

Maryland PRAMS Report

2014 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 K. Rutherford, Lt. Governor -Dennis R. Schrader, Secretary

“I think research is great for moms and babies.”

“I hope this survey and many others really do help in your research to make the babies healthier. I'm glad I could be a part of it.”

“I am a social worker and really enjoyed taking this survey! Glad to see this information is being obtained!”

PRAMS mothers

Maryland PRAMS Report

2014 Births

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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 2014 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 for 2014 births were 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 maternal 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 (DHMH), 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 60% for analysis of PRAMS 2014 births data. The weighted response rate among women delivering in Maryland between January 1, 2014 and December 31, 2014 was 66%. During this 12-month period, 1,343 mothers completed the PRAMS questionnaire with a weighted response reflecting 66,635 mothers. The weighted figure included 29,594 births to white non-Hispanic, 20,521 births to black non-Hispanic, 4,818 births to Asian, 9,622 births to Hispanic women, 83 births to American Indian, and 1,889 Other/Mixed. Survey findings in this report are shown by race/Hispanic origin (White Non-Hispanic, Black Non-Hispanic, Asian Non-Hispanic, 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 since 2002. 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 1,343 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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Maryland PRAMS Highlights--2014

Preconception factors

- Forty-five percent of all live births were **unintended** (includes women who said they were 'not sure' how they felt about the pregnancy).
- Nineteen percent of women reported they were covered by **Medicaid or Health Choice** just before pregnancy and 19% were uninsured.
- According to their body mass index (BMI) just before pregnancy, 26% of mothers were **overweight** and 21% were **obese**.
- Thirty-four percent of women reported taking a **multivitamin daily** in the month before conception.
- Before pregnancy, 11% of women reported they had **anxiety** and 8% had **depression**.
- During the 3 months just before pregnancy, 15% of women **smoked**, 51% consumed **alcohol**, and 14% had at least one episode of **binge drinking**.
- In the 12 months before pregnancy, 40% of women had not had a **dental cleaning**.
- Twenty-five percent of mothers reported they had a **preconception health visit**.

Prenatal factors

- Eighty-two percent of mothers began **prenatal care** during the first trimester of pregnancy, and 1% began in the third trimester or received no care.
- Forty-four percent of women participated in the **WIC** program during pregnancy.
- Nineteen percent of mothers needed to see a **dentist** about a problem during pregnancy and 15% saw a dentist about a problem.

- Seventy-one percent of mothers reported that **HIV testing** was discussed during prenatal care visits; 65% reported getting an HIV test.
- **Physical abuse** by a current husband or partner was reported by 2% of mothers.
- Seven percent of women **smoked** during the last three months of pregnancy. Ten percent of women reported using **alcohol** and <1% of women reported a **binge-drinking** episode during the last three months of pregnancy.
- Fifty-two percent of women were vaccinated for **seasonal flu** during the 12 months before pregnancy.
- **Labor induction** was reported by 39% of mothers.
- Thirty-four percent of women used **Medicaid or Health Choice** for their prenatal care and 6% were **uninsured**.
- Thirteen percent of women had gestational diabetes.

Infant health and related factors

- Eighty-nine percent of infants were **breastfed** after delivery, and 71% were breastfed eight weeks or longer.
- In terms of **sleeping environment**, 80% of infants were usually placed on their backs to sleep and 25% slept with another person.

Maternal postpartum factors

- Twenty-three percent of mothers reported they were not using **postpartum contraception**.
- Nine percent of mothers **smoked postpartum**.
- Twelve percent of mothers reported symptoms of **postpartum depression**.

**MARYLAND PRAMS 2010-2014 SURVEILLANCE
AND SELECTED HEALTHY PEOPLE 2020 OBJECTIVES**

Healthy People 2020 Objective	Maryland PRAMS 2010 Births	Maryland PRAMS 2011 Births	Maryland PRAMS 2012 Births*	Maryland PRAMS 2013 Births	Maryland PRAMS 2014 Births	Healthy People 2020 Target
Preconception						
Increase the proportion of pregnancies that are intended.**	56%	54%	58%	59%	55%	56.0%
Increase the proportion of women who took multivitamins/folic acid daily prior to pregnancy.	33%	30%	37%	34%	34%	33.1%
Increase the proportion of women who did not smoke during the three months prior to pregnancy.	81%	80%	82%	84%	85%	85.4%
Increase the proportion of women who did not drink alcohol during the three months prior to pregnancy.	46%	43%	48%	50%	49%	56.4%
Increase the proportion of women who had a healthy weight (BMI 18.5-24.9) prior to pregnancy.	51%	52%	49%	48%	50%	53.4%
Prenatal						
Increase the proportion of pregnant women who receive prenatal care beginning in the first trimester of pregnancy.***	78%	82%	80%	83%	82%	77.9%
Increase abstinence from cigarette smoking among pregnant women.	91%	93%	93%	92%	94%	98.6%
Increase abstinence from alcohol among pregnant women.	91%	91%	91%	92%	91%	98.3%
Increase abstinence from binge drinking**** among pregnant women.	99%	99%	<100%	99.5%	99%	100.0%
Postpartum						
Increase the proportion of infants who are put to sleep on their backs.	72%	77%	77%	77%	80%	75.9%
Increase the proportion of infants who were breastfed (ever).	81%	85%	86%	88%	89%	81.9%

**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 <13weeks*

*****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 thought I couldn’t get pregnant because I’m 30 and I had a miscarriage.”

“It was a planned pregnancy, but I was just shocked at how fast it came.”

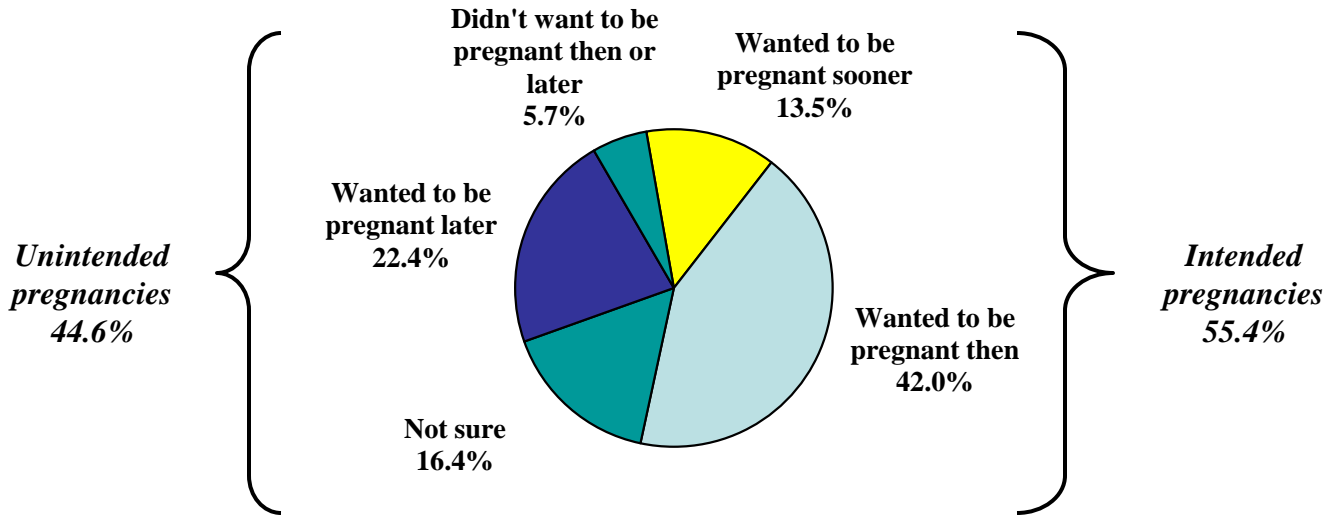
“I did not want to be pregnant as I was just diagnosed with an incurable brain malformation, and low income as I can't work and do not get SSI. But now that my little girl is here I thank God everyday!!”

PRAMS mother

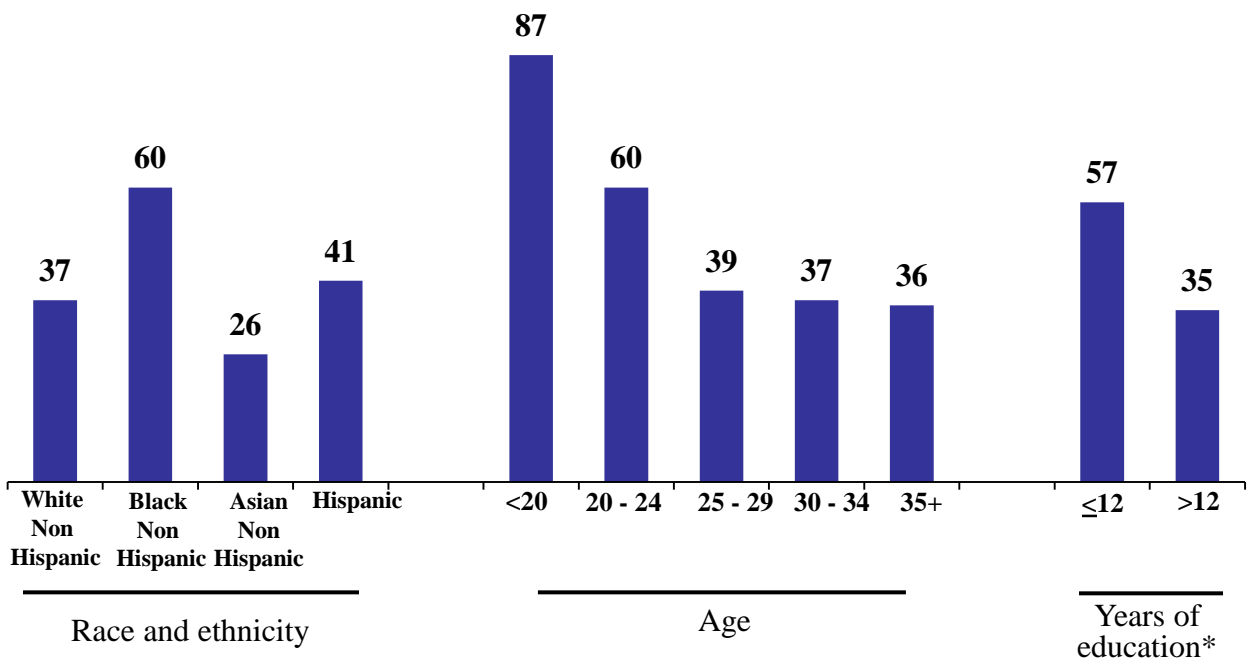
INTENDEDNESS OF PREGNANCY

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



Percentage of Mothers With Unintended Pregnancies



*Includes only mothers ages 20 and above.

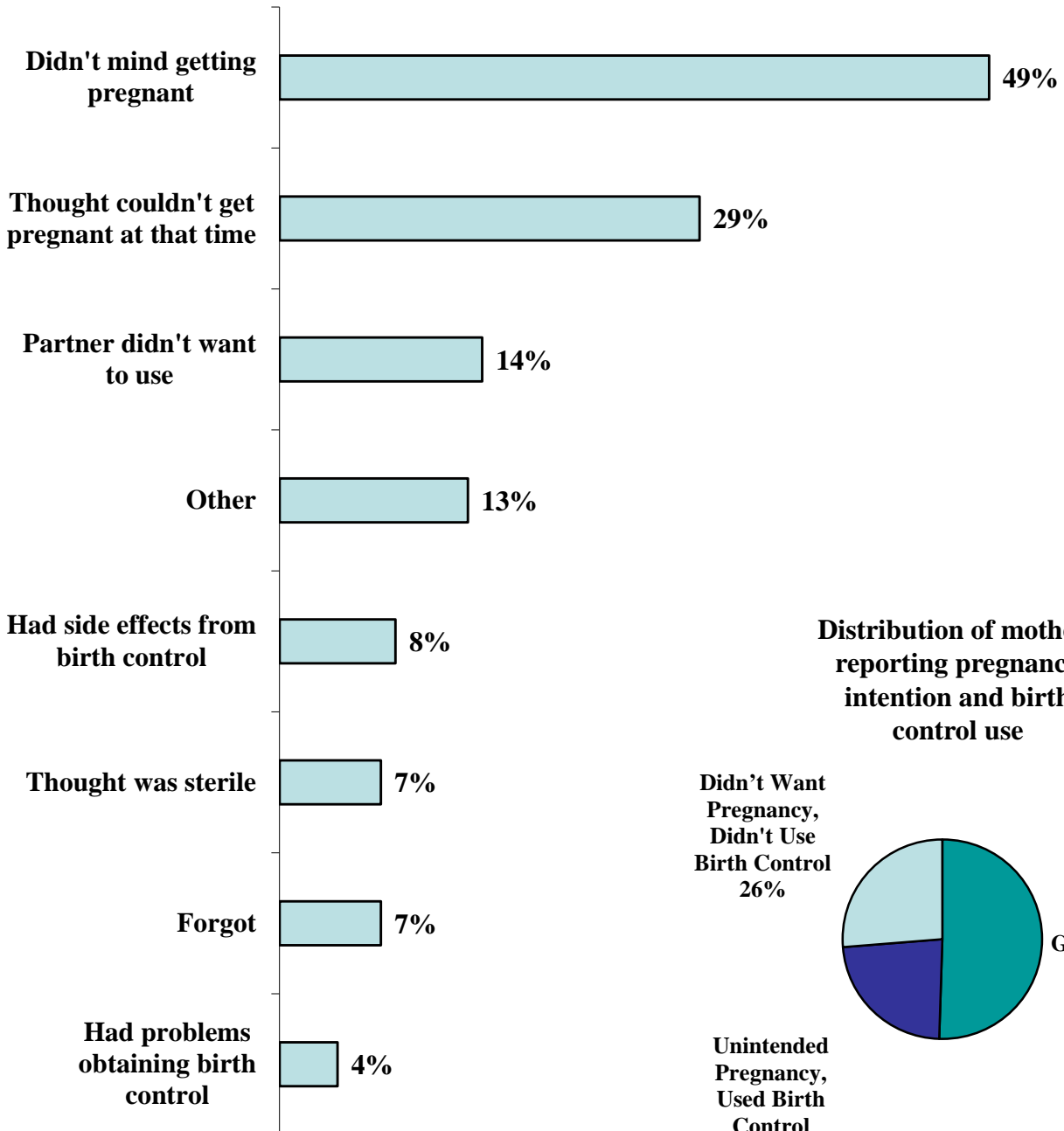
PREGNANCY INTENTION AND BIRTH CONTROL USE

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?

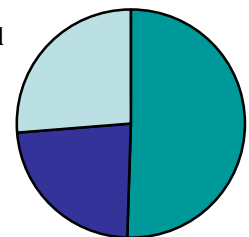
Question 17: What were your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant?

Mothers Reporting Reasons for Not Using Birth Control



Distribution of mothers reporting pregnancy intention and birth control use

Didn't Want Pregnancy, Didn't Use Birth Control 26%



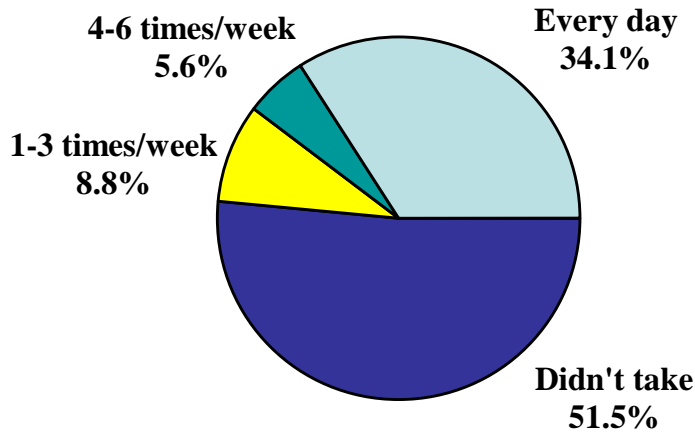
Wanted to Get Pregnant 50%

Unintended Pregnancy, Used Birth Control 23%

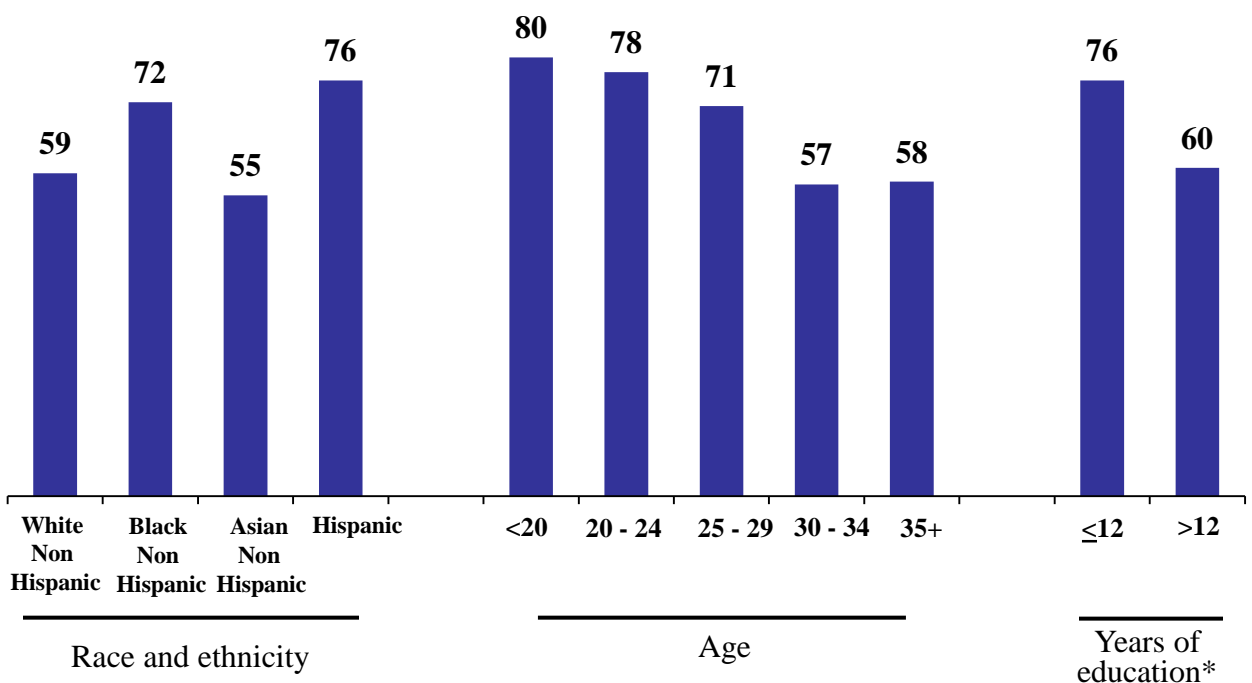
MULTIVITAMIN USE

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



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



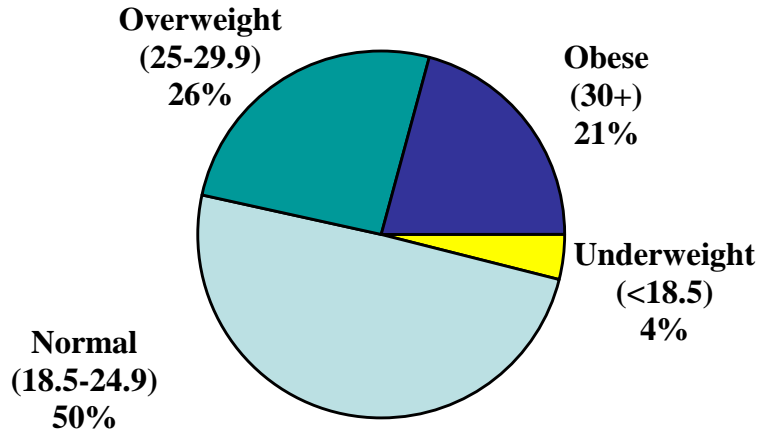
*Includes only mothers ages 20 and above.

PRE-PREGNANCY BMI

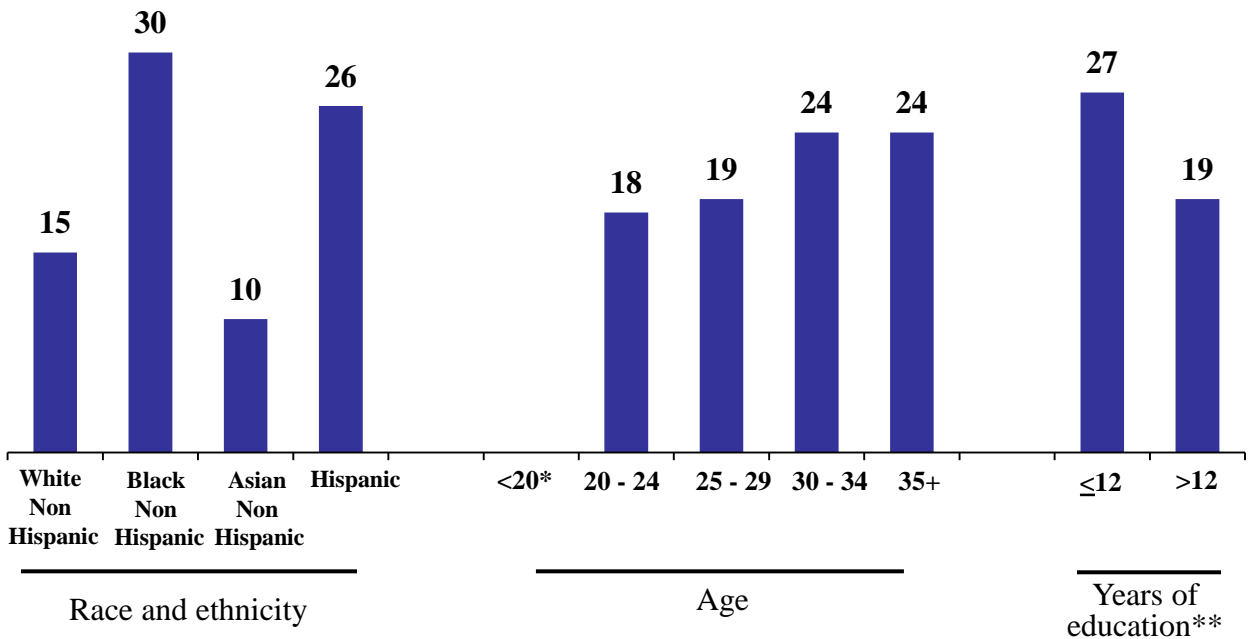
Question 1: How tall are you without shoes?

