

## Introduction

The Arkansas Pregnancy Risk Assessment Monitoring System (PRAMS) survey is a joint research project between the Health Statistics Branch of the Arkansas Department of Health and the U.S. Centers for Disease Control and Prevention (CDC). The PRAMS survey was started by the CDC in 1987 to provide states with information needed to reduce the number and percentage of babies that are low birthweight and to prevent infant mortality. The program was later expanded to support the CDC's Safe Motherhood Initiative to help women have healthy pregnancies and deliver healthy babies. Arkansas has been conducting the survey since 1997.

The PRAMS survey collects information from new mothers about their experiences and behaviors before, during, and after their pregnancy that might affect the health of their baby or the health of the mother. Because the same data collection methods are used in all states conducting the survey, Arkansas data can be compared to data from other states.

Women who receive the survey are chosen from a sample of all Arkansas women who recently had a live birth in Arkansas and whose infant is 2 to 6 months at the time of sample selection. The sample is weighted so that the results of the survey are applicable to all eligible women. For 2021, the total number of women sampled was 1,722 and 842 women responded to the survey for a weighted response rate of 52.9%. The denominator for calculating prevalence rates includes all respondents except those with missing, do not know, and refused answers.

PRAMS can be used in several ways:

- To develop programs or interventions to improve infant health
- To identify groups of women at high risk for infant health problems
- To monitor changes in factors related to infant health
- To measure progress towards goals in improving the health of infants

This surveillance report provides results for questions included in the 2021 Arkansas PRAMS survey. Questions on the survey were grouped to capture information on experiences and behaviors before, during, and after pregnancy and other experiences. A more detailed analysis (e.g., race/ethnicity, age, education, etc.) for any of the questions is available upon request.

**A copy of the 2021 (Phase 8) survey with the questions referenced in the report is available at:**

<http://www.healthy.arkansas.gov/programsServices/healthStatistics/PRAMS/Pages/Questionnaires.aspx>.

**For more information about Arkansas PRAMS, please visit:**

<http://www.healthy.arkansas.gov/programsServices/healthStatistics/PRAMS/Pages/default.aspx>.

**Information about CDC PRAMS is available at:**

[www.cdc.gov/prams](http://www.cdc.gov/prams).

## Maternal Characteristics of Arkansas PRAMS Respondents, 2021

Characteristics	Responses (n)	Weighted Sample	Weighted Percent	Standard Error
<b>Race/Ethnicity</b>				
White, NH	489	22050	68.7	2.4
Black, NH	224	4594	14.3	1.7
Other, NH	40	1656	5.2	1.2
Hispanic	74	3777	11.8	1.8
Total	827	32076	100.0	
<b>Age</b>				
<20	62	1916	5.8	1.2
20-24	231	9006	27.2	2.4
25-34	433	18111	54.8	2.6
35+	116	4034	12.2	1.6
Total	842	33067	100.0	
<b>Education</b>				
<12	106	3959	12.1	1.7
12	293	10283	31.3	2.4
>12	438	18586	56.6	2.6
Total	837	32828	100.0	
<b>Marital Status</b>				
Married	408	18230	55.1	2.6
Unmarried	434	14837	44.9	2.6
Total	842	33067	100.0	
<b>On Medicaid*</b>				
On Medicaid	484	17010	53.3	2.7
Not on Medicaid	322	14898	46.7	2.7
Total	806	31908	100.0	
<b>Received WIC During Pregnancy</b>				
No	368	16539	51.6	2.7
Yes	446	15531	48.4	2.7
Total	814	32070	100.0	

\* Prenatal care paid for by Medicaid or ARKids First.

## RESULTS FROM 2021 ARKANSAS PRAMS SURVEY

### BEFORE PREGNANCY

**Table 1. Body Mass Index (BMI) prior to pregnancy. Derived from survey questions 1-2 about height and weight just before getting pregnant.**

Pre-Pregnancy BMI	Responses (n)	Weighted Percent	Standard Error	95% CI	
Underweight (< 18.5)	32	3.1	0.9	1.3	5.0
Normal (18.5-24.9)	298	36.9	2.6	31.8	42.0
Overweight (25.0-29.9)	181	25.4	2.4	20.8	30.1
Obese (30.0 +)	291	34.5	2.6	29.5	39.6
Total	802	100.0			

**Table 2. Survey question 4. Pre-pregnancy health conditions. (All applicable "Yes" responses checked.)**

Pre-Pregnancy Condition	Responses (n)	Weighted Percent	Standard Error	95% CI	
Type 1 or 2 Diabetes					
No	802	97.0	0.9	95.3	98.7
Yes	29	3.0	0.9	1.3	4.7
Total	831	100.0			
High Blood Pressure/Hypertension					
No	764	94.2	1.1	91.9	96.4
Yes	70	5.8	1.1	3.6	8.1
Total	834	100.0			
Depression					
No	608	74.4	2.3	69.8	78.9
Yes	225	25.6	2.3	21.1	30.2
Total	833	100.0			

