Maryland PRAMS Report
2010 Births

Pregnancy Risk Assessment Monitoring System

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

Martin O’Malley, Governor; Anthony G. Brown, Lieutenant Governor; Joshua M. Sharfstein, Secretary
“I think that what you...are doing is a good idea to help mothers and babies in Maryland...know that they are not alone. I just appreciate you sending me this survey to fill out. I’m glad I can be of help to someone. Thank you.”

PRAMS mother
Maryland PRAMS Report

2010 Births

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November 2011
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 2010 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, New York City and South Dakota (Yankton Sioux Tribe). 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 assisted reproduction, prepregnancy health, co-sleeping, contraceptive use, depression, oral health, chronic disease, physical activity, and infections.

The PRAMS project in Maryland is a collaborative effort of the Center for Maternal and Child Health (CMCH), 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 maternal age (<35 years, ≥35 years) and infant birth weight (<2500 grams, ≥2500 grams). This sampling frame over-samples mothers who have delivered a low birth weight infant (<2500 grams) as well as mothers who are 35 years of age or older.

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 73-item main survey along with a 12-question flu supplement, informed consent page, calendar, and resource brochure. In addition, a pocket calendar is sent as an incentive for completing the
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/reproductivehealth/methodology.htm.

Survey Response and Data Analysis

CDC recommends that states obtain a response rate of at least 65% for analysis of PRAMS. The weighted response rate among women delivering in Maryland between January 1, 2010 and December 31, 2010 was 66.9%. During this period, 1,499 mothers completed the PRAMS questionnaire with a weighted response reflecting 66,794 mothers. The weighted figure included 30,335 births to white non-Hispanic, 21,207 births to black non-Hispanic, 4,688 births to Asian, and 9,196 births to Hispanic women. 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, M.P.H. 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 1,499 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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(November 2011)

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Maryland PRAMS Highlights--2010

Preconception factors

- Forty-four percent of all live births were unintended.
- Sixty-four percent of women reported having **health insurance** just before pregnancy, 15% reported they were covered by **Medicaid or Health Choice** and 18% were uninsured.
- According to their body mass index (BMI) just before pregnancy, 24% of mothers were **overweight** and 22% were **obese**.
- Thirty-three percent of women reported taking a **multivitamin daily** in the month before conception.
- Five percent of mothers used **fertility treatments** to help conceive.
- In the 12 months before pregnancy, 45% of women had not had a **dental cleaning**.
- Thirty-four percent of mothers reported they had a **preconception health visit**.

Prenatal factors

- Seventy-eight percent of mothers began **prenatal care** during the first trimester of pregnancy, and 1% began in the third trimester or received no care.
- Forty-six percent of women participated in the **WIC** program during pregnancy.
- Seventy percent of mothers reported one or more **medical complications** during pregnancy; severe nausea and preterm labor were the most common complications.
- Seventy-six percent of mothers reported that **HIV testing** was discussed during prenatal care visits; 73% reported getting an HIV test.
- **Physical abuse** by a current or former partner was reported by 3% of mothers.
- Nine percent of women **smoked** during the last three months of pregnancy. Nine percent of women reported using **alcohol** and 1% of women reported a **binge-drinking** episode during the last three months of pregnancy.
- Ten percent of women were vaccinated only for **seasonal flu**, 15% only for **H1N1** and 32% for both.
- The delivery method for 35% of mothers was by **cesarean section**.
- Sixty-one percent of women reported that **health insurance or an HMO** paid for their delivery; 36% used **Medicaid or Health Choice** for their delivery; 2% were **uninsured**.

Infant health and related factors

- Thirteen percent of newborns were admitted to a **neonatal intensive care** unit.
- Fifty-eight percent of newborns were **discharged from the hospital** within two days of delivery, 7% remained in the hospital for 6 or more days.
- Eighty-one percent of infants were **breastfed** after delivery, and 62% were breastfed eight weeks or longer.
- In terms of **sleeping position**, 72% of infants were usually placed on their backs to sleep.

Maternal postpartum factors

- Eighteen percent of mothers reported they were not using **postpartum contraception**.
- Fourteen percent of mothers **smoked postpartum**.
- Nine percent of mothers reported that they were told by their health provider that they had **postpartum depression**.
MARYLAND PRAMS 2006-2010 SURVEILLANCE
AND SELECTED HEALTHY PEOPLE 2020 OBJECTIVES

