Maryland PRAMS Report
2013 Births

Pregnancy Risk Assessment Monitoring System

Maryland Department of Health and Mental Hygiene
Maternal and Child Health Bureau
Vital Statistics Administration

Larry Hogan, Governor · Boyd Rutherford, Lt. Governor · Van Mitchell, Secretary
“I hope this really helps ‘cause some moms don't get that experience to have a healthy baby.”

“Good luck to all mother and fathers. Thanks for this survey that I can share my pregnancy with everyone.”

PRAMS mothers
Maryland PRAMS Report

2013 Births

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September 2015
The Maryland PRAMS Report
is also available at
www.marylandprams.org

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INTRODUCTION

This report highlights data from births occurring to Maryland residents in 2013 collected through the Pregnancy Risk Assessment Monitoring System (PRAMS). PRAMS is a surveillance system established by the Centers for Disease Control and Prevention (CDC) in 1987 to obtain information about maternal behaviors and experiences that may be associated with adverse pregnancy outcomes. Data are collected by surveying women who have recently delivered live born infants.

PRAMS projects are conducted through cooperative agreements between the CDC and state health departments. PRAMS projects are currently underway in 40 states and New York City, representing 78% of all U.S. live births. All surveys include a core set of standardized questions, which allows for multi-state analyses. In addition, each state can add questions tailored to meet its needs. The core section of the survey includes questions relating to prenatal care, obstetric history, smoking, alcohol use, physical abuse, contraception, economic status, maternal stress, and infant health. The Maryland-specific section of the survey includes questions on employment, assisted reproduction, pre-pregnancy health, co-sleeping, contraceptive use, depression, oral health, chronic disease, physical activity, infections, and labor induction.

The PRAMS project in Maryland is a collaborative effort of the Maternal and Child Health Bureau (MCHB), the Vital Statistics Administration (VSA) of the Maryland Department of Health and Mental Hygiene, and the CDC. Maryland began collecting PRAMS data from mothers who delivered in 2000.

METHODOLOGY

Sampling and Data Collection

Women eligible to participate in PRAMS are selected from Maryland’s live birth certificate files and need to be Maryland residents who have delivered in the state. Each month, a stratified, random sample of approximately 200 live births is selected. The sample is stratified by infant birth weight (<2500 grams, ≥2500 grams). This sampling frame over-samples mothers who have delivered a low birth weight infant (<2500 grams).

PRAMS combines two modes of data collection; a survey conducted by mailed questionnaire with multiple follow-up attempts, and if mail is not successful, a survey conducted by telephone interview. Survey questionnaires and other materials are available in both English and Spanish.

The first mailing, which is done two to four months after delivery, is a letter that introduces PRAMS to the mother and informs her that a questionnaire will soon arrive. Within seven days of this letter, the questionnaire packet is mailed. This packet includes the 84-item main survey along with an informed consent page, calendar, and resource brochure. In addition, a manicure file is sent as an incentive for completing the survey. Seven to 10 days after the initial packet is mailed, a tickler that serves as a thank you and reminder note is sent. Mothers
who do not respond to the tickler within seven to 14 days are mailed a second questionnaire packet. A third questionnaire packet is mailed to all remaining nonrespondents seven to 14 days later. Telephone follow-up is initiated for all nonrespondents.

Data collected through PRAMS are linked to birth certificate data, which allows for the survey data to be weighted to reflect the total birth population. Sampling, nonresponse, and noncoverage adjustment factors are applied to the data in order to make the results generalizable to the state’s population of women delivering live born infants during the study period. Further information on PRAMS methodology, including weighting procedures, may be found on the CDC website at http://www.cdc.gov/prams/methodology.htm.

**Survey Response and Data Analysis**

The CDC recommends that states obtain a response rate of at least 65% for analysis of PRAMS 2013 births data. The weighted response rate among women delivering in Maryland between January 1, 2013 and December 31, 2013 was 65%. During this 12-month period, 1,305 mothers completed the PRAMS questionnaire with a weighted response reflecting 65,068 mothers. The weighted figure included 29,202 births to white non-Hispanic, 20,162 births to black non-Hispanic, 4,565 births to Asian, 9,138 births to Hispanic women, 114 births to American Indian, and 1,790 Other/Mixed. Survey findings in this report are shown by race/Hispanic origin (White Non-Hispanic, Black Non-Hispanic, Asian and Hispanic), maternal age and maternal years of education.

**ACKNOWLEDGMENTS**

The Maryland PRAMS Project would like to acknowledge the CDC PRAMS Team for their technical assistance and support, especially Denise D’Angelo, MPH, our project manager who has expertly guided and assisted our program. Additionally, our thanks go to the Maryland PRAMS Steering Committee for their invaluable input to many aspects of our project.

Most importantly, we very much appreciate all the 1,305 mothers who took the time to complete the questionnaires that are represented in this report. Their answers will contribute greatly towards our continuing efforts to improve the health of Maryland mothers and babies.
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(April 2015)

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*Maryland Department of Health and Mental Hygiene (DHMH)
Maryland PRAMS Highlights--2013

Preconception factors

- Forty-one percent of all live births were unintended (includes women who said they were ‘not sure’ how they felt about the pregnancy).
- Eighteen percent of women reported they were covered by Medicaid or Health Choice just before pregnancy and 20% were uninsured.
- According to their body mass index (BMI) just before pregnancy, 26% of mothers were overweight and 24% were obese.
- Thirty-four percent of women reported taking a multivitamin daily in the month before conception.
- Before pregnancy, 12% of women reported they had anxiety and 9% had depression.
- During the 3 months just before pregnancy, 16% of women smoked, 50% consumed alcohol, and 15% had at least one episode of binge drinking.
- In the 12 months before pregnancy, 42% of women had not had a dental cleaning.
- Twenty-five percent of mothers reported they had a preconception health visit.

Prenatal factors

- Eighty-three percent of mothers began prenatal care during the first trimester of pregnancy, and 1% began in the third trimester or received no care.
- Forty-five percent of women participated in the WIC program during pregnancy.
- Twenty-one percent of mothers needed to see or went to a dentist about a problem during pregnancy and 15% saw a dentist about a problem.
- Seventy-four percent of mothers reported that HIV testing was discussed during prenatal care visits; 64% reported getting an HIV test.
- Physical abuse by a current husband or partner was reported by 2% of mothers.
- Eight percent of women smoked during the last three months of pregnancy. Eight percent of women reported using alcohol and <1% of women reported a binge-drinking episode during the last three months of pregnancy.
- Fifty-four percent of women were vaccinated for seasonal flu during the 12 months before pregnancy.
- Labor induction was reported by 40% of mothers.
- Thirty-four percent of women used Medicaid or Health Choice for their prenatal care and 6% were uninsured.
- Ten percent of women had gestational diabetes.

Infant health and related factors

- Eighty-eight percent of infants were breastfed after delivery, and 67% were breastfed eight weeks or longer.
- In terms of sleeping environment, 77% of infants were usually placed on their backs to sleep and 28% slept with another person.

Maternal postpartum factors

- Twenty-five percent of mothers reported they were not using postpartum contraception.
- Eleven percent of mothers smoked postpartum.
- Eleven percent of mothers reported symptoms of postpartum depression.
MARYLAND PRAMS 2009-2013 SURVEILLANCE
AND SELECTED HEALTHY PEOPLE 2020 OBJECTIVES