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

Distribution of Mothers by BMI Status Before Pregnancy



Percentage of Mothers Who Were Classified as Obese Before Pregnancy



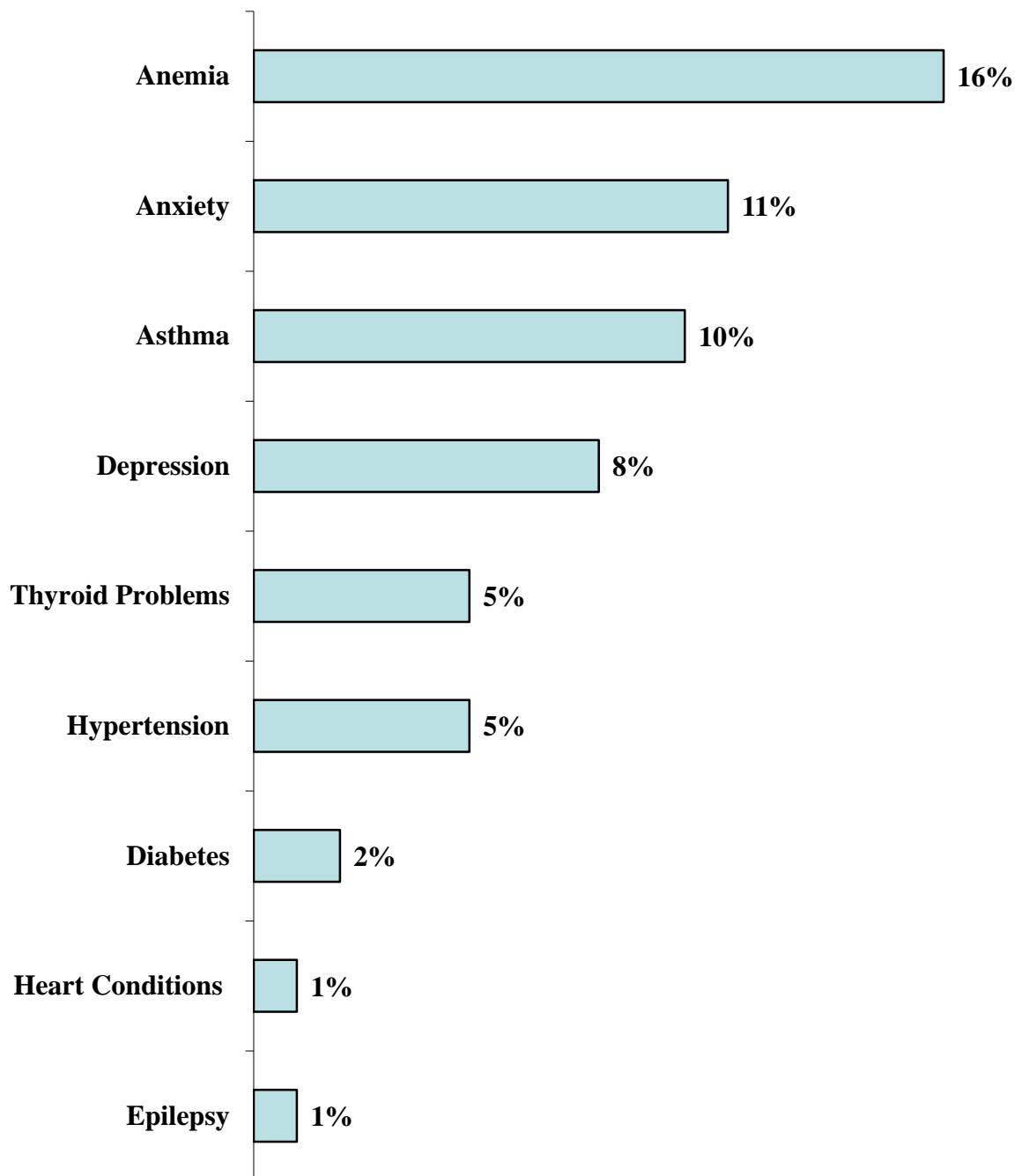
* Mothers <20 years of age had BMI >30 (and were not classified as obese via childhood growth charts)
 Note: Percentages are not reported if the number of respondents was less than five.

PRE-PREGNANCY HEALTH PROBLEMS

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?

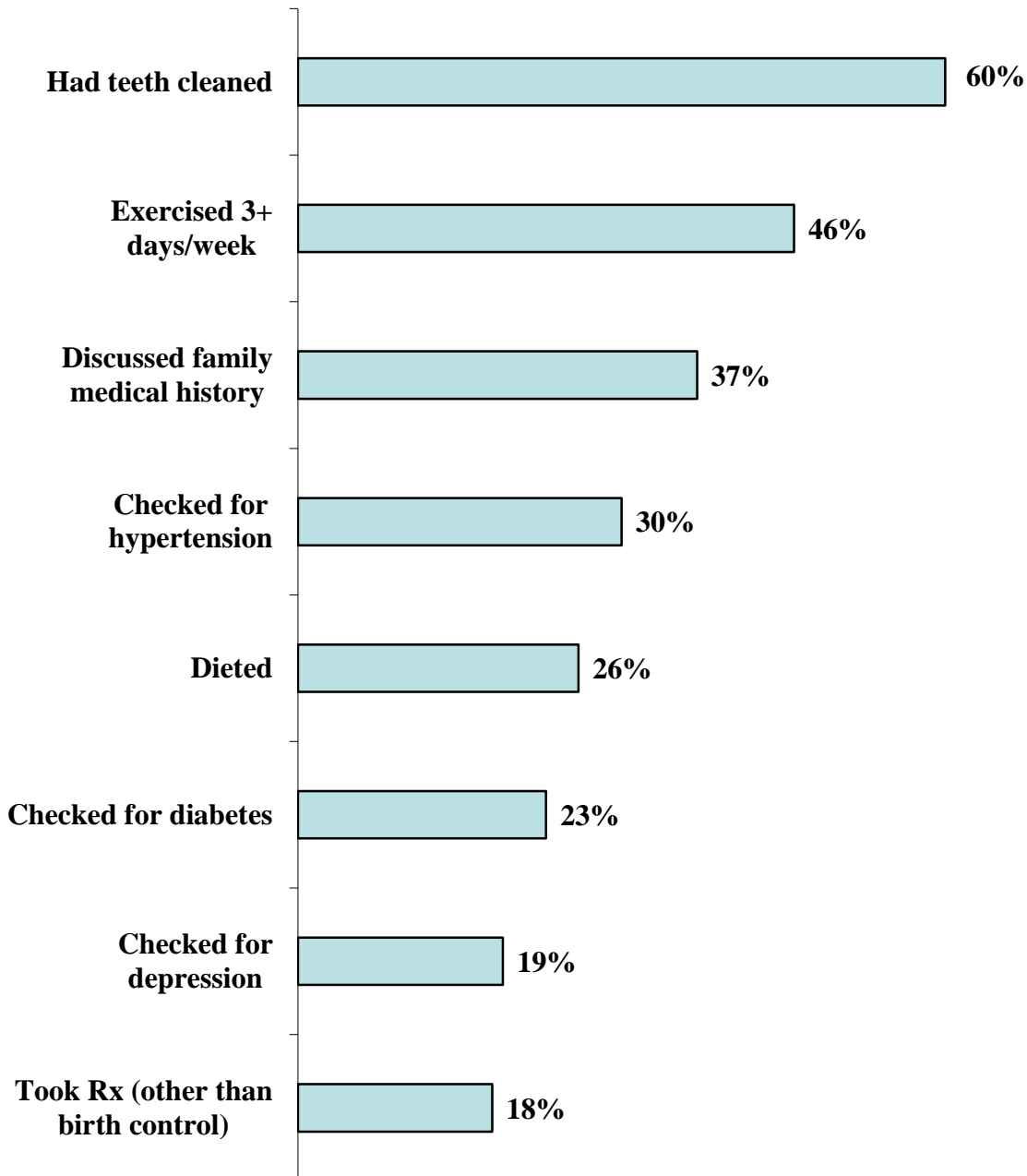
Mothers Reporting Health Problems Before Pregnancy



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

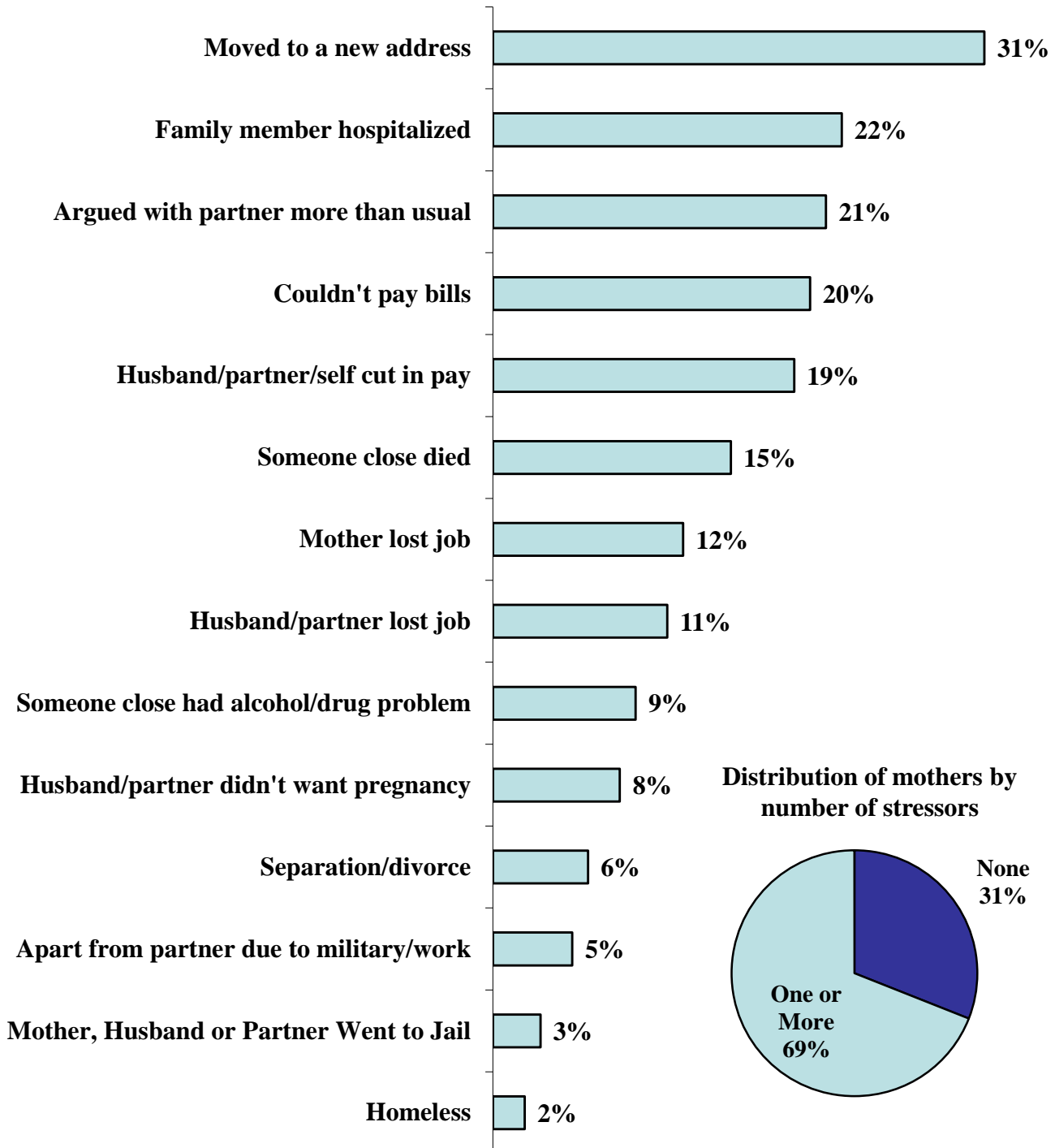


STRESS

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.

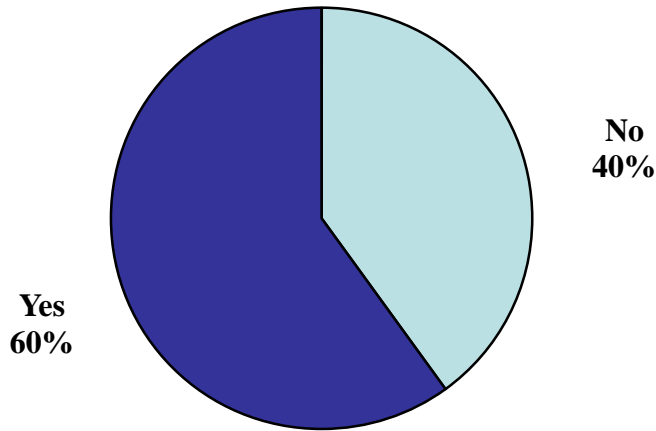
Mothers Reporting Stress by Type of Event



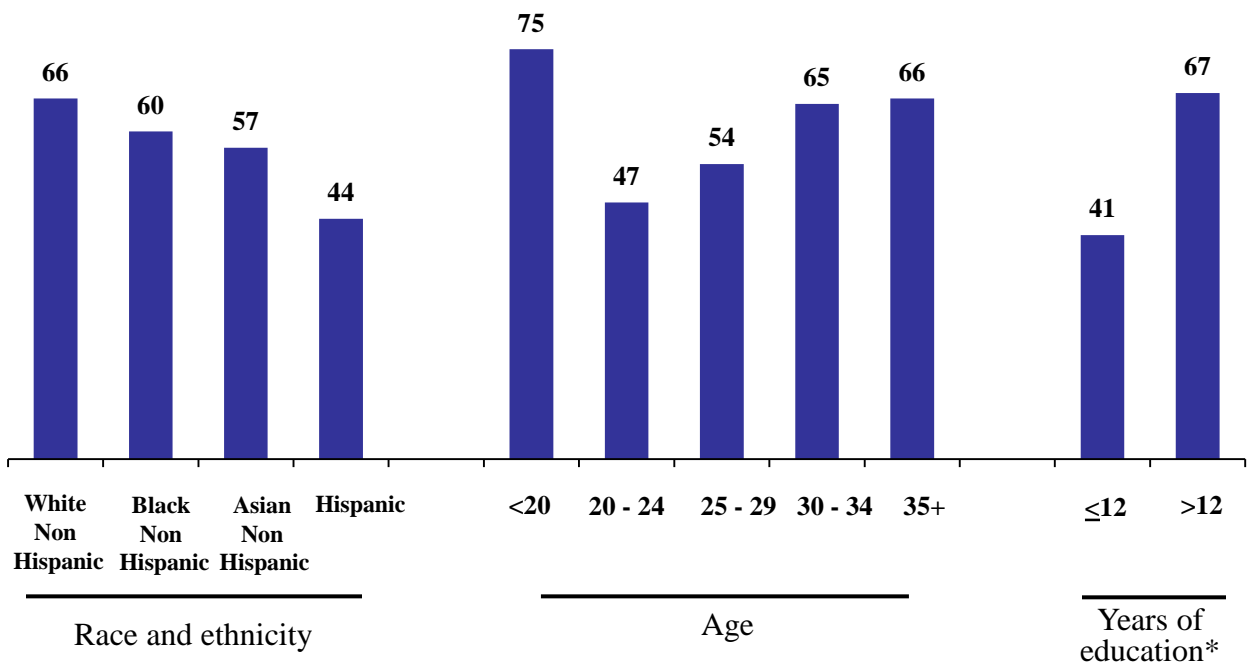
ORAL HEALTH

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



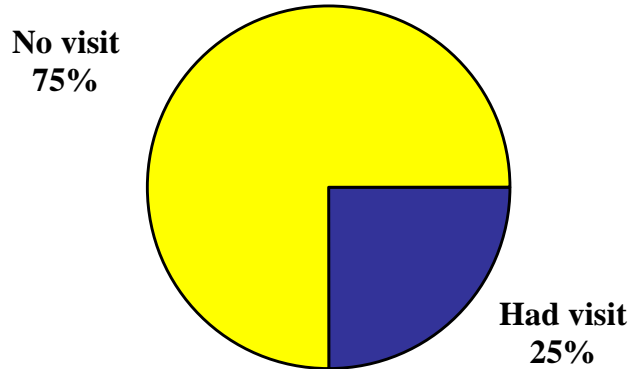
Percentage of Mothers Who Reported Having Had their Teeth Cleaned 12 Months Before Pregnancy



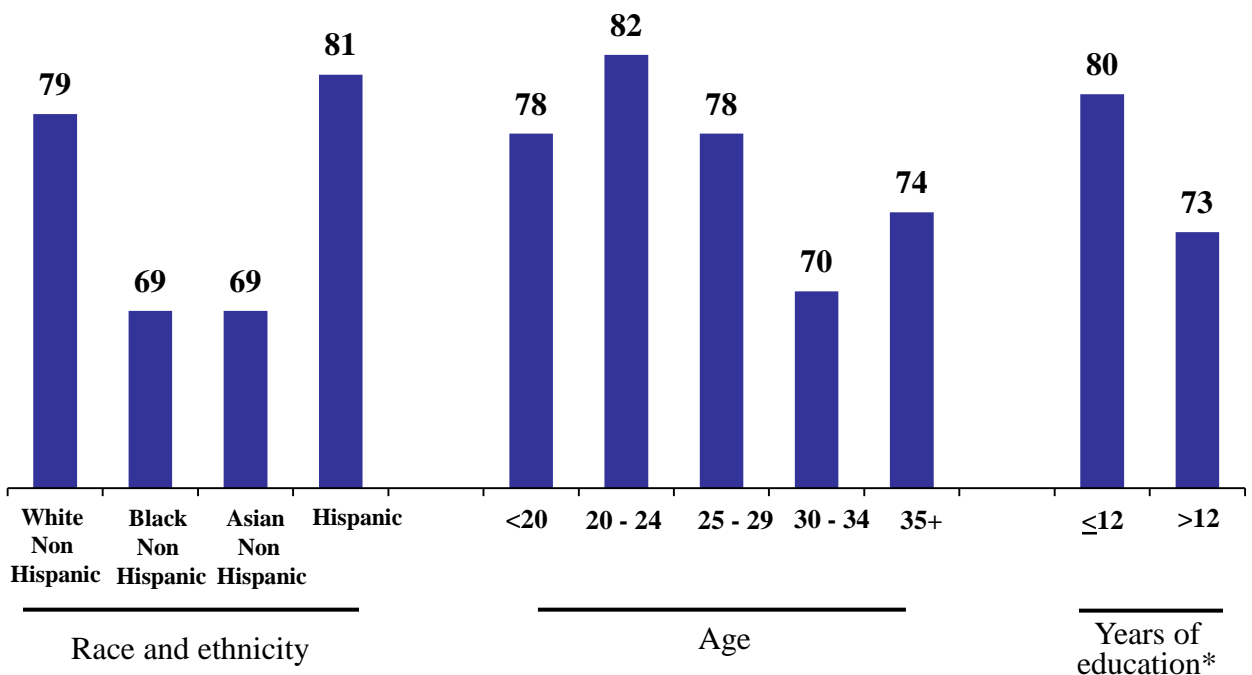
PRECONCEPTION HEALTH VISIT

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



Percentage of Mothers Who Reported No Preconception Health Visit



*Includes only mothers ages 20 and above.

Prenatal Factors



“I just think going to your appointments as early as possible in pregnancy is important and especially if you're high risk and just staying on top of things. Knowing your family history I think is huge and definitely start prenatal vitamins a year before you even think about having a kid because you need folic acid and all those nutrients and if you're trying to have a baby after 35, well, a lot of things go wrong.”

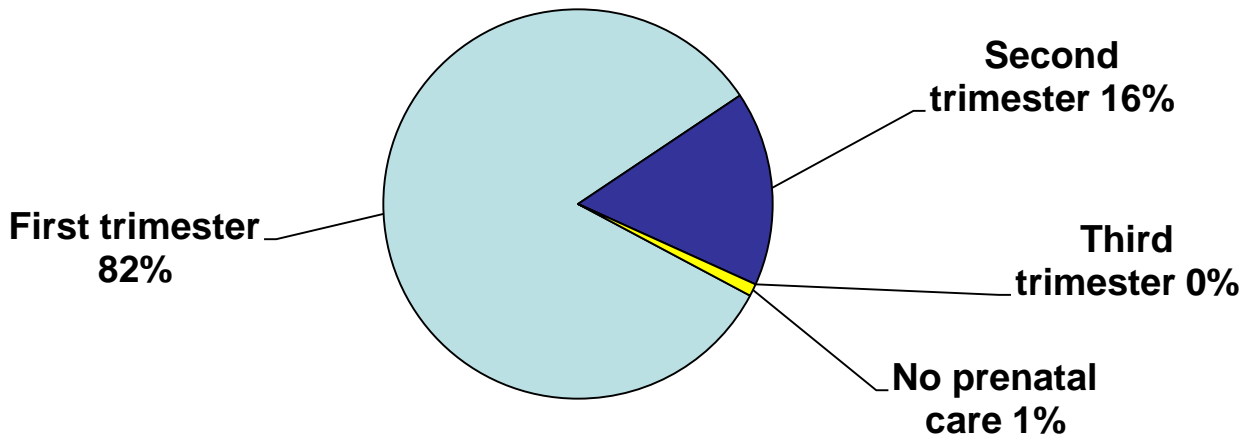
“It was a good experience. I wish I had experienced having a natural birth versus having a C-section for both of my pregnancies. Last minute I found out that I had pre-eclampsia and that's why I had to have a C-section. They missed the pre-eclampsia the first time I was pregnant and it was horrible. For the first time moms, please give them all the information about pregnancy because it was not given to me and I was so confused and worried and I had no idea about pre-eclampsia.”