<table>
<thead>
<tr>
<th>Healthy People 2020 Objective</th>
<th>Maryland PRAMS 2006 Births</th>
<th>Maryland PRAMS 2007 Births</th>
<th>Maryland PRAMS 2008 Births</th>
<th>Maryland PRAMS 2009 Births</th>
<th>Maryland PRAMS 2010 Births</th>
<th>Healthy People 2020 Target</th>
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<td><strong>Preconception</strong></td>
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<tr>
<td>Increase the proportion of pregnancies that are intended.*</td>
<td>60%</td>
<td>57%</td>
<td>58%</td>
<td>55%</td>
<td>56%</td>
<td><strong>56.0%</strong></td>
</tr>
<tr>
<td>Increase the proportion of women who took multivitamins/folic acid prior to pregnancy.</td>
<td>32%</td>
<td>30%</td>
<td>30%</td>
<td>32%</td>
<td>33%</td>
<td><strong>33.1%</strong></td>
</tr>
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<td>Increase the proportion of women who did not smoke during the three months prior to pregnancy.</td>
<td>85%</td>
<td>83%</td>
<td>81%</td>
<td>83%</td>
<td>81%</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>51%</td>
<td>49%</td>
<td>47%</td>
<td>45%</td>
<td>46%</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>51%</td>
<td>56%</td>
<td>52%</td>
<td>53%</td>
<td>51%</td>
<td><strong>53.4%</strong></td>
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<td><strong>Prenatal</strong></td>
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<tr>
<td>Increase the proportion of pregnant women who receive prenatal care beginning in the first trimester of pregnancy.**</td>
<td>74%</td>
<td>76%</td>
<td>78%</td>
<td>79%</td>
<td>78%</td>
<td><strong>77.9%</strong></td>
</tr>
<tr>
<td>Increase abstinence from cigarette smoking among pregnant women.</td>
<td>92%</td>
<td>91%</td>
<td>89%</td>
<td>91%</td>
<td>91%</td>
<td><strong>98.6%</strong></td>
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<tr>
<td>Increase abstinence from alcohol among pregnant women.</td>
<td>93%</td>
<td>93%</td>
<td>91%</td>
<td>90%</td>
<td>91%</td>
<td><strong>98.3%</strong></td>
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<tr>
<td>Increase abstinence from binge drinking*** among pregnant women.</td>
<td>&lt;100%</td>
<td>&lt;100%</td>
<td>99%</td>
<td>98%</td>
<td>99%</td>
<td><strong>100.0%</strong></td>
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<td><strong>Postpartum</strong></td>
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<tr>
<td>Increase the proportion of infants who are put to sleep on their backs.</td>
<td>69%</td>
<td>71%</td>
<td>69%</td>
<td>74%</td>
<td>72%</td>
<td><strong>75.9%</strong></td>
</tr>
<tr>
<td>Increase the proportion of infants who were breastfed (ever).</td>
<td>81%</td>
<td>79%</td>
<td>81%</td>
<td>84%</td>
<td>81%</td>
<td><strong>81.9%</strong></td>
</tr>
</tbody>
</table>

*PRAMS data includes only information on pregnancies that end in live birth
**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.
Pre-Pregnancy Factors
“I wasn’t using any kind of birth control. I hadn’t had any children for 15 years so I didn’t think I could get pregnant.”

“It took 5 years + IVF [in vitro fertilization] to conceive our son.”

“Yea, I didn’t expect to get pregnant. I was taking mental health drugs and street drugs and alcohol.”

PRAMS mothers
INTENDEDNESS OF PREGNANCY

Question 15: 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

- Unintended pregnancies 44%
  - Didn't want to be pregnant then or later 14%
  - Wanted to be pregnant sooner 18%
  - Wanted to be pregnant later 30%
- Intended pregnancies 56%

Percentage of Mothers With Unintended Pregnancies

*Includes only mothers ages 20 and above.
Question 16: When you got pregnant with your new baby, were you trying to get pregnant?
Question 17: When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant?
Question 18: 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: 39%
- Thought couldn't get pregnant at that time: 31%
- Partner didn't want to use: 28%
- Had side effects from birth control: 14%
- Had problems obtaining birth control: 11%
- Thought was sterile: 11%

Distribution of mothers reporting pregnancy intention and birth control use

- Wanted to Get Pregnant: 51%
- Unintended Pregnancy, Used Birth Control: 22%
- Didn't Want Pregnancy, Didn't Use Birth Control: 27%
FERTILITY TREATMENT

Question 19: 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.)

Distribution of Mothers Who Were Attempting to Become Pregnant by Use of Fertility Treatment

Percentage of Mothers Who Reported Using Fertility Treatment

*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 Frequency of Multivitamin Use in the Month Before Pregnancy

- Didn't take: 51%
- Every day: 33%
- 4-6 times/week: 8%
- 1-3 times/week: 8%

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

*Includes only mothers ages 20 and above.
Distribution of Mothers by BMI Status Before Pregnancy

- Underweight (<18.5) 3%
- Normal (18.5-24.9) 51%
- Overweight (25-29.9) 24%
- Obese (30+) 22%

* 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.

Percentage of Mothers Who Were Classified as Obese Before Pregnancy

Race and ethnicity

<table>
<thead>
<tr>
<th>White Non Hispanic</th>
<th>Black Non Hispanic</th>
<th>Asian</th>
<th>Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
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Age*

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<th>&lt;20</th>
<th>20-24</th>
<th>25-29</th>
<th>30-34</th>
<th>35-39</th>
<th>40+</th>
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<td>22</td>
<td>23</td>
<td>29</td>
<td>26</td>
<td>22</td>
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</tbody>
</table>

Years of education**

* 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.
PRE-PREGNANCY HEALTH PROBLEMS

Question 11: During the 3 months before you got pregnant with your new baby, did you have any of the following health problems?

Mothers Reporting Health Problems During the Three Months Prior to Pregnancy

- **Anemia**: 14%
- **Anxiety**: 11%
- **Depression**: 11%
- **Asthma**: 10%
- **Thyroid Problems**: 4%
- **Hypertension**: 4%
- **Diabetes**: 3%
- **Heart Conditions**: 1%
- **Epilepsy**: <1%
Question 1: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things?

1. Had teeth cleaned: 56%
2. Exercising 3+ days/week: 41%
3. Discussed family medical history: 30%
4. Dieting: 27%
5. Taking Rx (other than birth control): 19%
6. Checked for depression: 12%
7. Checked for hypertension: 11%
8. Checked for diabetes: 10%
TOPICS DISCUSSED DURING PRE-PREGNANCY HEALTHCARE VISITS

Question 8: Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk with you about how to prepare for a healthy pregnancy and baby?

