup> 938	<sup>U</sup> 16.72	<sup>U</sup> 8.48-30.32
Fear of weight gain	<sup>U</sup> 21	<sup>U</sup> 1290	<sup>U</sup> 22.65	<sup>U</sup> 13.21-36.02
Loss of a way to handle stress	<sup>U</sup> 56	<sup>U</sup> 3172	<sup>U</sup> 55.70	<sup>U</sup> 41.19-69.29
Other people smoking around me	<sup>U</sup> 54	<sup>U</sup> 3214	<sup>U</sup> 56.43	<sup>U</sup> 41.91-69.92
Cravings for a cigarette	<sup>U</sup> 66	<sup>U</sup> 3747	<sup>U</sup> 65.79	<sup>U</sup> 51.26-77.87
Lack of support from others to quit	<sup>U</sup> 20	<sup>U</sup> 1019	<sup>U</sup> 17.89	<sup>U</sup> 9.16-32.03
Worsening depression	<sup>U</sup> 30	<sup>U</sup> 1366	<sup>U</sup> 23.99	<sup>U</sup> 13.52-38.93
Worsening anxiety	<sup>U</sup> 38	<sup>U</sup> 2085	<sup>U</sup> 36.61	<sup>U</sup> 24.06-51.29
Some other reason	<sup>U</sup> 7	<sup>U</sup> 627	<sup>U</sup> 13.22	<sup>U</sup> 5.62-28.06
<b><i>How many cigarettes do you smoke on an average day now?</i></b>				
21 or more cigarettes	*	*	*	*
1 to 20 cigarettes	69	3744	10.79	7.60-15.11
No cigarettes	761	30931	89.18	84.86-92.37
<b><i>Have you used any of the following products in the past 2 years?</i></b>				
E-cigarettes or other electronic nicotine products	41	2260	6.55	4.22-10.02
Hookah	16	412	1.20	0.52-2.72
Chewing tobacco, snuff, snus or dip	*	*	*	*

\* value suppressed for confidentiality

<sup>U</sup> unreliable estimate (subgroup <50, or CI >=20 points)

## 2019 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During the 3 months before you got pregnant, on average, how often did you use e-cigarettes or other electronic nicotine products?</i>				
More than once a day	<sup>U</sup> 14	<sup>U</sup> 946	<sup>U</sup> 41.34	<sup>U</sup> 22.04-63.74
Once a day	*	*	*	*
2-6 days a week	*	*	*	*
1 day a week or less	<sup>U</sup> 9	<sup>U</sup> 221	<sup>U</sup> 9.65	<sup>U</sup> 3.10-26.26
I did not use these products then	<sup>U</sup> 16	<sup>U</sup> 1006	<sup>U</sup> 43.95	<sup>U</sup> 24.11-65.94
<i>During the last 3 months of your pregnancy, on average, how often did you use e-cigarettes or other electronic nicotine products?</i>				
More than once a day	*	*	*	*
Once a day	*	*	*	*
2-6 days a week	*	*	*	*
1 day a week or less	*	*	*	*
I did not use these products then	<sup>U</sup> 35	<sup>U</sup> 1664	<sup>U</sup> 72.37	<sup>U</sup> 48.98-87.73
<i>Have you had any alcoholic drinks in the past 2 years?</i>				
YES	480	25911	74.89	70.16-79.09
NO	344	8687	25.11	20.91-9.84
<i>During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?</i>				
4 or more drinks per week	53	3398	9.82	7.02-13.58
Less than 1 to 3 drinks per week	348	19409	56.10	50.77-61.30
I didn't drink then	423	11790	34.08	29.30-39.21
<i>During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in a 2 hour time span?</i>				
2 or more times	76	4917	15.81	11.91-20.69
1 time	67	3914	12.58	9.27-16.86
I didn't have 4 drinks or more in a 2 hour time span	597	22276	71.61	66.10-76.54
<i>During your postpartum checkup, did a doctor, nurse or other health care worker do any of the following things?</i>				
Ask me if I was smoking cigarettes	523	19257	61.41	55.77-66.76

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2019 PRAMS Survey Frequencies

