

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

Health Indicator	2016		2017		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>Nutrition</b>									
• Multivitamin use ≥4 times a week during the month before pregnancy	566	51.0 (46.1-55.8)	578	50.2 (45.2-55.2)	583	53.7 (48.9-58.4)	659	47.9 (43.1-52.7)	41.8 (41.0-42.5)
<b>Pre-pregnancy Weight</b>									
• Underweight (Body Mass Index [BMI]<18.5 kg/m <sup>2</sup> )	558	3.2 (1.8-5.6)	571	4.5 (2.8-7.1)	579	2.6 (1.4-4.7)	656	3.2 (1.7-5.9)	3.3 (3.0-3.6)
• Overweight (BMI 25-29.9 kg/m <sup>2</sup> )	558	23.2 (19.3-27.5)	571	25.2 (21.1-29.8)	579	26.4 (22.5-30.9)	656	24.6 (20.6-29.1)	26.2 (25.5-26.9)
• Obese (BMI≥30 kg/m <sup>2</sup> )	558	23.5 (19.6-28.0)	571	24.9 (20.7-29.8)	579	25.5 (21.5-29.9)	656	27.6 (23.4-32.2)	27.1 (26.4-27.8)
<b>Substance Use</b>									
• Any cigarette smoking									
• During the 3 months before pregnancy	563	19.5 (15.7-24.0)	576	20.5 (16.5-25.2)	580	16.3 (12.9-20.3)	654	18.6 (14.8-23.0)	15.1 (14.6-15.7)
• During the last 3 months of pregnancy	563	10.8 (7.9-14.6)	578	10.6 (7.7-14.6)	580	7.5 (5.3-10.6)	654	9.1 (6.4-12.9)	6.8 (6.5-7.2)
• Postpartum	564	12.4 (9.2-16.4)	577	12.3 (9.2-16.4)	581	10.5 (7.8-14.0)	649	11.3 (8.3-15.3)	9.7 (9.2-10.1)
• Any e-cigarette use									
• During the 3 months before pregnancy	558	3.9 (2.2-6.8)	574	5.5 (3.4-8.7)	575	4.7 (3.0-7.4)	654	5.6 (3.6-8.6)	4.3 (4.0-4.6)
• During the last 3 months of pregnancy	558	0.9 (0.3-3.2)	575	2.1 (0.9-4.7)	574	2.8 (1.5-5.1)	654	1.8 (0.8-4.0)	1.3 (1.1-1.4)
• Hookah use in the last 2 years	554	5.4 (3.4-8.3)	565	4.0 (2.3-6.6)	567	1.5 (0.7-3.3)	645	1.7 (0.8-3.4)	4.7 (4.4-5.1)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	562	6.1 (4.1-9.1)	576	3.8 (2.2-6.5)	578	4.9 (3.2-7.5)	657	4.0 (2.5-6.4)	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	551	2.4 (1.2-4.9)	568	2.2 (1.0-4.7)	567	2.7 (1.4-5.0)	642	2.4 (1.1-5.0)	3.0 (2.8-3.3)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	552	1.3 (0.5-3.3)	564	0.8 (0.3-2.4)	566	2.0 (1.0-4.2)	641	0.6 (0.2-1.5)	2.0 (1.8-2.2)
<b>Depression</b>									
• Self-reported depression in the 3 months before pregnancy	563	19.5 (15.8-23.8)	574	16.7 (13.1-21.0)	583	15.8 (12.6-19.8)	657	17.1 (13.8-21.1)	15.1 (14.5-15.7)
• Self-reported depression during pregnancy	562	16.5 (13.1-20.6)	574	15.9 (12.4-20.1)	578	13.5 (10.4-17.3)	651	17.3 (13.8-21.4)	14.8 (14.2-15.4)
• Self-reported postpartum depressive symptoms <sup>**</sup>	562	13.5 (10.5-17.2)	576	16.2 (12.6-20.5)	582	11.9 (9.1-15.4)	656	11.2 (8.4-14.9)	13.4 (12.9-14.0)
<b>Health Care Services</b>									
• Health care visit in the 12 months before pregnancy	564	80.4 (75.9-84.1)	576	78.4 (73.7-82.5)	584	79.2 (74.9-82.9)	658	75.0 (70.4-79.2)	68.0 (67.2-68.7)
• Began prenatal care in 1st trimester	559	93.1 (90.1-95.2)	568	91.8 (88.3-94.3)	572	94.0 (91.1-96.0)	648	92.0 (88.5-94.5)	87.7 (87.2-88.3)
• Had a flu shot in the 12 months before birth	564	67.0 (62.2-71.4)	578	70.2 (65.4-74.7)	581	70.3 (65.7-74.5)	654	69.2 (64.4-73.5)	60.8 (60.1-61.6)
• Had maternal postpartum checkup	562	95.3 (92.5-97.1)	578	95.1 (92.4-96.9)	581	96.1 (93.7-97.6)	655	90.8 (87.1-93.5)	90.7 (90.3-91.2)
<b>Pregnancy Intention</b>									
• Mistimed	563	14.4 (11.2-18.3)	564	14.6 (11.2-18.9)	575	14.3 (11.2-18.2)	653	12.3 (9.3-16.2)	19.3 (18.7-19.9)
• Unwanted pregnancy	563	2.9 (1.6-5.0)	564	3.6 (2.0-6.5)	575	3.1 (1.7-5.4)	653	5.8 (3.8-8.9)	6.5 (6.2-6.9)
• Unsure whether wanted pregnancy	563	12.0 (9.0-15.8)	564	8.6 (6.0-12.0)	575	11.9 (9.1-15.5)	653	12.6 (9.6-16.3)	15.7 (15.1-16.2)
• Intended pregnancy	563	70.8 (66.0-75.1)	564	73.2 (68.2-77.7)	575	70.7 (66.1-75.0)	653	69.3 (64.4-73.7)	58.5 (57.7-59.3)