<table>
<thead>
<tr>
<th>Healthy People 2020 Objective</th>
<th>Maryland PRAMS 2009 Births</th>
<th>Maryland PRAMS 2010 Births</th>
<th>Maryland PRAMS 2011 Births</th>
<th>Maryland PRAMS 2012 Births</th>
<th>Maryland PRAMS 2013 Births</th>
<th>Healthy People 2020 Target</th>
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</thead>
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<tr>
<td>Preconception</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase the proportion of pregnancies that are intended.**</td>
<td>55%</td>
<td>56%</td>
<td>54%</td>
<td>58%</td>
<td>59%</td>
<td><strong>56.0%</strong></td>
</tr>
<tr>
<td>Increase the proportion of women who took multivitamins/folic acid daily prior to pregnancy.</td>
<td>32%</td>
<td>33%</td>
<td>30%</td>
<td>37%</td>
<td>34%</td>
<td><strong>33.1%</strong></td>
</tr>
<tr>
<td>Increase the proportion of women who did not smoke during the three months prior to pregnancy.</td>
<td>83%</td>
<td>81%</td>
<td>80%</td>
<td>82%</td>
<td>84%</td>
<td><strong>85.4%</strong></td>
</tr>
<tr>
<td>Increase the proportion of women who did not drink alcohol during the three months prior to pregnancy.</td>
<td>45%</td>
<td>46%</td>
<td>43%</td>
<td>48%</td>
<td>50%</td>
<td><strong>56.4%</strong></td>
</tr>
<tr>
<td>Increase the proportion of women who had a healthy weight (BMI 18.5-24.9) prior to pregnancy.</td>
<td>53%</td>
<td>51%</td>
<td>52%</td>
<td>49%</td>
<td>48%</td>
<td><strong>53.4%</strong></td>
</tr>
<tr>
<td>Prenatal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase the proportion of pregnant women who receive prenatal care beginning in the first trimester of pregnancy.***</td>
<td>79%</td>
<td>78%</td>
<td>82%</td>
<td>80%</td>
<td>83%</td>
<td><strong>77.9%</strong></td>
</tr>
<tr>
<td>Increase abstinence from cigarette smoking among pregnant women.</td>
<td>91%</td>
<td>91%</td>
<td>93%</td>
<td>93%</td>
<td>92%</td>
<td><strong>98.6%</strong></td>
</tr>
<tr>
<td>Increase abstinence from alcohol among pregnant women.</td>
<td>90%</td>
<td>91%</td>
<td>91%</td>
<td>91%</td>
<td>92%</td>
<td><strong>98.3%</strong></td>
</tr>
<tr>
<td>Increase abstinence from binge drinking**** among pregnant women.</td>
<td>98%</td>
<td>99%</td>
<td>99%</td>
<td>&lt;100%</td>
<td>99.5%</td>
<td><strong>100.0%</strong></td>
</tr>
<tr>
<td>Postpartum</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase the proportion of infants who are put to sleep on their backs.</td>
<td>74%</td>
<td>72%</td>
<td>77%</td>
<td>77%</td>
<td>77%</td>
<td><strong>75.9%</strong></td>
</tr>
<tr>
<td>Increase the proportion of infants who were breastfed (ever).</td>
<td>84%</td>
<td>81%</td>
<td>85%</td>
<td>86%</td>
<td>88%</td>
<td><strong>81.9%</strong></td>
</tr>
</tbody>
</table>

*Includes data from May 1, 2012 – December 31, 2012 (8 months)
**PRAMS data includes only information on pregnancies that end in live birth;
   In 2012, option “I wasn’t sure what I wanted” was not considered intended;
***First trimester defined by PRAMS as <13 weeks
**** *Binge drinking = 4 or more drinks in a two hour sitting, starting 2009 births.
   Prior to 2009, binge drinking = 5 or more drinks in one episode.
Preconception Factors
“I wanted to get birth control during the time I was with my partner but I couldn't because my insurance had expired. Then I got pregnant and later I got my insurance back. I wasn't planning to have a baby but it happened.”

“I was on birth control for 3 years, stopped and thought it would take longer before I got pregnant.”

PRAMS mother
INTENDEDNESS OF PREGNANCY

Question 13: Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant?

Distribution of Mothers by Intendedness of Pregnancy

- Wanted to be pregnant sooner: 15.5%
- Wanted to be pregnant later: 22%
- Not sure: 13%
- Didn't want to be pregnant then or later: 6%

Unintended pregnancies: 41%

Percentage of Mothers With Unintended Pregnancies

<table>
<thead>
<tr>
<th>Race and ethnicity</th>
<th>Age</th>
<th>Years of education*</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Non Hispanic</td>
<td>&lt;20</td>
<td>33</td>
</tr>
<tr>
<td>Black Non Hispanic</td>
<td>20-24</td>
<td>51</td>
</tr>
<tr>
<td>Asian Non Hispanic</td>
<td>25-29</td>
<td>47</td>
</tr>
<tr>
<td>Hispanic</td>
<td>30-34</td>
<td>47</td>
</tr>
<tr>
<td></td>
<td>35+</td>
<td>47</td>
</tr>
<tr>
<td></td>
<td>&lt;12</td>
<td>33</td>
</tr>
<tr>
<td></td>
<td>&gt;12</td>
<td>35</td>
</tr>
</tbody>
</table>

*Includes only mothers ages 20 and above.
Question 15: When you got pregnant with your new baby, were you trying to get pregnant?
Question 16: When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant?
Question 17: What were your reasons or your husband’s or partner’s reasons for not doing anything to keep from getting pregnant?

Mothers Reporting Reasons for Not Using Birth Control

- Didn't mind getting pregnant: 50%
- Thought couldn't get pregnant at that time: 25%
- Other: 16%
- Partner didn't want to use: 14%
- Forgot: 12%
- Had side effects from birth control: 11%
- Thought was sterile: 10%
- Had problems obtaining birth control: 6%

Distribution of mothers reporting pregnancy intention and birth control use:

- Didn’t Want Pregnancy, Didn't Use Birth Control 25%
- Unintended Pregnancy, Used Birth Control 21%
- Wanted to Get Pregnant 53%
- Had problems obtaining birth control 6%
- Thought was sterile 10%
- Forgot 12%
- Partner didn't want to use 14%
- Other 16%
- Thought couldn't get pregnant at that time: 25%
- Didn't mind getting pregnant: 50%
MULTIVITAMIN USE

Question 9: During the *month before* you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?

**Distribution of Mothers by Frequency of Multivitamin Use in the Month Before Pregnancy**

- **Didn't take**: 53%
- **Every day**: 34%
- **1-3 times/week**: 7%
- **4-6 times/week**: 7%

*Includes only mothers ages 20 and above.

**Percentage of Mothers Who Reported Less Than Daily Multivitamin Use in the Month Before Pregnancy**

<table>
<thead>
<tr>
<th>Race and ethnicity</th>
<th>Age</th>
<th>Years of education*</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Non Hispanic</td>
<td>60</td>
<td>89</td>
</tr>
<tr>
<td>Black Non Hispanic</td>
<td>76</td>
<td>84</td>
</tr>
<tr>
<td>Asian Non Hispanic</td>
<td>65</td>
<td>70</td>
</tr>
<tr>
<td>Hispanic</td>
<td>70</td>
<td>84</td>
</tr>
<tr>
<td>&lt;20</td>
<td>89</td>
<td>81</td>
</tr>
<tr>
<td>20 - 24</td>
<td>84</td>
<td>56</td>
</tr>
<tr>
<td>25 - 29</td>
<td>70</td>
<td>54</td>
</tr>
<tr>
<td>30 - 34</td>
<td>56</td>
<td>54</td>
</tr>
<tr>
<td>35+</td>
<td>54</td>
<td>58</td>
</tr>
<tr>
<td>≤12</td>
<td>81</td>
<td></td>
</tr>
<tr>
<td>&gt;12</td>
<td>58</td>
<td></td>
</tr>
</tbody>
</table>

*Includes only mothers ages 20 and above.
**PRE-PREGNANCY BMI**

* Mothers <20 years of age had BMI >30 (and were not classified as obese via childhood growth charts)
* **Includes only mothers ages 20 and above.**
* Note: Percentages are not reported if the number of respondents was less than five.

---

### Distribution of Mothers by BMI Status Before Pregnancy

- **Underweight (<18.5)**: 3%
- **Normal (18.5-24.9)**: 48%
- **Overweight (25-29.9)**: 26%
- **Obese (30+)**: 24%

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### Percentage of Mothers Who Were Classified as Obese Before Pregnancy

<table>
<thead>
<tr>
<th>Race and ethnicity</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Non Hispanic</td>
<td>&lt;20*</td>
</tr>
<tr>
<td>Black Non Hispanic</td>
<td>20 - 24</td>
</tr>
<tr>
<td>Asian Non Hispanic</td>
<td>25 - 29</td>
</tr>
<tr>
<td>Hispanic</td>
<td>30 - 34</td>
</tr>
<tr>
<td></td>
<td>35+</td>
</tr>
<tr>
<td></td>
<td>≤12</td>
</tr>
<tr>
<td></td>
<td>&gt;12</td>
</tr>
</tbody>
</table>

- Race and ethnicity:
  - White Non Hispanic: 21
  - Black Non Hispanic: 31
  - Asian Non Hispanic: 13
  - Hispanic: 27

- Age:
  - ≤12: 27
  - >12: 24

- Years of education**:
  - <12: 27
  - >12: 24

---

*Question 2: Just before you got pregnant with your new baby, how much did you weigh?*

*Question 1: How tall are you without shoes?*
Question 11: Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker tell you that you had any of the following health conditions?