Priority Area 6: Oral Health

Question	Sample N	Weighted N	Weighted %	95% CI
<i>What <b>type of health care visit</b> did you have in the 12 months before you got pregnant with your new baby?</i>				
Visit to have my teeth cleaned by a dentist or dental hygienist	314	16724	68.16	62.00-73.76
<i><b>During your most recent pregnancy, did you have your teeth cleaned by a dentist or dental hygienist?</b></i>				
YES	399	18294	52.36	46.99-57.66
NO	440	16648	47.64	42.34-53.01
<i>This question is about other <b>care of your teeth</b> during your most recent pregnancy?</i>				
I knew it was important to care for my teeth and gums during my pregnancy	721	31139	89.84	86.01-92.45
A dental or other health care worker talked with me about how to care for my teeth and gums	450	18304	53.15	47.71-58.51
I had insurance to cover dental care during my pregnancy	651	29128	84.26	79.98-87.76
I needed to see a dentist for a problem	151	5620	16.42	12.69-20.99
I went to a dentist or dental clinic about a problem	126	4361	12.71	9.40-16.97
<i>Did any of the following things make it <b>hard for you to go to a dentist or dental clinic</b> during your most recent pregnancy?</i>				
I could not find a dentist or dental clinic that would take pregnant patients	50	1187	3.46	3.01-5.87
I could not find a dentist or dental clinic that would take Medicaid patients (if had Medicaid health insurance)	57	2791	27.22	18.85-37.59
I did not think it was safe to go to the dentist during pregnancy	120	3049	8.87	6.36-12.25
I could not afford to go to the dentist or dental clinic	129	3913	11.41	8.45-15.24

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

## Other Topics: Preconception Care

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During the month before you got pregnant with your new baby, <b>how many times a week did you take a multivitamin, a prenatal vitamin or a folic acid vitamin?</b></i>				
I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin in the month before I got pregnant	504	17189	49.05	43.76-54.36
1 to 3 times a week	54	2488	7.10	4.68-10.64
4 to 6 times a week	45	2830	8.08	5.65-11.43
Every day of the week	246	12537	35.77	30.88-40.98
<i>In the 12 months before you got pregnant with your new baby, <b>did you have any health care visits with a doctor, nurse or other health care worker, including a dental or mental health worker?</b></i>				
YES	500	24432	70.35	65.23-75.01
NO	337	10298	29.65	24.99-34.78
<i>What <b>type of health care visit</b> did you have in the 12 months before you got pregnant with your new baby?</i>				
Regular checkup at my family doctor's office	292	13403	54.64	48.27-60.86
Regular checkup at my OB/GYN's office	264	13821	56.33	49.99-62.48
Visit for an illness or chronic condition	90	5215	21.34	16.56-27.05
Visit for an injury	19	1287	5.25	2.84-9.49
Visit for family planning or birth control	110	5538	22.56	17.48-28.61
Visit for depression or anxiety	71	4090	16.67	12.27-22.25
Visit to have my teeth cleaned by a dentist or dental hygienist	314	16724	68.16	62.00-73.76
Other	74	3763	15.34	11.29-20.51
<i>During <b>any of your health care visits in the 12 months before you got pregnant</b>, did a doctor, nurse, or other health care worker do any of the following things?</i>				
Tell me to take a vitamin with folic acid	181	9784	40.08	34.04-46.44
Talk to me about maintaining a healthy weight	199	8709	35.88	30.02-42.19
Talk to me about controlling any medical conditions such as diabetes or high blood pressure	77	2492	10.32	7.21-14.57
Talk to me about my desire to have or not have children	226	11261	46.27	40.01-52.64

\* value suppressed for confidentiality

^ unreliable estimate (subgroup &lt;50, or CI &gt;=20 points)

2019 PRAMS Survey Frequencies

*(CONT.) During any of your health care visits in the 12 months before you got pregnant, did a doctor, nurse, or other health care worker do any of the following things?*

Talk to me about using birth control to prevent pregnancy	238	10120	41.75	35.59-48.17
Talk to me about how I could improve my health before a pregnancy	157	6781	28.24	22.86-34.33
Talk to me about sexually transmitted infections such as chlamydia, gonorrhea, or syphilis	153	5167	21.61	16.87-27.45
Ask me if I was smoking cigarettes	394	18570	76.78	71.06-81.67
Ask me if someone was hurting me emotionally or physically	292	12747	52.18	45.81-58.47
Ask me if I was feeling down or depressed	335	15399	63.17	56.88-69.04
Ask me about the kind of work I do	333	15732	64.37	58.08-70.20
Test me for HIV	156	5687	24.04	19.00-29.93