PRAMS mothers

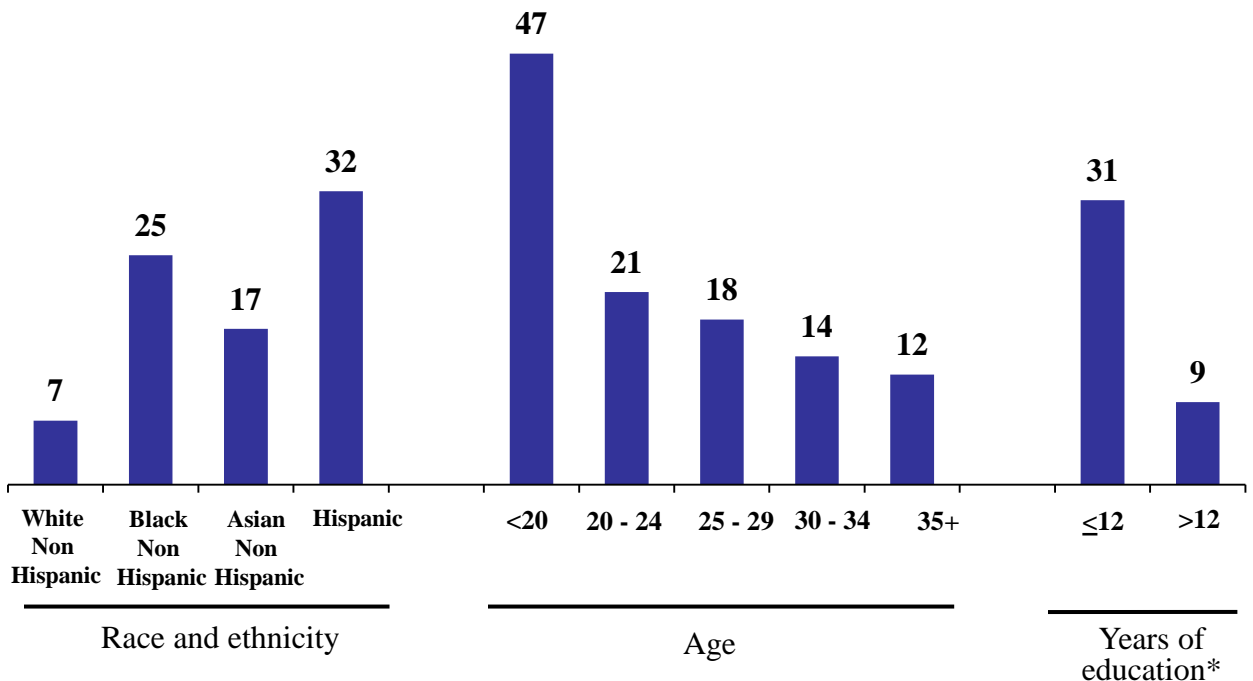
TRIMESTER PRENATAL CARE BEGAN

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



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

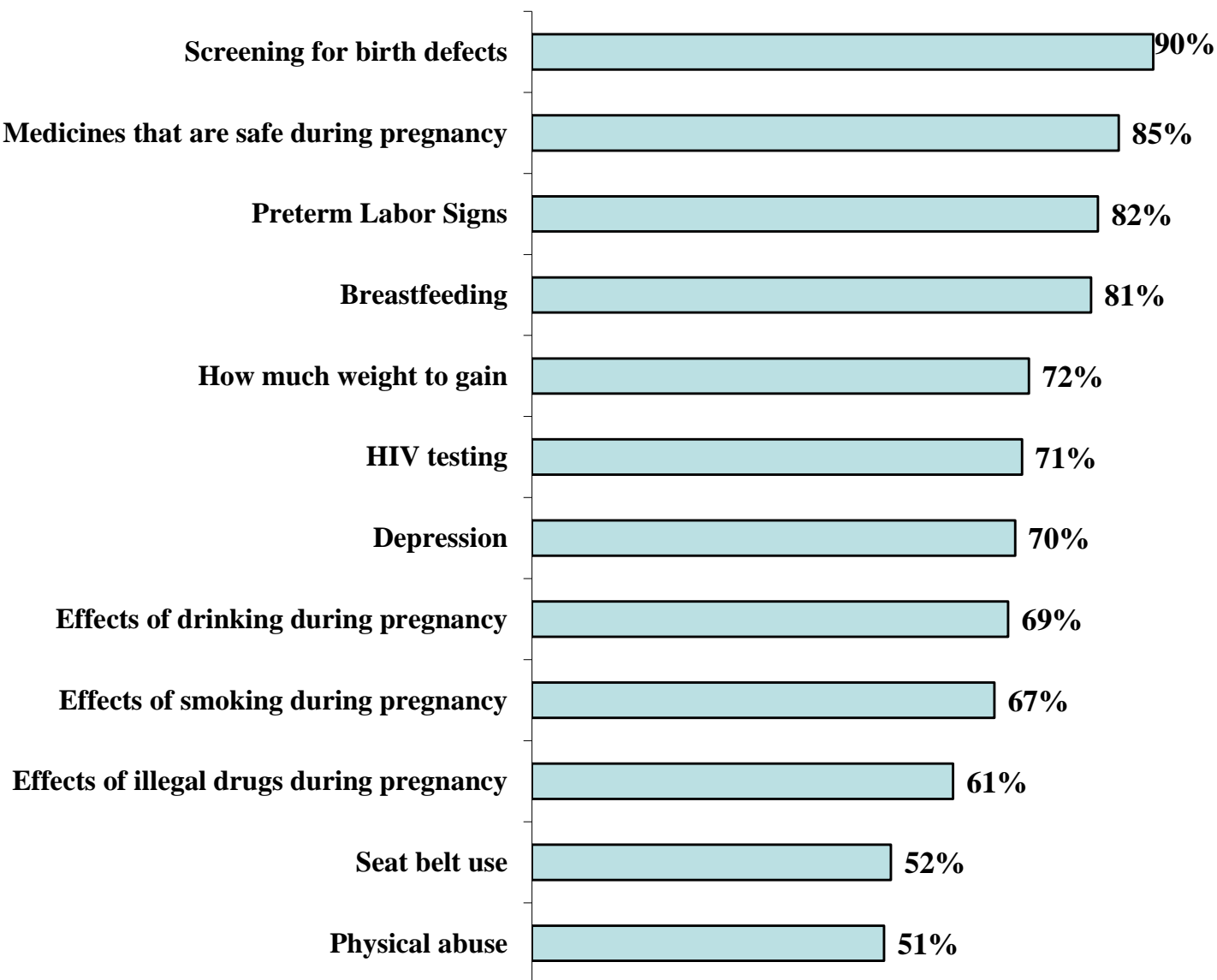


*Includes only mothers ages 20 and above.

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.

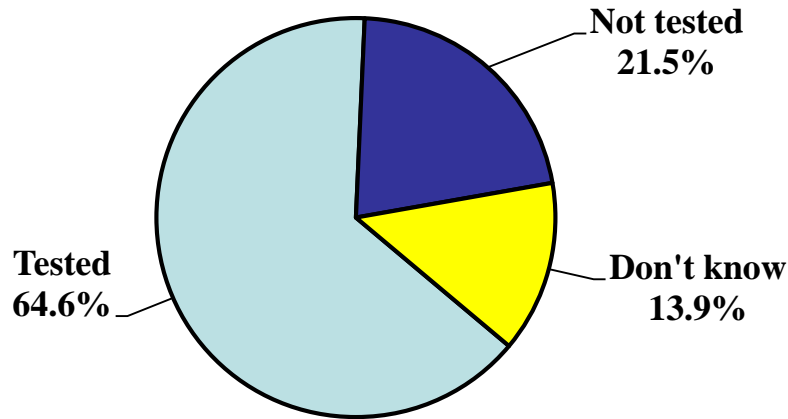
Mothers Reporting That Selected Topics Were Discussed During Prenatal Care Visits



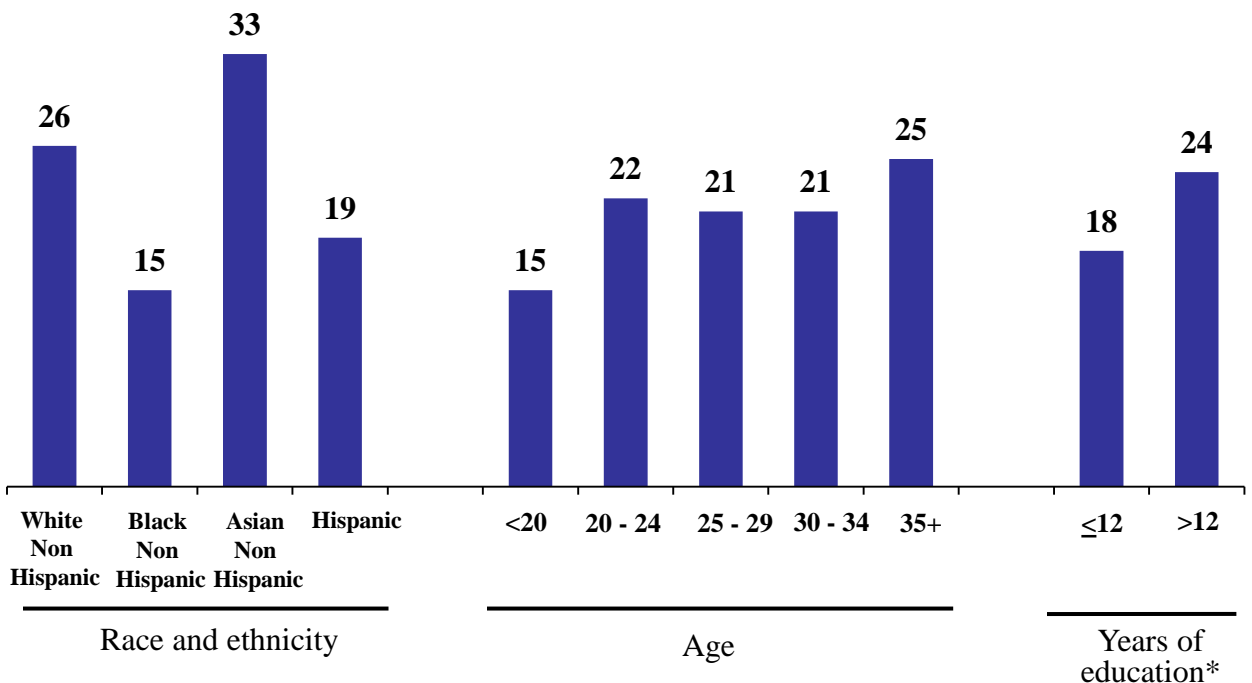
HIV TESTING

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



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

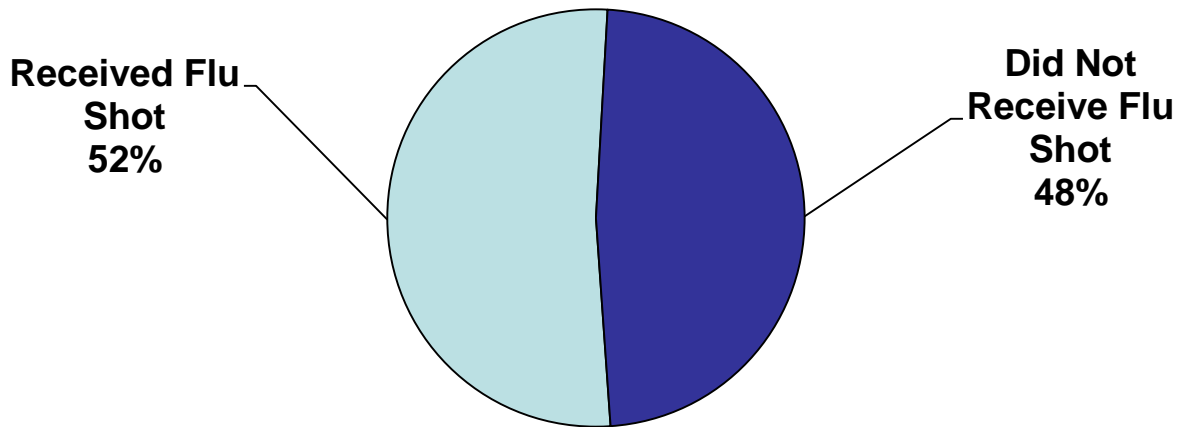


*Includes only mothers ages 20 and above.

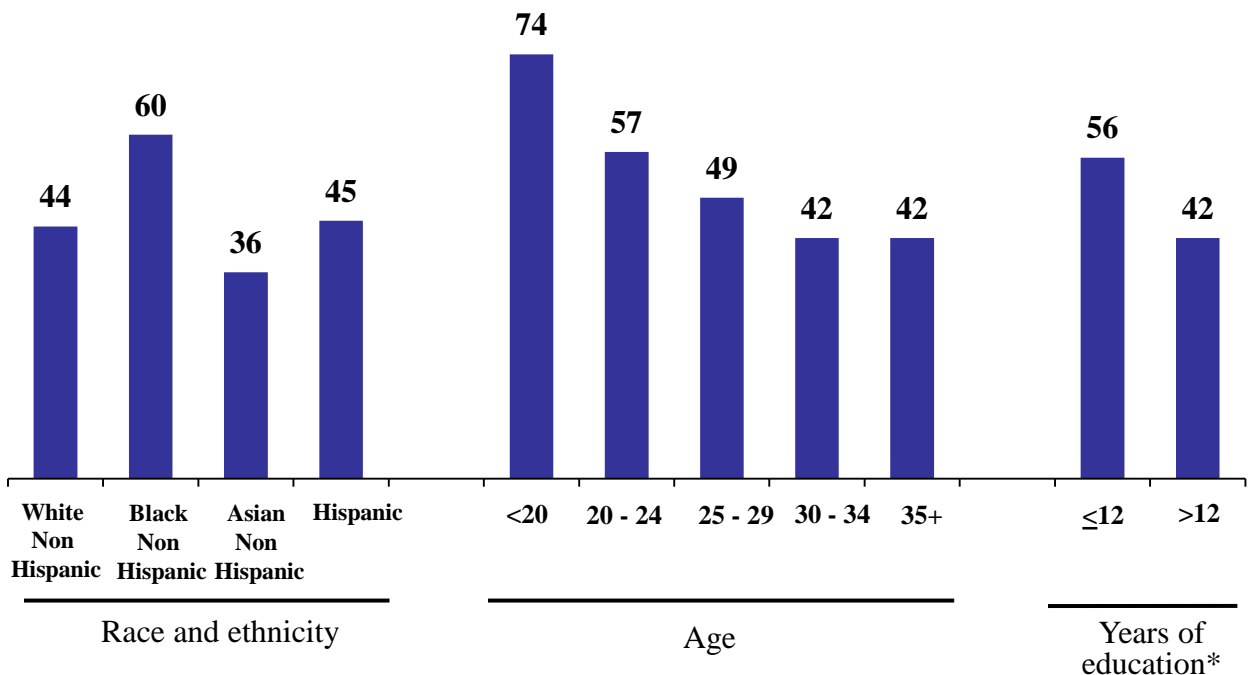
INFLUENZA IMMUNIZATIONS

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



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



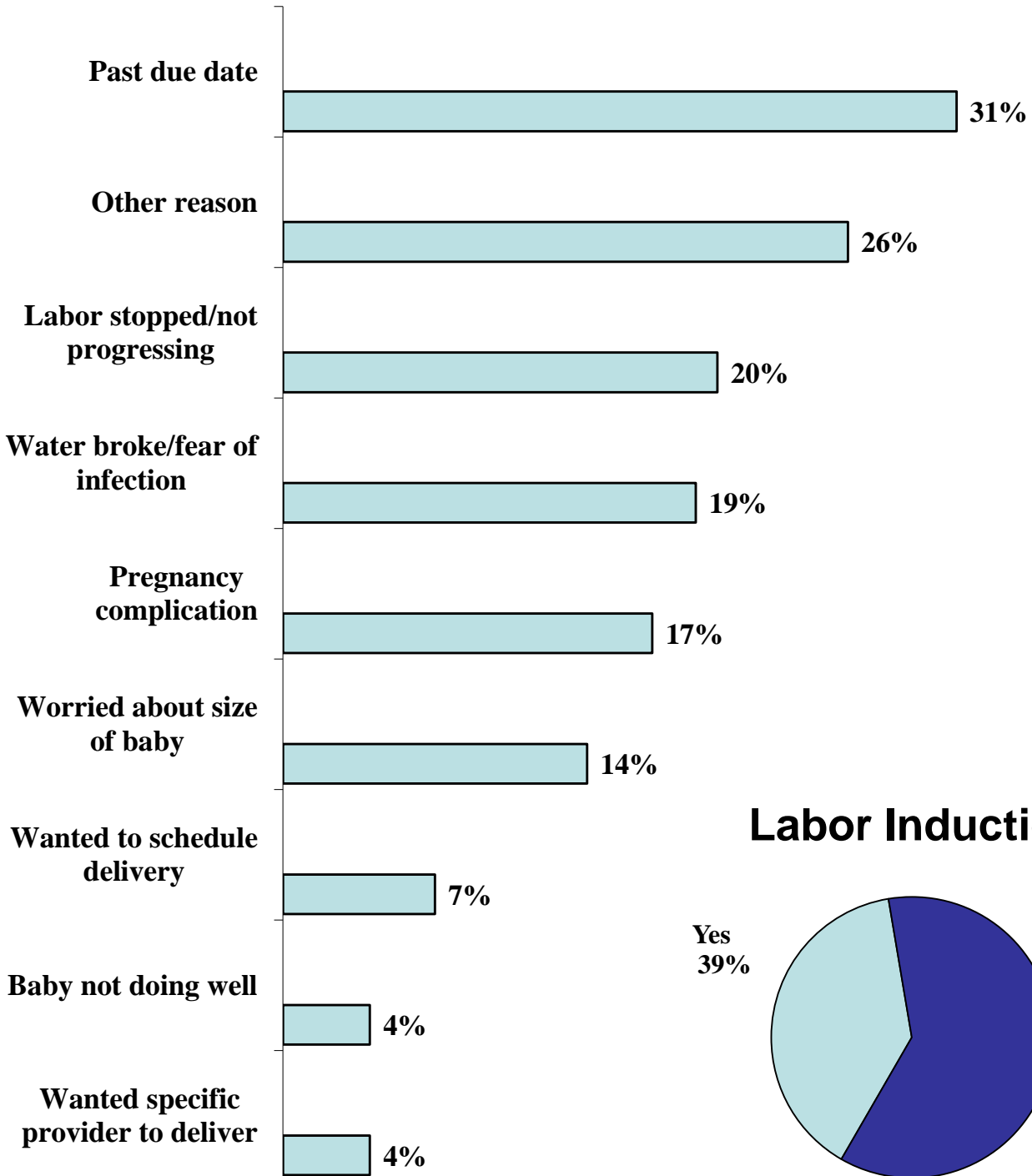
*Includes only mothers ages 20 and above.

REASONS FOR LABOR INDUCTION

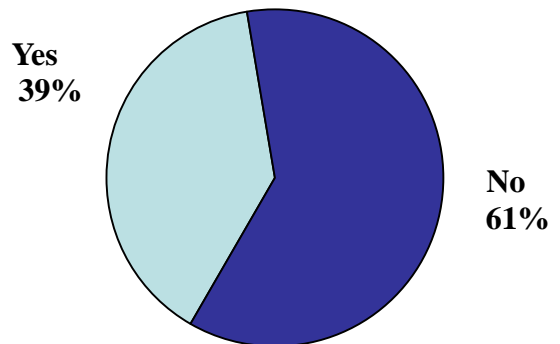
Question 48: Did your doctor, nurse, or other health care worker try to induce your labor (start your contractions using medicine)?

Question 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



Labor Induction



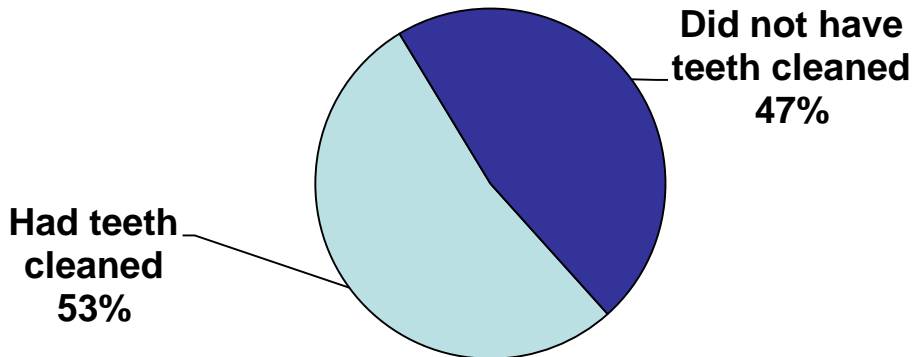
TEETH CLEANING

Question 29: This question is about the care of your teeth *during your most recent pregnancy*.

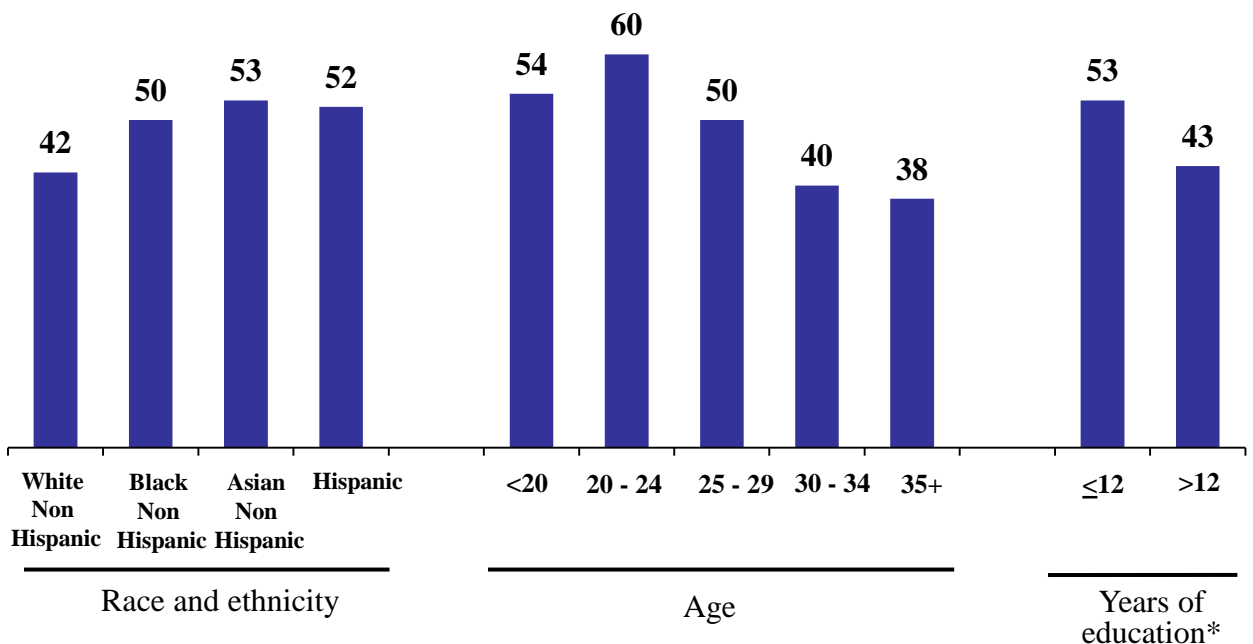
Question 29c: I had my teeth cleaned by a dentist or dental hygienist.