Health Indicator	2016		2017		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>	558	81.0 (76.8-84.6)	570	83.1 (78.9-86.6)	572	80.3 (76.1-83.8)	645	78.7 (74.4-82.4)	76.4 (75.7-77.0)
• Highly effective contraceptive methods									
• Male or female sterilization	558	11.5 (8.8-15.0)	570	10.7 (7.9-14.3)	572	12.3 (9.4-15.9)	645	10.9 (8.3-14.1)	11.5 (11.0-12.0)
• Long acting reversible contraceptive method <sup>§§</sup>	558	20.8 (17.1-25.1)	570	25.5 (21.3-30.3)	572	21.3 (17.6-25.4)	645	17.8 (14.3-21.8)	17.3 (16.7-17.9)
• Moderately effective contraceptive methods <sup>§§</sup>	558	23.3 (19.4-27.8)	570	24.7 (20.7-29.2)	572	21.3 (17.6-25.5)	645	25.7 (21.5-30.4)	24.6 (23.9-25.3)
• Least effective contraceptive methods <sup>§§</sup>	558	25.3 (21.4-29.8)	570	22.2 (18.3-26.6)	572	25.4 (21.5-29.8)	645	24.3 (20.4-28.8)	23.0 (22.4-23.7)
<b>Oral Health</b>									
• Teeth cleaned during pregnancy by a dentist or dental hygienist	562	54.5 (49.6-59.4)	577	54.7 (49.6-59.7)	581	55.0 (50.2-59.7)	657	49.4 (44.6-54.3)	45.9 (45.1-46.7)
<b>Health Insurance Status One Month Before Pregnancy<sup>¶¶</sup></b>									
• Private insurance	556	77.4 (72.8-81.5)	565	78.5 (73.5-82.7)	564	80.6 (76.4-84.3)	642	76.3 (71.6-80.4)	62.7 (62.0-63.5)
• Medicaid	556	12.2 (9.1-16.2)	565	13.3 (9.9-17.6)	564	12.6 (9.7-16.4)	642	15.5 (12.1-19.5)	22.6 (22.0-23.3)
• No insurance	556	10.3 (7.6-14.0)	565	7.8 (5.2-11.4)	564	6.6 (4.5-9.7)	642	8.0 (5.4-11.7)	13.8 (13.2-14.4)
<b>Health Insurance Status for Prenatal Care<sup>¶¶</sup></b>									
• Private insurance	556	74.7 (69.8-79.0)	562	77.4 (72.4-81.8)	565	76.4 (71.8-80.4)	641	71.6 (66.8-76.0)	59.8 (59.1-60.6)
• Medicaid	556	24.0 (19.8-28.8)	562	21.3 (17.1-26.3)	565	22.6 (18.7-27.1)	641	27.0 (22.7-31.7)	36.2 (35.5-37.0)
• No insurance	556	0.3 (0.1-1.3)	562	0.7 (0.2-2.6)	565	0.7 (0.2-2.7)	641	1.2 (0.3-4.4)	2.8 (2.5-3.1)
<b>Health Insurance Status Postpartum<sup>++¶¶</sup></b>									
• Private insurance	555	71.6 (66.6-76.0)	567	73.9 (68.9-78.4)	567	76.5 (72.0-80.5)	643	70.7 (65.8-75.1)	57.7 (56.9-58.4)
• Medicaid	555	22.6 (18.5-27.3)	567	21.1 (17.0-25.9)	567	19.2 (15.5-23.4)	643	25.8 (21.6-30.6)	29.9 (29.2-30.6)
• No insurance	555	5.1 (3.2-7.8)	567	4.1 (2.4-6.9)	567	4.3 (2.6-7.0)	643	3.3 (1.8-5.9)	11.5 (11.0-12.0)
<b>Infant Sleep Practices</b>									
• Baby most often laid on back to sleep	554	86.3 (82.5-89.4)	557	86.0 (82.0-89.3)	564	92.7 (89.8-94.9)	643	87.3 (83.6-90.3)	79.6 (78.9-80.2)
<b>Breastfeeding Practices</b>									
• Ever breastfed	558	91.1 (87.7-93.7)	565	93.9 (90.9-95.9)	571	93.7 (90.8-95.7)	646	92.0 (88.6-94.4)	87.9 (87.4-88.4)
• Any breastfeeding at 8 weeks	553	74.2 (69.5-78.4)	558	71.2 (66.2-75.7)	570	74.7 (70.3-78.7)	644	72.5 (67.8-76.7)	67.7 (67.0-68.4)

<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.