Mothers Reporting Topics Discussed During Pre-Pregnancy Visits

- Taking vitamins: 84%
- Safety of medications: 65%
- How alcohol affects baby: 66%
- How smoking affects baby: 64%
- Healthy weight: 62%
- How illegal drugs affect baby: 60%
- Visiting a dentist: 43%
- Updating immunizations: 42%
- Getting genetic counseling: 34%
- Controlling medical conditions: 33%
- Getting treatment for depression: 23%

Distribution of mothers reporting that a health care worker discussed how to prepare for a healthy pregnancy.
Question 40: 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

- Moved to a new address: 31%
- Argued with partner more than usual: 23%
- Couldn't pay bills: 22%
- Family member hospitalized: 21%
- Someone close died: 18%
- Mother lost job: 16%
- Husband/partner lost job: 14%
- Someone close had alcohol/drug problem: 11%
- Husband/partner didn't want pregnancy: 9%
- Separation/divorce: 8%
- Homeless: 4%
- Mother, husband, or partner went to jail: 4%

Distribution of mothers by number of stressors:
- None: 30%
- One or More: 70%
**TEETH CLEANING**

Question 69: Have you ever had your teeth cleaned by a dentist or dental hygienist?
Question 70: How long has it been since you had your teeth cleaned by a dentist or a dental hygienist?

**Distribution of Mothers by Time Since Last Teeth Cleaning**

- Within Past Year: 55%
- 12-23 months: 16%
- 24-59 months: 12%
- 5 or more years: 9%
- Never: 8%

**Percentage of Mothers Who Reported Having Had their Teeth Cleaned More than 5 Years Ago or Never**

<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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</table>

*Includes only mothers ages 20 and above.
Prenatal Factors
“In the clinic, they told me it [flu shot] might hurt my baby.”

“My daughter was premature and born in the bathroom of my apartment and delivered by my partner. She came out so fast and it was totally unexpected. She was born at 33 weeks. We called 911 and they helped guide us through what to do about the home birth that wasn’t planned. It was very scary.”

PRAMS mothers
TRIMESTER PRENATAL CARE BEGAN

Question 22: 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: 78%
- Second trimester: 21%
- Third trimester: <1%
- No prenatal care: <1%

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

<table>
<thead>
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<td>13</td>
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</table>

*Includes only mothers ages 20 and above.
REASONS FOR LATE PRENATAL CARE
Question 24: Did any of these things keep you from getting prenatal care at all or as early as you wanted?

Reasons Given for Not Beginning Prenatal Care As Early in Pregnancy As Desired

- Didn't want prenatal care: 3%
- No childcare: 5%
- Keeping pregnancy secret: 10%
- No Leave: 14%
- Too busy: 19%
- No transportation: 21%
- Doctor/health plan would not start care earlier: 29%
- Didn't have Medicaid card: 37%
- Didn't have insurance or enough money: 34%
- Didn't know she was pregnant: 38%
- Couldn't get appointment: 40%

Began early enough: 83%
Did not begin early enough: 17%
TOPICS DISCUSSED DURING PRENATAL CARE VISITS

Question 26: 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

- Medicines that are safe during pregnancy: 86%
- Screening for birth defects: 86%
- Early labor: 84%
- Breastfeeding: 81%
- Preterm Labor Signs: 81%
- HIV testing: 76%
- Effects of drinking during pregnancy: 73%
- Effects of smoking during pregnancy: 70%
- Depression: 65%
- Effects of illegal drugs during pregnancy: 61%
- Seat belt use: 48%
- Physical abuse: 47%
COMPLICATIONS DURING PREGNANCY

Question 31: Did you have any of these problems during your most recent pregnancy? For each item, circle YES if you had the problem or circle NO if you did not.

Mothers Reporting Pregnancy Complications by Type of Complication

- Severe nausea: 29%
- Preterm labor: 20%
- Kidney or bladder infection: 17%
- Vaginal bleeding: 17%
- High blood pressure: 10%
- Gestational diabetes: 9%
- Premature rupture of membranes: 6%
- Problems with the placenta: 5%
- Automobile accident: 2%
- Incompetent cervix: 2%
- Blood transfusion: 2%

Distribution of mothers by number of complications:
- None: 37%
- One or more: 63%
HIV TESTING

Question 27: 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 73%
- Not tested 17%
- Don't know 10%

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

- Race and ethnicity
- Age
- Years of education*

*Includes only mothers ages 20 and above.
INFLUENZA IMMUNIZATIONS

Flu Supplement Question 2: Did you get the H1N1 flu shot?
Flu Supplement Question 7: Did you get the Seasonal flu shot?

Distribution of Mothers by Flu Immunization Status

Neither Flu Shot
43%

Both H1N1 and Seasonal Shots
32%

Seasonal Shot Only
10%

H1N1 Shot Only
15%

Percentage of Mothers Who Reported They Did Not Have Any Flu Shots

*Includes only mothers ages 20 and above.
REASONS FOR CESAREAN DELIVERY

Question 47: What was the reason that your new baby was born by cesarean delivery (c-section)?

Reasons Given for Cesarean Delivery

- Previous c-section: 36%
- Failed induction: 23%
- Labor too long: 23%
- Baby in wrong position: 20%
- Fetal distress: 19%
- Dangerous labor: 15%
- Baby was too big: 14%
- Scheduled delivery: 7%
- Past due date: 5%
- Didn't want vaginal delivery: 5%

Cesarean Delivery 35%
Vaginal Delivery 65%
Health Care Coverage

and WIC Participation
“Homelessness is a real issue for women. I can’t get a job because I just had the baby a few months ago. I’m calling shelters and they are full.”

“Home healthcare should be provided for bedridden mothers (pregnant women) such as home visits by nurses.”

“About the Medicaid, I don’t think it was right for me to lose my insurance after 2 months after my child was born. And how am I supposed to take care of a child if I’m sick and have no health insurance? That’s it.”

PRAMS mothers
**HEALTH INSURANCE BEFORE PREGNANCY**

Question 2: During the month before you got pregnant with your new baby, were you covered by any of these health insurance plans?