For each item, check **No** if it is not true or does not apply to you or **Yes** if it is true.

Distribution of Mothers by Teeth Cleaning During Pregnancy



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



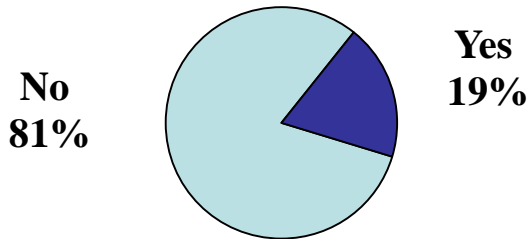
ORAL HEALTH PROBLEMS

Question 29e: I needed to see a dentist for a problem (during pregnancy).

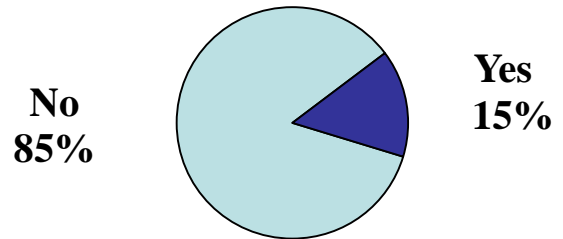
Question 29f: I went to a dentist or dental clinic about a problem (during pregnancy).

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?

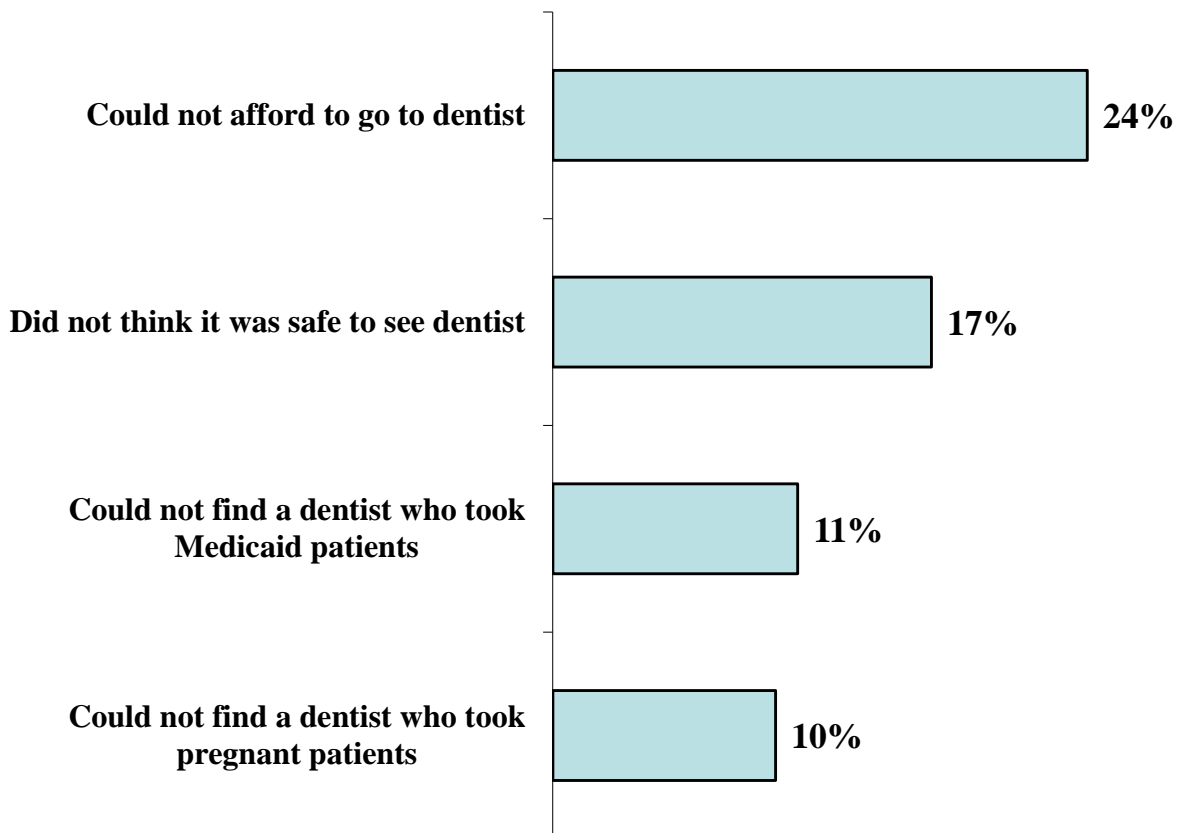
Distribution of Mothers Who Needed to See a Dentist about a Problem During Pregnancy



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



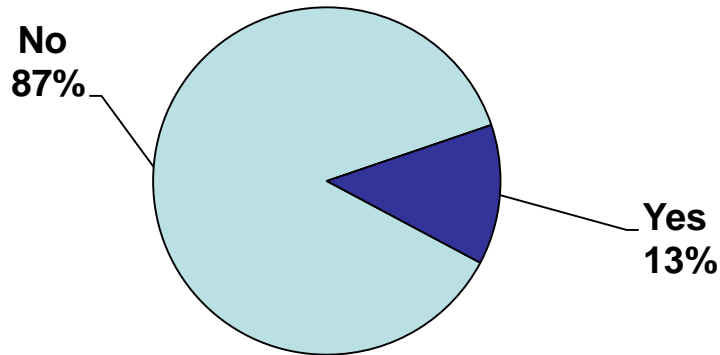
Factors Making it Difficult to See a Dentist About a Problem During Pregnancy



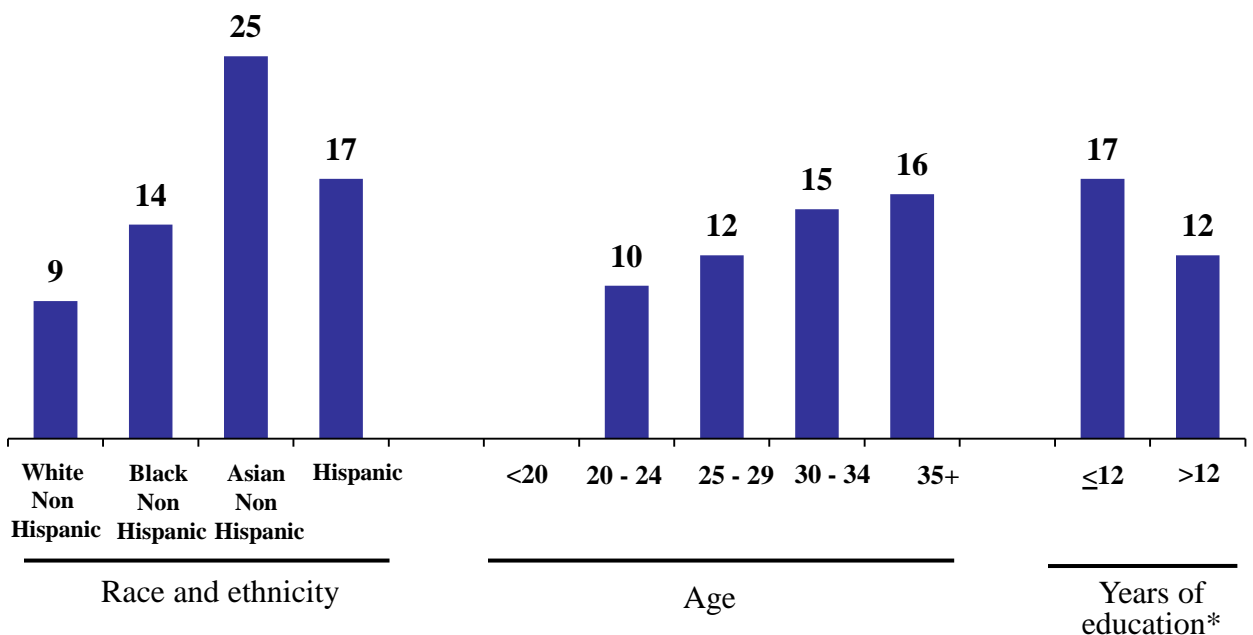
GESTATIONAL DIABETES

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



Percentage of Mothers Who Had Gestational Diabetes



*Includes only mothers ages 20 and above.

Health Care Coverage, WIC, Home Visiting, and Employment



“I like the fact that the nurses go and educate at home. I like that they give resources and learn how to take care of the baby and I really like that it is very helpful and I learned a lot from them.”

“Health insurance for single moms is incredibly great and there are so many (free) resources for new moms to take advantage of –classes, nurses, hospital programs etc.”

“I had 2 jobs, got fired from the first one because of the pregnancy and then the 2nd one I quit because my feet were swollen.”

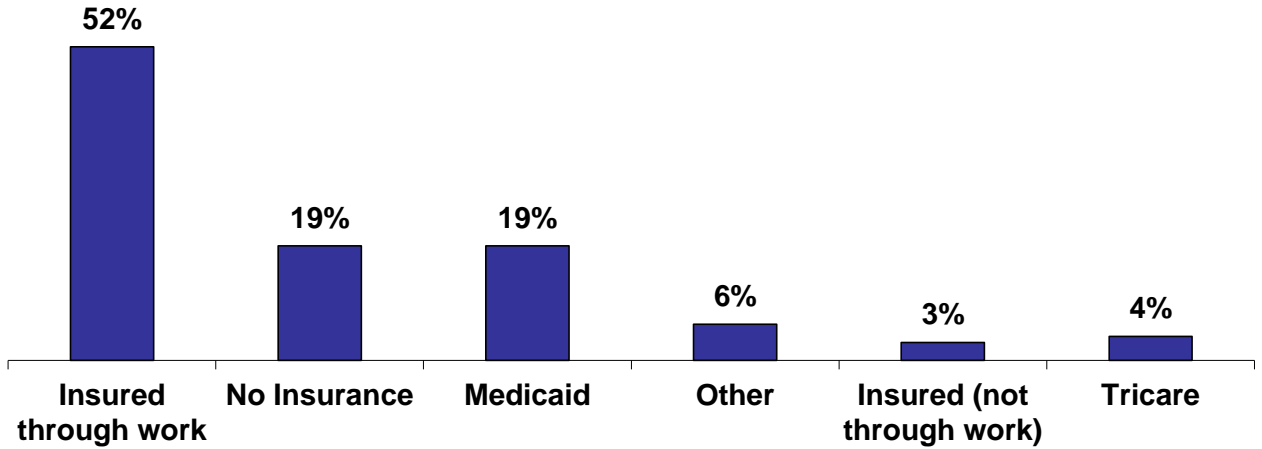
“The leave time that employers allow and will pay for is way too short and isn't conducive to having a new born to care for, especially if you're trying to breastfeed or pump milk.”

PRAMS mothers

HEALTH INSURANCE BEFORE PREGNANCY

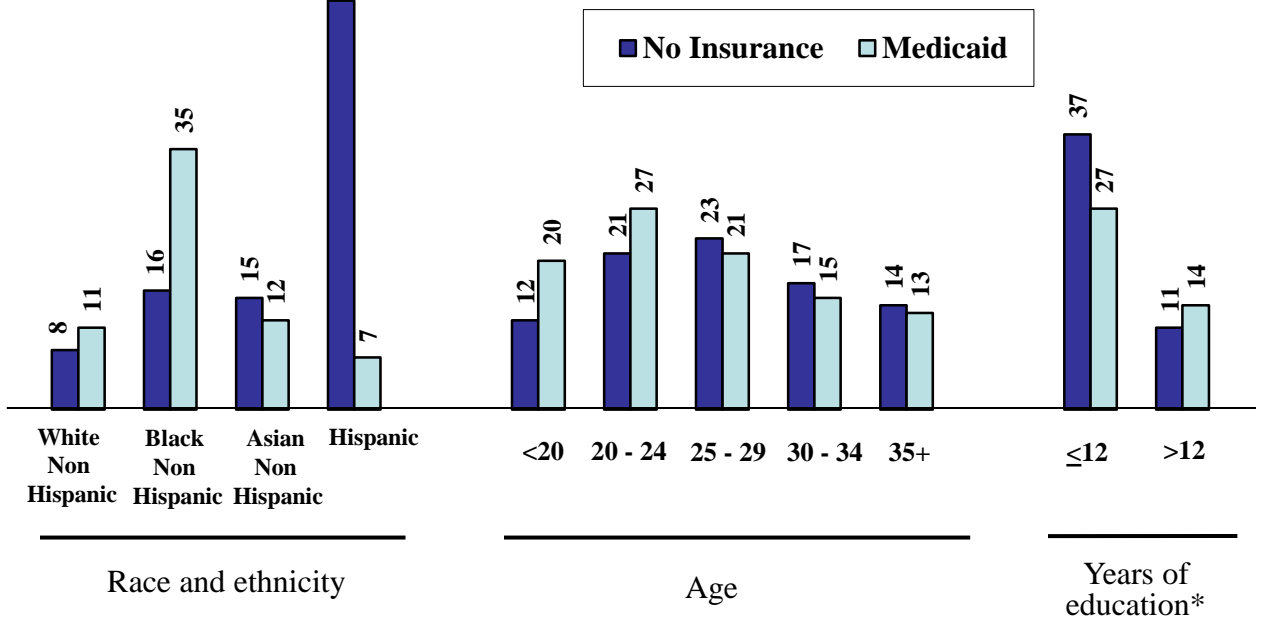
Question 8: During the *month before* you got pregnant with your new baby, what kind of *health insurance* did you have?

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

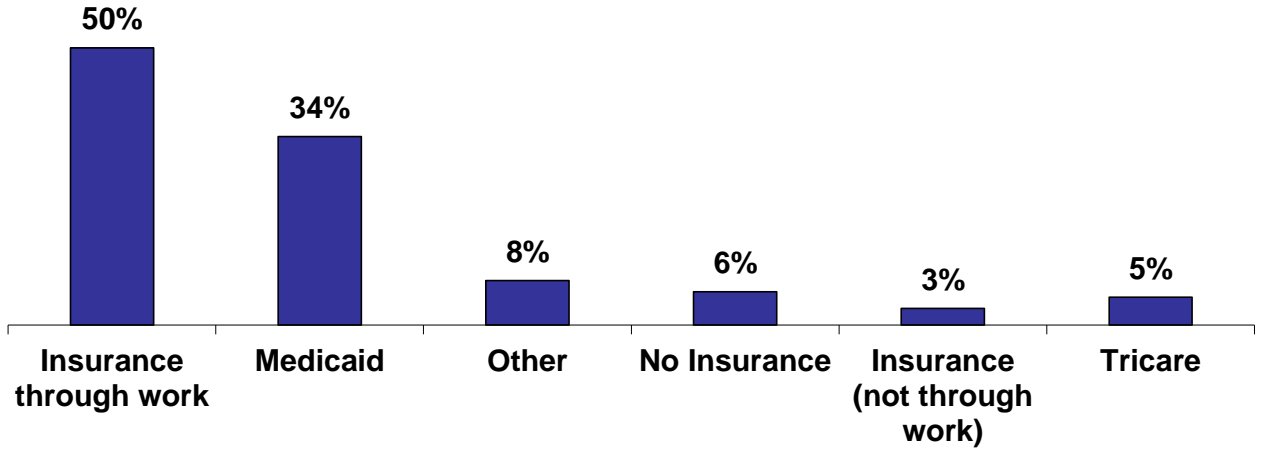


*Includes only mothers ages 20 and above.

SOURCE OF PAYMENT FOR PRENATAL CARE

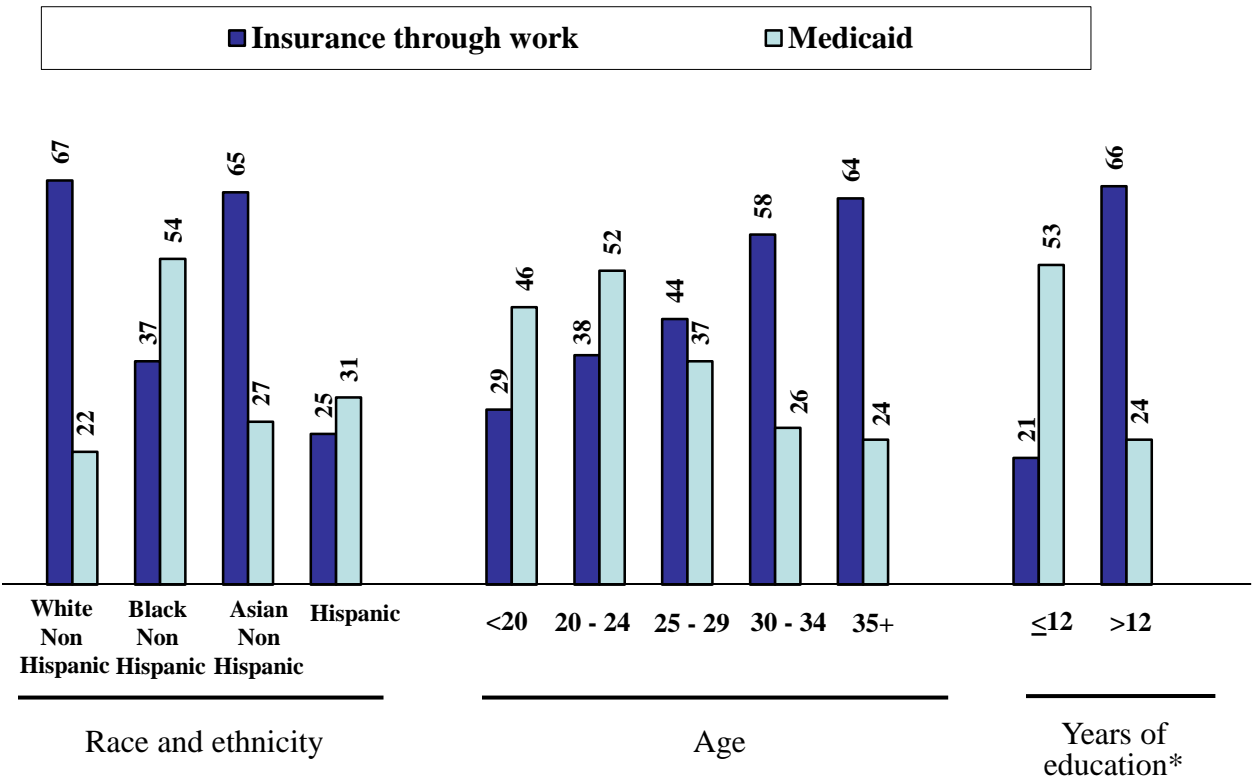
Question 22: During your most recent pregnancy, what kind of health insurance did you have to pay for your prenatal care?