Question 12: During the 3 months before you got pregnant with your new baby, did you have any of the following health conditions?

Mothers Reporting Health Problems Before Pregnancy

- Anemia: 15%
- Anxiety: 12%
- Asthma: 10%
- Depression: 9%
- Thyroid Problems: 5%
- Hypertension: 4%
- Diabetes: 3%
- Heart Conditions: 2%
- Epilepsy: 1%
PRE-PREGNANCY ACTIVITIES

Question 7: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things?

Mothers Reporting Activities During the Twelve Months Prior to Pregnancy

- Had teeth cleaned: 58%
- Exercised 3+ days/week: 46%
- Discussed family medical history: 35%
- Dieted: 31%
- Checked for hypertension: 29%
- Checked for diabetes: 23%
- Took Rx (other than birth control): 20%
- Checked for depression: 18%
**Question 44:** This question is about things that may have happened during the 12 months before your new baby was born. For each item, circle YES if it happened to you or NO if it did not.

### Mothers Reporting Stress by Type of Event

<table>
<thead>
<tr>
<th>Event</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moved to a new address</td>
<td>31%</td>
</tr>
<tr>
<td>Argued with partner more than usual</td>
<td>22%</td>
</tr>
<tr>
<td>Family member hospitalized</td>
<td>19%</td>
</tr>
<tr>
<td>Couldn't pay bills</td>
<td>19%</td>
</tr>
<tr>
<td>Husband/partner/self cut in pay</td>
<td>18%</td>
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<tr>
<td>Someone close died</td>
<td>16%</td>
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<tr>
<td>Husband/partner lost job</td>
<td>11%</td>
</tr>
<tr>
<td>Mother lost job</td>
<td>11%</td>
</tr>
<tr>
<td>Someone close had alcohol/drug problem</td>
<td>8%</td>
</tr>
<tr>
<td>Husband/partner didn't want pregnancy</td>
<td>6%</td>
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<tr>
<td>Separation/divorce</td>
<td>5%</td>
</tr>
<tr>
<td>Apart from partner due to military/work</td>
<td>4%</td>
</tr>
<tr>
<td>Mother, Husband or Partner Went to Jail</td>
<td>3%</td>
</tr>
<tr>
<td>Homeless</td>
<td>2%</td>
</tr>
</tbody>
</table>

**Distribution of mothers by number of stressors:**

- None: 30%
- One or More: 70%
ORAL HEALTH

Question 7: At any time during the 12 months before you got pregnant with your new baby, did you have your teeth cleaned by a dentist or dental hygienist?

Mothers Reporting on Teeth Cleaning 12 Months Before Pregnancy

- Yes: 58%
- No: 42%

Percentage of Mothers Who Reported Having Had their Teeth Cleaned 12 Months Before Pregnancy

- Race and ethnicity
- Age
- Years of education*

*Includes only mothers ages 20 and above.
PRECONCEPTION HEALTH VISIT

Question 10: Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk to you about how to improve your health before pregnancy?

Distribution of Mothers by Preconception Health Visit

No visit
75%

Had visit
25%

Percentage of Mothers Who Reported No Preconception Health Visit

Race and ethnicity

*Includes only mothers ages 20 and above.
“I came home for prenatal care and was no longer covered under my mom’s insurance because I was not a full-time student anymore. She bought me prenatal vitamins before I could get my (insurance).”

“During my recent pregnancy I felt very depressed and had a lot of suicidal thoughts. I never talked to my doctor about it. I figured there was nothing they could do until the baby was born.”

“As a first time mother I feel as if I was pressured into an induction at 41 weeks pregnant. Knowing what I know now I would have waited one more week. My daughter showed zero health risks and being a healthy 23 year old, neither did I. I just wish I had a say instead of feeling like I had no other options.”

PRAMS mothers
TRIMESTER PRENATAL CARE BEGAN

Question 21: How many weeks or months pregnant were you when you had your first visit for prenatal care?

Distribution of Mothers by Trimester Prenatal Care Began

- First trimester: 83%
- Second trimester: 15.8%
- Third trimester: 0.5%
- No prenatal care: 0.7%

*Includes only mothers ages 20 and above.

Percentage of Mothers Who Did Not Begin Prenatal Care During the First Trimester of Pregnancy

Race and ethnicity
White Non-Hispanic: 8
Black Non-Hispanic: 23
Asian Non-Hispanic: 14
Hispanic: 33

Age
<20: 40
20 - 24: 25
25 - 29: 17
30 - 34: 12
35+: 13

Years of education*
≤12: 28
>12: 10

*Includes only mothers ages 20 and above.
TOPICS DISCUSSED DURING PRENATAL CARE VISITS

Question 23: *During any of your prenatal care visits,* did a doctor, nurse, or other healthcare worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos.

Mothers Reporting That Selected Topics Were Discussed During Prenatal Care Visits

- Screening for birth defects: 89%
- Medicines that are safe during pregnancy: 86%
- Breastfeeding: 82%
- Preterm Labor Signs: 79%
- How much weight to gain: 75%
- HIV testing: 74%
- Effects of drinking during pregnancy: 72%
- Effects of smoking during pregnancy: 70%
- Depression: 69%
- Effects of illegal drugs during pregnancy: 61%
- Physical abuse: 51%
- Seat belt use: 50%
HIV TESTING

Question 25: At any time during your most recent pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)?

Distribution of Mothers by HIV Testing Status

- Tested: 64%
- Not tested: 23%
- Don't know: 13%

Percentage of Mothers Who Reported They Did Not Have an HIV Test During Pregnancy or Delivery

*Includes only mothers ages 20 and above.
INFLUENZA IMMUNIZATIONS

Question 27: During the 12 months before the delivery of your new baby, did you get a flu shot?

Distribution of Mothers by Flu Immunization Status Year Before Delivery

- Received Flu Shot 53.5%
- Did Not Receive Flu Shot 46.5%

Percentage of Mothers Who Reported They Did Not Get a Flu Shot Year Before Delivery

Race and ethnicity
- White Non-Hispanic: 40
- Black Non-Hispanic: 55
- Asian Non-Hispanic: 50
- Hispanic: 46

Age
- <20: 43
- 20-24: 54
- 25-29: 50
- 30-34: 40
- 35+: 45

Years of education*
- ≤12: 60
- >12: 41

*Includes only mothers ages 20 and above.
REASONS FOR LABOR INDUCTION

Question 48: Did your doctor, nurse, or other health care worker try to induce your labor (start your contractions using medicine)?
Questions 49: Why did your doctor, nurse, or other health care worker try to induce your labor (start your contractions using medicine)?

Reasons Given for Labor Induction

- Past due date: 27%
- Other reason: 22%
- Labor stopped/not progressing: 20%
- Pregnancy complication: 16%
- Water broke/fear of infection: 16%
- Worried about size of baby: 15%
- Wanted to schedule delivery: 11%
- Baby not doing well: 5%
- Wanted specific provider to deliver: 4%
- Other reason: 40%
- No: 60%
Distribution of Mothers by Teeth Cleaning During Pregnancy

- **Did not have teeth cleaned**: 45%
- **Had teeth cleaned**: 55%

Percentage of Mothers Who Did Not Have Their Teeth Cleaned During Pregnancy

- **Age**
  - <20: 38%
  - 20 - 24: 52%
  - 25 - 29: 54%
  - 30 - 34: 49%
  - 35+: 56%

- **Race and ethnicity**
  - White Non-Hispanic: 56%
  - Black Non-Hispanic: 61%
  - Asian Non-Hispanic: 43%
  - Hispanic: 42%

- **Years of education**
  - ≤12: 55%
  - >12: 40%

*Includes only mothers ages 20 and above.
ORAL HEALTH PROBLEMS

Question 29e: I needed to see a dentist for a problem (during pregnancy).
Question 29f: I went to a dentist or dental clinic about a problem (during pregnancy).
Question 30: Did any of the following things make it hard for you to go to a dentist or dental clinic about the problem you had during your most recent pregnancy?

