

Prevalence of Selected Maternal and Child Health Indicators for Utah, Pregnancy Risk Assessment Monitoring System (PRAMS), 2016–2019

Health Indicator	2016		2017		2018		2019		Overall 2019 [§]
	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	% (95% CI) [¶]
Nutrition									
• Multivitamin use ≥4 times a week during the month before pregnancy	1392	48.3 (45.1-51.6)	1436	46.1 (42.8-49.4)	1247	45.8 (42.3-49.2)	1702	48.3 (45.2-51.4)	41.8 (41.0-42.5)
Pre-pregnancy Weight									
• Underweight (Body Mass Index [BMI]<18.5 kg/m ²)	1360	3.4 (2.5-4.7)	1384	5.4 (4.0-7.2)	1203	4.9 (3.6-6.6)	1683	3.5 (2.5-4.8)	3.3 (3.0-3.6)
• Overweight (BMI 25-29.9 kg/m ²)	1360	24.9 (22.2-27.9)	1384	25.2 (22.4-28.3)	1203	25.2 (22.3-28.4)	1683	21.6 (19.2-24.2)	26.2 (25.5-26.9)
• Obese (BMI≥30 kg/m ²)	1360	18.9 (16.5-21.6)	1384	22.0 (19.4-24.9)	1203	21.0 (18.3-24.0)	1683	22.8 (20.3-25.5)	27.1 (26.4-27.8)
Substance Use									
• Any cigarette smoking									
• During the 3 months before pregnancy	1381	9.7 (8.1-11.5)	1430	8.7 (7.2-10.3)	1234	8.6 (7.0-10.6)	1699	6.7 (5.4-8.4)	15.1 (14.6-15.7)
• During the last 3 months of pregnancy	1379	3.5 (2.7-4.7)	1431	3.6 (2.8-4.6)	1233	3.8 (2.8-5.1)	1699	2.8 (2.0-4.0)	6.8 (6.5-7.2)
• Postpartum	1380	5.5 (4.3-6.8)	1431	4.8 (3.8-6.0)	1236	5.2 (4.0-6.6)	1698	3.9 (2.8-5.2)	9.7 (9.2-10.1)
• Any e-cigarette use									
• During the 3 months before pregnancy	1378	5.0 (3.8-6.4)	1418	4.6 (3.6-5.9)	1231	5.1 (4.0-6.4)	1696	5.5 (4.2-7.0)	4.3 (4.0-4.6)
• During the last 3 months of pregnancy	1386	1.5 (1.0-2.4)	1424	1.6 (1.1-2.4)	1237	1.4 (0.8-2.2)	1700	1.4 (0.9-2.4)	1.3 (1.1-1.4)
• Hookah use in the last 2 years	1352	3.0 (2.2-4.2)	1400	2.8 (1.9-4.2)	1213	2.7 (1.9-3.9)	1674	2.3 (1.5-3.6)	4.7 (4.4-5.1)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1381	1.4 (0.9-2.4)	1427	1.5 (0.9-2.6)	1234	2.0 (1.3-3.1)	1698	1.7 (1.0-2.7)	2.9 (2.6-3.2)
Intimate Partner Violence (IPV)[*]									
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or an ex-husband or partner	1384	2.3 (1.6-3.4)	1410	2.4 (1.7-3.5)	1225	2.9 (2.0-4.2)	1690	1.7 (1.0-2.6)	3.0 (2.8-3.3)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	1382	1.6 (1.0-2.5)	1413	1.7 (1.1-2.6)	1225	2.6 (1.7-3.9)	1689	1.1 (0.6-2.0)	2.0 (1.8-2.2)
Depression									
• Self-reported depression in the 3 months before pregnancy	1383	14.4 (12.4-16.7)	1431	17.4 (15.1-20.0)	1229	20.3 (17.7-23.2)	1696	17.6 (15.4-20.0)	15.1 (14.5-15.7)
• Self-reported depression during pregnancy	1374	16.7 (14.5-19.3)	1434	17.2 (14.9-19.8)	1238	19.4 (16.8-22.2)	1703	18.8 (16.5-21.3)	14.8 (14.2-15.4)
• Self-reported postpartum depressive symptoms ^{**}	1365	14.9 (12.8-17.3)	1410	15.3 (13.0-17.8)	1222	14.7 (12.5-17.2)	1694	15.2 (13.1-17.5)	13.4 (12.9-14.0)
Health Care Services									
• Health care visit in the 12 months before pregnancy	1384	72.5 (69.6-75.1)	1436	73.6 (70.8-76.2)	1246	73.5 (70.5-76.3)	1701	73.1 (70.3-75.8)	68.0 (67.2-68.7)
• Began prenatal care in 1st trimester	1366	90.0 (88.1-91.7)	1414	86.7 (84.3-88.8)	1213	88.9 (86.6-90.9)	1680	90.4 (88.4-92.2)	87.7 (87.2-88.3)
• Had a flu shot in the 12 months before birth	1376	63.8 (60.7-66.9)	1427	60.7 (57.4-63.9)	1216	64.7 (61.3-68.0)	1698	66.0 (63.0-69.0)	60.8 (60.1-61.6)
• Had maternal postpartum checkup	1379	90.3 (88.4-91.9)	1418	91.2 (89.3-92.8)	1232	91.4 (89.5-92.9)	1698	92.0 (90.2-93.5)	90.7 (90.3-91.2)
Pregnancy Intention									
• Mistimed	1356	16.8 (14.5-19.3)	1415	17.3 (14.9-19.9)	1221	17.3 (14.8-20.0)	1693	15.1 (13.0-17.5)	19.3 (18.7-19.9)
• Unwanted pregnancy	1356	3.6 (2.5-5.0)	1415	4.9 (3.8-6.4)	1221	3.9 (2.9-5.3)	1693	4.5 (3.4-6.0)	6.5 (6.2-6.9)
• Unsure whether wanted pregnancy	1356	11.9 (10.1-14.1)	1415	12.5 (10.5-14.8)	1221	13.5 (11.4-16.0)	1693	11.5 (9.7-13.6)	15.7 (15.1-16.2)
• Intended pregnancy	1356	67.8 (64.7-70.6)	1415	65.3 (62.1-68.3)	1221	65.3 (62.0-68.4)	1693	68.9 (66.0-71.7)	58.5 (57.7-59.3)