Source(s) of Payment for Prenatal Care**



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

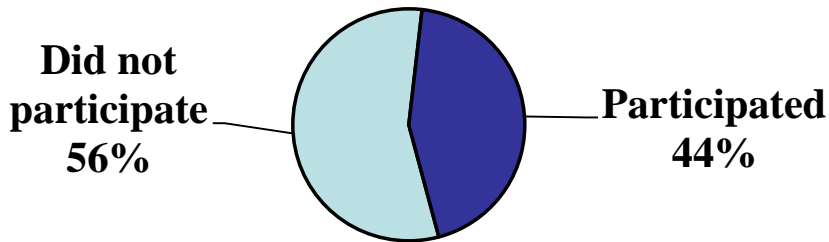
Percentage of Mothers Who Identified Insurance or Medicaid as a Source of Payment for Prenatal Care



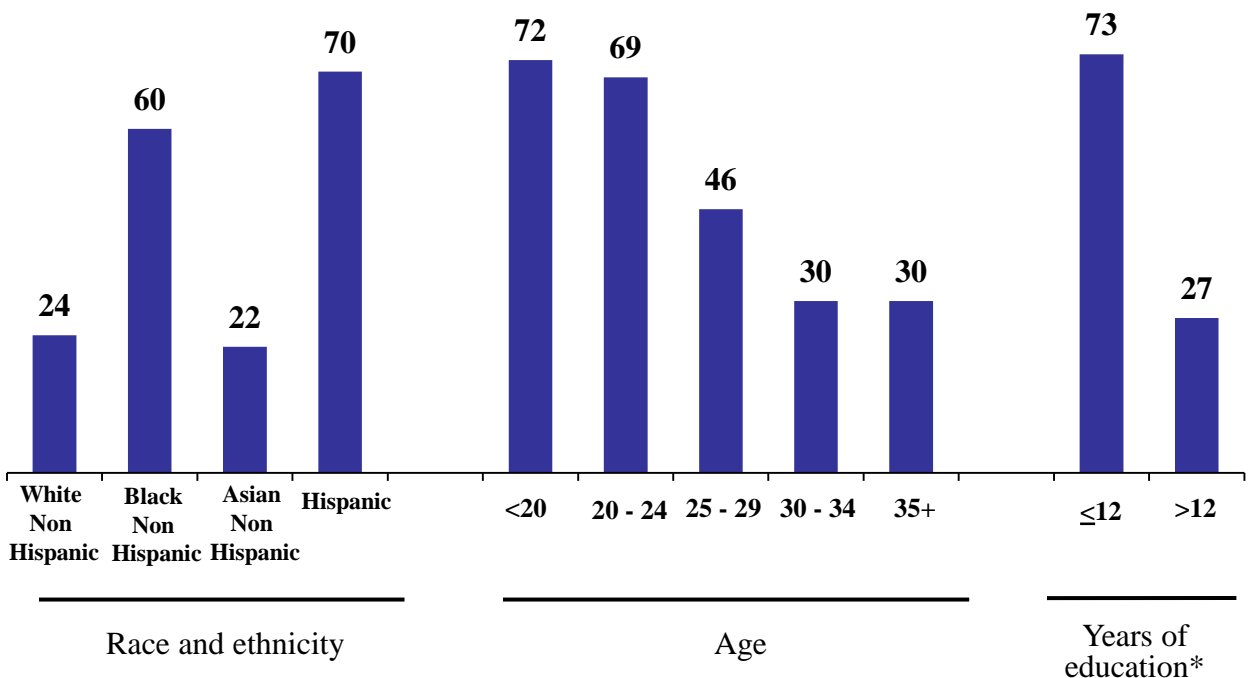
WIC PARTICIPATION

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



Percentage of Mothers Who Participated in the WIC Program During Pregnancy

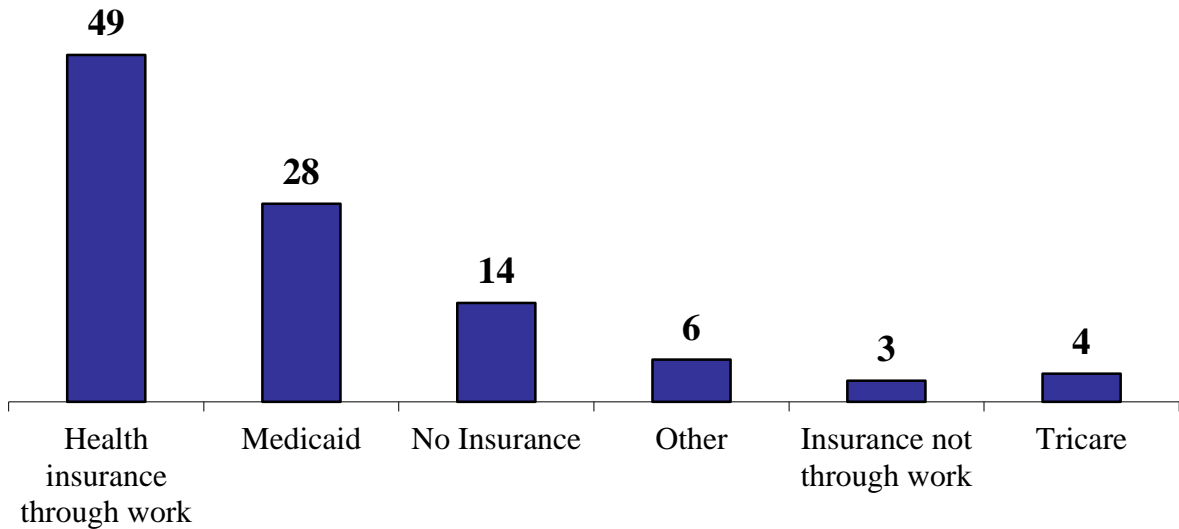


*Includes only mothers ages 20 and above.

CURRENT HEALTH INSURANCE

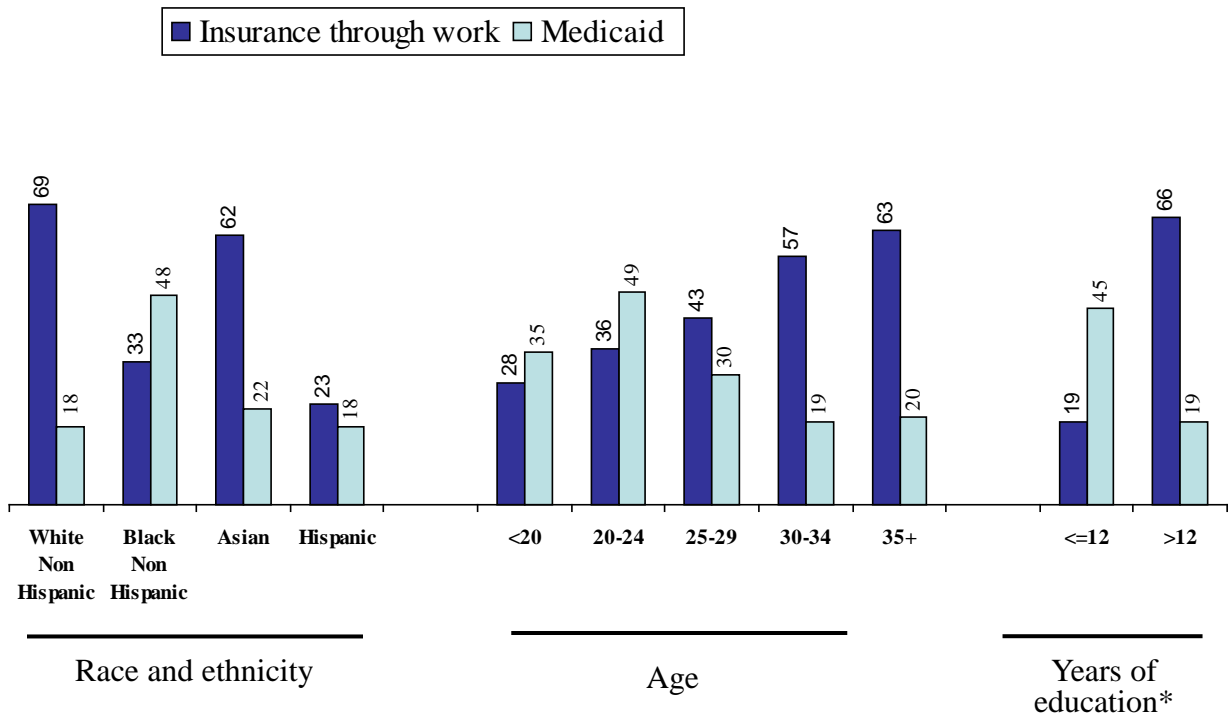
Question 68: What kind of *health insurance* do you have *now*? Check all that apply.

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

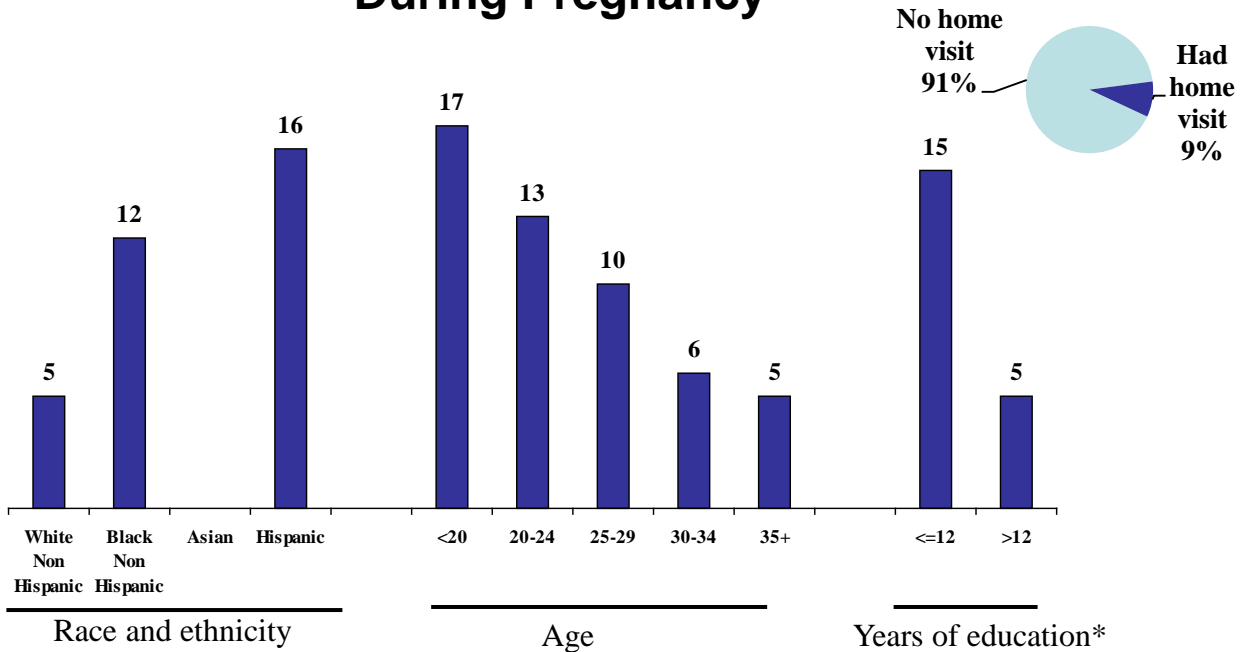


HOME VISITING

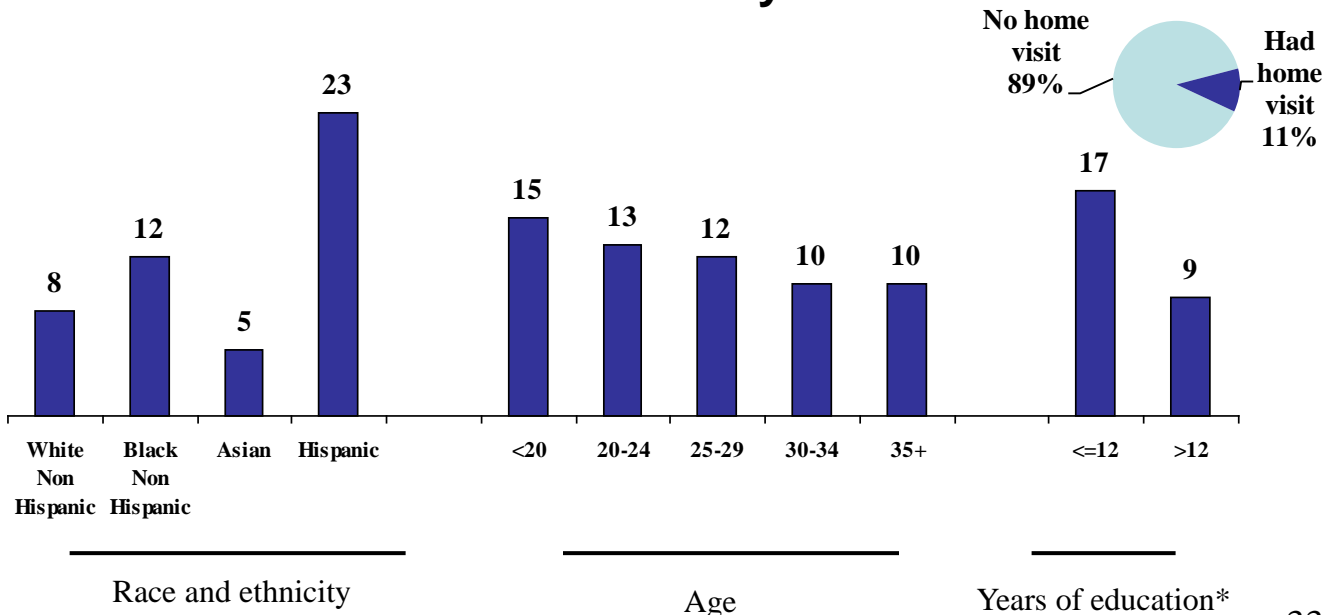
Question 32: During *your most recent* pregnancy, did a home visitor come to your home to help you prepare for your new baby?

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



Distribution of Mothers who had a Home Visit After Delivery

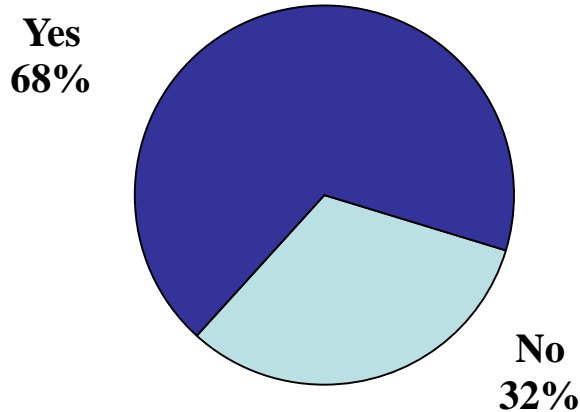


*Includes only mothers ages 20 and above.

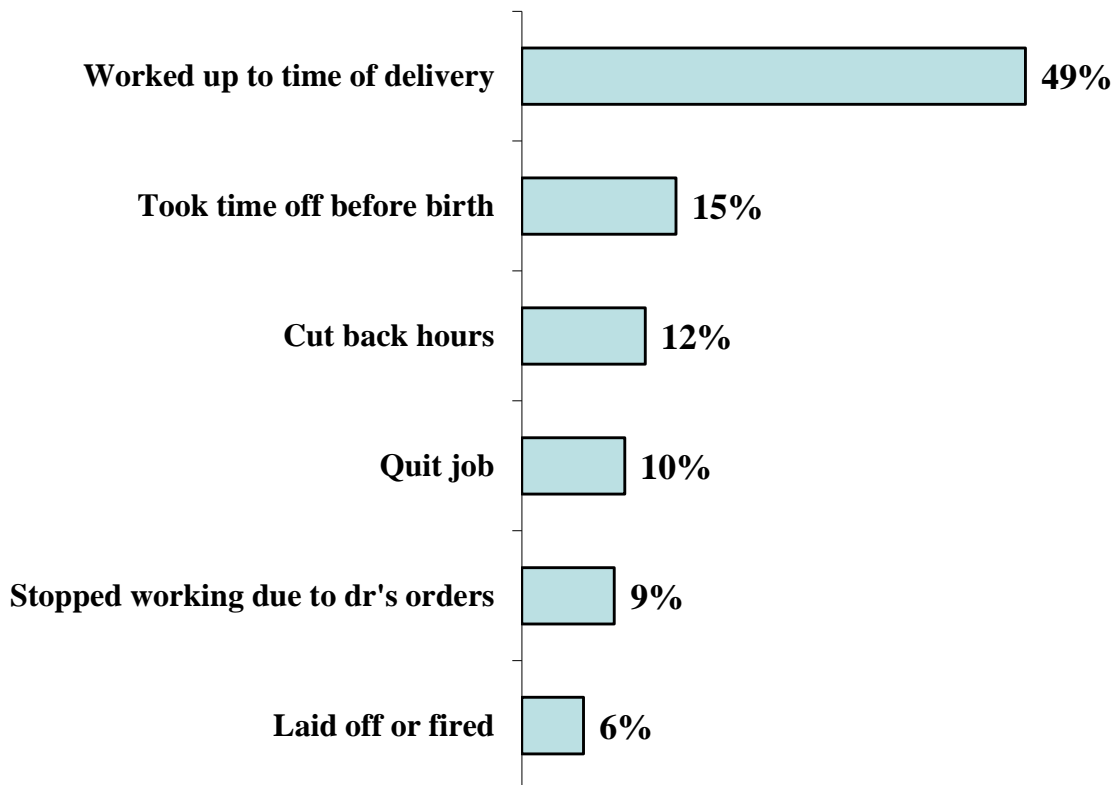
MATERNAL EMPLOYMENT

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



Work Schedule During Last Month of Pregnancy

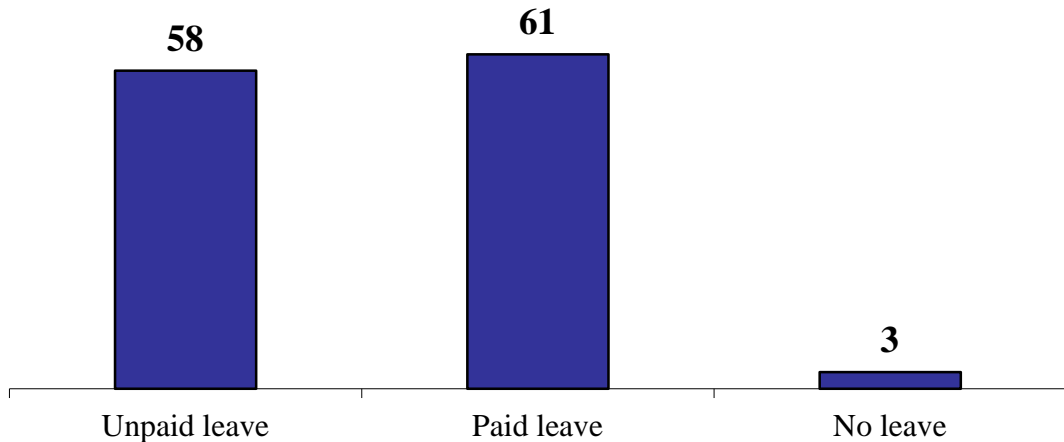


WORKPLACE LEAVE

Question 79: Which of the following describes the leave or time you took off from work *after* your new baby was born?

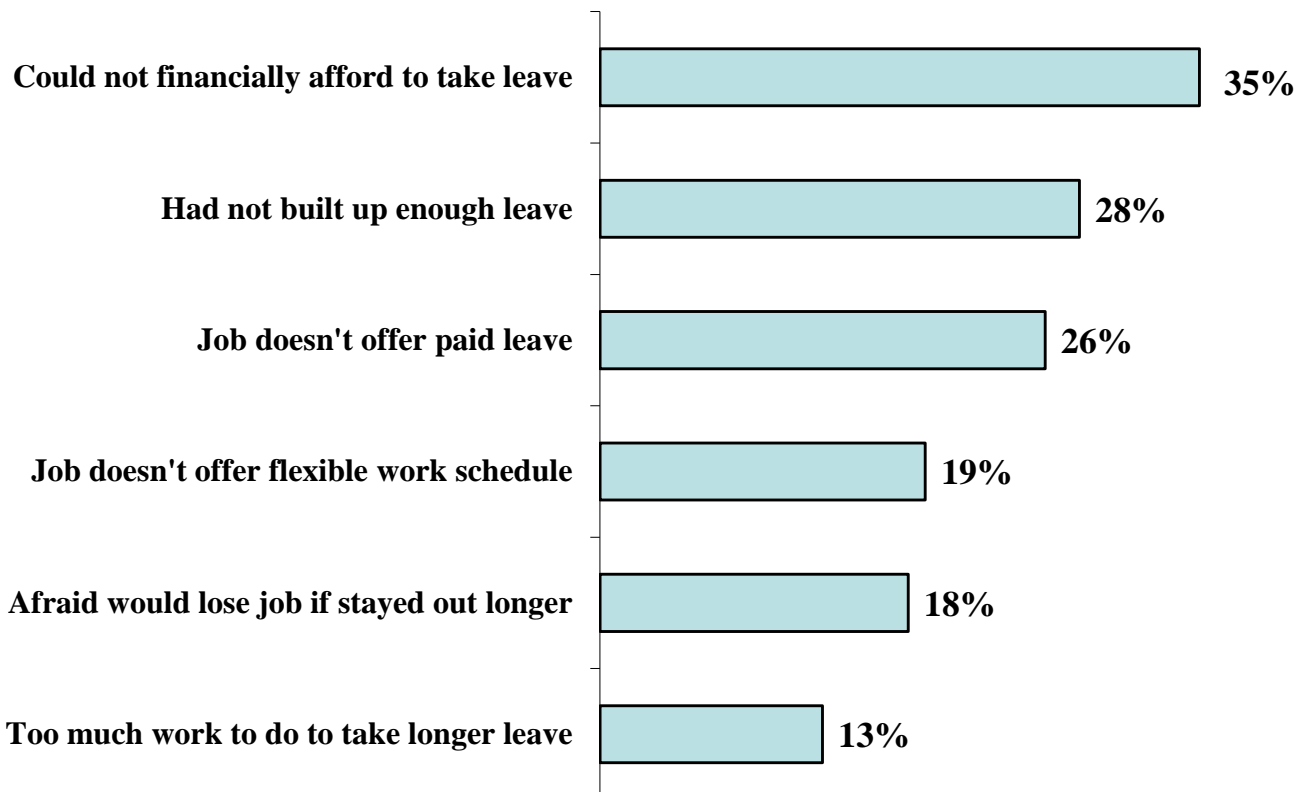
Question 80: Did any of the things listed below affect your decision about taking leave from work *after* your new baby was born?

Distribution of Leave That Mothers Took After Delivery*



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

Factors Affecting Decision to Take Leave



Selected Risk Factors



“As for health of mothers and babies in Maryland, I hope this opiate problem is addressed and taken care of. There are far too many babies being born addicted to opiates.”

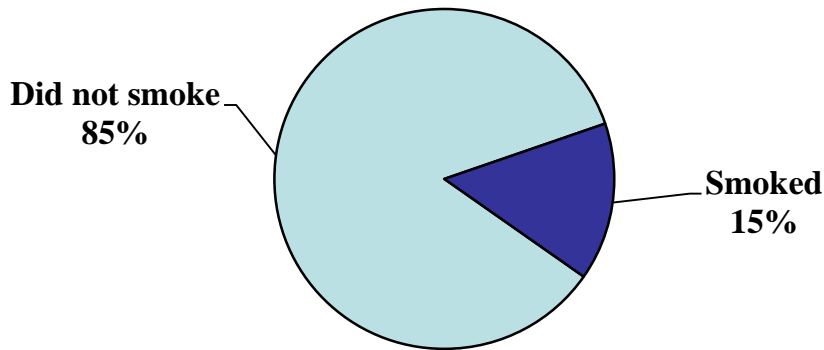
“I got a restraining order on my partner, but he broke it. He's stressing me out, but luckily my baby was still born healthy and he's doing good now too.”

