

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

Health Indicator	2016 <sup>z</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			934	46.4 (43.3-49.5)	807	46.7 (43.4-50.2)	722	46.2 (42.6-49.7)	41.8 (41.0-42.5)
<b>Pre-pregnancy Weight</b>									
• Underweight (Body Mass Index [BMI]<18.5 kg/m <sup>2</sup> )			915	3.0 (2.1-4.4)	793	3.1 (2.1-4.7)	705	3.4 (2.2-5.1)	3.3 (3.0-3.6)
• Overweight (BMI 25-29.9 kg/m <sup>2</sup> )			915	24.6 (21.9-27.5)	793	25.0 (22.1-28.1)	705	24.1 (21.0-27.4)	26.2 (25.5-26.9)
• Obese (BMI≥30 kg/m <sup>2</sup> )			915	21.3 (18.7-24.1)	793	25.0 (22.1-28.1)	705	25.8 (22.7-29.2)	27.1 (26.4-27.8)
<b>Substance Use</b>									
• Any cigarette smoking									
• During the 3 months before pregnancy			929	24.1 (21.6-26.8)	806	23.5 (20.8-26.4)	721	22.2 (19.4-25.3)	15.1 (14.6-15.7)
• During the last 3 months of pregnancy			930	9.9 (8.2-11.8)	805	11.1 (9.1-13.4)	721	11.7 (9.5-14.3)	6.8 (6.5-7.2)
• Postpartum			929	15.2 (13.1-17.5)	804	14.8 (12.6-17.4)	720	14.6 (12.2-17.3)	9.7 (9.2-10.1)
• Any e-cigarette use									
• During the 3 months before pregnancy			923	5.5 (4.1-7.2)	803	5.0 (3.7-6.8)	721	6.1 (4.4-8.3)	4.3 (4.0-4.6)
• During the last 3 months of pregnancy			924	2.3 (1.4-3.5)	803	1.7 (1.0-2.9)	721	1.8 (1.0-3.2)	1.3 (1.1-1.4)
• Hookah use in the last 2 years			923	2.2 (1.4-3.5)	800	1.9 (1.1-3.1)	718	0.6 (0.2-1.5)	4.7 (4.4-5.1)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy			927	4.4 (3.3-6.0)	804	4.6 (3.4-6.2)	720	5.8 (4.3-7.9)	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			918	3.9 (2.9-5.4)	792	4.5 (3.3-6.1)	719	4.2 (2.9-6.0)	3.0 (2.8-3.3)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner			917	2.4 (1.6-3.6)	794	3.1 (2.1-4.5)	716	1.5 (0.9-2.5)	2.0 (1.8-2.2)
<b>Depression</b>									
• Self-reported depression in the 3 months before pregnancy			932	20.5 (18.0-23.3)	803	18.9 (16.3-21.7)	724	25.0 (21.9-28.5)	15.1 (14.5-15.7)
• Self-reported depression during pregnancy			934	16.9 (14.6-19.4)	806	16.9 (14.5-19.6)	722	23.0 (20.0-26.4)	14.8 (14.2-15.4)
• Self-reported postpartum depressive symptoms <sup>**</sup>			923	15.0 (12.8-17.5)	793	14.2 (12.0-16.9)	717	15.6 (13.1-18.6)	13.4 (12.9-14.0)
<b>Health Care Services</b>									
• Health care visit in the 12 months before pregnancy			934	72.1 (69.2-74.9)	808	71.7 (68.5-74.6)	718	74.9 (71.6-77.9)	68.0 (67.2-68.7)
• Began prenatal care in 1st trimester			927	86.7 (84.5-88.7)	803	87.5 (85.1-89.6)	723	88.3 (85.7-90.4)	87.7 (87.2-88.3)
• Had a flu shot in the 12 months before birth			928	62.8 (59.7-65.9)	799	62.5 (59.1-65.7)	717	65.1 (61.6-68.5)	60.8 (60.1-61.6)
• Had maternal postpartum checkup			928	89.6 (87.6-91.3)	798	93.1 (91.2-94.7)	721	90.3 (88.0-92.2)	90.7 (90.3-91.2)
<b>Pregnancy Intention</b>									
• Mistimed			931	17.6 (15.2-20.3)	806	16.8 (14.3-19.5)	716	16.5 (13.9-19.5)	19.3 (18.7-19.9)
• Unwanted pregnancy			931	5.5 (4.2-7.2)	806	6.0 (4.6-8.0)	716	7.8 (5.9-10.1)	6.5 (6.2-6.9)
• Unsure whether wanted pregnancy			931	18.5 (16.2-21.0)	806	17.2 (14.8-19.9)	716	18.3 (15.6-21.4)	15.7 (15.1-16.2)
• Intended pregnancy			931	58.4 (55.3-61.4)	806	60.0 (56.7-63.3)	716	57.4 (53.8-60.9)	58.5 (57.7-59.3)