Distribution of Mothers Who Needed to See a Dentist about a Problem During Pregnancy

- Yes: 21%
- No: 79%

Distribution of Mothers Who Went to See a Dentist about a Problem During Pregnancy

- Yes: 15%
- No: 85%

Factors Making it Difficult to See a Dentist About a Problem During Pregnancy

- Could not afford to go to dentist: 27%
- Did not think it was safe to see dentist: 18%
- Could not find a dentist who took Medicaid patients: 14%
- Could not find a dentist who took pregnant patients: 10%
Question 34: During your most recent pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during this pregnancy)?

Distribution of Mothers by Gestational Diabetes Status

- **No**: 90%
- **Yes**: 10%

Percentage of Mothers Who Had Gestational Diabetes

*Includes only mothers ages 20 and above.*

Race and ethnicity

- White Non-Hispanic: 7
- Black Non-Hispanic: 10
- Asian Non-Hispanic: 21
- Hispanic: 19

Age

- <20: 6
- 20 - 24: 10
- 25 - 29: 12
- 30 - 34: 15
- 35+: 15

Years of education*

- ≤12: 15
- >12: 9

*Includes only mothers ages 20 and above.*
“I was surprised by the care I got the doctors and nurses were very helpful. I was worried about not having insurance but they were still very nice and helpful. For my 1st one I had insurance but this one didn’t so I was nervous but it was ok.”

“I was able to take off from work but was worried since I had not accumulated as much leave as I needed.”

“I got insurance just before I gave birth.”

PRAMS mothers
HEALTH INSURANCE BEFORE PREGNANCY

Question 8: During the month before you got pregnant with your new baby, what kind of health insurance did you have?

Health Insurance Status Just Before Pregnancy**

** Respondents were instructed to identify all sources of payment, therefore percentages do not sum to 100.

Percentage of Mothers Who Reported Having Medicaid or No Health Insurance Just Before Pregnancy

*Includes only mothers ages 20 and above.
Source(s) of Payment for Prenatal Care**

- **Insurance through work**: 54%
- **Medicaid**: 34%
- **Other**: 9%
- **No Insurance**: 6%
- **Insurance (not through work)**: 3%
- **Tricare**: 3%

** Respondents were instructed to identify all sources of payment, therefore percentages do not sum to 100.

Percentage of Mothers Who Identified Insurance or Medicaid as a Source of Payment for Prenatal Care

- **Insurance through work**
- **Medicaid**

Race and ethnicity:
- **White Non-Hispanic**: 71
- **Black Non-Hispanic**: 20
- **Asian Non-Hispanic**: 42
- **Hispanic**: 54
- **<20 Years of Education**: 64
- **20-24 Years of Education**: 21
- **25-29 Years of Education**: 18
- **30-34 Years of Education**: 23
- **35+ Years of Education**: 57

Age:
- **<20**: 54
- **20-24**: 51
- **25-29**: 29
- **30-34**: 37
- **35+**: 66

Years of education:
- **≤12**: 18
- **>12**: 22

* Includes only mothers ages 20 and above.
WIC PARTICIPATION

Question 33: During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?

Distribution of Mothers by Participation in the WIC Program During Pregnancy

Did not participate 55%
Participated 45%

Percentage of Mothers Who Participated in the WIC Program During Pregnancy

*Includes only mothers ages 20 and above.
CURRENT HEALTH INSURANCE

Question 68: What kind of health insurance do you have now? Check all that apply.

Source(s) of Current Health Insurance**

**Respondents were instructed to identify all sources of insurance, therefore percentages do not sum to 100.

Percentage of Mothers Who Identified Currently Having Insurance or Medicaid

*Includes only mothers ages 20 and above.
HOME VISITING

Question 32: During your most recent pregnancy, did a home visitor come to your home to help you prepare for your new baby?

Question 61: Since your new baby was born, has a home visitor come to your home to help you learn how to take care of yourself or your new baby?

Distribution of Mothers who had a Home Visit During Pregnancy

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<thead>
<tr>
<th>Race and ethnicity</th>
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<th>Years of education*</th>
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<tbody>
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<td>Black Non Hispanic</td>
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<td>19</td>
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<td>&gt;12</td>
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Distribution of Mothers who had a Home Visit After Delivery

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<th>Race and ethnicity</th>
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<th>Years of education*</th>
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<td>White Non Hispanic</td>
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<tr>
<td>Black Non Hispanic</td>
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*Includes only mothers ages 20 and above.
MATERNAL EMPLOYMENT

Question 76: At any time during your most recent pregnancy, did you work at a job for pay?
Question 77: Which of the following best describes your work schedule during the last month of your most recent pregnancy?

Distribution of Mothers Who Worked At a Job For Pay During Pregnancy

- Yes: 70%
- No: 30%

Work Schedule During Last Month of Pregnancy

- Worked up to time of delivery: 50%
- Took time off before birth: 17%
- Stopped working due to dr's orders: 10%
- Cut back hours: 10%
- Quit job: 10%
- Laid off or fired: 4%
Question 79: Which of the following describes the leave or time you took off from work *after* your new baby was born?

Question 80: Did any of the things listed below affect your decision about taking leave from work *after* your new baby was born?

**Distribution of Leave That Mothers Took After Delivery***

<table>
<thead>
<tr>
<th>Type of Leave</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unpaid leave</td>
<td>64%</td>
</tr>
<tr>
<td>Paid leave</td>
<td>58%</td>
</tr>
<tr>
<td>No leave</td>
<td>3%</td>
</tr>
</tbody>
</table>

*Respondents were instructed to check all that apply, therefore percentages do not sum to 100.

**Factors Affecting Decision to Take Leave**

- Could not financially afford to take leave: 36%
- Job doesn't offer paid leave: 31%
- Had not built up enough leave: 25%
- Job doesn't offer flexible work schedule: 19%
- Afraid would lose job if stayed out longer: 18%
- Too much work to do to take longer leave: 13%
Selected Risk Factors
“I stopped drinking when I found out I was pregnant.”

“With (this) pregnancy, my baby was born at 35 weeks and 4 days. I smoked, used oxycodone, Zoloft, and Ambien. He was 4 lbs. 2 oz. and born healthy, but he did fail the newborn hearing test.”

PRAMS mothers
SMOKING BEFORE PREGNANCY

Question 36: In the three months before you got pregnant, how many cigarettes did you smoke on an average day?

Distribution of Mothers by Smoking Status During the Three Month Period Before Pregnancy Began

- Did not smoke: 84%
- Smoked: 16%

Percentage of Mothers Who Reported They Smoked During the Three Month Period Before Pregnancy Began

- Race and ethnicity:
  - White: 23
  - Black: 14
  - Asian: 7
  - Hispanic: 29
- Age:
  - <20: 30
  - 20 - 24: 15
  - 25 - 29: 12
  - 30 - 34: 8
  - 35+: 25
- Years of education:
  - <12: 12
  - >12: 12

*Includes only mothers ages 20 and above.
Question 37: In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day?

Distribution of Mothers by Smoking Status During the Last Three Months of Pregnancy

- Did not smoke: 92%
- Smoked: 8%

Percentage of Mothers Who Reported They Smoked During the Last Three Months of Pregnancy

- Race and ethnicity
  - White Non-Hispanic
  - Black Non-Hispanic
  - Asian Non-Hispanic

- Age
  - <20
  - 20 - 24
  - 25 - 29
  - 30 - 34
  - 35+

- Years of education*
  - ≤12
  - >12

*Includes only mothers ages 20 and above.
Note: Percentages are not reported if the number of respondents was less than five.
SMOKING AFTER PREGNANCY

Question 38: How many cigarettes do you smoke on an average day now?

Distribution of Mothers by Smoking Status in the Postpartum Period

Not Smoking Now 89%
Smoking Now 11%

Percentage of Mothers Who Reported They Smoked in the Postpartum Period

<table>
<thead>
<tr>
<th>Race and ethnicity</th>
<th>Age</th>
<th>Years of education*</th>
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</thead>
<tbody>
<tr>
<td>White Non Hispanic</td>
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<tr>
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<td>Asian Non Hispanic</td>
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<td>Hispanic</td>
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<td></td>
<td>35+</td>
<td>8</td>
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<td></td>
<td>≤12</td>
<td>21</td>
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<td>&gt;12</td>
<td>7</td>
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</tbody>
</table>

*Includes only mothers ages 20 and above.
Note: Percentages are not reported if the number of respondents was less than five.
ALCOHOL USE BEFORE PREGNANCY

Question 40: During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?