PRAMS mothers

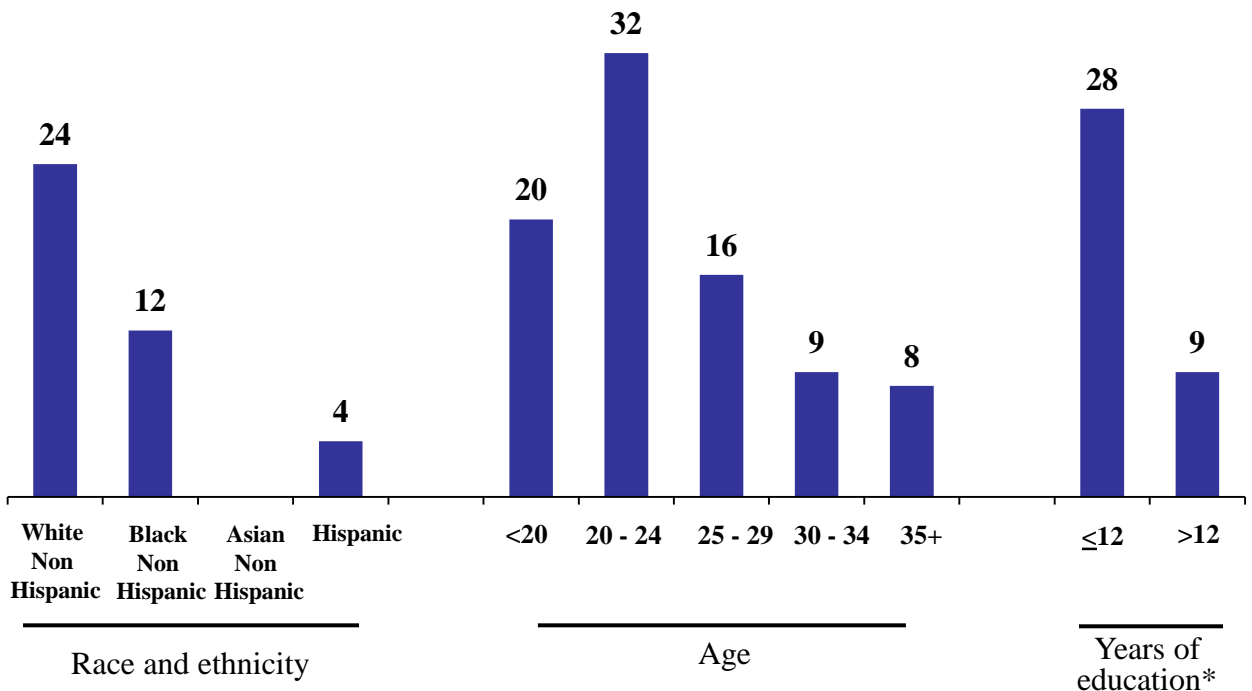
SMOKING BEFORE PREGNANCY

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



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

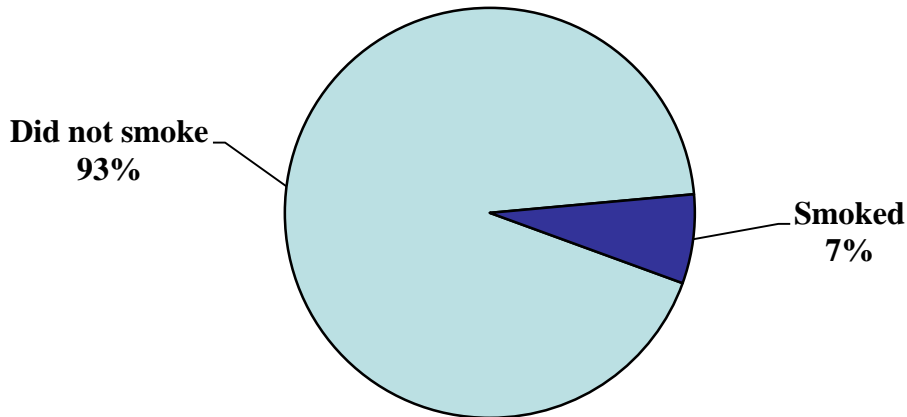


*Includes only mothers ages 20 and above.

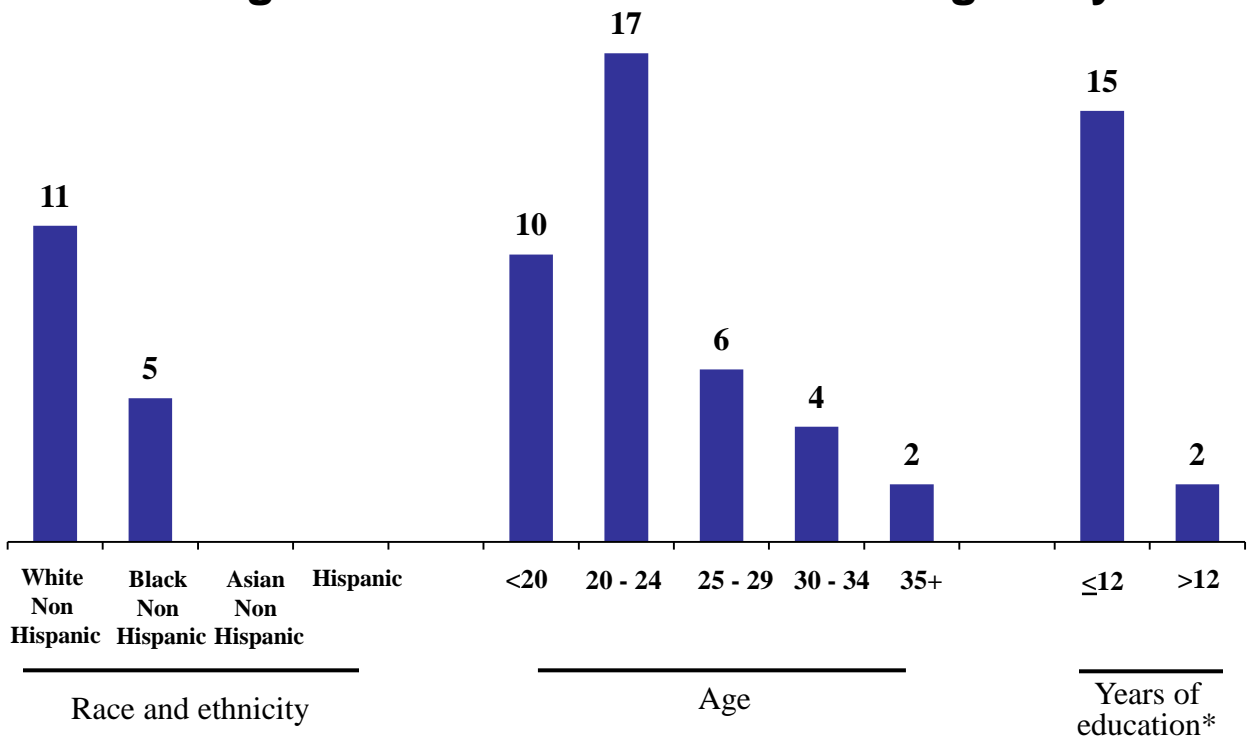
SMOKING DURING PREGNANCY

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



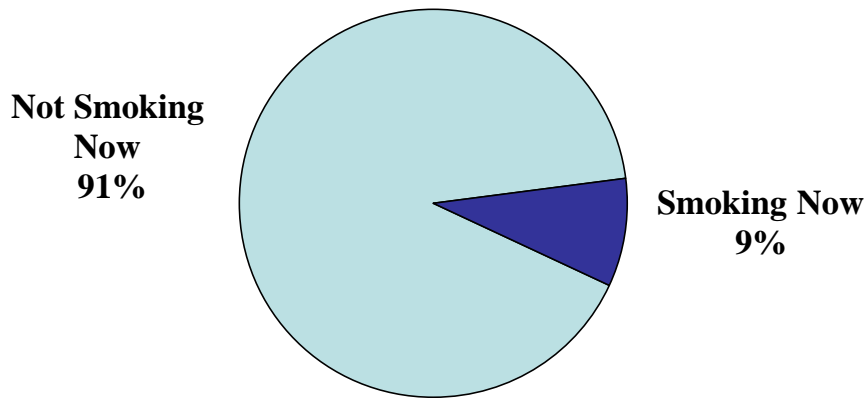
Percentage of Mothers Who Reported They Smoked During the Last Three Months of Pregnancy



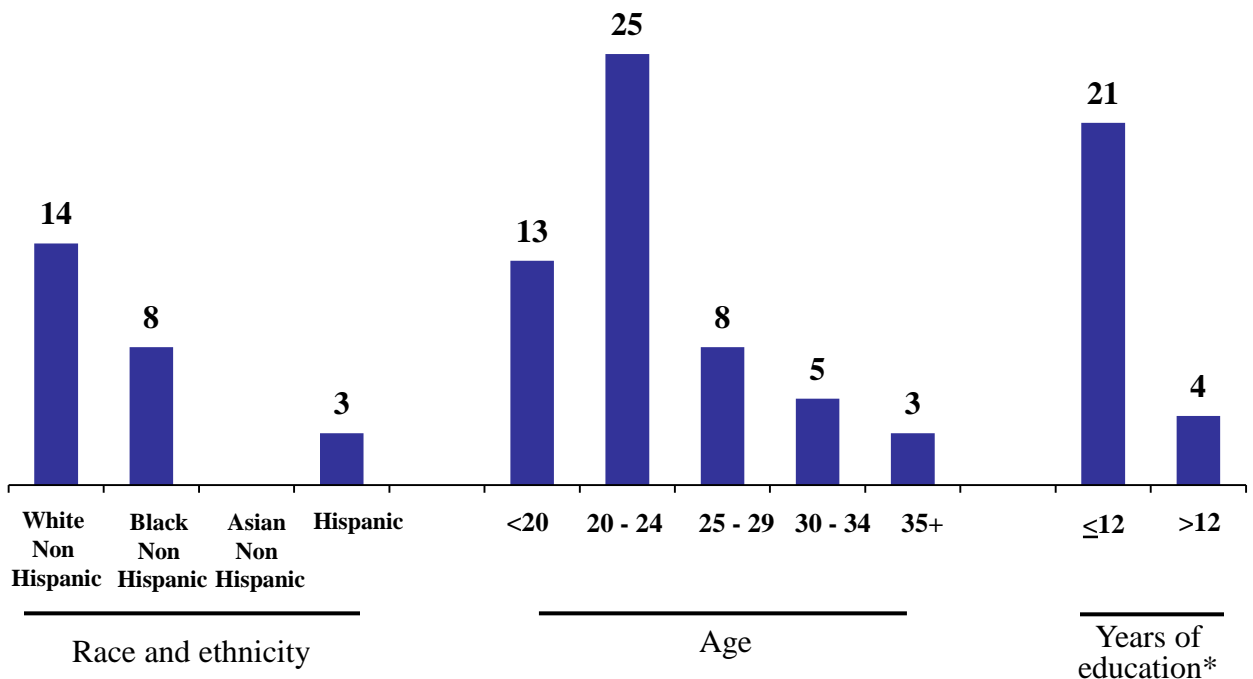
SMOKING AFTER PREGNANCY

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

Distribution of Mothers by Smoking Status in the Postpartum Period



Percentage of Mothers Who Reported They Smoked in the Postpartum Period



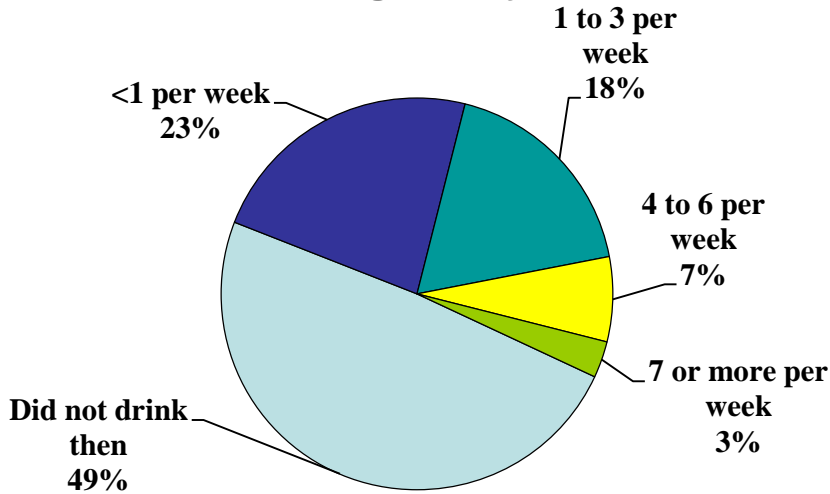
*Includes only mothers ages 20 and above.

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

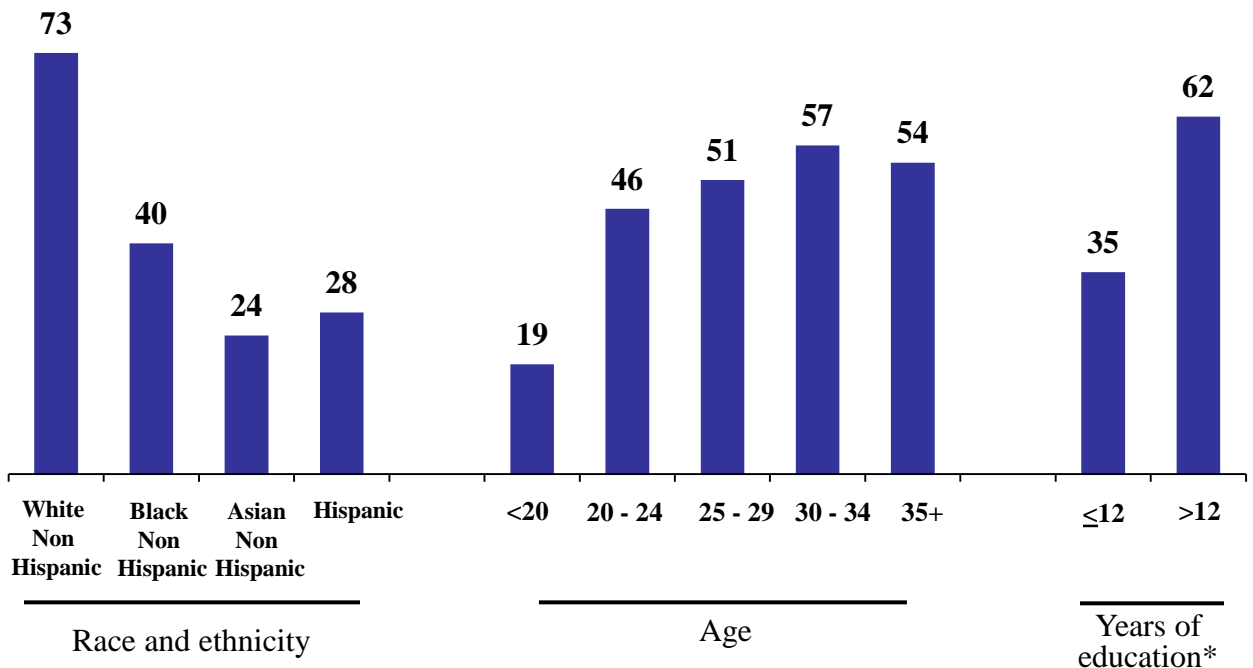
ALCOHOL USE BEFORE PREGNANCY

Question 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



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



*Includes only mothers ages 20 and above.

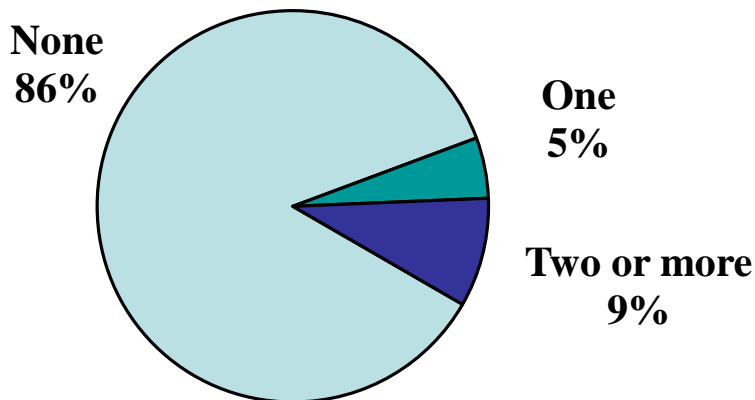
ALCOHOL BINGES BEFORE AND DURING PREGNANCY

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?

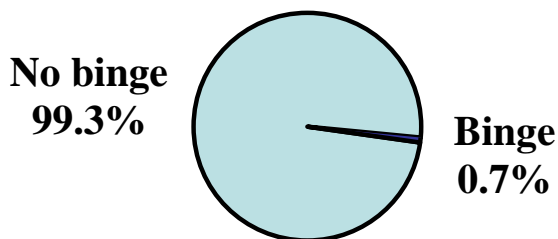
Question 43: During the *last 3 months* of your pregnancy, how many times did you drink 4 alcoholic drinks or more in a 2 hour time span?

Distribution of Mothers by the Number of Alcohol Binges (4+ Drinks in One Sitting) Before and During Pregnancy

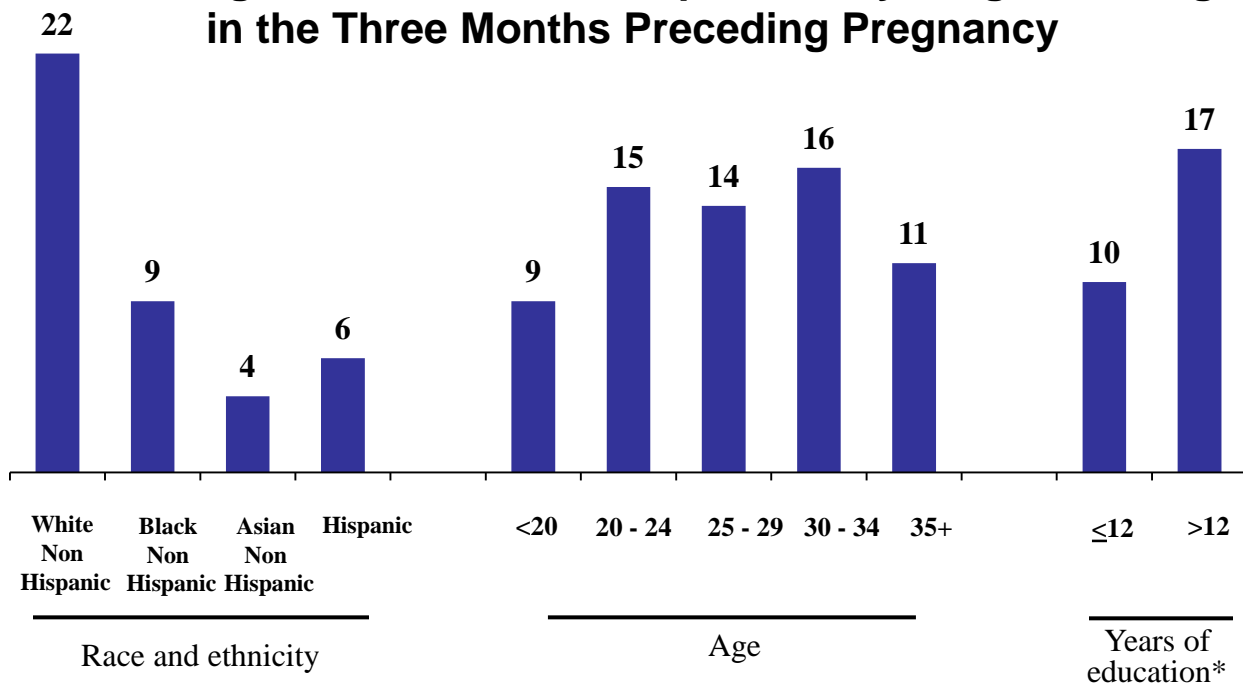
Before Pregnancy



<1% of Mothers Reported Binge Drinking *During* Pregnancy



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

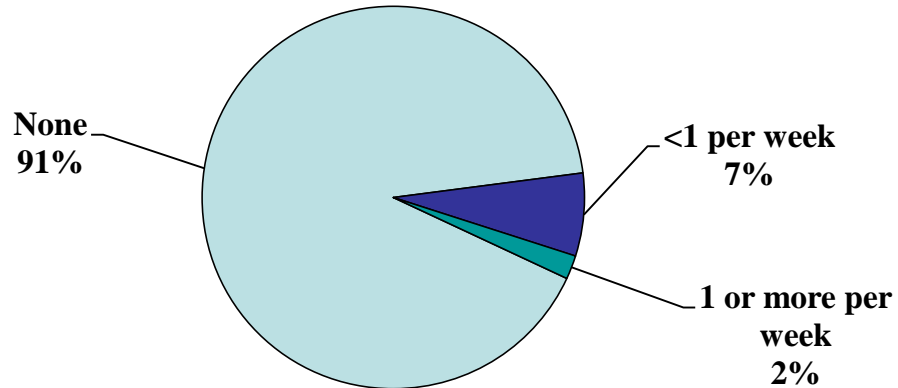


*Includes only mothers ages 20 and above.

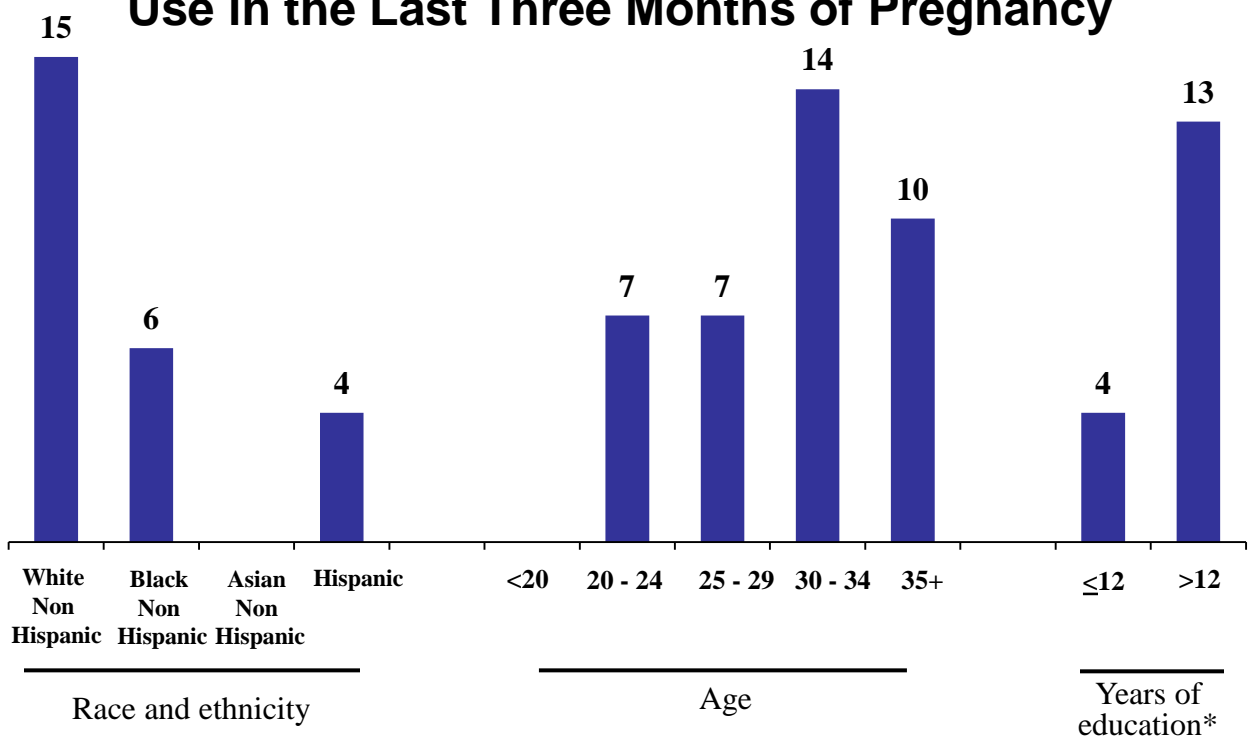
ALCOHOL USE DURING PREGNANCY

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



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



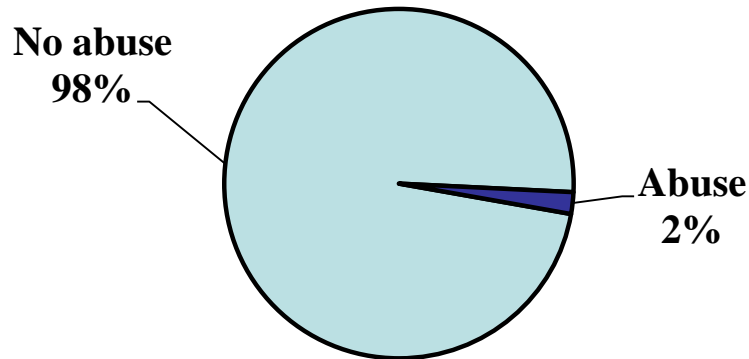
*Includes only mothers ages 20 and above.