Health Indicator	2016 <sup>z</sup>		2017		2018		2019		Overall 2019 <sup>s</sup>
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Postpartum <sup>++</sup> Family Planning									
• Use of any postpartum contraception <sup>+++</sup>			921	81.2 (78.6-83.6)	788	83.6 (80.9-86.1)	715	83.7 (80.8-86.3)	76.4 (75.7-77.0)
• Highly effective contraceptive methods									
• Male or female sterilization			921	13.0 (10.9-15.4)	788	13.2 (11.0-15.8)	715	15.3 (12.8-18.2)	11.5 (11.0-12.0)
• Long acting reversible contraceptive method <sup>§§</sup>			921	19.2 (16.8-21.9)	788	23.3 (20.5-26.3)	715	24.3 (21.2-27.6)	17.3 (16.7-17.9)
• Moderately effective contraceptive methods <sup>§§</sup>			921	28.2 (25.3-31.3)	788	25.8 (22.8-28.9)	715	18.2 (15.5-21.2)	24.6 (23.9-25.3)
• Least effective contraceptive methods <sup>§§</sup>			921	20.8 (18.3-23.6)	788	21.4 (18.6-24.4)	715	26.0 (22.8-29.4)	23.0 (22.4-23.7)
Oral Health									
• Teeth cleaned during pregnancy by a dentist or dental hygienist			929	47.0 (43.8-50.2)	797	50.3 (46.9-53.8)	721	50.3 (46.6-53.9)	45.9 (45.1-46.7)
Health Insurance Status One Month Before Pregnancy <sup>¶¶</sup>									
• Private insurance			894	61.4 (58.8-63.9)	780	58.0 (55.4-60.7)	693	58.4 (55.3-61.3)	62.7 (62.0-63.5)
• Medicaid			894	25.5 (23.1-28.1)	780	30.0 (27.4-32.8)	693	27.7 (24.9-30.8)	22.6 (22.0-23.3)
• No insurance			894	11.7 (9.8-13.9)	780	10.1 (8.2-12.4)	693	12.1 (9.9-14.8)	13.8 (13.2-14.4)
Health Insurance Status for Prenatal Care <sup>¶¶</sup>									
• Private insurance			890	58.2 (55.9-60.5)	774	56.5 (54.0-58.9)	677	57.7 (54.9-60.4)	59.8 (59.1-60.6)
• Medicaid			890	38.6 (36.2-41.1)	774	39.3 (36.8-41.9)	677	38.3 (35.4-41.2)	36.2 (35.5-37.0)
• No insurance			890	2.0 (1.3-3.1)	774	2.7 (1.7-4.1)	677	2.3 (1.4-3.6)	2.8 (2.5-3.1)
Health Insurance Status Postpartum <sup>++¶¶</sup>									
• Private insurance			896	56.4 (53.9-58.8)	780	53.4 (50.9-55.8)	684	56.0 (53.2-58.8)	57.7 (56.9-58.4)
• Medicaid			896	37.9 (35.4-40.5)	780	38.0 (35.3-40.7)	684	36.6 (33.7-39.5)	29.9 (29.2-30.6)
• No insurance			896	4.6 (3.4-6.1)	780	7.3 (5.7-9.4)	684	5.7 (4.2-7.7)	11.5 (11.0-12.0)
Infant Sleep Practices									
• Baby most often laid on back to sleep			912	84.3 (81.8-86.5)	785	82.8 (80.0-85.3)	711	81.6 (78.4-84.3)	79.6 (78.9-80.2)
Breastfeeding Practices									
• Ever breastfed			917	93.8 (92.1-95.1)	786	93.3 (91.3-94.8)	711	94.5 (92.7-95.9)	87.9 (87.4-88.4)
• Any breastfeeding at 8 weeks			911	80.3 (77.7-82.7)	781	77.1 (74.1-79.9)	708	78.0 (74.8-80.9)	67.7 (67.0-68.4)

<sup>z</sup>Did not participate 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>z</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.