

Prevalence of Selected Maternal and Child Health Indicators for Alaska, 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	1165	40.5 (37.0-44.0)	1041	40.2 (36.6-43.9)	1006	43.9 (40.4-47.5)	1065	41.3 (37.9-44.8)	41.8 (41.0-42.5)
Pre-pregnancy Weight									
• Underweight (Body Mass Index [BMI]<18.5 kg/m ²)	1144	2.3 (1.5-3.5)	1011	2.8 (1.7-4.7)	979	3.4 (2.2-5.1)	1041	1.8 (1.1-3.0)	3.3 (3.0-3.6)
• Overweight (BMI 25-29.9 kg/m ²)	1144	23.4 (20.5-26.6)	1011	24.9 (21.7-28.3)	979	25.9 (22.8-29.3)	1041	28.8 (25.7-32.1)	26.2 (25.5-26.9)
• Obese (BMI≥30 kg/m ²)	1144	24.6 (21.7-27.8)	1011	26.2 (23.1-29.7)	979	22.2 (19.4-25.4)	1041	25.1 (22.2-28.3)	27.1 (26.4-27.8)
Substance Use									
• Any cigarette smoking									
• During the 3 months before pregnancy	1158	25.7 (22.9-28.8)	1032	22.9 (20.2-25.9)	990	22.1 (19.4-25.1)	1061	20.9 (18.5-23.6)	15.1 (14.6-15.7)
• During the last 3 months of pregnancy	1160	11.0 (9.2-13.1)	1033	12.3 (10.3-14.7)	993	10.2 (8.4-12.4)	1062	10.2 (8.5-12.2)	6.8 (6.5-7.2)
• Postpartum	1158	14.8 (12.7-17.1)	1031	14.4 (12.2-17.0)	993	12.1 (10.1-14.5)	1062	12.9 (11.1-15.1)	9.7 (9.2-10.1)
• Any e-cigarette use									
• During the 3 months before pregnancy	1156	5.3 (3.8-7.3)	1031	2.8 (1.8-4.6)	1001	4.2 (2.9-6.0)	1056	4.6 (3.3-6.5)	4.3 (4.0-4.6)
• During the last 3 months of pregnancy	1156	1.1 (0.6-2.1)	1031	0.9 (0.3-2.1)	1001	1.0 (0.5-2.2)	1054	0.9 (0.4-2.0)	1.3 (1.1-1.4)
• Hookah use in the last 2 years	1147	4.0 (2.7-5.9)	1025	4.2 (2.8-6.2)	990	2.3 (1.4-3.7)	1052	3.3 (2.2-5.0)	4.7 (4.4-5.1)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1152	2.8 (1.9-4.1)	1020	3.9 (2.6-5.7)	995	4.5 (3.2-6.2)	1043	3.9 (2.8-5.5)	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	1148	2.7 (1.9-3.9)	1019	4.0 (2.8-5.6)	989	5.2 (3.8-7.2)	1038	3.7 (2.8-4.9)	3.0 (2.8-3.3)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	1142	2.2 (1.5-3.4)	1020	2.9 (1.9-4.2)	986	3.6 (2.4-5.3)	1041	2.3 (1.6-3.3)	2.0 (1.8-2.2)
Depression									
• Self-reported depression in the 3 months before pregnancy	1172	12.0 (10.0-14.4)	1042	13.5 (11.1-16.3)	1010	12.3 (10.1-14.9)	1072	14.0 (11.8-16.5)	15.1 (14.5-15.7)
• Self-reported depression during pregnancy	1165	13.2 (11.1-15.8)	1031	13.2 (10.8-15.9)	996	14.6 (12.2-17.4)	1060	13.8 (11.7-16.3)	14.8 (14.2-15.4)
• Self-reported postpartum depressive symptoms ^{**}	1128	14.1 (11.7-16.8)	1018	13.4 (11.1-16.2)	974	14.8 (12.4-17.5)	1033	12.2 (10.1-14.8)	13.4 (12.9-14.0)
Health Care Services									
• Health care visit in the 12 months before pregnancy	1163	65.4 (62.1-68.6)	1032	67.2 (63.6-70.5)	998	66.1 (62.6-69.4)	1063	67.4 (64.1-70.5)	68.0 (67.2-68.7)
• Began prenatal care in 1st trimester	1142	84.7 (81.9-87.1)	1014	85.7 (82.9-88.2)	978	83.2 (80.2-85.8)	1032	85.9 (83.3-88.2)	87.7 (87.2-88.3)
• Had a flu shot in the 12 months before birth	1143	57.6 (53.9-61.1)	1015	58.9 (55.1-62.6)	978	60.9 (57.3-64.5)	1016	62.9 (59.4-66.3)	60.8 (60.1-61.6)
• Had maternal postpartum checkup	1137	86.4 (83.9-88.6)	1023	87.6 (85.1-89.8)	978	89.0 (86.6-91.1)	1039	88.3 (85.9-90.4)	90.7 (90.3-91.2)
Pregnancy Intention									
