

Prevalence of Selected Maternal and Child Health Indicators for Delaware, 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	928	41.8 (38.5-45.1)	887	35.3 (32.2-38.7)	842	39.3 (35.9-42.8)	923	36.0 (32.8-39.3)	41.8 (41.0-42.5)
Pre-pregnancy Weight									
• Underweight (Body Mass Index [BMI]<18.5 kg/m ²)	876	2.7 (1.8-4.0)	832	2.6 (1.7-4.0)	797	3.3 (2.2-4.9)	858	2.8 (1.9-4.2)	3.3 (3.0-3.6)
• Overweight (BMI 25-29.9 kg/m ²)	876	26.9 (23.9-30.1)	832	26.3 (23.4-29.6)	797	26.3 (23.2-29.7)	858	25.1 (22.1-28.3)	26.2 (25.5-26.9)
• Obese (BMI≥30 kg/m ²)	876	26.9 (24.0-30.1)	832	28.4 (25.3-31.7)	797	34.0 (30.6-37.6)	858	33.1 (29.9-36.5)	27.1 (26.4-27.8)
Substance Use									
• Any cigarette smoking									
• During the 3 months before pregnancy	923	20.1 (17.5-22.9)	874	18.4 (15.9-21.1)	835	19.2 (16.5-22.2)	924	17.5 (15.1-20.3)	15.1 (14.6-15.7)
• During the last 3 months of pregnancy	925	9.0 (7.3-11.0)	878	9.5 (7.7-11.6)	836	8.6 (6.7-10.8)	923	10.1 (8.2-12.3)	6.8 (6.5-7.2)
• Postpartum	925	13.0 (10.9-15.5)	880	13.3 (11.1-15.8)	836	11.0 (8.9-13.5)	923	12.4 (10.3-14.8)	9.7 (9.2-10.1)
• Any e-cigarette use									
• During the 3 months before pregnancy	921	3.7 (2.7-5.3)	876	2.7 (1.8-4.0)	836	3.8 (2.6-5.4)	919	3.5 (2.4-4.9)	4.3 (4.0-4.6)
• During the last 3 months of pregnancy	921	1.0 (0.5-1.9)	877	0.5 (0.2-1.2)	836	0.6 (0.2-1.3)	921	2.1 (1.3-3.3)	1.3 (1.1-1.4)
• Hookah use in the last 2 years	916	4.5 (3.3-6.2)	872	4.3 (3.1-6.0)	836	5.3 (3.9-7.3)	916	4.1 (2.9-5.7)	4.7 (4.4-5.1)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	921	3.1 (2.2-4.5)	874	1.7 (1.0-2.9)	830	2.5 (1.6-3.9)	917	2.9 (2.0-4.3)	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	915	2.2 (1.4-3.5)	874	3.1 (2.1-4.6)	825	3.0 (2.0-4.5)	913	2.0 (1.3-3.2)	3.0 (2.8-3.3)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	916	2.1 (1.3-3.5)	875	2.5 (1.6-4.0)	825	2.2 (1.4-3.6)	912	1.0 (0.5-2.0)	2.0 (1.8-2.2)
Depression									
• Self-reported depression in the 3 months before pregnancy	928	12.5 (10.4-14.9)	881	13.0 (10.9-15.4)	846	15.6 (13.2-18.4)	927	16.8 (14.4-19.5)	15.1 (14.5-15.7)
• Self-reported depression during pregnancy	920	12.6 (10.5-15.1)	883	13.7 (11.5-16.2)	826	15.7 (13.3-18.6)	915	17.5 (15.0-20.3)	14.8 (14.2-15.4)
• Self-reported postpartum depressive symptoms ^{**}	907	10.5 (8.6-12.7)	868	11.7 (9.7-14.1)	824	13.1 (10.9-15.7)	917	10.4 (8.5-12.6)	13.4 (12.9-14.0)
Health Care Services									
• Health care visit in the 12 months before pregnancy	920	69.4 (66.1-72.5)	879	66.5 (63.2-69.7)	833	66.9 (63.4-70.2)	917	66.9 (63.6-70.1)	68.0 (67.2-68.7)
• Began prenatal care in 1st trimester	914	80.9 (78.0-83.4)	878	83.2 (80.4-85.6)	838	82.5 (79.6-85.1)	915	83.5 (80.7-85.9)	87.7 (87.2-88.3)
• Had a flu shot in the 12 months before birth	919	58.2 (54.8-61.5)	877	56.8 (53.4-60.2)	828	60.2 (56.7-63.7)	918	62.4 (59.0-65.7)	60.8 (60.1-61.6)
• Had maternal postpartum checkup	911	88.8 (86.4-90.8)	870	86.9 (84.3-89.1)	818	87.7 (85.1-89.9)	919	90.2 (87.9-92.1)	90.7 (90.3-91.2)
Pregnancy Intention									