Health Indicator	2016		2017		2018		2019		Overall 2019 [§]
	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	% (95% CI) [¶]
Postpartum ⁺⁺ Family Planning									
• Use of any postpartum contraception ⁺⁺⁺	1352	85.1 (82.7-87.3)	1405	86.3 (83.9-88.4)	1212	86.9 (84.4-89.0)	1672	85.7 (83.4-87.7)	76.4 (75.7-77.0)
• Highly effective contraceptive methods									
• Male or female sterilization	1352	9.6 (7.9-11.7)	1405	11.8 (9.8-14.0)	1212	8.7 (7.0-10.7)	1672	9.6 (8.0-11.5)	11.5 (11.0-12.0)
• Long acting reversible contraceptive method ^{§§}	1352	26.4 (23.6-29.4)	1405	28.0 (25.0-31.1)	1212	28.9 (25.8-32.2)	1672	27.9 (25.2-30.7)	17.3 (16.7-17.9)
• Moderately effective contraceptive methods ^{§§}	1352	22.6 (20.0-25.6)	1405	20.9 (18.3-23.8)	1212	20.9 (18.1-23.9)	1672	19.9 (17.6-22.5)	24.6 (23.9-25.3)
• Least effective contraceptive methods ^{§§}	1352	26.5 (23.6-29.5)	1405	25.7 (22.8-28.8)	1212	28.4 (25.3-31.8)	1672	28.3 (25.5-31.3)	23.0 (22.4-23.7)
Oral Health									
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1389	52.3 (49.1-55.5)	1440	53.6 (50.3-56.8)	1237	53.2 (49.7-56.6)	1710	53.0 (49.9-56.1)	45.9 (45.1-46.7)
Health Insurance Status One Month Before Pregnancy ^{¶¶}									
• Private insurance	1354	81.0 (78.7-83.0)	1387	80.6 (78.3-82.7)	1205	78.7 (76.2-81.1)	1661	79.5 (76.8-82.0)	62.7 (62.0-63.5)
• Medicaid	1354	6.2 (5.0-7.5)	1387	7.2 (5.9-8.8)	1205	7.1 (5.7-8.9)	1661	6.9 (5.5-8.7)	22.6 (22.0-23.3)
• No insurance	1354	12.9 (11.1-14.9)	1387	12.2 (10.5-14.2)	1205	14.1 (12.2-16.3)	1661	13.6 (11.5-16.0)	13.8 (13.2-14.4)
Health Insurance Status for Prenatal Care ^{¶¶}									
• Private insurance	1294	80.7 (78.4-82.8)	1334	79.3 (76.8-81.6)	1187	78.0 (75.3-80.5)	1615	77.9 (75.0-80.4)	59.8 (59.1-60.6)
• Medicaid	1294	15.0 (13.1-17.1)	1334	17.0 (14.8-19.5)	1187	16.2 (14.0-18.6)	1615	16.5 (14.3-19.1)	36.2 (35.5-37.0)
• No insurance	1294	4.3 (3.3-5.6)	1334	3.7 (2.8-4.7)	1187	5.8 (4.5-7.4)	1615	5.6 (4.2-7.3)	2.8 (2.5-3.1)
Health Insurance Status Postpartum ^{++¶¶}									
• Private insurance	1347	78.9 (76.5-81.1)	1385	76.8 (74.2-79.2)	1200	77.3 (74.7-79.7)	1658	76.5 (73.7-79.0)	57.7 (56.9-58.4)
• Medicaid	1347	10.3 (8.7-12.1)	1385	11.2 (9.3-13.3)	1200	9.6 (8.0-11.5)	1658	10.9 (9.1-13.0)	29.9 (29.2-30.6)
• No insurance	1347	10.9 (9.2-12.7)	1385	12.0 (10.3-14.0)	1200	13.0 (11.2-15.2)	1658	12.6 (10.6-14.9)	11.5 (11.0-12.0)
Infant Sleep Practices									
• Baby most often laid on back to sleep	1343	85.9 (83.6-87.9)	1386	87.1 (84.8-89.1)	1204	84.7 (82.1-87.0)	1646	83.3 (80.7-85.6)	79.6 (78.9-80.2)
Breastfeeding Practices									
• Ever breastfed	1357	93.6 (91.9-94.9)	1398	94.1 (92.3-95.4)	1214	94.0 (92.4-95.2)	1665	91.6 (89.5-93.2)	87.9 (87.4-88.4)
• Any breastfeeding at 8 weeks	1346	77.3 (74.6-79.8)	1391	79.3 (76.6-81.7)	1199	78.9 (76.1-81.4)	1656	76.6 (73.8-79.1)	67.7 (67.0-68.4)

