



## Prevalence of Selected Maternal and Child Health Indicators\* for Utah, Pregnancy Risk Assessment Monitoring System (PRAMS), 2012-2015

Health Indicator*	2012		2013		2014		2015		Overall 2015 <sup>¶</sup>
	n <sup>†</sup>	% <sup>§</sup> (95% CI) <sup>‡</sup>	n <sup>†</sup>	% <sup>§</sup> (95% CI) <sup>‡</sup>	n <sup>†</sup>	% <sup>§</sup> (95% CI) <sup>‡</sup>	n <sup>†</sup>	% <sup>§</sup> (95% CI) <sup>‡</sup>	% <sup>§</sup>
<b>Nutrition and Exercise</b>									
- Multivitamin use $\geq$ 4 days a week during the month before pregnancy	1548	42.7 (39.8-45.8)	1390	45.2 (42.0-48.4)	1389	44.6 (41.5-47.7)	1367	45.7 (42.5-49.0)	38.7
- Dieting during the 12 months before pregnancy	1560	31.9 (29.1-34.8)	1397	32.0 (29.0-35.1)	1393	33.3 (30.4-36.3)	1384	32.9 (29.8-36.0)	30.1
- Exercising $\geq$ 3 days a week during the 12 months before pregnancy	1559	58.0 (55.0-60.8)	1396	56.3 (53.1-59.4)	1390	60.7 (57.7-63.6)	1384	58.9 (55.8-62.0)	47.3
<b>Pre-pregnancy Weight</b>									
- Underweight (BMI<18.5)	1473	5.5 (4.3-7.0)	1326	4.4 (3.2-6.0)	1338	5.2 (4.0-6.8)	1334	4.9 (3.6-6.7)	3.9
- Overweight (BMI 25-29.9)	1473	20.7 (18.3-23.2)	1326	23.3 (20.7-26.2)	1338	21.7 (19.2-24.5)	1334	19.9 (17.4-22.6)	24.3
- Obese (BMI $\geq$ 30)	1473	17.1 (15.0-19.5)	1326	16.7 (14.4-19.2)	1338	18.2 (15.9-20.8)	1334	20.2 (17.8-22.9)	24.1
<b>Substance Use</b>									
- Any cigarette smoking during the 3 months before pregnancy	1540	8.7 (7.5-10.2)	1390	10.6 (9.0-12.5)	1380	8.8 (7.4-10.5)	1369	9.4 (7.7-11.4)	19.4
- Any cigarette smoking during the last 3 months of pregnancy	1538	4.4 (3.5-5.6)	1390	4.5 (3.5-5.8)	1378	4.1 (3.2-5.3)	1370	4.0 (2.9-5.4)	8.8
- Any cigarette smoking postpartum	1540	5.9 (4.8-7.1)	1389	6.3 (5.0-7.9)	1379	5.0 (4.0-6.2)	1369	5.9 (4.6-7.7)	12.6
- Any alcohol use during the 3 months before pregnancy	1544	22.9 (20.6-25.4)	1386	24.8 (22.2-27.6)	1382	24.1 (21.6-26.7)	1367	28.1 (25.2-31.2)	55.3
- Any alcohol use during the last 3 months of pregnancy	1543	2.5 (1.8-3.6)	1389	3.4 (2.4-4.7)	1383	2.0 (1.3-3.1)	1370	2.6 (1.8-3.8)	8.0
<b>Intimate Partner Violence (IPV)</b>									
- Experienced IPV during the 12 months before pregnancy	1544	1.5 (1.0-2.2)	1396	1.5 (0.9-2.3)	1387	1.9 (1.2-2.9)	1367	1.7 (1.0-2.9)	2.3
- Experienced IPV during pregnancy	1547	1.5 (1.0-2.3)	1398	1.3 (0.8-2.2)	1389	1.5 (0.9-2.3)	1367	1.4 (0.8-2.4)	2.1
<b>Depression</b>									
- Told by a provider had depression before pregnancy <sup>#</sup>	1548	9.8 (8.2-11.6)	1380	9.6 (7.8-11.7)	1382	10.4 (8.7-12.4)	1362	10.9 (9.1-13.0)	10.5
- Self-reported postpartum depressive symptoms	1532	11.4 (9.8-13.4)	1385	12.5 (10.6-14.8)	1373	12.4 (10.6-14.6)	1359	12.1 (10.2-14.3)	12.8
<b>Pregnancy Intention and Family Planning</b>									
- Mistimed/unwanted pregnancy	1350	27.9 (25.2-30.7)	1189	25.7 (22.9-28.8)	1181	25.5 (22.7-28.4)	1141	24.7 (21.9-27.7)	34.2
- Unsure about pregnancy	1532	11.4 (9.7-13.5)	1379	11.3 (9.5-13.4)	1373	11.6 (9.9-13.6)	1350	13.7 (11.6-16.1)	15.4
- Postpartum contraceptive use	1534	87.5 (85.4-89.3)	1389	86.6 (84.3-88.7)	1377	85.5 (83.2-87.5)	1354	85.7 (83.3-87.9)	78.4