Distribution of Mothers by the Number of Alcoholic Drinks During the Three Month Period Preceding Pregnancy

- Did not drink then 50%
- <1 per week 24%
- 1 to 3 per week 16%
- 4 to 6 per week 8%
- 7 or more per week 3%

**Total does not sum to 100% due to rounding

Percentage of Mothers Who Reported Any Alcohol Use in the Three Months Preceding Pregnancy

<table>
<thead>
<tr>
<th>Race and ethnicity</th>
<th>Age</th>
<th>Years of education*</th>
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<tbody>
<tr>
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</tbody>
</table>

*Includes only mothers ages 20 and above.
ALCOHOL BINGES BEFORE AND DURING PREGNANCY

Question 41: During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in a two hour time span?
Question 43: During the last 3 months of your pregnancy, how many times did you drink 4 alcoholic drinks or more in a 2 hour time span?

Percentage of Mothers Who Reported Any Binge Drinking in the Three Months Preceding Pregnancy

*Includes only mothers ages 20 and above.
ALCOHOL USE DURING PREGNANCY

Question 42: During the last 3 months of your pregnancy, how many alcoholic drinks did you have in an average week?

Distribution of Mothers by the Number of Alcoholic Drinks During the Last Three Months of Pregnancy

- None: 92%
- <1 per week: 6%
- 1 or more per week: 2%

Percentage of Mothers Who Reported Any Alcohol Use in the Last Three Months of Pregnancy

<table>
<thead>
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<th>Race and ethnicity</th>
<th>Age</th>
<th>Years of education*</th>
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</table>

*Includes only mothers ages 20 and above.
Note: Percentages are not reported if the number of respondents was less than five.
PHYSICAL ABUSE BEFORE PREGNANCY

Question 45: During the 12 months before you got pregnant with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?

Distribution of Mothers by Abuse Before Pregnancy by Husband or Partner

No abuse 98%
Abuse 2%

Percentage of Mothers Who Reported Being Physically Abused Before Pregnancy by a Husband or Partner

Race and ethnicity

<table>
<thead>
<tr>
<th></th>
<th>White Non Hispanic</th>
<th>Black Non Hispanic</th>
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</table>

Age

Years of education*

*Includes only mothers ages 20 and above.

Note: Percentages are not reported if the number of respondents was less than five.
PHYSICAL ABUSE DURING PREGNANCY

Question 46: During your most recent pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?

Distribution of Mothers by Abuse During Pregnancy by Husband or Partner

No abuse 98%
Abuse 2%

Percentage of Mothers Who Reported Being Physically Abused During Pregnancy by a Husband or Partner

*Includes only mothers ages 20 and above.
Note: Percentages are not reported if the number of respondents was less than five.
Postpartum Factors
“I didn't know I was going through postpartum depression after my pregnancy and it was hard because I wanted to love my baby, but I felt so sad.”

“My job was very supportive but I know that other jobs are not. Especially when it comes to breastfeeding. I think we need to support mothers who would like to breastfeed but still have to go to work.”

“I had some problem with breastfeeding during the 2nd week-1 month of the birth, where my baby refused to latch. I am pleasantly surprised with the availability of free support, even only in the form of phone conversation. The nurse at (this) hospital was very patient and took time in letting me know all the different strategies I could use. It really helps in making me continue with breastfeeding effort.”

PRAMS mothers
REASONS FOR NO POSTPARTUM BIRTH CONTROL

Question 63: What are your reasons or your husband’s or partner’s reasons for not doing anything to keep from getting pregnant now? Check all that apply.

Reasons Reported for Not Using Postpartum Birth Control

- Not having sex: 35%
- Don't want to use birth control: 28%
- Worried about side effects: 26%
- Other Reason: 17%
- Want to get pregnant: 16%
- Husband or partner doesn't want to use birth control: 11%
- Had tubes tied or blocked: 7%
- Have problems getting birth control: 6%
- Husband or partner had vasectomy: <1%
- Pregnant now: <1%

Not using birth control: 24%
Using birth control: 76%
**BREASTFEEDING**

Question 58: How many weeks or months did you breastfeed or pump milk to feed your baby?

### Distribution of Mothers by Length of Time Infant Was Breastfed

- Never: 13%
- <4 weeks: 13%
- 4-7 weeks: 8%
- 8+ weeks: 67%

*Includes only mothers ages 20 and above.

Note: Percentages are not reported if the number of respondents was less than five.

### Percentage of Mothers Who Reported Never Breastfeeding

<table>
<thead>
<tr>
<th>Race and ethnicity</th>
<th>Age</th>
<th>Years of education*</th>
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</table>

*Includes only mothers ages 20 and above.

Note: Percentages are not reported if the number of respondents was less than five.
SLEEP POSITION

Question 59: In which one position do you most often lay your baby down to sleep now?

Distribution of Infants by Sleep Position

- Back: 77%
- Stomach: 12%
- Side: 11%

Percentage of Infants Not Placed on Back to Sleep

- White Non-Hispanic: 16
- Black Non-Hispanic: 39
- Asian Non-Hispanic: 25
- Hispanic: 18

<table>
<thead>
<tr>
<th>Age</th>
<th>&lt;20</th>
<th>20-24</th>
<th>25-29</th>
<th>30-34</th>
<th>35+</th>
<th>≤12</th>
<th>&gt;12</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>33</td>
<td>31</td>
<td>22</td>
<td>22</td>
<td>19</td>
<td>23</td>
<td>23</td>
</tr>
</tbody>
</table>

Race and ethnicity: White Non-Hispanic, Black Non-Hispanic, Asian Non-Hispanic, Hispanic

Age: <20, 20-24, 25-29, 30-34, 35+

Years of education: ≤12, >12

*Includes only mothers ages 20 and above.
SLEEP ENVIRONMENT

Question 60: Listed below are some things that describe how your new baby usually sleeps. Check No if it doesn’t usually apply to your baby or Yes if it usually applies to your baby.

- In a crib: 90%
- On a firm mattress: 81%
- With me or another person: 28%
- With blankets: 18%
- With bumper pads: 15%
- With pillows: 8%
- With an infant positioner: 6%
- With stuffed toys: 4%

Percentage of Infants Co-Sleeping

<table>
<thead>
<tr>
<th>Race and ethnicity</th>
<th>Age</th>
<th>Years of education*</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Non Hispanic</td>
<td>21</td>
<td>39</td>
</tr>
<tr>
<td>Black Non Hispanic</td>
<td>39</td>
<td>42</td>
</tr>
<tr>
<td>Asian Non Hispanic</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Hispanic</td>
<td>23</td>
<td></td>
</tr>
</tbody>
</table>

*Includes only mothers ages 20 and above.
SYMPTOMS OF POSTPARTUM DEPRESSION

Question 66: *Since your new baby was born*, how often have you felt down, depressed, or hopeless?

Question 67: *Since your new baby was born*, how often have you had little interest or little pleasure in doing things?

Distribution of Mothers by Postpartum Depression

*No 89%  *Yes 11%

*Includes mothers who reported having symptoms “Always” or “Often” to Questions 66 or 67

Percentage of Mothers Who Reported Postpartum Depression

<table>
<thead>
<tr>
<th>Race and ethnicity</th>
<th>Age</th>
<th>Years of education**</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Non Hispanic</td>
<td>&lt;20</td>
<td>14</td>
</tr>
<tr>
<td>Black Non Hispanic</td>
<td>20 - 24</td>
<td>18</td>
</tr>
<tr>
<td>Asian Non Hispanic</td>
<td>25 - 29</td>
<td>12</td>
</tr>
<tr>
<td>Hispanic</td>
<td>30 - 34</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>35+</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>≤12</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>&gt;12</td>
<td>10</td>
</tr>
</tbody>
</table>

**Includes only mothers ages 20 and above.
**POSTPARTUM DEPRESSION DIAGNOSED**

Question 74: *Since your new baby was born, has a doctor, nurse, or other health care worker told you that you had depression?*

Question 75: *Since your new baby was born, have you taken prescription medicine for your depression?*

---

**Distribution of Mothers by Diagnosis of Postpartum Depression (PPD)**

- No: 93%
- Yes: 7%

---

**Percentage of Mothers Diagnosed With Postpartum Depression Who Took Prescription Medicine**

- Took PPD Medicine
  - No: 27%
  - Yes: 73%

---

**Distribution by Race, Ethnicity, Age, and Years of Education**

- **Race and Ethnicity**
  - White: 89
  - Black Non-Hispanic: 54
  - Asian Non-Hispanic: 37
  - Hispanic: 77, 76, 84

- **Age**
  - <20: 73
  - 20 - 24: 75
  - 25 - 29: 77
  - 30 - 34: 84
  - 35+: 60

- **Years of Education**
  - ≤12: 27
  - >12: 73

*Includes only mothers ages 20 and above.*
Phase 7 Questionnaire
“Thank you for your work!”

