

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

Health Indicator	2016 ^z		2017		2018		2019		Overall 2019 ^s
	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			585	39.5 (34.9-44.4)	881	42.2 (38.4-46.1)	760	48.1 (43.8-52.4)	41.8 (41.0-42.5)
Pre-pregnancy Weight									
• Underweight (Body Mass Index [BMI]<18.5 kg/m ²)			574	4.0 (2.4-6.5)	851	2.0 (1.2-3.5)	738	2.1 (1.2-3.8)	3.3 (3.0-3.6)
• Overweight (BMI 25-29.9 kg/m ²)			574	24.1 (20.2-28.5)	851	27.3 (23.9-31.0)	738	29.2 (25.4-33.4)	26.2 (25.5-26.9)
• Obese (BMI≥30 kg/m ²)			574	28.9 (24.6-33.5)	851	28.0 (24.5-31.7)	738	25.6 (22.0-29.6)	27.1 (26.4-27.8)
Substance Use									
• Any cigarette smoking									
• During the 3 months before pregnancy			582	23.6 (19.8-27.9)	871	23.8 (20.6-27.4)	759	18.4 (15.3-22.0)	15.1 (14.6-15.7)
• During the last 3 months of pregnancy			585	10.9 (8.3-14.3)	874	11.8 (9.4-14.9)	759	9.1 (6.8-12.1)	6.8 (6.5-7.2)
• Postpartum			583	18.0 (14.6-22.0)	870	16.4 (13.6-19.6)	758	11.5 (9.0-14.6)	9.7 (9.2-10.1)
• Any e-cigarette use									
• During the 3 months before pregnancy			583	3.3 (1.9-5.6)	875	2.6 (1.6-4.2)	755	3.3 (2.0-5.3)	4.3 (4.0-4.6)
• During the last 3 months of pregnancy			583	0.1 (0.0-0.3)	876	0.9 (0.4-2.3)	755	1.2 (0.5-2.9)	1.3 (1.1-1.4)
• Hookah use in the last 2 years			582	2.8 (1.6-5.0)	872	1.9 (1.1-3.6)	754	1.3 (0.7-2.6)	4.7 (4.4-5.1)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy			579	3.0 (1.7-5.1)	869	3.3 (2.0-5.3)	754	3.2 (2.0-5.1)	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			581	2.4 (1.4-4.3)	870	2.7 (1.7-4.2)	754	2.6 (1.5-4.5)	3.0 (2.8-3.3)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner			582	1.7 (0.9-3.1)	873	2.6 (1.6-4.2)	751	1.3 (0.6-2.9)	2.0 (1.8-2.2)
Depression									
• Self-reported depression in the 3 months before pregnancy			588	16.2 (12.9-20.1)	877	19.0 (16.0-22.4)	753	16.6 (13.6-20.1)	15.1 (14.5-15.7)
• Self-reported depression during pregnancy			587	14.5 (11.4-18.2)	867	15.6 (12.8-18.8)	759	18.5 (15.3-22.3)	14.8 (14.2-15.4)
• Self-reported postpartum depressive symptoms ^{**}			575	9.9 (7.3-13.1)	865	11.7 (9.3-14.6)	747	16.1 (13.0-19.7)	13.4 (12.9-14.0)
Health Care Services									
• Health care visit in the 12 months before pregnancy			583	67.8 (63.1-72.1)	878	67.0 (63.2-70.7)	756	72.8 (68.8-76.5)	68.0 (67.2-68.7)
• Began prenatal care in 1st trimester			580	85.1 (81.4-88.2)	859	86.1 (83.0-88.7)	742	90.1 (87.4-92.3)	87.7 (87.2-88.3)
• Had a flu shot in the 12 months before birth			572	69.7 (65.0-74.0)	867	68.8 (65.0-72.5)	752	73.8 (69.7-77.5)	60.8 (60.1-61.6)
• Had maternal postpartum checkup			582	87.1 (83.6-90.0)	873	91.0 (88.4-93.0)	754	89.3 (86.3-91.7)	90.7 (90.3-91.2)
Pregnancy Intention									
