

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

Health Indicator	2016 <sup>o</sup>		2017		2018		2019		Overall 2019 <sup>s</sup>
	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	% (95% CI) <sup>¶</sup>
<b>Nutrition</b>									
• Multivitamin use ≥4 times a week during the month before pregnancy			879	31.1 (28.1-34.3)	802	33.5 (30.3-36.8)	796	33.5 (30.4-36.8)	41.8 (41.0-42.5)
<b>Pre-pregnancy Weight</b>									
• Underweight (Body Mass Index [BMI]<18.5 kg/m <sup>2</sup> )			841	3.7 (2.5-5.3)	773	3.8 (2.7-5.5)	759	2.7 (1.7-4.1)	3.3 (3.0-3.6)
• Overweight (BMI 25-29.9 kg/m <sup>2</sup> )			841	26.4 (23.4-29.7)	773	22.8 (19.9-26.1)	759	25.8 (22.8-29.0)	26.2 (25.5-26.9)
• Obese (BMI≥30 kg/m <sup>2</sup> )			841	27.2 (24.2-30.5)	773	31.7 (28.4-35.3)	759	32.8 (29.6-36.3)	27.1 (26.4-27.8)
<b>Substance Use</b>									
• Any cigarette smoking									
• During the 3 months before pregnancy			868	23.3 (20.5-26.4)	788	23.7 (20.8-26.9)	785	25.0 (22.0-28.2)	15.1 (14.6-15.7)
• During the last 3 months of pregnancy			870	11.9 (9.8-14.5)	789	10.8 (8.7-13.3)	785	12.6 (10.3-15.2)	6.8 (6.5-7.2)
• Postpartum			869	15.5 (13.1-18.2)	788	17.0 (14.4-20.0)	785	16.0 (13.5-18.9)	9.7 (9.2-10.1)
• Any e-cigarette use									
• During the 3 months before pregnancy			866	4.4 (3.2-6.2)	789	5.4 (4.0-7.4)	784	6.5 (4.9-8.6)	4.3 (4.0-4.6)
• During the last 3 months of pregnancy			867	1.5 (0.8-2.7)	789	1.4 (0.8-2.6)	784	1.2 (0.6-2.4)	1.3 (1.1-1.4)
• Hookah use in the last 2 years			860	3.6 (2.5-5.3)	787	2.6 (1.7-4.0)	782	3.5 (2.4-5.0)	4.7 (4.4-5.1)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy			867	2.6 (1.7-4.0)	790	2.3 (1.4-3.7)	780	2.6 (1.7-4.0)	2.9 (2.6-3.2)
<b>Intimate Partner Violence (IPV)<sup>*</sup></b>									
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or an ex-husband or partner			861	4.7 (3.4-6.6)	784	4.0 (2.7-5.7)	785	3.7 (2.6-5.3)	3.0 (2.8-3.3)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner			862	3.7 (2.6-5.4)	783	2.2 (1.3-3.6)	785	2.7 (1.8-4.2)	2.0 (1.8-2.2)
<b>Depression</b>									
• Self-reported depression in the 3 months before pregnancy			879	13.2 (11.0-15.7)	801	17.3 (14.7-20.2)	793	15.8 (13.4-18.6)	15.1 (14.5-15.7)
• Self-reported depression during pregnancy			866	13.8 (11.6-16.5)	784	16.4 (13.9-19.3)	781	15.9 (13.4-18.7)	14.8 (14.2-15.4)
• Self-reported postpartum depressive symptoms <sup>**</sup>			854	19.9 (17.2-22.9)	785	17.3 (14.7-20.2)	767	23.5 (20.5-26.7)	13.4 (12.9-14.0)
<b>Health Care Services</b>									
• Health care visit in the 12 months before pregnancy			870	55.1 (51.8-58.3)	804	58.2 (54.8-61.5)	789	56.5 (53.1-59.8)	68.0 (67.2-68.7)
• Began prenatal care in 1st trimester			859	83.0 (80.2-85.5)	795	83.2 (80.3-85.7)	787	83.0 (80.2-85.5)	87.7 (87.2-88.3)
• Had a flu shot in the 12 months before birth			863	47.4 (43.9-50.9)	795	46.5 (43.0-50.1)	779	52.7 (49.2-56.2)	60.8 (60.1-61.6)
• Had maternal postpartum checkup			859	88.7 (86.3-90.8)	782	94.3 (92.3-95.8)	776	92.8 (90.7-94.4)	90.7 (90.3-91.2)
<b>Pregnancy Intention</b>									
• Mistimed			873	24.3 (21.4-27.5)	801	21.7 (18.9-24.9)	786	21.6 (18.9-24.7)	19.3 (18.7-19.9)
• Unwanted pregnancy			873	8.6 (6.8-10.8)	801	7.3 (5.7-9.4)	786	8.8 (6.9-11.0)	6.5 (6.2-6.9)
• Unsure whether wanted pregnancy			873	17.7 (15.2-20.6)	801	17.3 (14.7-20.2)	786	20.9 (18.1-23.9)	15.7 (15.1-16.2)
• Intended pregnancy			873	49.4 (46.0-52.7)	801	53.6 (50.1-57.1)	786	48.7 (45.3-52.2)	58.5 (57.7-59.3)