### Health Insurance Status Just Before Pregnancy**

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insured through work</td>
<td>56%</td>
</tr>
<tr>
<td>No Insurance</td>
<td>18%</td>
</tr>
<tr>
<td>Medicaid</td>
<td>15%</td>
</tr>
<tr>
<td>Insured (not through work)</td>
<td>5%</td>
</tr>
<tr>
<td>Other</td>
<td>5%</td>
</tr>
<tr>
<td>Tricare</td>
<td>3%</td>
</tr>
</tbody>
</table>

** 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

- **Race and ethnicity**
  - White Non Hispanic: 11%
  - Black Non Hispanic: 18%
  - Asian Hispanic: 20%
  - Hispanic: 28%

- **Age**
  - Under 20: 31%
  - 20-24: 32%
  - 25-29: 28%
  - 30-34: 27%
  - 35-39: 19%
  - 40+: 12%

- **Years of education**
  - <12: 20%
  - ≥12: 26%

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

** 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

*Includes only mothers ages 20 and above.
Question 29: 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 54%
Participated 46%

Percentage of Mothers Who Participated in the WIC Program During 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>25</td>
<td>64</td>
</tr>
<tr>
<td>Black, Non-Hispanic</td>
<td>18</td>
<td>79</td>
</tr>
<tr>
<td>Asian Hispanic</td>
<td>79</td>
<td>72</td>
</tr>
<tr>
<td>Hispanic</td>
<td>79</td>
<td>79</td>
</tr>
<tr>
<td>&lt;20</td>
<td>49</td>
<td>26</td>
</tr>
<tr>
<td>20-24</td>
<td>26</td>
<td>26</td>
</tr>
<tr>
<td>25-29</td>
<td>29</td>
<td>&gt;12</td>
</tr>
<tr>
<td>30-34</td>
<td>28</td>
<td>&gt;12</td>
</tr>
</tbody>
</table>

*Includes only mothers ages 20 and above.
SOURCE OF PAYMENT FOR DELIVERY

Question 49: Did any of these health insurance plans help you pay for the delivery of your new baby? Check all that apply.

**Source(s) of Payment for Delivery**

- Health insurance through work: 52%
- Medicaid: 36%
- Other: 9%
- Insurance not through work: 5%
- Tricare: 4%
- No Insurance: 2%

**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 Delivery**

- **Race and ethnicity**
  - White Non Hispanic: 72%
  - Black Non Hispanic: 20%
  - Asian: 38%
  - Hispanic: 54%
  - Other: 57%

- **Years of education**
  - <20: 56%
  - 20-24: 56%
  - 25-29: 60%
  - 30-34: 53%
  - 35-39: 36%
  - 40+: 23%
  - >12: 18%
  - <=12: 74%

- **Age**
  - 20-24: 68%
  - 25-29: 74%
  - 30-34: 63%
  - 35-39: 83%
  - 40+: 74%
  - >12: 88%

*Includes only mothers ages 20 and above.*
Selected Risk Factors
“I drink occasionally but not on a weekly basis. Just occasional drinker, you know like weddings.”

“[He] busted my mouth.”

PRAMS mothers
**SMOKING BEFORE PREGNANCY**

Question 33: 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**

[Pie chart showing 81% did not smoke and 19% smoked]

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

<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>26</td>
<td>16</td>
</tr>
<tr>
<td>Black Non-Hispanic</td>
<td>16</td>
<td>3</td>
</tr>
<tr>
<td>Asian Hispanic</td>
<td>8</td>
<td>3</td>
</tr>
<tr>
<td>Hispanic</td>
<td>32</td>
<td>31</td>
</tr>
<tr>
<td>12-17</td>
<td>31</td>
<td>18</td>
</tr>
<tr>
<td>18-24</td>
<td>13</td>
<td>10</td>
</tr>
<tr>
<td>25-29</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>30-34</td>
<td>11</td>
<td>15</td>
</tr>
<tr>
<td>35-39</td>
<td>24</td>
<td>15</td>
</tr>
<tr>
<td>40+</td>
<td>24</td>
<td>15</td>
</tr>
</tbody>
</table>

*Includes only mothers ages 20 and above.*
SMOKING DURING PREGNANCY

Question 34: In the last three 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 91%

Smoked 9%

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

*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 35: How many cigarettes do you smoke on an average day now?

Distribution of Mothers by Smoking Status in the Postpartum Period

- Did not smoke: 86%
- Smoked: 14%

Percentage of Mothers Who Reported They Smoked in the Postpartum Period

*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 38a: 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**

- **<1 per week**: 27%
- **1 to 3 per week**: 16%
- **4 to 6 per week**: 7%
- **7 or more per week**: 4%

**Did not drink then**: 46%

---

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

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

Question 39a: 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 91%

<1 per week 7%

1 or more per week 2%

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

*Includes only mothers ages 20 and above.

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

Question 38b: During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in one sitting? (A sitting is a two hour time span.)

Distribution of Mothers by the Number of Alcohol Binges (4+ Drinks in One Sitting) During the Three Month Period Preceding Pregnancy

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

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

Question 39b: During the last 3 months of your pregnancy, how many times did you drink 4 alcoholic drinks or more in one sitting? (A sitting is a two hour time span.)

Distribution of Mothers by the Number of Alcohol Binges (4+ Drinks in One Sitting) During the Last Three Months of Pregnancy

- No binges: 99%
- One or more binges: 1%

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

*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 41: 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 96%
Abuse 4%

Percentage of Mothers Who Reported Being Physically Abused Before 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.
PHYSICAL ABUSE DURING PREGNANCY

Question 42: 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 97%
Abuse 3%

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

Maternal and Infant Health
“I just wish there was more help for people who have preemies when they come home from the hospital. I didn’t know what I was doing and I was sick and seeking help from anyone.”

“"[My baby sleeps] on her belly. I know you are not supposed to but that's how she likes it.""

“I had postpartum depression and anxiety and was not prepared for this at all. It would’ve been a lot easier on me if I was counseled or informed regarding these conditions before I experienced them.”