[§]PRAMS site aggregate for 2019: Alabama, Alaska, Arkansas, Colorado, Connecticut, Delaware, District of Columbia, Florida, Georgia, Hawaii, Illinois, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, New Hampshire, New Jersey, New Mexico, New York City, New York State, North Carolina, North Dakota, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Dakota, Tennessee, Utah, Vermont, Virginia, Washington, Wisconsin, and Wyoming met the required 50% response rate threshold for inclusion.

[#]Unweighted sample size

[¶]Weighted percent (95% Confidence Interval)

[‡]Defined as being pushed, hit, slapped, kicked, choked, or physically hurt in any way by a husband/partner and/or an ex-husband/ex-partner. In 2016 (Phase 8), the question response options were expanded to include “my ex-husband or ex-partner” in addition to “my husband or partner”

^{**}Defined as “always” or “often” feeling down, depressed, or hopeless or having little interest or little pleasure in doing things she usually enjoyed since delivery.

⁺⁺Postpartum is defined as the time the PRAMS survey was completed

^{††}Defined as using any kind of birth control postpartum (female or male sterilization; intrauterine device (IUD); contraceptive implant; birth control pills; shots or injections; contraceptive patch; vaginal ring; condoms; rhythm method/natural family planning; withdrawal).

^{§§}Long-acting reversible contraception (LARC) methods include Intrauterine Device (IUD) or contraceptive implant. Moderately effective methods include birth control pills, shots or injections (e.g., Depo–Provera), contraceptive patch, and vaginal ring. Least effective methods include condom, rhythm method/natural family planning, and withdrawal. Women who selected the “other” write-in option were excluded from the analysis.

^{¶¶}Insurance is coded as Medicaid (Medicaid or state-named Medicaid program); Private (Private only, any other insurance in combination with private, TRICARE or other military insurance); No insurance (no insurance or Indian Health Service (IHS) only; in Alaska this also includes Alaska Tribal Health System that are part of the IHS response option); other state-specific government plans or programs such as SCHIP/CHIP are excluded from estimates.