

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

Health Indicator	2016 <sup>z</sup>		2017 <sup>ll</sup>		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					515	46.7 (41.8-51.6)	513	47.1 (42.3-51.9)	41.8 (41.0-42.5)
<b>Pre-pregnancy Weight</b>									
• Underweight (Body Mass Index [BMI]<18.5 kg/m <sup>2</sup> )					477	3.3 (1.9-5.8)	477	4.9 (3.1-7.9)	3.3 (3.0-3.6)
• Overweight (BMI 25-29.9 kg/m <sup>2</sup> )					477	19.3 (15.6-23.6)	477	23.4 (19.3-28.1)	26.2 (25.5-26.9)
• Obese (BMI≥30 kg/m <sup>2</sup> )					477	21.2 (17.3-25.6)	477	19.9 (16.2-24.3)	27.1 (26.4-27.8)
<b>Substance Use</b>									
• Any cigarette smoking									
• During the 3 months before pregnancy					511	7.5 (5.4-10.3)	508	9.1 (6.6-12.3)	15.1 (14.6-15.7)
• During the last 3 months of pregnancy					512	2.2 (1.2-3.8)	508	3.5 (2.1-5.5)	6.8 (6.5-7.2)
• Postpartum					515	4.7 (3.2-6.9)	509	6.0 (4.1-8.8)	9.7 (9.2-10.1)
• Any e-cigarette use									
• During the 3 months before pregnancy					516	2.2 (1.1-4.4)	507	1.0 (0.3-3.0)	4.3 (4.0-4.6)
• During the last 3 months of pregnancy					514	0.0 (-.)	507	0.4 (0.1-2.7)	1.3 (1.1-1.4)
• Hookah use in the last 2 years					512	6.9 (4.8-9.9)	504	9.1 (6.6-12.5)	4.7 (4.4-5.1)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy					512	2.0 (1.0-3.8)	503	3.5 (2.1-5.8)	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					509	1.8 (1.0-3.3)	500	3.5 (2.0-5.9)	3.0 (2.8-3.3)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner					510	1.7 (0.9-3.3)	501	2.3 (1.2-4.3)	2.0 (1.8-2.2)
<b>Depression</b>									
• Self-reported depression in the 3 months before pregnancy					519	9.8 (7.3-13.1)	512	11.5 (8.7-15.1)	15.1 (14.5-15.7)
• Self-reported depression during pregnancy					511	11.5 (8.8-14.9)	504	12.1 (9.1-15.8)	14.8 (14.2-15.4)
• Self-reported postpartum depressive symptoms <sup>**</sup>					504	13.3 (10.4-16.9)	505	12.3 (9.4-16.0)	13.4 (12.9-14.0)
<b>Health Care Services</b>									
• Health care visit in the 12 months before pregnancy					512	71.8 (67.3-76.0)	509	73.2 (68.5-77.4)	68.0 (67.2-68.7)
• Began prenatal care in 1st trimester					497	86.1 (82.5-89.1)	494	86.4 (82.2-89.7)	87.7 (87.2-88.3)
• Had a flu shot in the 12 months before birth					500	73.4 (68.9-77.4)	502	67.5 (62.7-72.1)	60.8 (60.1-61.6)
• Had maternal postpartum checkup					508	90.9 (87.7-93.3)	508	90.8 (87.5-93.3)	90.7 (90.3-91.2)
<b>Pregnancy Intention</b>									
• Mistimed					511	16.5 (13.2-20.3)	509	15.5 (12.3-19.5)	19.3 (18.7-19.9)
• Unwanted pregnancy					511	5.1 (3.4-7.5)	509	6.4 (4.2-9.5)	6.5 (6.2-6.9)
• Unsure whether wanted pregnancy					511	17.4 (14.0-21.5)	509	15.6 (12.3-19.7)	15.7 (15.1-16.2)
• Intended pregnancy					511	61.0 (56.2-65.7)	509	62.5 (57.6-67.2)	58.5 (57.7-59.3)

Health Indicator	2016 <sup>≥</sup>		2017 <sup>  </sup>		2018		2019		Overall 2019 <sup>§</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>Postpartum<sup>++</sup> Family Planning</b>									
• Use of any postpartum contraception <sup>+++</sup>					500	73.4 (68.8-77.6)	498	71.4 (66.8-75.7)	76.4 (75.7-77.0)
• Highly effective contraceptive methods									
• Male or female sterilization					500	4.9 (3.2-7.5)	498	9.2 (6.6-12.7)	11.5 (11.0-12.0)
• Long acting reversible contraceptive method <sup>§§</sup>					500	21.0 (17.3-25.4)	498	21.4 (17.6-25.8)	17.3 (16.7-17.9)
• Moderately effective contraceptive methods <sup>§§</sup>					500	23.9 (19.9-28.4)	498	22.7 (18.8-27.1)	24.6 (23.9-25.3)
• Least effective contraceptive methods <sup>§§</sup>					500	23.6 (19.5-28.1)	498	18.1 (14.6-22.2)	23.0 (22.4-23.7)
<b>Oral Health</b>									
• Teeth cleaned during pregnancy by a dentist or dental hygienist					515	59.5 (54.6-64.2)	509	57.1 (52.2-61.9)	45.9 (45.1-46.7)
<b>Health Insurance Status One Month Before Pregnancy<sup>¶¶</sup></b>									
• Private insurance					480	55.3 (50.2-60.2)	473	53.5 (48.4-58.6)	62.7 (62.0-63.5)
• Medicaid					480	34.4 (29.8-39.3)	473	34.3 (29.5-39.4)	22.6 (22.0-23.3)
• No insurance					480	3.6 (2.2-5.9)	473	5.8 (3.7-8.9)	13.8 (13.2-14.4)
<b>Health Insurance Status for Prenatal Care<sup>¶¶</sup></b>									
• Private insurance					449	56.3 (51.1-61.3)	452	53.8 (48.6-59.0)	59.8 (59.1-60.6)
• Medicaid					449	36.0 (31.3-41.1)	452	37.1 (32.1-42.4)	36.2 (35.5-37.0)
• No insurance					449	1.5 (0.6-3.5)	452	1.4 (0.6-3.3)	2.8 (2.5-3.1)
<b>Health Insurance Status Postpartum<sup>++¶¶</sup></b>									
• Private insurance					466	54.7 (49.5-59.7)	469	50.5 (45.4-55.6)	57.7 (56.9-58.4)
• Medicaid					466	35.7 (31.1-40.7)	469	38.6 (33.6-43.8)	29.9 (29.2-30.6)
• No insurance					466	3.4 (2.0-5.7)	469	2.3 (1.2-4.5)	11.5 (11.0-12.0)
<b>Infant Sleep Practices</b>									
• Baby most often laid on back to sleep					498	77.4 (73.0-81.2)	499	76.3 (71.8-80.3)	79.6 (78.9-80.2)
<b>Breastfeeding Practices</b>									
• Ever breastfed					502	92.9 (90.2-94.9)	500	90.8 (87.3-93.5)	87.9 (87.4-88.4)
• Any breastfeeding at 8 weeks					500	78.6 (74.3-82.3)	497	75.3 (70.6-79.4)	67.7 (67.0-68.4)

<sup>≥</sup>Did not participate in 2016

<sup>||</sup>Did not meet the required 55% response rate threshold in 2017

<sup>§</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.