PRAMS mothers
**NEONATAL INTENSIVE CARE**

Question 50: After your baby was born, was he or she put in an intensive care unit?

Distribution of Infants by Admission to a Neonatal Intensive Care Unit

- No intensive care: 87%
- Intensive care: 13%

---

**LENGTH OF HOSPITAL STAY--NEWBORN**

Question 51: After your baby was born, how long did he or she stay in the hospital?

Distribution of Infants by Length of Hospital Stay

- <1 day: 2%
- 1-2 days: 58%
- 3-5 days: 33%
- 6 days or more: 7%
REASONS FOR NO POSTPARTUM BIRTH CONTROL

Question 62: 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.

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not having sex</td>
<td>35%</td>
</tr>
<tr>
<td>Other Reason</td>
<td>30%</td>
</tr>
<tr>
<td>Don't want to</td>
<td>26%</td>
</tr>
<tr>
<td>Husband or partner doesn't want to</td>
<td>16%</td>
</tr>
<tr>
<td>Can't afford</td>
<td>8%</td>
</tr>
<tr>
<td>Want to get pregnant</td>
<td>7%</td>
</tr>
<tr>
<td>Infertile</td>
<td>4%</td>
</tr>
<tr>
<td>Pregnant</td>
<td>1%</td>
</tr>
</tbody>
</table>

82% Not using birth control
18% Using birth control
**BREASTFEEDING**

**Question 56:** 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:** 19% (19 mothers)
- **<4 weeks:** 10% (6 mothers)
- **4-7 weeks:** 9% (5 mothers)
- **8+ weeks:** 62% (110 mothers)

### Percentage of Mothers Who Reported Never Breastfeeding

- **Never:** 19% (19 mothers)
- **<4 weeks:** 10% (6 mothers)
- **4-7 weeks:** 9% (5 mothers)
- **8+ weeks:** 62% (110 mothers)

*Includes only mothers ages 20 and above.*

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

---

* Includes only mothers ages 20 and above.

Note: Percentages are not reported if the number of respondents was less than five.
SLEEP POSITION
Question 58: In which one position do you most often lay your baby down to sleep now?

Distribution of Infants by Sleep Position

- Back: 72%
- Stomach: 12%
- Combination: 3%
- Side: 13%

Percentage of Infants Not Placed on Back to Sleep

<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>17</td>
<td>&lt;=12</td>
</tr>
<tr>
<td>Back Non Hispanic</td>
<td>39</td>
<td>12</td>
</tr>
<tr>
<td>Asian Hispanic</td>
<td>32</td>
<td>20-24</td>
</tr>
<tr>
<td>Hispanic</td>
<td>32</td>
<td>25-29</td>
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<tr>
<td>20</td>
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<td>30-34</td>
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<td>25</td>
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<td>27</td>
<td>40+</td>
</tr>
<tr>
<td>35</td>
<td>23</td>
<td>&lt;=12</td>
</tr>
<tr>
<td>40</td>
<td>21</td>
<td>12</td>
</tr>
<tr>
<td>&lt;=12</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>

*Includes only mothers ages 20 and above.
Distribution of Infant Co-Sleeping

- Sometimes: 16%
- Often/Almost Always: 12%
- Always: 11%
- Rarely: 25%
- Never: 36%

Percentage of Infants Co-Sleeping Often or Always

<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>13</td>
<td>25</td>
</tr>
<tr>
<td>Asian Hispanic</td>
<td>40</td>
<td>26</td>
</tr>
<tr>
<td>Black Non Hispanic</td>
<td>35</td>
<td>25</td>
</tr>
</tbody>
</table>

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

Question 64: Since your new baby was born, has a doctor, nurse, or other health care worker told you that you had depression?

Distribution of Mothers by Diagnosis of Postpartum Depression

Yes
9%

No
91%

Percentage of Mothers Who Reported a Diagnosis of 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>8</td>
<td>8</td>
</tr>
<tr>
<td>Black Non Hispanic</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>Asian Hispanic</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Age 20-24</td>
<td>11</td>
<td>10</td>
</tr>
<tr>
<td>Age 25-29</td>
<td>7</td>
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</tr>
<tr>
<td>Age 30-34</td>
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<td>9</td>
</tr>
<tr>
<td>Age 35-39</td>
<td>7</td>
<td>14</td>
</tr>
<tr>
<td>Age 40+</td>
<td>7</td>
<td>14</td>
</tr>
</tbody>
</table>

*Includes only mothers ages 20 and above.
“This was interesting to complete. I wish you well on collecting this data and look forward to hearing your findings. Thank you.”

PRAMS mother
First, we would like to ask a few questions about you and the time before you got pregnant with your new baby.

1. 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, circle Y (Yes) if you did it or circle N (No) if you did not.

   a. I was dieting (changing my eating habits) to lose weight . . . . . . . . . . . N Y
   b. I was exercising 3 or more days of the week . . . . . . . . . . . . N Y
   c. I was regularly taking prescription medicines other than birth control . . N Y
   d. I visited a health care worker to be checked or treated for diabetes. . . N Y
   e. I visited a health care worker to be checked or treated for high blood pressure . . . . . . . . N Y
   f. I visited a health care worker to be checked or treated for depression or anxiety . . . . . . . . N Y
   g. I talked to a health care worker about my family medical history . . . N Y
   h. I had my teeth cleaned by a dentist or dental hygienist. . . . . . . . . . . . . N Y

2. During the month before you got pregnant with your new baby, were you covered by any of these health insurance plans? Check all that apply

   - Health insurance from your job or the job of your husband, partner, or parents
   - Health insurance that you or someone else paid for (not from a job)
   - Medicaid or HealthChoice
   - TRICARE or other military health care
   - Other source(s) Please tell us:

   - I did not have any health insurance before I got pregnant

3. 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 at all
   - 1 to 3 times a week
   - 4 to 6 times a week
   - Every day of the week

4. What were your reasons for not taking multivitamins, prenatal vitamins, or folic acid vitamins during the month before you got pregnant with your new baby? Check all that apply

   - I wasn’t planning to get pregnant
   - I didn’t think I needed to take vitamins
   - The vitamins were too expensive
   - The vitamins gave me side effects (such as constipation)
   - Other Please tell us:
5. *Just before* you got pregnant with your new baby, how much did you weigh?