\* value suppressed for confidentiality

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

## Other Topics: Prenatal Care

Question	Sample N	Weighted N	Weighted %	95% CI
<i>How many weeks or months pregnant were you when you had your <b>first visit for prenatal care?</b></i>				
1st Trimester	656	28764	82.05	77.69-85.72
2nd Trimester	163	5334	15.22	11.89-19.27
3rd Trimester	31	957	2.73	1.35-5.44
<i>During your most recent pregnancy, did a <b>doctor, nurse, or other health care worker talk with you about any of the things listed below?</b></i>				
Foods that are good to eat during pregnancy	671	26205	77.06	72.06-81.40
Exercise during pregnancy	632	26267	76.84	71.93-81.12
Programs or resources to help me gain the right amount of weight during pregnancy	321	10062	29.83	25.28-34.82
Programs or resources to help me lose weight after pregnancy	184	5317	15.72	12.30-19.88
<i>During any of your <b>prenatal care visits</b>, did a doctor, nurse or other health care worker ask you any of the things listed below?</i>				
If I knew how much weight I should gain during pregnancy	394	15787	46.92	41.56-52.36
If I was taking any prescription medication	764	32581	95.14	91.85-97.14
If I was smoking cigarettes	778	32568	95.10	92.00-97.04
If I was drinking alcohol	775	31813	92.85	89.09-95.38
If someone was hurting me emotionally or physically	663	26034	76.44	71.40-80.83
If I was feeling down or depressed	718	29449	86.01	81.69-89.45
If I was using drugs such as marijuana, cocaine, crack, or meth	670	26838	78.93	74.11-83.07
If I wanted to be tested for HIV	487	19218	57.16	51.68-62.47
If I planned to breastfeed my new baby	766	31789	93.13	89.73-95.46
If I planned to use birth control after my baby was born	713	28677	84.01	79.38-87.77
<i>During the 12 months before the delivery of your new baby, did a <b>doctor, nurse or other health care worker offer you a flu shot or tell you to get one?</b></i>				
YES	750	31921	91.81	88.35-94.30
NO	80	2849	8.19	5.70-11.65

\* value suppressed for confidentiality

^ unreliable estimate (subgroup &lt;50, or CI &gt;=20 points)

2019 PRAMS Survey Frequencies

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During the 12 months before the delivery of your new baby, <b>did you get a flu shot?</b></i>				
No	237	9536	27.54	22.90-32.73
Yes, before my pregnancy	106	3504	10.12	7.38-13.73
Yes, during my pregnancy	476	21583	62.34	56.96-67.43
<i>During your most recent pregnancy, did you get a <b>Tdap shot or vaccination?</b></i>				
YES	600	27912	86.45	82.24-89.79
NO	128	4376	13.55	10.22-17.76