“This is a good survey for mothers and babies.”

PRAMS mothers
Please check the box next to your answer or follow the directions included with the question. You may be asked to skip some questions that do not apply to you.

BEFORE PREGNANCY

The first questions are about you.

1. How tall are you without shoes?
   - Feet
   - Inches
   OR
   - Centimeters

2. Just before you got pregnant with your new baby, how much did you weigh?
   - Pounds
   OR
   - Kilos

3. What is your date of birth?
   - Month
   - Day
   - Year

4. Before you got pregnant with your new baby, did you ever have any other babies who were born alive?
   - No
   - Yes
   Go to Question 7

5. Did the baby born just before your new one weigh 5 pounds, 8 ounces (2.5 kilos) or less at birth?
   - No
   - Yes

6. Was the baby just before your new one born earlier than 3 weeks before his or her due date?
   - No
   - Yes

The next questions are about the time before you got pregnant with your new baby.

7. At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? For each item, check No if you did not do it or Yes if you did it.
   No Yes
   a. I was dieting (changing my eating habits) to lose weight.................................
   b. I was exercising 3 or more days of the week..........................................
   c. I was regularly taking prescription medicines other than birth control ......
   d. I visited a health care worker and was checked for diabetes......................
   e. I visited a health care worker and was checked for high blood pressure .......
   f. I visited a health care worker and was checked for depression or anxiety ......
   g. I talked to a health care worker about my family medical history............
   h. I had my teeth cleaned by a dentist or dental hygienist ............................
8. During the month before you got pregnant with your new baby, what kind of health insurance did you have?

Check ALL that apply

- Private health insurance from my job or the job of my husband, partner, or parents
- Private health insurance purchased directly from an insurance company
- Medicaid or HealthChoice
- TRICARE or other military health care
- Some other kind of health insurance

Please tell us: I did not have any health insurance during the month before I got pregnant

9. During the month before you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?

- I didn’t take a multivitamin, prenatal vitamin, or folic acid vitamin in the month before I got pregnant
- 1 to 3 times a week
- 4 to 6 times a week
- Every day of the week

10. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk to you about how to improve your health before pregnancy?

- No
- Yes

11. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker tell you that you had any of the following health conditions? For each one, check No if you did not have the condition or Yes if you did.

<table>
<thead>
<tr>
<th>Condition</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Type 1 or Type 2 diabetes (NOT the same as gestational diabetes or diabetes that starts during pregnancy)</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>b. High blood pressure or hypertension</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>c. Depression</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

12. During the 3 months before you got pregnant with your new baby, did you have any of the following health conditions? For each one, check No if you did not have the condition or Yes if you did.

<table>
<thead>
<tr>
<th>Condition</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Asthma</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>b. Anemia (poor blood, low iron)</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>c. Heart problems</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>d. Epilepsy (seizures)</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>e. Thyroid problems</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>f. Anxiety</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
The next questions are about the time when you got pregnant with your new baby.

13. Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant?

- I wanted to be pregnant later
- I wanted to be pregnant sooner
- I wanted to be pregnant then
- I didn’t want to be pregnant then or at any time in the future
- I wasn’t sure what I wanted

Check ONE answer

Go to Question 15

14. How much longer did you want to wait to become pregnant?

- Less than 1 year
- 1 year to less than 2 years
- 2 years to less than 3 years
- 3 years to 5 years
- More than 5 years

15. When you got pregnant with your new baby, were you trying to get pregnant?

- No
- Yes

Go to Question 18

16. When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant? Some things people do to keep from getting pregnant include using birth control pills, condoms, withdrawal, or natural family planning.

- No
- Yes

Go to Question 17

17. What were your reasons or your husband’s or partner’s reasons for not doing anything to keep from getting pregnant?

Check ALL that apply

- I didn’t mind if I got pregnant
- I thought I could not get pregnant at that time
- I had side effects from the birth control method I was using
- I had problems getting birth control when I needed it
- I thought my husband or partner or I was sterile (could not get pregnant at all)
- My husband or partner didn’t want to use anything
- I forgot to use a birth control method
- Other Please tell us:

If you were not trying to get pregnant when you got pregnant with your new baby, go to Page 4, Question 20.

18. Did you take any fertility drugs or receive any medical procedures from a doctor, nurse, or other health care worker to help you get pregnant with your new baby? This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology.

- No
- Yes

Go to Page 4, Question 20

Go to Page 4, Question 19
19. Did you use any of the following fertility treatments during the month you got pregnant with your new baby?  

☐ Fertility-enhancing drugs prescribed by a doctor (fertility drugs include Clomid®, Serophene®, Pergonal®, or other drugs that stimulate ovulation)  

☐ Artificial insemination or intrauterine insemination (treatments in which sperm, but NOT eggs, were collected and medically placed into a woman’s body)  

☐ Assisted reproductive technology (treatments in which BOTH a woman’s eggs and a man’s sperm were handled in the laboratory, such as in vitro fertilization [IVF], gamete intrafallopian transfer [GIFT], zygote intrafallopian transfer [ZIFT], intracytoplasmic sperm injection [ICSI], frozen embryo transfer, or donor embryo transfer)  

☐ Other medical treatment → Please tell us: ________________________________  

☐ I wasn’t using fertility treatments during the month that I got pregnant with my new baby  

Check ALL that apply

20. How many weeks or months pregnant were you when you were sure you were pregnant? For example, you had a pregnancy test or a doctor or nurse said you were pregnant.  

______ Weeks OR ______ Months  

☐ I don’t remember  

21. How many weeks or months pregnant were you when you had your first visit for prenatal care? Do not count a visit that was only for a pregnancy test or only for WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children).  

{______ Weeks OR ______ Months}  

☐ I didn’t go for prenatal care → Go to Question 25  

22. During your most recent pregnancy, what kind of health insurance did you have to pay for your prenatal care?  

Check ALL that apply  

☐ Private health insurance from my job or the job of my husband, partner, or parents  

☐ Private health insurance purchased directly from an insurance company  

☐ Medicaid or HealthChoice  

☐ TRICARE or other military health care  

☐ Some other kind of health insurance → Please tell us: ________________________________  

☐ I did not have any health insurance to pay for my prenatal care  

DURING PREGNANCY  

The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar when you answer these questions.)
<table>
<thead>
<tr>
<th>Question</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>23. During any of your prenatal care visits, did a doctor, nurse, or</td>
<td></td>
<td></td>
</tr>
<tr>
<td>other health care worker talk with you about any of the things listed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>below? Please count only discussions, not reading materials or videos.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For each item, check No if no one talked with you about it or Yes if</td>
<td></td>
<td></td>
</tr>
<tr>
<td>someone did.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. How much weight I should gain during my pregnancy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. How smoking during pregnancy could affect my baby</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. Breastfeeding my baby</td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. How drinking alcohol during pregnancy could affect my baby</td>
<td></td>
<td></td>
</tr>
<tr>
<td>e. Using a seat belt during my pregnancy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>f. Medicines that are safe to take during my pregnancy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>g. How using illegal drugs could affect my baby</td>
<td></td>
<td></td>
</tr>
<tr>
<td>h. Doing tests to screen for birth defects or diseases that run in my</td>
<td></td>
<td></td>
</tr>
<tr>
<td>family</td>
<td></td>
<td></td>
</tr>
<tr>
<td>i. The signs and symptoms of preterm labor (labor more than 3 weeks</td>
<td></td>
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<tr>
<td>before the baby is due)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>j. Getting tested for HIV (the virus that causes AIDS)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>k. What to do if I feel depressed during my pregnancy or after my baby</td>
<td></td>
<td></td>
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<tr>
<td>l. Physical abuse to women by their husbands or partners</td>
<td></td>
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<tr>
<td>24. During any of your prenatal care visits, did a doctor, nurse, or</td>
<td></td>
<td></td>
</tr>
<tr>
<td>other health care worker ask you—</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. How much alcohol you were drinking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. If someone was hurting you emotionally or physically</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. If you were using illegal drugs (marijuana or hash, cocaine, crack,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>etc.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. If you wanted to be tested for HIV (the virus that causes AIDS)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>e. If you planned to use birth control after your baby was born</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25. At any time during your most recent pregnancy or delivery, did you</td>
<td></td>
<td></td>
</tr>
<tr>
<td>have a test for HIV (the virus that causes AIDS)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26. During the 12 months before the delivery of your new baby, did a</td>
<td></td>
<td></td>
</tr>
<tr>
<td>doctor, nurse, or other health care worker offer you a flu shot or</td>
<td></td>
<td></td>
</tr>
<tr>
<td>tell you to get one?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27. During the 12 months before the delivery of your new baby, did you</td>
<td></td>
<td></td>
</tr>
<tr>
<td>get a flu shot?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
28. During what month and year did you get the flu shot?