• Mistimed	1153	17.2 (14.6-20.2)	1030	16.6 (14.0-19.6)	989	13.9 (11.6-16.7)	1056	16.8 (14.2-19.7)	19.3 (18.7-19.9)
• Unwanted pregnancy	1153	4.8 (3.5-6.5)	1030	5.2 (3.7-7.2)	989	6.1 (4.6-8.1)	1056	6.3 (4.9-8.2)	6.5 (6.2-6.9)
• Unsure whether wanted pregnancy	1153	16.5 (14.1-19.1)	1030	19.7 (16.9-22.7)	989	21.3 (18.5-24.3)	1056	17.8 (15.4-20.5)	15.7 (15.1-16.2)
• Intended pregnancy	1153	61.5 (58.0-64.9)	1030	58.5 (54.8-62.2)	989	58.7 (55.1-62.2)	1056	59.1 (55.6-62.4)	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 ⁺⁺⁺	1118	79.9 (76.9-82.6)	1004	74.8 (71.3-77.9)	964	74.8 (71.4-77.9)	1022	77.8 (74.7-80.6)	76.4 (75.7-77.0)
• Highly effective contraceptive methods									
• Male or female sterilization	1118	12.6 (10.3-15.3)	1004	10.1 (8.0-12.6)	964	10.4 (8.4-12.9)	1022	11.8 (9.6-14.3)	11.5 (11.0-12.0)
• Long acting reversible contraceptive method ^{§§}	1118	23.8 (20.9-27.1)	1004	23.5 (20.5-26.8)	964	23.2 (20.2-26.4)	1022	26.0 (23.0-29.3)	17.3 (16.7-17.9)
• Moderately effective contraceptive methods ^{§§}	1118	20.4 (17.6-23.5)	1004	18.9 (16.1-22.2)	964	19.4 (16.7-22.5)	1022	17.9 (15.3-20.8)	24.6 (23.9-25.3)
• Least effective contraceptive methods ^{§§}	1118	23.0 (20.0-26.3)	1004	22.3 (19.2-25.7)	964	21.7 (18.8-25.0)	1022	22.1 (19.2-25.3)	23.0 (22.4-23.7)
Oral Health									
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1166	47.7 (44.2-51.3)	1035	45.7 (42.0-49.5)	998	52.1 (48.4-55.7)	1060	54.8 (51.3-58.2)	45.9 (45.1-46.7)
Health Insurance Status One Month Before Pregnancy^{¶¶}									
• Private insurance	1143	59.1 (55.8-62.3)	1010	61.8 (58.4-65.1)	988	60.5 (57.1-63.7)	1056	60.3 (57.1-63.5)	62.7 (62.0-63.5)
• Medicaid	1143	23.2 (20.6-26.1)	1010	22.9 (20.3-25.7)	988	27.4 (24.6-30.5)	1056	28.7 (25.9-31.7)	22.6 (22.0-23.3)
• No insurance	1143	17.7 (15.2-20.4)	1010	15.3 (12.8-18.2)	988	12.1 (10.0-14.6)	1056	11.0 (9.0-13.3)	13.8 (13.2-14.4)
Health Insurance Status for Prenatal Care^{¶¶}									
• Private insurance	1110	57.1 (53.7-60.4)	985	61.3 (57.9-64.6)	902	61.5 (58.0-64.8)	958	59.1 (55.7-62.5)	59.8 (59.1-60.6)
• Medicaid	1110	38.6 (35.3-42.0)	985	33.9 (30.7-37.3)	902	34.9 (31.5-38.4)	958	37.5 (34.2-41.0)	36.2 (35.5-37.0)
• No insurance	1110	4.3 (3.2-5.8)	985	4.8 (3.5-6.4)	902	3.7 (2.7-5.0)	958	3.3 (2.4-4.7)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{++¶¶}									
• Private insurance	1145	55.6 (52.2-59.0)	1023	60.0 (56.7-63.2)	990	57.6 (54.2-60.9)	1058	57.4 (54.2-60.6)	57.7 (56.9-58.4)
• Medicaid	1145	31.5 (28.5-34.7)	1023	27.6 (24.8-30.5)	990	32.3 (29.2-35.6)	1058	31.7 (28.8-34.7)	29.9 (29.2-30.6)
• No insurance	1145	12.9 (10.8-15.4)	1023	12.5 (10.2-15.1)	990	10.1 (8.3-12.3)	1058	10.9 (8.9-13.3)	11.5 (11.0-12.0)
Infant Sleep Practices									
• Baby most often laid on back to sleep	1093	79.4 (76.4-82.2)	988	80.0 (76.8-82.9)	934	78.8 (75.6-81.7)	1003	79.4 (76.4-82.1)	79.6 (78.9-80.2)
Breastfeeding Practices									
• Ever breastfed	1108	95.5 (93.6-96.9)	998	92.7 (90.3-94.5)	940	94.9 (92.8-96.4)	1007	94.8 (93.0-96.1)	87.9 (87.4-88.4)
• Any breastfeeding at 8 weeks	1100	82.7 (79.8-85.2)	988	77.9 (74.5-80.9)	931	81.2 (78.1-84.0)	999	79.4 (76.3-82.1)	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.