   □ Pounds  OR  □ Kilos

6. How tall are you without shoes?

   □ Feet  □ Inches

   OR  □ Meters

7. What is your date of birth?

   □  □  / 19

   Month  Day  Year

8. *Before* you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk with you about how to prepare for a healthy pregnancy and baby?

   □ No  □ Yes

   Go to Question 10

9. *Before* you got preganted with your new baby, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? *Please count only discussions*, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.

   □ No  □ Yes

   a. Taking vitamins with folic acid before pregnancy. ................. N  Y

   b. Being a healthy weight before pregnancy. .................... N  Y

   c. Getting my vaccines updated before pregnancy .................. N  Y

   d. Visiting a dentist or dental hygienist before pregnancy. ....... N  Y

   e. Getting counseling for any genetic diseases that run in my family . . . . N  Y

   f. Controlling any medical conditions such as diabetes and high blood pressure ....................... N  Y

   g. Getting counseling or treatment for depression or anxiety. ........ N  Y

   h. The safety of using prescription or over-the-counter medicines during pregnancy .................... N  Y

   i. How smoking during pregnancy can affect a baby ............. N  Y

   j. How drinking alcohol during pregnancy can affect a baby ....... N  Y

   k. How using illegal drugs during pregnancy can affect a baby ....... N  Y
10. **Before you got pregnant with your new baby, were you ever told by a doctor, nurse, or other health care worker that you had Type 1 or Type 2 diabetes?** This is **not** the same as gestational diabetes or diabetes that starts during pregnancy.

   - No
   - Yes

11. **During the 3 months before you got pregnant with your new baby, did you have any of the following health problems?** For each one, circle **Y** (Yes) if you had the problem or circle **N** (No) if you did not.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Asthma</td>
<td>N</td>
</tr>
<tr>
<td>b. High blood pressure (hypertension)</td>
<td>N</td>
</tr>
<tr>
<td>c. Anemia (poor blood, low iron)</td>
<td>N</td>
</tr>
<tr>
<td>d. Heart problems</td>
<td>N</td>
</tr>
<tr>
<td>e. Epilepsy (seizures)</td>
<td>N</td>
</tr>
<tr>
<td>f. Thyroid problems</td>
<td>N</td>
</tr>
<tr>
<td>g. Depression</td>
<td>N</td>
</tr>
<tr>
<td>h. Anxiety</td>
<td>N</td>
</tr>
</tbody>
</table>

14. **Was the baby just before your new one born more than 3 weeks before his or her date?**

   - No
   - Yes

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

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

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

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

   - No
   - Yes → Go to Page 4, Question 19

17. **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 not having sex at certain times [natural family planning or rhythm] or withdrawal, and using birth control methods such as the pill, condoms, vaginal ring, IUD, having their tubes tied, or their partner having a vasectomy.)

   - No
   - Yes → Go to Page 5, Question 21

   Go to Page 4, Question 18
18. What were your reasons or your husband’s or partner’s reasons for not doing anything to keep from getting pregnant?

- [ ] 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
- [ ] Other  ➤ Please tell us:

If you were not trying to get pregnant when you got pregnant with your new baby, go to Question 21.

19. 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  ➤ Go to Question 21
- [ ] Yes  ➤ Go to Question 20

20. 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
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.)

21. 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
- Months

☐ I don’t remember

22. 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
- Months

☐ I didn’t go for prenatal care

Go to Question 23

23. Did you get prenatal care as early in your pregnancy as you wanted?

☐ No

☐ Yes

Go to Page 6, Question 25

24. Did any of these things keep you from getting prenatal care at all or as early as you wanted? For each item, circle T (True) if it was a reason that you didn’t get prenatal care when you wanted or circle F (False) if it was not a reason for you or if something does not apply to you.

<table>
<thead>
<tr>
<th></th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. I couldn’t get an appointment when I wanted one</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>b. I didn’t have enough money or insurance to pay for my visits</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>c. I had no transportation to get to the clinic or doctor’s office</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>d. The doctor or my health plan would not start care as early as I wanted</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>e. I had too many other things going on</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>f. I couldn’t take time off from work or school</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>g. I didn’t have my Medicaid or HealthChoice card</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>h. I had no one to take care of my children</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>i. I didn’t know that I was pregnant</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>j. I didn’t want anyone else to know I was pregnant</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>k. I didn’t want prenatal care</td>
<td>T</td>
<td>F</td>
</tr>
</tbody>
</table>

If you did not go for prenatal care, go to Page 7, Question 27.
25. Did any of these health insurance plans help you pay for your prenatal care?  

- [ ] Health insurance from your job or the job of your husband, partner, or parents  
- [ ] Health insurance that you or someone else paid for (not from a job)  
- [ ] Medicaid or HealthChoice  
- [ ] TRICARE or other military health care  
- [ ] Other source(s) —— Please tell us:  

- [ ] I did not have health insurance to help pay for my prenatal care

26. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.

<table>
<thead>
<tr>
<th>Item</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. How smoking during pregnancy could affect my baby</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>b. Breastfeeding my baby</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>c. How drinking alcohol during pregnancy could affect my baby</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>d. Using a seat belt during my pregnancy</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>e. Medicines that are safe to take during my pregnancy</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>f. How using illegal drugs could affect my baby</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>g. Doing tests to screen for birth defects or diseases that run in my family</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>h. The signs and symptoms of preterm labor (labor more than 3 weeks before the baby is due)</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>i. What to do if my labor starts early</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>j. Getting tested for HIV (the virus that causes AIDS)</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>k. What to do if I feel depressed during my pregnancy or after my baby is born</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>l. Physical abuse to women by their husbands or partners</td>
<td></td>
<td>Y</td>
</tr>
</tbody>
</table>
27. At any time during your most recent pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)?