[Month] / [Year]

☐ I don’t remember

29. This question is about the care of your teeth during your most recent pregnancy. For each item, check No if it is not true or does not apply to you or Yes if it is true.

a. I knew it was important to care for my teeth and gums during my pregnancy...☐ ☐

b. A dental or other health care worker talked with me about how to care for my teeth and gums...☐ ☐

c. I had my teeth cleaned by a dentist or dental hygienist...☐ ☐

d. I had insurance to cover dental care during my pregnancy...☐ ☐

e. I needed to see a dentist for a problem...☐ ☐

f. I went to a dentist or dental clinic about a problem...☐ ☐

If you did not have any problems with your teeth or gums during your pregnancy, go to Question 31.

30. Did any of the following things make it hard for you to go to a dentist or dental clinic about the problem you had during your most recent pregnancy? For each item, check No if it was not something that made it hard for you to go to a dentist during pregnancy or Yes if it was.

a. I could not find a dentist or dental clinic that would take pregnant patients...☐ ☐

b. I could not find a dentist or dental clinic that would take Medicaid patients...☐ ☐

c. I did not think it was safe to go to the dentist during pregnancy...☐ ☐

d. I could not afford to go to the dentist or dental clinic...☐ ☐

31. During your most recent pregnancy, did you take a class or classes to prepare for childbirth and learn what to expect during labor and delivery?

☐ No

☐ Yes

32. During your most recent pregnancy, did a home visitor come to your home to help you prepare for your new baby? A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps pregnant women.

☐ No

☐ Yes
33. During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?

☐ No
☐ Yes

34. During your most recent pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during this pregnancy)?

☐ No
☐ Yes

35. Have you smoked any cigarettes in the past 2 years?

☐ No
☐ Yes → Go to Question 39

36. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.

☐ 41 cigarettes or more
☐ 21 to 40 cigarettes
☐ 11 to 20 cigarettes
☐ 6 to 10 cigarettes
☐ 1 to 5 cigarettes
☐ Less than 1 cigarette
☐ I didn’t smoke then

37. In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.

☐ 41 cigarettes or more
☐ 21 to 40 cigarettes
☐ 11 to 20 cigarettes
☐ 6 to 10 cigarettes
☐ 1 to 5 cigarettes
☐ Less than 1 cigarette
☐ I didn’t smoke then

The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).

38. How many cigarettes do you smoke on an average day now? A pack has 20 cigarettes.

☐ 41 cigarettes or more
☐ 21 to 40 cigarettes
☐ 11 to 20 cigarettes
☐ 6 to 10 cigarettes
☐ 1 to 5 cigarettes
☐ Less than 1 cigarette
☐ I don’t smoke now

The next questions are about drinking alcohol around the time of pregnancy (before and during).

39. Have you had any alcoholic drinks in the past 2 years? A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.

☐ No
☐ Yes → Go to Page 8, Question 44

39. Have you had any alcoholic drinks in the past 2 years? A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.

☐ No → Go to Page 8, Question 44
☐ Yes → Go to Page 8, Question 40
40. During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?

- 14 drinks or more a week
- 7 to 13 drinks a week
- 4 to 6 drinks a week
- 1 to 3 drinks a week
- Less than 1 drink a week
- I didn’t drink then

41. During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in a 2 hour time span?

- 6 or more times
- 4 to 5 times
- 2 to 3 times
- 1 time
- I didn’t have 4 drinks or more in a 2 hour time span

42. During the last 3 months of your pregnancy, how many alcoholic drinks did you have in an average week?

- 14 drinks or more a week
- 7 to 13 drinks a week
- 4 to 6 drinks a week
- 1 to 3 drinks a week
- Less than 1 drink a week
- I didn’t drink then

43. During the last 3 months of your pregnancy, how many times did you drink 4 alcoholic drinks or more in a 2 hour time span?

- 6 or more times
- 4 to 5 times
- 2 to 3 times
- 1 time
- I didn’t have 4 drinks or more in a 2 hour time span

44. This question is about things that may have happened during the 12 months before your new baby was born. For each item, check No if it did not happen to you or Yes if it did. (It may help to look at the calendar when you answer these questions.)

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. A close family member was very sick and had to go into the hospital</td>
<td>☐</td>
</tr>
<tr>
<td>b. I got separated or divorced from my husband or partner</td>
<td>☐</td>
</tr>
<tr>
<td>c. I moved to a new address</td>
<td>☐</td>
</tr>
<tr>
<td>d. I was homeless or had to sleep outside, in a car, or in a shelter</td>
<td>☐</td>
</tr>
<tr>
<td>e. My husband or partner lost his job</td>
<td>☐</td>
</tr>
<tr>
<td>f. I lost my job even though I wanted to go on working</td>
<td>☐</td>
</tr>
<tr>
<td>g. My husband, partner, or I had a cut in work hours or pay</td>
<td>☐</td>
</tr>
<tr>
<td>h. I was apart from my husband or partner due to military deployment or extended work-related travel</td>
<td>☐</td>
</tr>
<tr>
<td>i. I argued with my husband or partner more than usual</td>
<td>☐</td>
</tr>
<tr>
<td>j. My husband or partner said he didn’t want me to be pregnant</td>
<td>☐</td>
</tr>
<tr>
<td>k. I had problems paying the rent, mortgage, or other bills</td>
<td>☐</td>
</tr>
<tr>
<td>l. My husband, partner, or I went to jail</td>
<td>☐</td>
</tr>
<tr>
<td>m. Someone very close to me had a problem with drinking or drugs</td>
<td>☐</td>
</tr>
<tr>
<td>n. Someone very close to me died</td>
<td>☐</td>
</tr>
</tbody>
</table>
45. During the 12 months before you got pregnant with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?

- No
- Yes

46. During your most recent pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?

- No
- Yes

The next questions are about your labor and delivery.

47. When was your new baby born?

Month / Day / Year

48. Did your doctor, nurse, or other health care worker try to induce your labor (start your contractions using medicine)?

- No → Go to Question 50
- Yes → Go to Question 49
- I don’t know → Go to Question 50

49. Why did your doctor, nurse, or other health care worker try to induce your labor (start your contractions using medicine)?

Check ALL that apply

- My water broke and there was a fear of infection
- I was past my due date
- My health care provider worried about the size of the baby
- My baby was not doing well and needed to be born
- I had a complication in my pregnancy (such as low amniotic fluid or preeclampsia)
- Labor stopped or was not progressing
- I wanted to schedule my delivery
- I wanted to give birth with a specific health care provider
- Other → Please tell us: __________

50. By the end of your most recent pregnancy, how much weight had you gained?

Check ONE answer and fill in blank if needed

- I gained ____ pounds
- I didn’t gain any weight, but I lost ____ pounds
- My weight didn’t change during my pregnancy
- I don’t know
AFTER PREGNANCY

The next questions are about the time since your new baby was born.

51. After your baby was delivered, was he or she put in an intensive care unit (NICU)?

☐ No
☐ Yes
☐ I don’t know

52. After your baby was delivered, how long did he or she stay in the hospital?

☐ Less than 24 hours (less than 1 day)
☐ 24 to 48 hours (1 to 2 days)
☐ 3 to 5 days
☐ 6 to 14 days
☐ More than 14 days
☐ My baby was not born in a hospital
☐ My baby is still in the hospital

53. Is your baby alive now?

☐ No
☐ Yes

We are very sorry for your loss.