Health Indicator	2016 <sup>o</sup>		2017		2018		2019		Overall 2019 <sup>s</sup>
	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	N <sup>#</sup>	% (95% CI) <sup>¶</sup>	% (95% CI) <sup>¶</sup>
Postpartum <sup>++</sup> Family Planning									
• Use of any postpartum contraception <sup>+++</sup>			848	81.0 (78.0-83.6)	774	78.2 (75.0-81.1)	763	83.3 (80.5-85.9)	76.4 (75.7-77.0)
• Highly effective contraceptive methods									
• Male or female sterilization			848	18.1 (15.5-21.0)	774	13.2 (11.0-15.9)	763	17.7 (15.1-20.6)	11.5 (11.0-12.0)
• Long acting reversible contraceptive method <sup>§§</sup>			848	16.3 (13.8-19.1)	774	13.8 (11.4-16.5)	763	15.1 (12.7-17.8)	17.3 (16.7-17.9)
• Moderately effective contraceptive methods <sup>§§</sup>			848	30.7 (27.5-34.1)	774	32.0 (28.7-35.5)	763	31.8 (28.6-35.3)	24.6 (23.9-25.3)
• Least effective contraceptive methods <sup>§§</sup>			848	16.0 (13.6-18.6)	774	19.2 (16.5-22.2)	763	18.7 (16.2-21.6)	23.0 (22.4-23.7)
Oral Health									
• Teeth cleaned during pregnancy by a dentist or dental hygienist			868	36.0 (33.0-39.2)	795	36.6 (33.4-39.9)	791	35.4 (32.3-38.7)	45.9 (45.1-46.7)
Health Insurance Status One Month Before Pregnancy <sup>¶¶</sup>									
• Private insurance			858	59.5 (56.7-62.2)	786	59.2 (56.5-61.8)	761	62.1 (59.3-64.8)	62.7 (62.0-63.5)
• Medicaid			858	19.0 (16.5-21.8)	786	24.0 (21.3-26.9)	761	21.7 (19.0-24.6)	22.6 (22.0-23.3)
• No insurance			858	21.0 (18.4-23.8)	786	16.5 (14.1-19.3)	761	16.1 (13.7-18.8)	13.8 (13.2-14.4)
Health Insurance Status for Prenatal Care <sup>¶¶</sup>									
• Private insurance			848	51.3 (48.8-53.7)	783	53.4 (50.9-55.8)	754	55.8 (53.3-58.4)	59.8 (59.1-60.6)
• Medicaid			848	45.9 (43.4-48.5)	783	44.4 (42.0-46.8)	754	41.6 (39.0-44.2)	36.2 (35.5-37.0)
• No insurance			848	2.2 (1.4-3.6)	783	1.8 (1.1-3.1)	754	2.4 (1.5-3.7)	2.8 (2.5-3.1)
Health Insurance Status Postpartum <sup>++¶¶</sup>									
• Private insurance			862	54.7 (52.0-57.4)	794	51.8 (49.4-54.2)	763	54.1 (51.4-56.8)	57.7 (56.9-58.4)
• Medicaid			862	28.6 (25.8-31.7)	794	33.0 (30.1-36.0)	763	29.8 (27.0-32.9)	29.9 (29.2-30.6)
• No insurance			862	16.6 (14.3-19.3)	794	15.2 (12.9-17.8)	763	16.0 (13.6-18.8)	11.5 (11.0-12.0)
Infant Sleep Practices									
• Baby most often laid on back to sleep			830	72.1 (68.8-75.3)	754	75.3 (71.9-78.4)	750	72.0 (68.6-75.1)	79.6 (78.9-80.2)
Breastfeeding Practices									
• Ever breastfed			840	78.0 (74.9-80.8)	776	78.6 (75.4-81.5)	759	77.8 (74.7-80.7)	87.9 (87.4-88.4)
• Any breastfeeding at 8 weeks			836	50.1 (46.7-53.6)	771	50.4 (46.8-53.9)	763	51.2 (47.7-54.7)	67.7 (67.0-68.4)

<sup>o</sup>Did not meet the required 55% response rate threshold in 2016

<sup>s</sup>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.

<sup>#</sup>Unweighted sample size

<sup>¶</sup>Weighted percent (95% Confidence Interval)

<sup>+</sup>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”

<sup>\*\*</sup>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.

<sup>++</sup>Postpartum is defined as the time the PRAMS survey was completed

<sup>++</sup>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).

<sup>§§</sup>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.

<sup>¶¶</sup>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.