- No
- Yes
- I don’t know

28. Did you get a flu vaccination during your most recent pregnancy?

- No
- Yes

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

- No
- Yes

30. 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

31. Did you have any of the following problems during your most recent pregnancy? For each item, circle Y (Yes) if you had the problem or circle N (No) if you did not.

- No
- Yes

a. Vaginal bleeding
b. Kidney or bladder (urinary tract) infection
c. *Severe* nausea, vomiting, or dehydration
d. Cervix had to be sewn shut (cerclage for incompetent cervix)
e. High blood pressure, hypertension (including pregnancy-induced hypertension [PIH]), preeclampsia, or toxemia
f. Problems with the placenta (such as abruptio placentae or placenta previa)
g. Labor pains more than 3 weeks before my baby was due (preterm or early labor)
h. Water broke more than 3 weeks before my baby was due (premature rupture of membranes [PROM])
i. I had to have a blood transfusion
j. I was hurt in a car accident
The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).

32. Have you smoked any cigarettes in the past 2 years?
   - No
   - Yes
   Go to Question 36

33. 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

34. 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

35. 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

36. Which of the following statements best describes the rules about smoking inside your home now?
   - No one is allowed to smoke anywhere inside my home
   - Smoking is allowed in some rooms or at some times
   - Smoking is permitted anywhere inside my home

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

37. 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 Question 36

Go to Question 38a
38a. 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

38b. During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two 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 1 sitting

39a. 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

39b. During the last 3 months of your pregnancy, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two 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 1 sitting

Pregnancy can be a difficult time for some women. The next questions are about things that may have happened before and during your most recent pregnancy.

40. This question is about things that may have happened during the 12 months before your new baby was born. For each item, circle Y (Yes) if it happened to you or circle N (No) if it did not. (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>N Y</td>
</tr>
<tr>
<td>b. I got separated or divorced from my husband or partner</td>
<td>N Y</td>
</tr>
<tr>
<td>c. I moved to a new address</td>
<td>N Y</td>
</tr>
<tr>
<td>d. I was homeless</td>
<td>N Y</td>
</tr>
<tr>
<td>e. My husband or partner lost his job</td>
<td>N Y</td>
</tr>
<tr>
<td>f. I lost my job even though I wanted to go on working</td>
<td>N Y</td>
</tr>
<tr>
<td>g. I argued with my husband or partner more than usual</td>
<td>N Y</td>
</tr>
<tr>
<td>h. My husband or partner said he didn’t want me to be pregnant</td>
<td>N Y</td>
</tr>
<tr>
<td>i. I had a lot of bills I couldn’t pay</td>
<td>N Y</td>
</tr>
<tr>
<td>j. I was in a physical fight</td>
<td>N Y</td>
</tr>
<tr>
<td>k. My husband or partner or I went to jail</td>
<td>N Y</td>
</tr>
<tr>
<td>l. Someone very close to me had a problem with drinking or drugs</td>
<td>N Y</td>
</tr>
<tr>
<td>m. Someone very close to me died</td>
<td>N Y</td>
</tr>
</tbody>
</table>

41. 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
42. 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

43. When was your baby due?

____ / ____ / 20____

Month Day Year

44. When did you go into the hospital to have your baby?

____ / ____ / 20____

Month Day Year

- I didn’t have my baby in a hospital

45. When was your baby born?

____ / ____ / 20____

Month Day Year

46. How was your new baby delivered?

- Vaginally
- Cesarean delivery (c-section)

47. What was the reason that your new baby was born by cesarean delivery (c-section)?

- I had a previous cesarean delivery (c-section)
- My baby was in the wrong position
- I was past my due date
- My health care provider worried that my baby was too big
- I had a medical condition that made labor dangerous for me
- My health care provider tried to induce my labor, but it didn’t work
- Labor was taking too long
- The fetal monitor showed that my baby was having problems during labor
- I wanted to schedule my delivery
- I didn’t want to have my baby vaginally
- Other reason(s) Please tell us:

48. When were you discharged from the hospital after your baby was born?

____ / ____ / 20____

Month Day Year

- I didn’t have my baby in a hospital
49. Did any of these health insurance plans help you pay for the delivery of your new baby? Check all that apply

- Health insurance from your job or the job of your husband, partner, or parents
- Health insurance that you or someone else paid for (not from a job)
- Medicaid or HealthChoice
- TRICARE or other military health care
- Other source(s) ——> Please tell us:

- I did not have health insurance to help pay for my delivery

50. After your baby was born, was he or she put in an intensive care unit?

- No
- Yes
- I don’t know

51. After your baby was born, 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 ——> Go to Page 12, Question 54

52. Is your baby alive now?

- No ——> Go to Page 12, Question 61
- Yes

53. Is your baby living with you now?

- No ——> Go to Page 12, Question 61
- Yes

Go to Page 12, Question 54
54. Did you ever breastfeed or pump breast milk to feed your new baby after delivery, even for a short period of time?

Choose one answer.

- No
- Yes

Go to Question 57b

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

Choose one answer.

- No
- Yes

Go to Question 57a

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

- Less than 1 week

57a. How old was your new baby the first time he or she drank liquids other than breast milk (such as formula, water, juice, tea, or cow’s milk)?

- My baby was less than 1 week old
- My baby has not had any liquids other than breast milk

57b. How old was your new baby the first time he or she ate food (such as baby cereal, baby food, or any other food)?

- My baby was less than 1 week old
- My baby has not eaten any foods

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

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

Choose one answer.