Health Care Services									
- Talked to provider about improving health before pregnancy <sup>#</sup>	1552	17.7 (15.6-20.2)	1389	21.7 (19.1-24.6)	1386	22.8 (20.4-25.6)	1375	20.7 (18.3-23.4)	22.8
- Began prenatal care in 1st trimester	1529	86.6 (84.5-88.5)	1370	85.5 (83.0-87.6)	1371	87.9 (85.8-89.7)	1355	86.9 (84.5-89.0)	83.0
- Took childbirth class <sup>#</sup>	1549	19.9 (17.5-22.4)	1392	18.2 (15.7-21.0)	1383	16.7 (14.5-19.3)	1367	16.6 (14.3-19.2)	21.6
- Had home visitor during pregnancy <sup>#</sup>	1546	4.4 (3.4-5.7)	1394	4.4 (3.3-5.9)	1384	5.3 (4.1-6.8)	1371	5.9 (4.6-7.7)	6.9
- Had flu shot before or during pregnancy	1518	48.7 (45.6-51.7)	1363	58.2 (54.9-61.4)	1351	59.8 (56.6-62.8)	1337	63.7 (60.5-66.8)	57.3
- Had maternal postpartum checkup	1546	89.4 (87.6-90.9)	1390	91.0 (89.3-92.4)	1382	89.8 (87.9-91.4)	1367	90.1 (88.2-91.7)	89.7
Oral Health									
- Teeth cleaned during 12 months before pregnancy	1562	58.4 (55.5-61.2)	1396	67.0 (64.1-69.8)	1392	63.2 (60.2-66.0)	1384	67.1 (64.1-70.0)	56.3
- Teeth cleaned during pregnancy	1541	51.3 (48.3-54.3)	1380	59.6 (56.5-62.7)	1369	56.5 (53.4-59.6)	1363	61.2 (58.0-64.2)	48.3
- Had dental insurance during pregnancy <sup>#</sup>	1533	73.4 (70.8-75.9)	1373	74.6 (71.7-77.2)	1369	74.5 (71.8-77.1)	1359	77.4 (74.7-79.9)	72.6
Pre-pregnancy Health Insurance <sup>‡</sup> Status									
- Private insurance	1498	71.4 (68.9-73.8)	1356	73.7 (71.1-76.1)	1364	74.9 (72.4-77.3)	1338	78.2 (75.7-80.5)	58.5
- Medicaid	1498	6.6 (5.3-8.2)	1356	6.5 (5.3-8.0)	1364	6.6 (5.4-8.1)	1338	7.8 (6.4-9.6)	21.8
- No insurance	1498	21.5 (19.4-23.8)	1356	19.7 (17.5-22.1)	1364	18.5 (16.4-20.8)	1338	13.9 (12.0-16.1)	18.7
Health Insurance <sup>‡</sup> Status During Pregnancy									
- Private insurance	1504	68.8 (66.2-71.4)	1349	73.5 (70.9-75.8)	1344	73.8 (71.2-76.2)	1334	76.1 (73.5-78.6)	57.0
- Medicaid	1504	22.3 (20.0-24.9)	1349	18.1 (15.9-20.5)	1344	18.6 (16.4-20.9)	1334	18.1 (15.7-20.7)	38.4
- No insurance	1554	9.6 (8.3-11.1)	1402	8.7 (7.4-10.2)	1391	7.8 (6.5-9.4)	1378	5.8 (4.8-6.9)	2.9
Health Insurance Status Postpartum									
- Private insurance	1519	67.8 (65.2-70.4)	1356	73.3 (70.8-75.7)	1352	72.5 (69.8-75.0)	1332	76.1 (73.4-78.5)	55.2
- Medicaid	1519	9.9 (8.3-11.7)	1356	8.8 (7.4-10.6)	1352	10.5 (8.9-12.3)	1332	11.0 (9.2-13.0)	29.1
- No insurance	1551	21.4 (19.2-23.7)	1396	17.4 (15.4-19.6)	1388	16.6 (14.5-18.8)	1370	12.5 (10.7-14.6)	14.2
Infant Sleep Practices									
- Baby most often laid on back to sleep	1519	79.9 (77.4-82.2)	1361	81.4 (78.8-83.8)	1349	80.6 (78.1-83.0)	1332	83.6 (81.1-85.9)	78.4
Breastfeeding Practices									
- Ever breastfed	1529	93.2 (91.7-94.4)	1373	95.1 (93.8-96.1)	1365	95.2 (93.8-96.3)	1346	94.8 (93.3-96.0)	87.1
- Any breastfeeding at 8 weeks	1513	75.4 (72.8-77.8)	1358	77.7 (75.1-80.1)	1358	77.2 (74.6-79.6)	1337	80.3 (77.7-82.7)	65.6

\* Indicators and definitions available in PRAMStat (<http://www.cdc.gov/prams/pramstat/index.html>) unless otherwise indicated.

<sup>†</sup> Unweighted sample size

<sup>§</sup> Weighted percent

<sup>¥</sup> 95% Confidence Interval

<sup>¶</sup> PRAMS site aggregate for 2015: Alabama, Alaska, Arkansas, Colorado, Connecticut, Delaware, Hawaii, Illinois, Iowa, Louisiana, Maine, Maryland, Massachusetts, Michigan, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, New York City, New York State, Ohio, Oklahoma, Oregon, Pennsylvania, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming met the required 55% response rate threshold for inclusion.

<sup>#</sup> Indicator is new for Phase 7 (2012-2015) survey and is not currently available in PRAMStat.

<sup>‡</sup> Insurance is coded as Medicaid (Medicaid or state-named Medicaid program); Private (Private only, both Medicaid & private, any other insurance in combination with private, TRICARE or other military insurance); and No insurance (no insurance or Indian Health Service (IHS) only; in Alaska this also includes Alaska Native Health Services and Native Regional Health Corporations that are part of the IHS response option).