• Mistimed	926	20.8 (18.1-23.8)	883	19.2 (16.6-22.1)	842	20.1 (17.3-23.2)	920	21.3 (18.5-24.3)	19.3 (18.7-19.9)
• Unwanted pregnancy	926	8.1 (6.4-10.2)	883	7.4 (5.8-9.4)	842	6.9 (5.3-8.9)	920	7.4 (5.8-9.4)	6.5 (6.2-6.9)
• Unsure whether wanted pregnancy	926	16.1 (13.7-18.8)	883	15.8 (13.5-18.5)	842	17.7 (15.1-20.6)	920	17.1 (14.7-19.9)	15.7 (15.1-16.2)
• Intended pregnancy	926	55.0 (51.6-58.4)	883	57.6 (54.2-61.0)	842	55.3 (51.7-58.8)	920	54.2 (50.7-57.6)	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 ⁺⁺⁺	890	77.1 (74.0-79.9)	859	79.7 (76.8-82.4)	806	78.9 (75.8-81.7)	905	77.6 (74.6-80.3)	76.4 (75.7-77.0)
• Highly effective contraceptive methods									
• Male or female sterilization	890	11.4 (9.3-13.8)	859	10.6 (8.7-12.9)	806	11.6 (9.5-14.0)	905	9.8 (8.0-11.9)	11.5 (11.0-12.0)
• Long acting reversible contraceptive method ^{§§}	890	16.1 (13.7-18.9)	859	19.3 (16.7-22.2)	806	20.8 (18.0-24.0)	905	19.5 (16.9-22.4)	17.3 (16.7-17.9)
• Moderately effective contraceptive methods ^{§§}	890	28.2 (25.2-31.4)	859	28.0 (25.0-31.3)	806	27.3 (24.2-30.7)	905	27.7 (24.7-31.0)	24.6 (23.9-25.3)
• Least effective contraceptive methods ^{§§}	890	21.4 (18.7-24.3)	859	21.8 (19.1-24.8)	806	19.2 (16.5-22.2)	905	20.6 (18.0-23.5)	23.0 (22.4-23.7)
Oral Health									
• Teeth cleaned during pregnancy by a dentist or dental hygienist	925	43.5 (40.2-46.8)	884	40.8 (37.5-44.2)	837	38.5 (35.1-42.0)	924	41.8 (38.5-45.2)	45.9 (45.1-46.7)
Health Insurance Status One Month Before Pregnancy ^{¶¶}									
• Private insurance	898	57.6 (54.1-61.0)	855	57.9 (54.4-61.3)	817	58.2 (54.6-61.8)	902	57.8 (54.3-61.2)	62.7 (62.0-63.5)
• Medicaid	898	30.9 (27.8-34.2)	855	31.6 (28.5-34.9)	817	29.3 (26.1-32.7)	902	28.7 (25.6-32.0)	22.6 (22.0-23.3)
• No insurance	898	9.1 (7.3-11.3)	855	8.8 (7.0-10.9)	817	11.1 (9.0-13.6)	902	10.9 (9.0-13.2)	13.8 (13.2-14.4)
Health Insurance Status for Prenatal Care ^{¶¶}									
• Private insurance	880	55.6 (52.1-59.0)	852	56.1 (52.6-59.5)	810	53.2 (49.6-56.8)	894	55.7 (52.2-59.2)	59.8 (59.1-60.6)
• Medicaid	880	40.0 (36.7-43.5)	852	39.9 (36.5-43.4)	810	42.7 (39.2-46.4)	894	39.5 (36.1-42.9)	36.2 (35.5-37.0)
• No insurance	880	1.8 (1.1-3.1)	852	1.6 (0.9-2.7)	810	2.6 (1.6-4.1)	894	2.3 (1.5-3.6)	2.8 (2.5-3.1)
Health Insurance Status Postpartum ^{++¶¶¶}									
• Private insurance	900	50.9 (47.5-54.4)	863	52.0 (48.5-55.4)	821	51.1 (47.5-54.7)	905	53.0 (49.5-56.4)	57.7 (56.9-58.4)
• Medicaid	900	40.9 (37.5-44.4)	863	39.5 (36.2-43.0)	821	40.9 (37.3-44.5)	905	35.2 (31.9-38.7)	29.9 (29.2-30.6)
• No insurance	900	4.9 (3.6-6.5)	863	5.3 (4.0-7.1)	821	5.7 (4.2-7.7)	905	8.6 (6.9-10.8)	11.5 (11.0-12.0)
Infant Sleep Practices									
• Baby most often laid on back to sleep	876	81.0 (78.0-83.6)	844	81.9 (79.0-84.5)	803	79.8 (76.7-82.6)	896	80.1 (77.0-82.8)	79.6 (78.9-80.2)
Breastfeeding Practices									
• Ever breastfed	883	86.5 (83.9-88.7)	854	87.3 (84.8-89.4)	811	86.9 (84.2-89.2)	902	87.3 (84.8-89.4)	87.9 (87.4-88.4)
• Any breastfeeding at 8 weeks	881	63.8 (60.4-67.0)	847	64.2 (60.8-67.5)	798	66.4 (62.8-69.7)	899	66.1 (62.7-69.3)	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.