- On his or her side
- On his or her back
- On his or her stomach

59. How often does your new baby sleep in the same bed with you or anyone else?

- Always
- Often
- Sometimes
- Rarely
- Never

60. Was your new baby seen by a doctor, nurse, or other health care worker for a one week check-up after he or she was born?

Choose one answer.

- No
- Yes

61. 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 not having sex at certain times [natural family planning or rhythm] or withdrawal, and using birth control methods such as the pill, condoms, vaginal ring, IUD, having their tubes tied, or their partner having a vasectomy.)

Choose one answer.

- No
- Yes

Go to Question 63

Go to Question 62
62. **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

- I am not having sex
- I want to get pregnant
- I don’t want to use birth control
- My husband or partner doesn’t want to use anything
- I don’t think I can get pregnant (sterile)
- I can’t pay for birth control
- I am pregnant now
- Other: Please tell us: __________

63. **Below is a list of feelings and experiences that women sometimes have after childbirth. Read each item to determine how well it describes your feelings and experiences.**

Then, write on the line the number of the choice that best describes how often you have felt or experienced things this way since your new baby was born. Use the scale when answering:

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
</tbody>
</table>

a. I felt down, depressed, or sad. . . ___
b. I felt hopeless . . . . . . . . . . .___
c. I felt slowed down . . . . . . . ___
d. I felt panicky . . . . . . . . . . . ___
e. I felt restless . . . . . . . . . . . . . ___

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

- No
- Yes

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

- No
- Yes

66. **How old were you when you had your first menstrual period?**

____ Years old

67. **How old were you when you got pregnant for the first time?**

____ Years old

68. **How old were you when your first baby was born?**

____ Years old
69. Have you ever had your teeth cleaned by a dentist or dental hygienist?
- No  Go to Question 71
- Yes

70. How long has it been since you had your teeth cleaned by a dentist or a dental hygienist?
- Within the past year (less than 12 months)
- 1 to less than 2 years (12 to 23 months)
- 2 to less than 5 years
- 5 or more years

The last questions are about the time during the 12 months before your new baby was born.

71. 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.)
- Less than $10,000
- $10,000 to $14,999
- $15,000 to $19,999
- $20,000 to $24,999
- $25,000 to $34,999
- $35,000 to $49,999
- $50,000 or more

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

73. What is today’s date?
- _____ / _____ / 20__
  Month  Day  Year

Please use this space for any additional comments you would like to make about 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.
Thank you for answering these final questions! Your answers will help us learn how to keep pregnant women healthy.

There are shots available for two kinds of flu – the seasonal flu and the 2009-H1N1 flu. The first questions are about shots for H1N1 flu, sometimes called swine flu or pandemic flu.

F1. At anytime during your most recent pregnancy, did a doctor, nurse, or other health care worker offer you an H1N1 flu shot or tell you to get one?
- No
- Yes

F3. During your most recent pregnancy, did you get an H1N1 flu shot?
- No
- Yes
  Go to Question 5

F3. During what month and year did you get the H1N1 flu shot?
- I don’t remember

F4. Where did you get your H1N1 flu shot?
- A pharmacy, drug store or grocery store
- My obstetrician/gynecologist’s office
- My family doctor or other doctor’s office
- A health department or community clinic
- My work place or school
- Other place
  Please tell us:
  Go to Question 6

F5. What were your reasons for not getting the H1N1 flu shot during your most recent pregnancy? For each item, circle Y (Yes) if it was a reason for you or circle N (No) if it was not.
- a. My doctor didn’t mention anything about the H1N1 flu shot during my pregnancy… N Y
- b. The H1N1 flu shot was not available……. N Y
- c. I was worried about side effects of the H1N1 flu shot for me……………………. N Y
- d. I was worried that the H1N1 flu shot might harm my baby.......................... N Y
- e. I don’t normally get a flu shot……………………. N Y
- f. Other reason……………………………….. N Y
  Please tell us:

The next questions are about the seasonal flu.

F6. At anytime during your most recent pregnancy, did a doctor, nurse, or other health care worker offer you a seasonal flu shot or tell you to get one?
- No
- Yes

F7. Since September 2009, did you get a seasonal flu shot? This is different than the H1N1 flu shot.
- No
- Yes
  Go to Question 9

F8. During what month and year did you get the seasonal flu shot?
- I don’t remember
  Go to Question 10

F9. What were your reasons for not getting a seasonal flu shot during your most recent pregnancy? For each item, circle Y (Yes) if it was a reason for you or circle N (No) if it was not.
- a. My doctor didn’t mention anything about a seasonal flu shot during my pregnancy… N Y
- b. I was worried about side effects of the seasonal flu shot for me……………………. N Y
- c. I was worried that the seasonal flu shot might harm my baby.......................... N Y
- d. I don’t normally get a seasonal flu shot……… N Y
- e. Other reason……………………………….. N Y
  Please tell us:

If you got a seasonal flu shot, go to Question 10.

F10. At any time during your most recent pregnancy, were you sick with a fever?
- No
- Yes

F11. At any time during your most recent pregnancy, did a doctor, nurse or other health care worker tell you that you had the flu? Please include seasonal flu and H1N1/swine flu.
- No
- Yes
  Go to the End

F12. Were you hospitalized for the flu during your most recent pregnancy?
- No
- Yes

Thank you for answering these final questions! Your answers will help us learn how to keep pregnant women healthy.
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The Department, in compliance with the Americans With Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits, and employment opportunities.

Funding for this publication was provided by the Maryland Department of Health and Mental Hygiene and by a cooperative agreement # UR6/DP-000542 with the Centers for Disease Control and Prevention (CDC) for the Maryland Pregnancy Risk Assessment Monitoring Systems (PRAMS). The contents do not necessarily represent the official views of the CDC.

November 2011