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

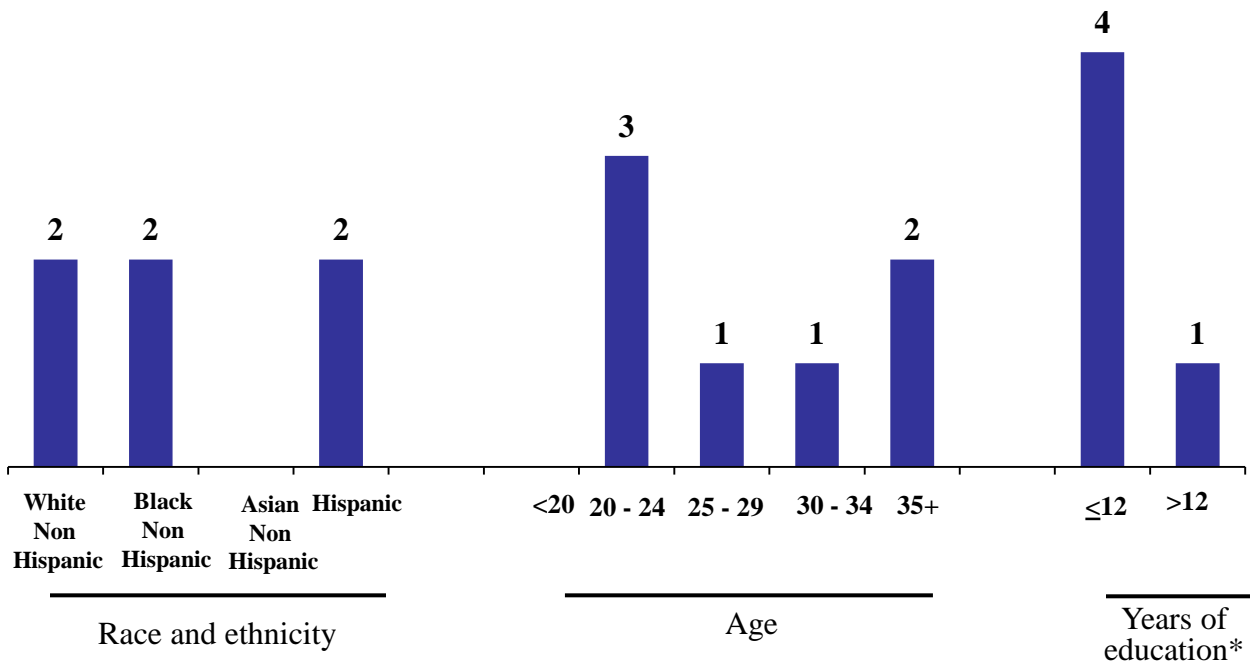
PHYSICAL ABUSE BEFORE PREGNANCY

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



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



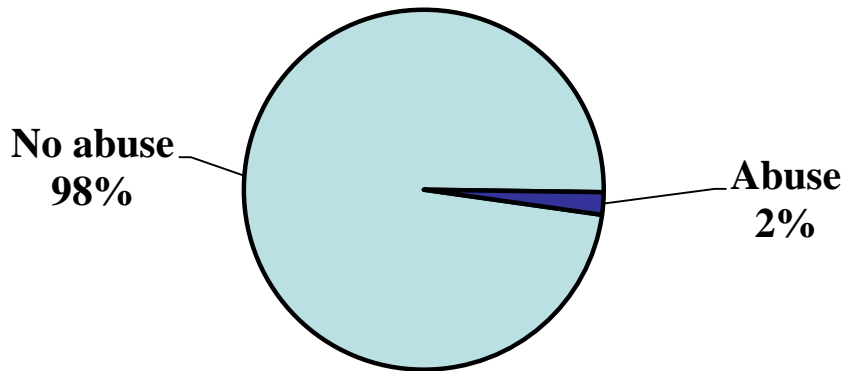
*Includes only mothers ages 20 and above.

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

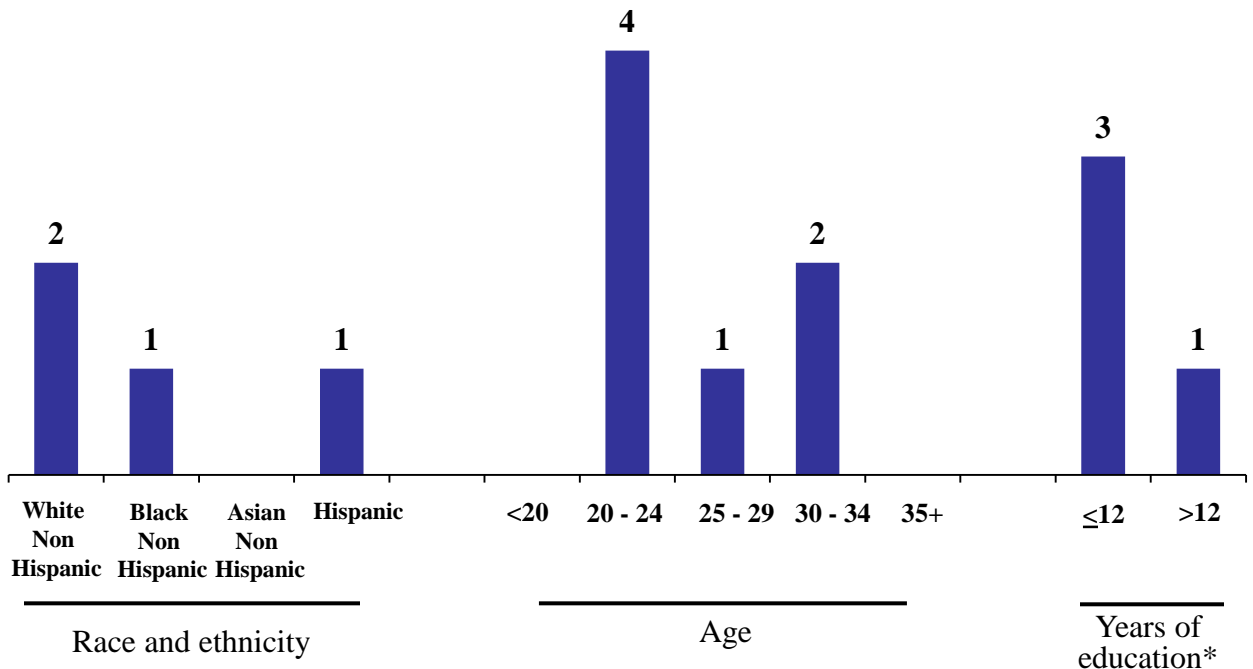
PHYSICAL ABUSE DURING PREGNANCY

Question 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



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 wish there was more information about breastfeeding. I think there is a lot of propaganda about it and that it is so necessary for the baby. It was so much harder than I expected it to be.”

“I never thought depression after birth was real, but it truly happens. I hope healthcare workers everywhere encourage women to come out and let them know when these women have symptoms of depression. Medication has truly, truly helped me to give better care to my daughter and I'm glad I had the courage to share my problem with my doctor.”

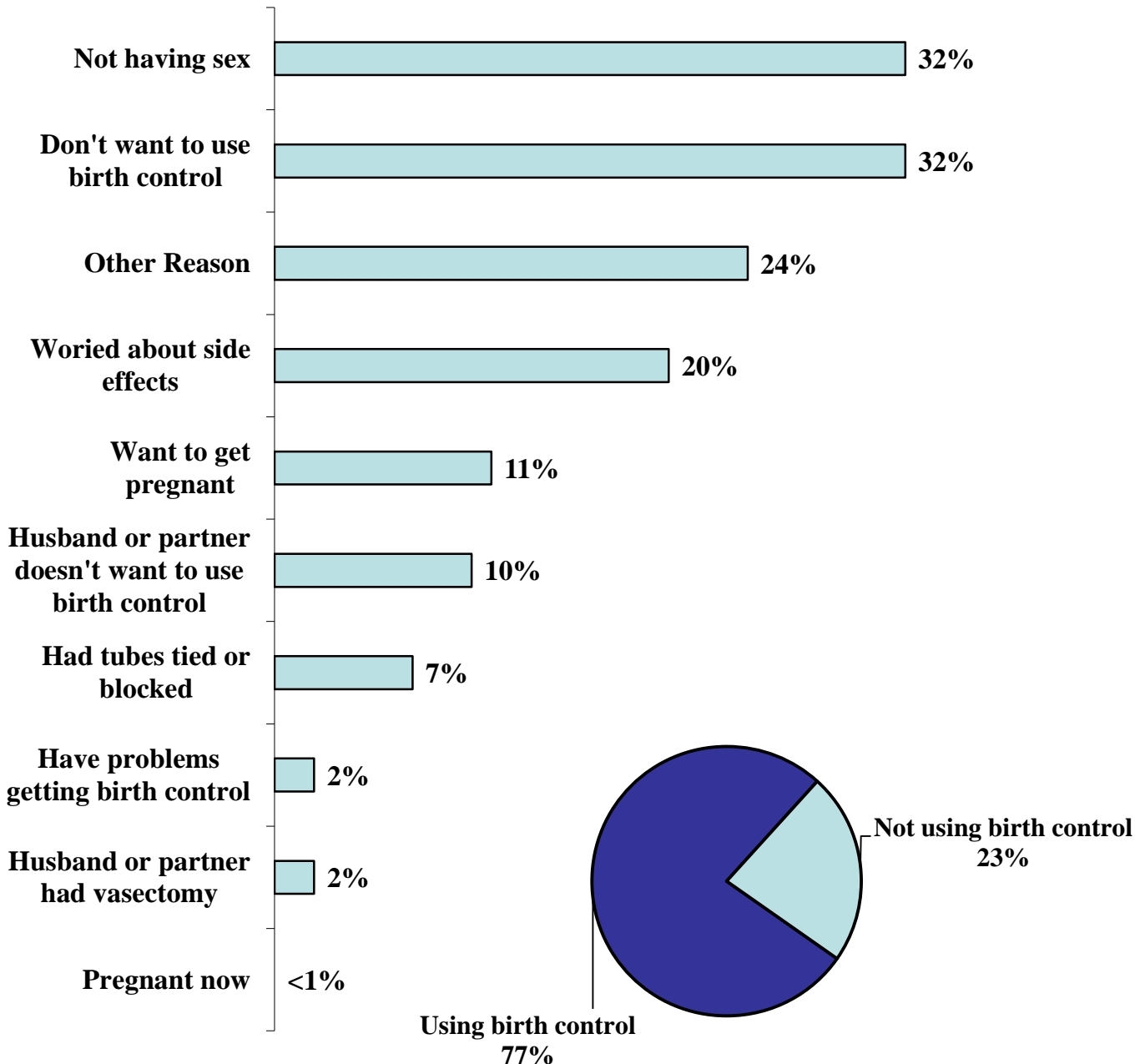
“I thought the hospital was great..the time for the recovery and bonding and breastfeeding should be longer though and employers should offer better maternity packages. I had a relatively good one but I still thought it wasn't enough time. It's difficult to return to work and continue breastfeeding for 6 months.”

PRAMS mothers

REASONS FOR NO POSTPARTUM BIRTH CONTROL

Question 62: Are you or your husband or partner doing anything *now* to keep from getting pregnant?
 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.

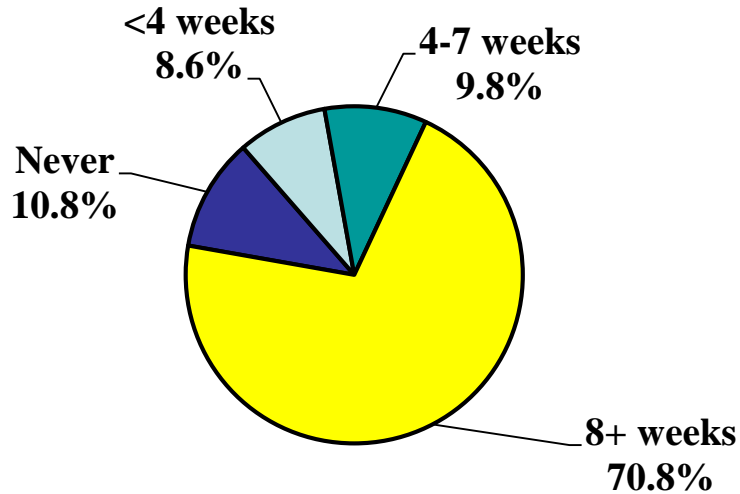
Reasons Reported for Not Using Postpartum Birth Control



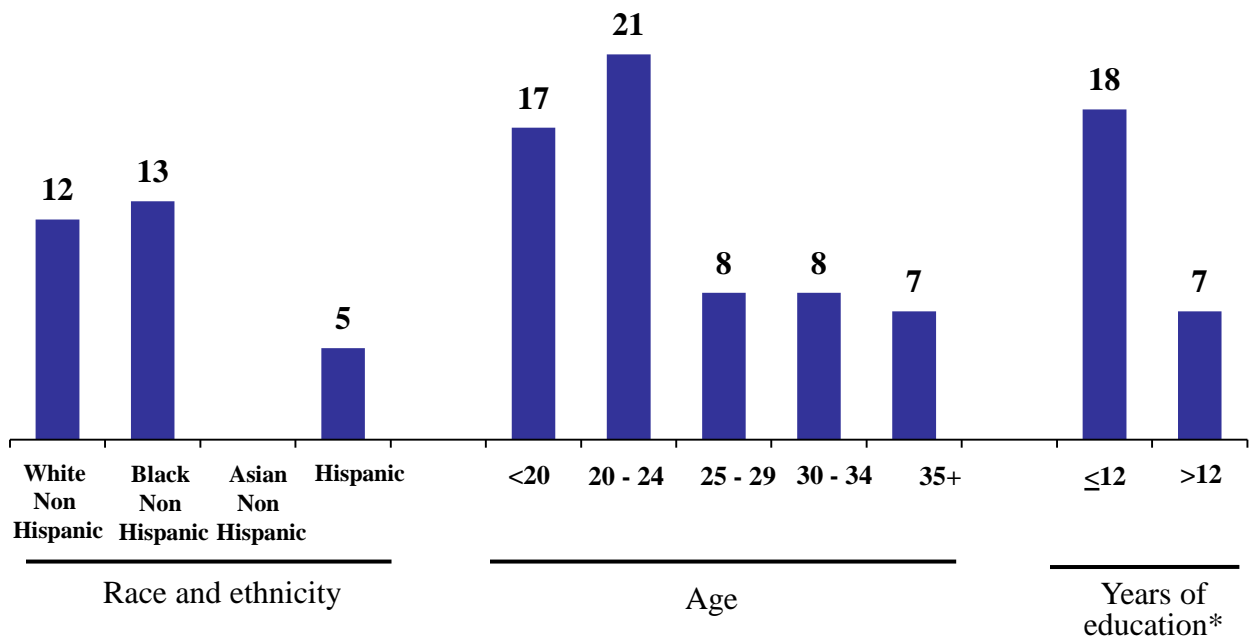
BREASTFEEDING

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



Percentage of Mothers Who Reported Never Breastfeeding



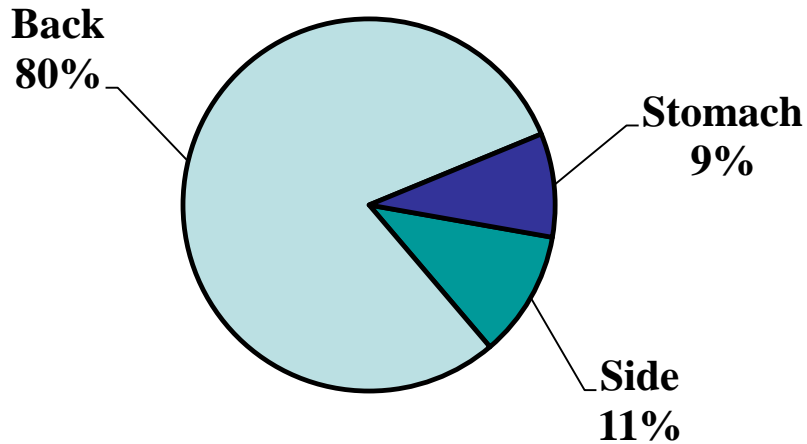
*Includes only mothers ages 20 and above.

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

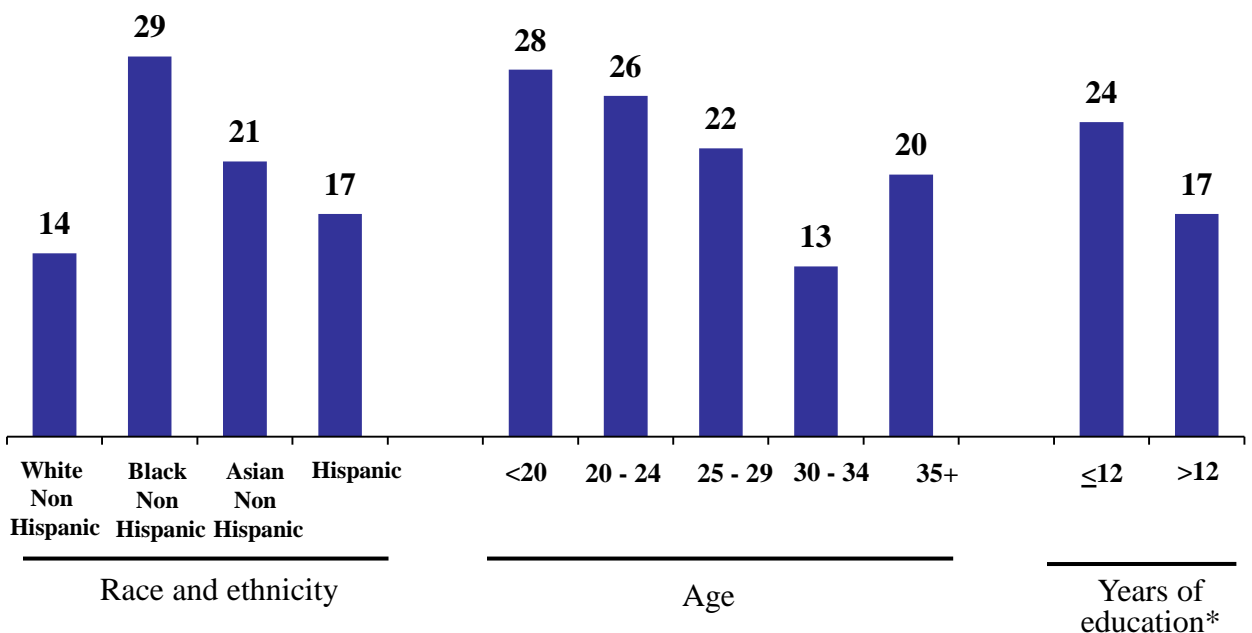
SLEEP POSITION

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

Distribution of Infants by Sleep Position



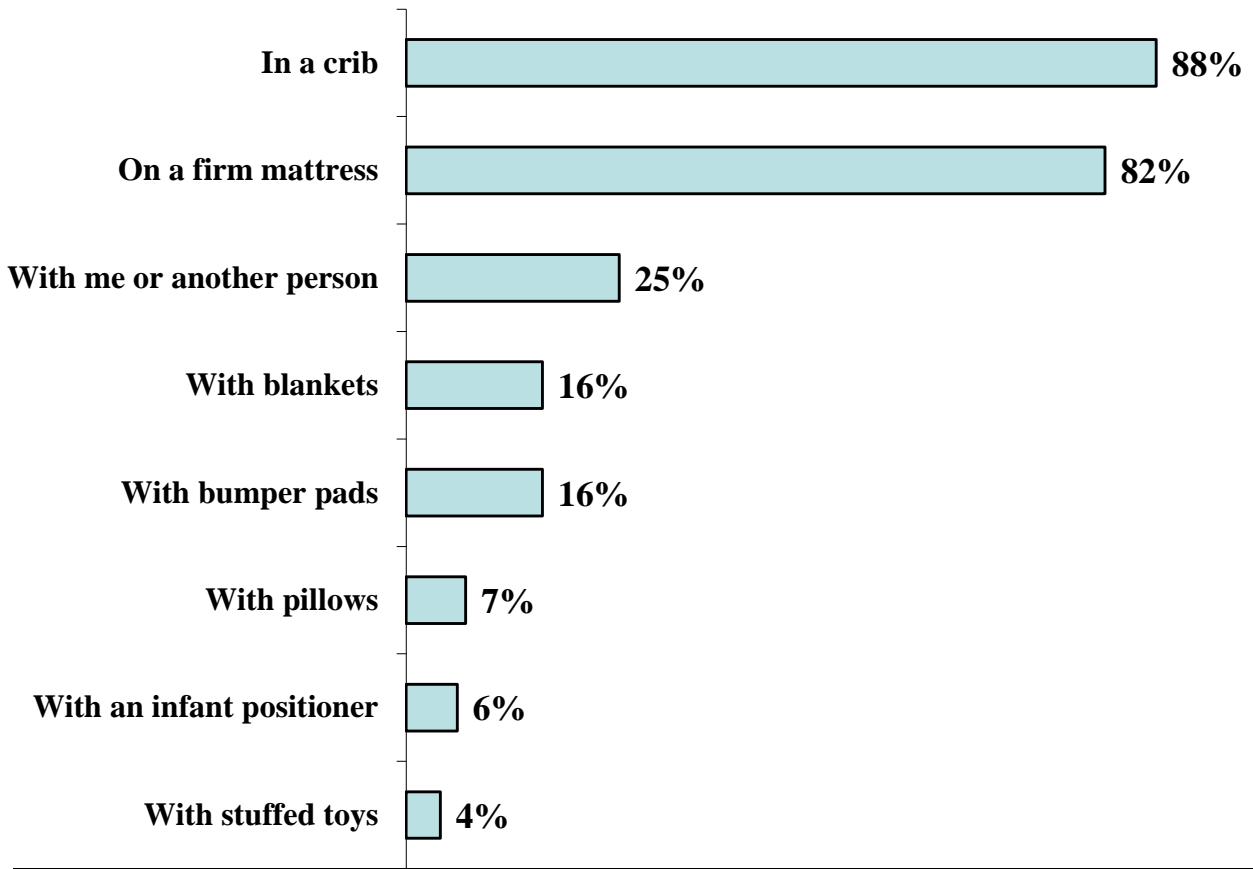
Percentage of Infants Not Placed on Back to Sleep