54. Is your baby living with you now?

☐ No
☐ Yes

55. Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?

☐ No
☐ Yes

56. What were your reasons for not breastfeeding your new baby?

☐ I was sick or on medicine
☐ I had other children to take care of
☐ I had too many household duties
☐ I didn’t like breastfeeding
☐ I tried but it was too hard
☐ I didn’t want to
☐ I went back to work or school
☐ Other

Please tell us:

57. Are you currently breastfeeding or feeding pumped milk to your new baby?

☐ No
☐ Yes

58. How many weeks or months did you breastfeed or pump milk to feed your baby?

☐ Less than 1 week

☐ Weeks OR ☐ Months

If your baby is still in the hospital, go to Question 61.

59. In which one position do you most often lay your baby down to sleep now?

☐ On his or her side
☐ On his or her back
☐ On his or her stomach

Go to Question 56
60. Listed below are some things that describe how your new baby usually sleeps. For each item, check No if it doesn’t usually apply to your baby or Yes if it usually applies to your baby.

<table>
<thead>
<tr>
<th></th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. My new baby sleeps in a crib or portable crib</td>
<td>☐</td>
<td>☒</td>
</tr>
<tr>
<td>b. My new baby sleeps on a firm or hard mattress</td>
<td>☐</td>
<td>☒</td>
</tr>
<tr>
<td>c. My new baby sleeps with pillows</td>
<td>☐</td>
<td>☒</td>
</tr>
<tr>
<td>d. My new baby sleeps with bumper pads</td>
<td>☐</td>
<td>☒</td>
</tr>
<tr>
<td>e. My new baby sleeps with plush or thick blankets</td>
<td>☐</td>
<td>☒</td>
</tr>
<tr>
<td>f. My new baby sleeps with stuffed toys</td>
<td>☐</td>
<td>☒</td>
</tr>
<tr>
<td>g. My new baby sleeps with an infant positioner</td>
<td>☐</td>
<td>☒</td>
</tr>
<tr>
<td>h. My new baby sleeps with me or another person</td>
<td>☐</td>
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</table>

61. Since your new baby was born, has a home visitor come to your home to help you learn how to take care of yourself or your new baby? A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps mothers of newborns.

<table>
<thead>
<tr>
<th></th>
<th>No</th>
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</table>

62. Are you or your husband or partner doing anything now to keep from getting pregnant? Some things people do to keep from getting pregnant include using birth control pills, condoms, withdrawal, or natural family planning.

<table>
<thead>
<tr>
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<th>No</th>
<th>Yes</th>
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<td></td>
<td>☐</td>
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</tbody>
</table>

Go to Page 12, Question 64

Go to Question 63
If you or your husband or partner is not doing anything to keep from getting pregnant now, go to Question 65.

64. What kind of birth control are you or your husband or partner using now to keep from getting pregnant?

- [ ] Tubes tied or blocked (female sterilization, Essure®, Adiana®)
- [ ] Vasectomy (male sterilization)
- [ ] Birth control pill
- [ ] Condoms
- [ ] Injection (Depo-Provera®)
- [ ] Contraceptive implant (Implanon®)
- [ ] Contraceptive patch (OrthoEvra®) or vaginal ring (NuvaRing®)
- [ ] IUD (including Mirena® or ParaGard®)
- [ ] Natural family planning (including rhythm method)
- [ ] Withdrawal (pulling out)
- [ ] Not having sex (abstinence)
- [ ] Other ———— Please tell us:

65. Since your new baby was born, have you had a postpartum checkup for yourself? A postpartum checkup is the regular checkup a woman has about 4-6 weeks after she gives birth.

- [ ] No
- [ ] Yes

66. Since your new baby was born, how often have you felt down, depressed, or hopeless?

- [ ] Always
- [ ] Often
- [ ] Sometimes
- [ ] Rarely
- [ ] Never

67. Since your new baby was born, how often have you had little interest or little pleasure in doing things?

- [ ] Always
- [ ] Often
- [ ] Sometimes
- [ ] Rarely
- [ ] Never

68. What kind of health insurance do you have now?

- [ ] Private health insurance from my job or the job of my husband, partner, or parents
- [ ] Private health insurance purchased directly from an insurance company
- [ ] Medicaid or HealthChoice
- [ ] TRICARE or other military health care
- [ ] Some other kind of health insurance ———— Please tell us:

- [ ] I do not have health insurance now

OTHER EXPERIENCES

The next questions are on a variety of topics.

69. How did you feel when you found out you were pregnant with your new baby? Were you—

- [ ] Very unhappy to be pregnant
- [ ] Unhappy to be pregnant
- [ ] Not sure
- [ ] Happy to be pregnant
- [ ] Very happy to be pregnant
70. **Before you got pregnant with your new baby, did your husband or partner ever try to keep you from using your birth control so that you would get pregnant when you didn’t want to?** For example, did he hide your birth control, throw it away or do anything else to keep you from using it?

- [ ] No
- [ ] Yes

71. **During any of the following time periods, did your husband or partner threaten you, limit your activities against your will, or make you feel unsafe in any other way?** For each time period, check **No** if it did not happen then or **Yes** if it did.

- [ ] No
- [ ] Yes

72. **At any time during your most recent pregnancy, did a doctor, nurse, or other health care worker tell you that you had anxiety?**

- [ ] No
- [ ] Yes

73. **At any time during your most recent pregnancy, did a doctor, nurse, or other health care worker tell you that you had depression?**

- [ ] No
- [ ] Yes

74. **Since your new baby was born, has a doctor, nurse, or other health care worker told you that you had depression?**

- [ ] No → Go to Question 76
- [ ] Yes

75. **Since your new baby was born, have you taken prescription medicine for your depression?**

- [ ] No
- [ ] Yes

76. **At any time during your most recent pregnancy, did you work at a job for pay?**

- [ ] No → Go to Page 14, Question 81
- [ ] Yes

77. **Which of the following best describes your work schedule during the last month of your most recent pregnancy?**

- [ ] I worked up to the time of delivery with no change in schedule
- [ ] I cut back on my work hours
- [ ] I took time off before the birth of my baby
- [ ] I stopped working due to doctor’s orders
- [ ] I quit my job → Go to Page 14, Question 81
- [ ] I was laid off or fired from my job → Go to Page 14, Question 81

78. **Have you returned to the job you had during your most recent pregnancy?**

- [ ] No → Go to Page 14, Question 81
- [ ] No, but I will be returning
- [ ] Yes → Go to Page 14, Question 79
79. Which of the following describes the leave or time you took off from work after your new baby was born? 

Check ALL that apply

- I took paid leave from my job
- I took unpaid leave from my job
- I did not take leave

80. Did any of the things listed below affect your decision about taking leave from work after your new baby was born? For each item, check No if it does not apply to you or Yes if it does.

No Yes

a. I could not financially afford to take leave ...........................................☐  ☐

b. I was afraid I’d lose my job if I took leave or stayed out longer.............☐  ☐

c. I had too much work to do to take leave or stay out longer....................☐  ☐

d. My job does not have paid leave ........☐  ☐

e. My job does not offer a flexible work schedule ....................................☐  ☐

f. I had not built up enough leave time to take any or more time off................☐  ☐

81. Thinking about when you were growing up, would you say your family was well-off financially, average or poor?

- Well-off financially
- Average
- Poor
- It varied
- I don’t know

82. During the 12 months before your new baby was born, what was your yearly total household income before taxes? Include your income, your husband’s or partner’s income, and any other income you may have received. All information will be kept private and will not affect any services you are now getting.

- $0 to $15,000
- $15,001 to $19,000
- $19,001 to $22,000
- $22,001 to $26,000
- $26,001 to $29,000
- $29,001 to $37,000
- $37,001 to $44,000
- $44,001 to $52,000
- $52,001 to $56,000
- $56,001 to $67,000
- $67,001 to $79,000
- $79,001 or more

83. During the 12 months before your new baby was born, how many people, including yourself, depended on this income?

____ People

84. What is today’s date?

_____ /   _____ /   20

Month   Day   Year
Please use this space for any additional comments you would like to make about your experiences around the time of your pregnancy or the health of mothers and babies in Maryland.

Thanks for answering our questions!

Your answers will help us work to make Maryland mothers and babies healthier.
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