• Mistimed			581	18.2 (14.8-22.3)	869	19.5 (16.5-22.9)	754	17.3 (14.2-20.9)	19.3 (18.7-19.9)
• Unwanted pregnancy			581	6.9 (4.8-9.8)	869	4.5 (3.1-6.5)	754	5.2 (3.6-7.6)	6.5 (6.2-6.9)
• Unsure whether wanted pregnancy			581	18.6 (15.1-22.7)	869	17.8 (14.8-21.2)	754	15.0 (12.1-18.4)	15.7 (15.1-16.2)
• Intended pregnancy			581	56.3 (51.4-61.1)	869	58.2 (54.2-62.1)	754	62.5 (58.1-66.6)	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 ⁺⁺⁺			573	74.2 (69.7-78.3)	857	74.8 (71.2-78.2)	736	73.9 (69.8-77.6)	76.4 (75.7-77.0)
• Highly effective contraceptive methods									
• Male or female sterilization			573	10.1 (7.5-13.4)	857	9.8 (7.6-12.5)	736	9.6 (7.3-12.5)	11.5 (11.0-12.0)
• Long acting reversible contraceptive method ^{§§}			573	14.5 (11.5-18.3)	857	11.5 (9.2-14.3)	736	14.4 (11.6-17.7)	17.3 (16.7-17.9)
• Moderately effective contraceptive methods ^{§§}			573	26.3 (22.2-30.8)	857	27.6 (24.2-31.4)	736	22.2 (18.7-26.1)	24.6 (23.9-25.3)
• Least effective contraceptive methods ^{§§}			573	23.3 (19.4-27.8)	857	25.9 (22.6-29.5)	736	27.7 (24.0-31.8)	23.0 (22.4-23.7)
Oral Health									
• Teeth cleaned during pregnancy by a dentist or dental hygienist			586	47.3 (42.5-52.2)	879	44.3 (40.5-48.2)	755	51.4 (47.1-55.8)	45.9 (45.1-46.7)
Health Insurance Status One Month Before Pregnancy^{¶¶}									
• Private insurance			560	76.0 (71.7-79.8)	840	73.8 (70.1-77.3)	736	74.8 (70.8-78.5)	62.7 (62.0-63.5)
• Medicaid			560	16.2 (13.1-20.0)	840	15.4 (12.7-18.6)	736	14.2 (11.3-17.6)	22.6 (22.0-23.3)
• No insurance			560	7.8 (5.6-10.7)	840	10.8 (8.4-13.7)	736	10.7 (8.2-13.8)	13.8 (13.2-14.4)
Health Insurance Status for Prenatal Care^{¶¶}									
• Private insurance			542	75.3 (70.9-79.2)	831	70.8 (66.9-74.4)	716	74.5 (70.4-78.2)	59.8 (59.1-60.6)
• Medicaid			542	21.6 (17.8-25.8)	831	24.8 (21.3-28.6)	716	21.2 (17.7-25.2)	36.2 (35.5-37.0)
• No insurance			542	3.1 (1.8-5.2)	831	4.3 (2.9-6.2)	716	4.3 (2.8-6.4)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++¶¶}									
• Private insurance			556	74.7 (70.3-78.6)	845	68.8 (64.8-72.4)	733	71.2 (67.0-75.1)	57.7 (56.9-58.4)
• Medicaid			556	21.0 (17.4-25.1)	845	23.1 (19.8-26.8)	733	20.7 (17.3-24.6)	29.9 (29.2-30.6)
• No insurance			556	4.3 (2.7-6.7)	845	8.1 (6.0-10.7)	733	8.0 (5.9-10.8)	11.5 (11.0-12.0)
Infant Sleep Practices									
• Baby most often laid on back to sleep			568	83.4 (79.3-86.8)	842	84.6 (81.4-87.3)	723	86.2 (82.9-89.0)	79.6 (78.9-80.2)
Breastfeeding Practices									
• Ever breastfed			574	86.1 (82.4-89.1)	855	89.5 (86.8-91.7)	732	89.1 (86.1-91.5)	87.9 (87.4-88.4)
• Any breastfeeding at 8 weeks			569	65.9 (61.1-70.3)	847	69.9 (66.0-73.5)	729	72.8 (68.8-76.5)	67.7 (67.0-68.4)

[≥]Did not participate in 2016

[§]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.