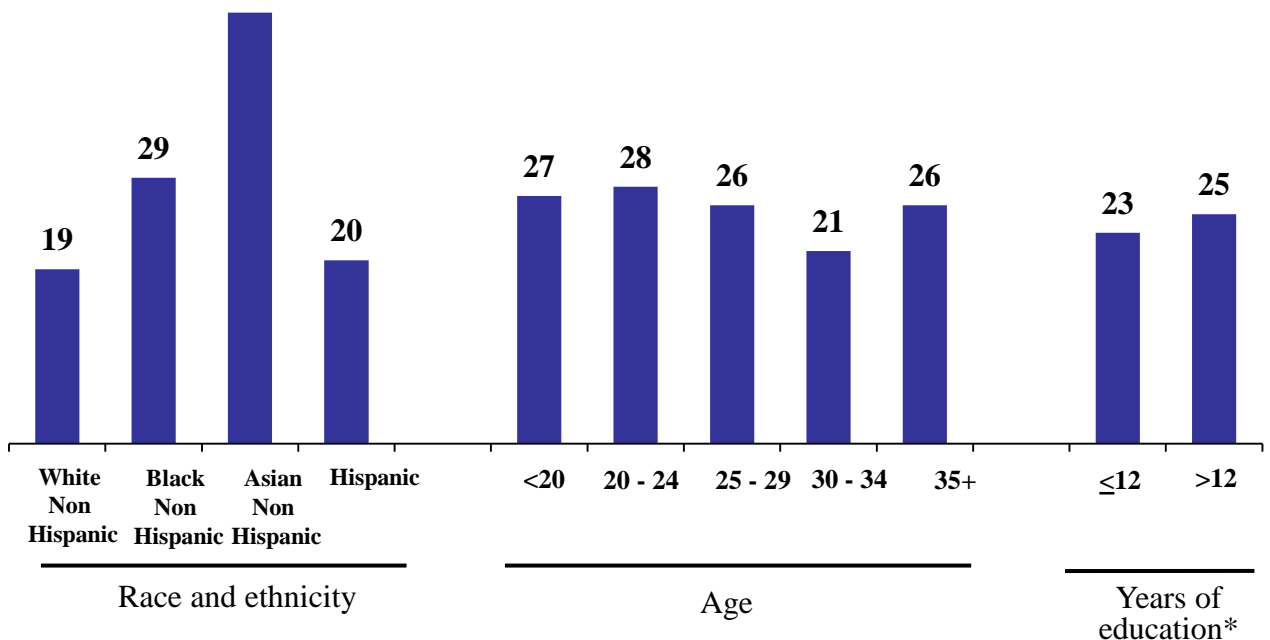
*Includes only mothers ages 20 and above.

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.



47 Percentage of Infants Co-Sleeping

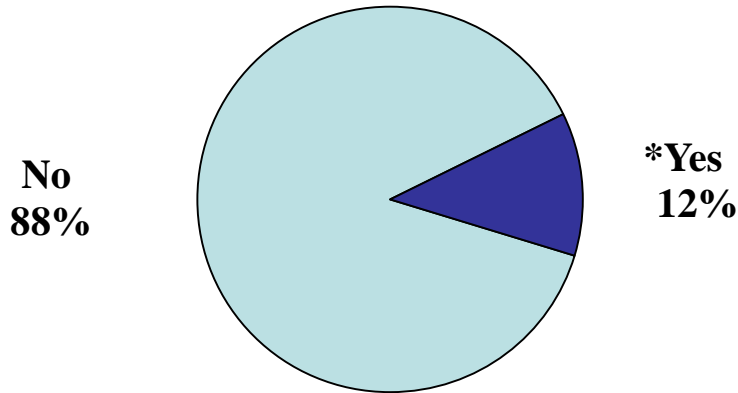


*Includes only mothers ages 20 and above.

SYMPTOMS OF POSTPARTUM DEPRESSION

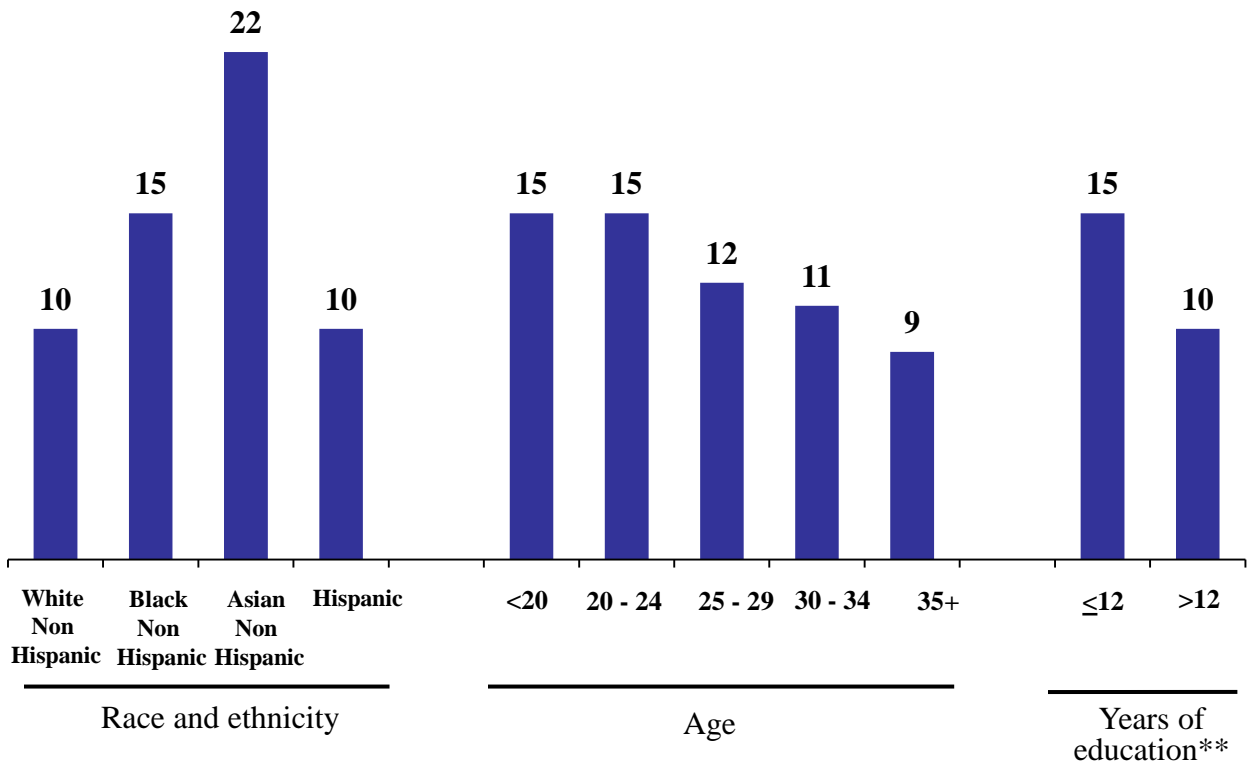
Question 66: *Since your new baby was born, how often have you felt down, depressed, or hopeless?*
Question 67: *Since your new baby was born, how often have you had little interest or little pleasure in doing things?*

Distribution of Mothers by Postpartum Depression



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

Percentage of Mothers Who Reported Postpartum Depression



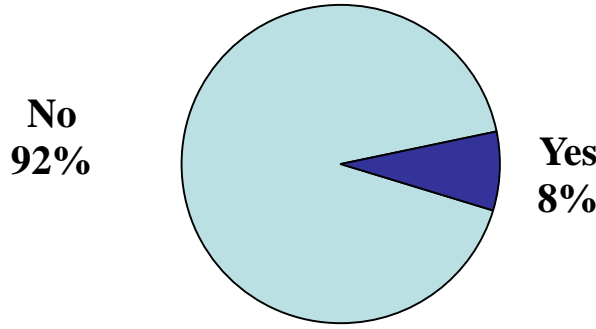
**Includes only mothers ages 20 and above.

POSTPARTUM DEPRESSION DIAGNOSED

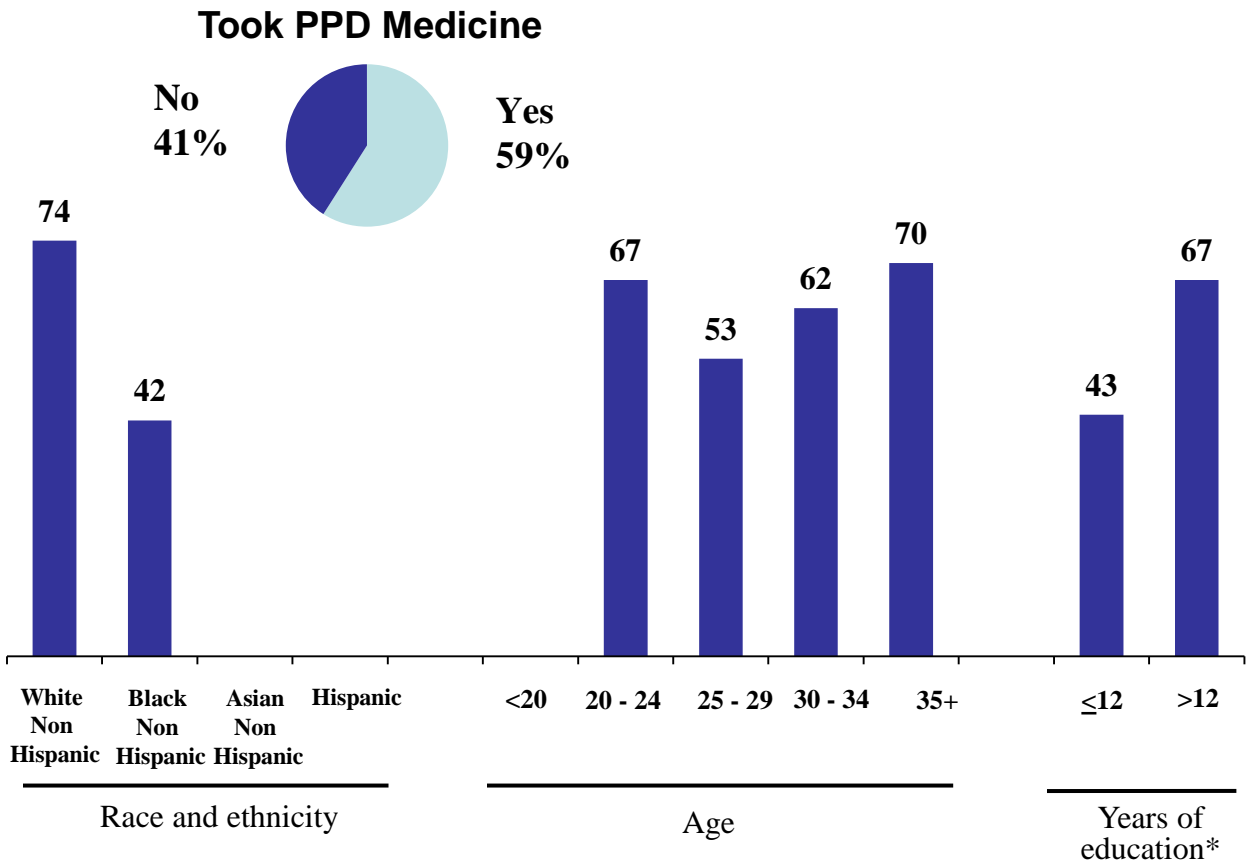
Question 74: *Since your new baby was born, has a doctor, nurse, or other health care worker told you that you had depression?*

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)



Percentage of Mothers Diagnosed With Postpartum Depression Who Took Prescription Medicine



*Includes only mothers ages 20 and above.

Phase 7 Questionnaire



“Thank you for picking me. I love doing surveys. Thank you!!”

“I hope my answer will help all the future moms & babies in Maryland.”

“I lost my son at 21 weeks, it was the hardest thing I’ve ever had to endure in my life...ever. I really hope you all find a decent way to prevent this from happening to other women. It’s a very painful thing to go through mentally and physically. No one will ever understand how it feels unless it happens to them.”

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 | <input type="checkbox"/> | <input type="checkbox"/> |
| b. I was exercising 3 or more days of the week..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. I was regularly taking prescription medicines other than birth control | <input type="checkbox"/> | <input type="checkbox"/> |
| d. I visited a health care worker and was checked for diabetes..... | <input type="checkbox"/> | <input type="checkbox"/> |
| e. I visited a health care worker and was checked for high blood pressure | <input type="checkbox"/> | <input type="checkbox"/> |
| f. I visited a health care worker and was checked for depression or anxiety | <input type="checkbox"/> | <input type="checkbox"/> |
| g. I talked to a health care worker about my family medical history..... | <input type="checkbox"/> | <input type="checkbox"/> |
| h. I had my teeth cleaned by a dentist or dental hygienist | <input type="checkbox"/> | <input type="checkbox"/> |

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.

No Yes

- a. Type 1 or Type 2 diabetes (NOT the same as gestational diabetes or diabetes that starts during pregnancy)
- b. High blood pressure or hypertension..
- c. Depression

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.

No Yes

- a. Asthma.....
- b. Anemia (poor blood, low iron).....
- c. Heart problems.....
- d. Epilepsy (seizures).....
- e. Thyroid problems.....
- f. Anxiety

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?

Check ONE answer

- 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

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 Page 4,
Question 20

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?*

Check ALL that apply

- 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

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.)

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*

23. 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, check **No** if no one talked with you about it or **Yes** if someone did.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. How much weight I should gain during my pregnancy | <input type="checkbox"/> | <input type="checkbox"/> |
| b. How smoking during pregnancy could affect my baby..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Breastfeeding my baby | <input type="checkbox"/> | <input type="checkbox"/> |
| d. How drinking alcohol during pregnancy could affect my baby | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Using a seat belt during my pregnancy..... | <input type="checkbox"/> | <input type="checkbox"/> |
| f. Medicines that are safe to take during my pregnancy..... | <input type="checkbox"/> | <input type="checkbox"/> |
| g. How using illegal drugs could affect my baby | <input type="checkbox"/> | <input type="checkbox"/> |
| h. Doing tests to screen for birth defects or diseases that run in my family | <input type="checkbox"/> | <input type="checkbox"/> |
| i. The signs and symptoms of preterm labor (labor more than 3 weeks before the baby is due)..... | <input type="checkbox"/> | <input type="checkbox"/> |
| j. Getting tested for HIV (the virus that causes AIDS) | <input type="checkbox"/> | <input type="checkbox"/> |
| k. What to do if I feel depressed during my pregnancy or after my baby is born | <input type="checkbox"/> | <input type="checkbox"/> |
| l. Physical abuse to women by their husbands or partners | <input type="checkbox"/> | <input type="checkbox"/> |

24. During any of your prenatal care visits, did a doctor, nurse, or other health care worker ask you—

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. How much alcohol you were drinking..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. If someone was hurting you emotionally or physically | <input type="checkbox"/> | <input type="checkbox"/> |
| c. If you were using illegal drugs (marijuana or hash, cocaine, crack, etc.) | <input type="checkbox"/> | <input type="checkbox"/> |
| d. If you wanted to be tested for HIV (the virus that causes AIDS) | <input type="checkbox"/> | <input type="checkbox"/> |
| e. If you planned to use birth control after your baby was born | <input type="checkbox"/> | <input type="checkbox"/> |

25. 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

26. During the 12 months before the delivery of your new baby, did a doctor, nurse, or other health care worker offer you a flu shot or tell you to get one?

- No
 Yes

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

Check ONE answer

- No —————→ **Go to Page 6, Question 29**
 Yes, before my pregnancy
 Yes, during my pregnancy

Go to Page 6, Question 28

28. During what month and year did you get the flu shot?

	/	20
--	---	----

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.

No Yes

- 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.

No Yes

- 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

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

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

No → **Go to Question 39**

Yes
↓

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

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 → **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 →

Go to Question 42

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 →

Go to Question 44

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

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.

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.)

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. A close family member was very sick and had to go into the hospital | <input type="checkbox"/> | <input type="checkbox"/> |
| b. I got separated or divorced from my husband or partner | <input type="checkbox"/> | <input type="checkbox"/> |
| c. I moved to a new address..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. I was homeless or had to sleep outside, in a car, or in a shelter | <input type="checkbox"/> | <input type="checkbox"/> |
| e. My husband or partner lost his job | <input type="checkbox"/> | <input type="checkbox"/> |
| f. I lost my job even though I wanted to go on working..... | <input type="checkbox"/> | <input type="checkbox"/> |
| g. My husband, partner, or I had a cut in work hours or pay | <input type="checkbox"/> | <input type="checkbox"/> |
| h. I was apart from my husband or partner due to military deployment or extended work-related travel | <input type="checkbox"/> | <input type="checkbox"/> |
| i. I argued with my husband or partner more than usual..... | <input type="checkbox"/> | <input type="checkbox"/> |
| j. My husband or partner said he didn't want me to be pregnant | <input type="checkbox"/> | <input type="checkbox"/> |
| k. I had problems paying the rent, mortgage, or other bills..... | <input type="checkbox"/> | <input type="checkbox"/> |
| l. My husband, partner, or I went to jail | <input type="checkbox"/> | <input type="checkbox"/> |
| m. Someone very close to me had a problem with drinking or drugs | <input type="checkbox"/> | <input type="checkbox"/> |
| n. Someone very close to me died | <input type="checkbox"/> | <input type="checkbox"/> |

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?

____ / ____ / 20____
 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
 I don't know → **Go to Question 50**

Go to Question 49

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 → **Go to Question 55**

53. Is your baby alive now?

- No → *We are very sorry for your loss.*
 Yes → **Go to Question 62**

54. Is your baby living with you now?

- No → **Go to Question 61**
 Yes

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

- No
 Yes → **Go to Question 57**

Go to Question 56

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

Check ALL that apply

- 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:

If you did not breastfeed your new baby, go to Question 59.

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

- No
 Yes → **Go to Question 59**

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

____ Weeks **OR** ____ Months

- Less than 1 week

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?

Check ONE answer

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

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.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. My new baby sleeps in a crib or portable crib | <input type="checkbox"/> | <input type="checkbox"/> |
| b. My new baby sleeps on a firm or hard mattress | <input type="checkbox"/> | <input type="checkbox"/> |
| c. My new baby sleeps with pillows | <input type="checkbox"/> | <input type="checkbox"/> |
| d. My new baby sleeps with bumper pads | <input type="checkbox"/> | <input type="checkbox"/> |
| e. My new baby sleeps with plush or thick blankets | <input type="checkbox"/> | <input type="checkbox"/> |
| f. My new baby sleeps with stuffed toys | <input type="checkbox"/> | <input type="checkbox"/> |
| g. My new baby sleeps with an infant positioner | <input type="checkbox"/> | <input type="checkbox"/> |
| h. My new baby sleeps with me or another person | <input type="checkbox"/> | <input type="checkbox"/> |

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.

- No
 Yes

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.

- No
 Yes

→ **Go to Page 12, Question 64**

↓ **Go to Question 63**

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

- I am not having sex
 I want to get pregnant
 I don't want to use birth control
 I am worried about side effects from birth control
 My husband or partner doesn't want to use anything
 I have problems getting birth control when I need it
 I had my tubes tied or blocked
 My husband or partner had a vasectomy
 I am pregnant now
 Other _____ → Please tell us:

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?

Check ALL that apply

- 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*?

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 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

- a. During the 12 months before I got pregnant
- b. During my most recent pregnancy
- c. Since my new baby was born

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?

Check ONE answer

- 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?

Check ONE answer

- 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 | <input type="checkbox"/> | <input type="checkbox"/> |
| b. I was afraid I'd lose my job if I took leave or stayed out longer | <input type="checkbox"/> | <input type="checkbox"/> |
| c. I had too much work to do to take leave or stay out longer | <input type="checkbox"/> | <input type="checkbox"/> |
| d. My job does not have paid leave | <input type="checkbox"/> | <input type="checkbox"/> |
| e. My job does not offer a flexible work schedule | <input type="checkbox"/> | <input type="checkbox"/> |
| f. I had not built up enough leave time to take any or more time off | <input type="checkbox"/> | <input type="checkbox"/> |

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

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

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

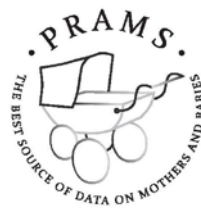
84. What is today's date?

/ / 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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