\* value suppressed for confidentiality

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

2019 PRAMS Survey Frequencies

Other Topics: Postpartum Care

Question	Sample N	Weighted N	Weighted %	95% CI
<i>Since your new baby was born, have you had a <b>postpartum</b> <i>checkup for yourself?</i></i>				
YES	739	32202	93.44	90.11-95.70
NO	80	2261	6.56	4.30-9.89
<i>Did any of these things <b>keep you from having a postpartum checkup?</b></i>				
I didn't have health insurance to cover the cost of the visit	<sup>u</sup> 24	<sup>u</sup> 463	<sup>u</sup> 20.24	<sup>u</sup> 9.90-36.95
I felt fine and did not think I needed to have a visit	<sup>u</sup> 41	<sup>u</sup> 1494	<sup>u</sup> 65.27	<sup>u</sup> 46.26-80.41
I couldn't get an appointment when I wanted one	8	91	3.99	1.80-8.58
I didn't have any transportation to get to the clinic or doctor's office	13	138	6.03	3.13-11.30
I had too many things going on	<sup>u</sup> 27	<sup>u</sup> 776	<sup>u</sup> 33.93	<sup>u</sup> 17.16-56.01
I couldn't take time off from work	<sup>u</sup> 7	<sup>u</sup> 257	<sup>u</sup> 11.22	<sup>u</sup> 2.75-36.11
Other	12	125	5.48	2.75-10.62
<i>During your <b>postpartum checkup</b>, did a doctor, nurse or other health care worker do any of the following things?</i>				
Tell me to take a vitamin with folic acid	432	17048	53.67	48.03-59.22
Talk to me about healthy eating, exercise, and losing weight gained during pregnancy	394	15491	48.53	42.98-54.13
Talk to me about how long to wait before getting pregnant again	385	16548	51.83	46.22-57.40
Talk to me about birth control methods I can use after giving birth	641	27766	86.75	82.35-90.19
Give or prescribe me a contraceptive method such as the pill, patch, shot, NuvaRing, or condoms	360	15343	48.13	42.55-53.76
Insert an IUD or contraceptive implant	202	8352	26.74	21.99-32.08
Ask me if I was smoking cigarettes	523	19257	61.41	55.77-66.76
Ask me if someone was hurting me emotionally or physically	523	19975	62.85	57.24-68.14
Ask me if I was feeling down or depressed	664	29134	91.39	87.42-94.20
Test me for diabetes	240	5632	18.18	14.44-22.63

\* value suppressed for confidentiality

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

2019 PRAMS Survey Frequencies

Other Topics: Comorbidities

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During the 3 months before you got pregnant with your new baby, did you have any of the following <b>health conditions</b>? [Responded YES; multi-select]</i>				
Type 1 or Type 2 diabetes (not gestational diabetes or diabetes that starts during pregnancy)	34	1083	3.09	1.84-5.16
High blood pressure or hypertension	47	1493	4.27	2.69-6.72
Depression	133	6682	19.19	15.16-24.00
Asthma	78	3073	8.79	6.13-12.45
Anxiety	176	9839	28.10	23.37-33.37
<i>During <b>any of your health care visits</b> in the 12 months before you got pregnant, did a doctor, nurse, or other health care worker do any of the following things?</i>				
Talk to me about controlling any medical conditions such as diabetes or high blood pressure	77	2492	10.32	7.21-14.57
Ask me if I was feeling down or depressed	335	15399	63.17	56.88-69.04
<i>During your most recent pregnancy, did you have any of the following <b>health conditions</b>?</i>				
Gestational diabetes	111	4228	12.27	9.18-16.20
High blood pressure (that started during this pregnancy), pre-eclampsia or eclampsia	115	6468	18.77	14.78-23.54
Depression	138	6162	18.00	14.17-22.59

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2019 PRAMS Survey Frequencies

Other Topics: Other

Question	Sample N	Weighted N	Weighted %	95% CI
<i>During the 12 months before your new baby was born, did you ever eat less than you felt you should because <b>there wasn't enough money to buy food?</b></i>				
YES	67	2362	6.97	4.60-10.43
NO	733	31542	93.03	89.57-95.40
<i>After your baby was delivered, <b>how long did he or she stay in the hospital?</b></i>				
2 or less days	415	19367	57.09	51.69-62.33
3-5 days	317	10883	32.08	27.33-37.23
6-14 days	42	2116	6.24	3.93-9.77
More than 14 days	45	1556	4.59	2.72-7.64
<i>Has your new baby had a <b>well-baby</b> <b>checkup?</b></i>				
YES	796	33220	96.96	93.63-98.57
NO	11	1043	3.04	1.43-6.37
<i>Listed below are some statements about <b>safety</b></i>				
I always used a seatbelt during my most recent pregnancy	781	33322	97.57	95.10-98.81
My home has a working smoke alarm	771	33319	97.62	95.49-98.76
There are loaded guns, rifles or other firearms in my home	68	3898	11.42	8.37-15.38
I have received information about infant products that should be taken off the market since my new baby was born	369	18682	55.05	49.60-60.37
<i>Have you ever heard or read about <b>what can happen if a baby is shaken?</b></i>				
YES	710	32734	95.89	93.81-97.30
NO	94	1402	4.11	2.71-6.19
<i>Have you <b>shared what you know about the danger of shaking a baby</b> with anyone else who takes care of your new baby?</i>				
YES	526	22144	67.64	62.28-72.57
NO	185	10596	32.36	27.44-37.72

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