**Table 3. Survey question 5. Multivitamin, prenatal vitamin or folic acid vitamin use during month before pregnancy.**

How often vitamins taken	Responses (n)	Weighted Percent	Standard Error	95% CI	
Didn't take any vitamins	477	57.2	2.6	52.1	62.4
1-3 times-week	54	4.3	1.0	2.3	6.3
4-6 times-week	29†	4.0	1.0	2.0	6.1
Every day of the week	276	34.5	2.5	29.5	39.4
Total	836	100.0			

**Table 4. Survey question 7. Any doctor, nurse, other health care worker visit, including dental or mental health in the twelve months before pregnancy. (All applicable "Yes" responses checked.)**

Type of Pre-Pregnancy Healthcare Visit	Responses (n)	Weighted Percent	Standard Error	95% CI	
Family Doctor	288	49.5	3.4	42.9	56.2
OB/GYN	289	59.8	3.3	53.3	66.3
Illness/Chronic Condition	123	24.1	2.9	18.5	29.7
Injury	27†	4.4	1.4	1.8	7.1
Family Planning	111	20.5	2.7	15.2	25.8
Depression/Anxiety	123	21.7	2.7	16.3	27.0
Dental Care	280	59.3	3.3	52.8	65.8
Other	83	18.2	2.6	13.1	23.3

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 5. Survey question 8. During health care worker visit before pregnancy, did doctor, nurse or other health care worker talk or ask about any of these.**

Health care worker's actions	Responses (n)	Weighted Percent	Standard Error	95% CI	
Tell me about folic acid	157	35.8	3.3	29.3	42.2
Talk about healthy weight	186	34.0	3.2	27.7	40.2
Talk about controlling diabetes or high blood pressure	112	14.1	2.2	9.8	18.5
Talk about desire to have (or not) have children	190	39.2	3.3	32.7	45.7
Talk about birth control	212	42.8	3.4	36.2	49.3
Talk about improving pre-pregnancy health	146	26.3	3.0	20.5	32.2
Talk about sexually transmitted diseases	159	23.1	2.8	17.6	28.6
Ask about smoking	371	73.6	3.0	67.6	79.5
Ask about emotional hurt	228	46.3	3.4	39.6	52.9
Ask about mental health	287	57.5	3.3	50.9	64.1
Ask about employment	275	56.8	3.4	50.2	63.4
Tested for HIV	132	20.2	2.7	14.9	25.4

**Table 6. Survey question 10. Did doctor, nurse or other health care worker talk to you about preparing for a pregnancy.**

Health care worker pre-pregnancy preparation	Responses (n)	Weighted Percent	Standard Error	95% CI	
Getting vaccines updated	101	49.0	5.4	38.3	59.7
Getting dental care	71	37.9	5.2	27.6	48.3
Getting counseling for genetic disease	51	22.3	4.4	13.6	30.9
Getting counseling for depression and anxiety	75	34.8	5.1	24.7	44.8
Medication safety	130	62.9	5.2	52.5	73.2
Smoking during pregnancy	131	60.8	5.3	50.3	71.2
Drinking alcohol during pregnancy	127	56.7	5.4	46.1	67.3
Using illegal drugs	120	51.4	5.4	40.8	62.0
Effects of secondhand smoke	120	50.2	5.4	39.5	60.8

**Table 7. Survey question 11. Type of health insurance a month before getting pregnant with new baby. (All applicable "Yes" responses checked.)**

Type of insurance month before pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
Insurance from job or job of husband/partner	306	41.4	2.6	36.3	46.5
Insurance from parents	62	5.7	1.2	3.3	8.2
Insurance from Health Care Exchange	51	6.2	1.3	3.7	8.8
Medicaid	332	32.8	2.5	27.9	37.6
ARKids First	35	3.9	1.0	1.9	5.9
TRICARE or other military health	14†	2.4	0.8	0.7	4.0
Other	34	3.8	1.0	1.8	5.8
None	103	13.0	1.8	9.5	16.5

**Table 8. Survey question 12. Type of insurance used for prenatal care. (All applicable "Yes" responses checked.)**

Type of insurance for prenatal care	Responses (n)	Weighted Percent	Standard Error	95% CI	
Did not have any prenatal care	31	2.8	0.9	1.1	4.5
Insurance from job or job of husband/partner	281	38.8	2.6	33.7	44.0
Insurance from parents	45	4.5	1.1	2.3	6.7
Insurance from Health Care Exchange	48	6.4	1.3	3.8	9.0
Medicaid	474	51.8	2.7	46.5	57.1
ARKids	24†	2.8	0.9	1.1	4.6
TRICARE or other military health	19†	3.7	1.0	1.6	5.7
Other	33†	4.0	1.1	1.9	6.1
None	10†	1.4	0.6	0.1	2.6

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 9. Survey question 13. Type of insurance you have now. (All applicable "Yes" responses checked.)**

Type of insurance now	Responses (n)	Weighted Percent	Standard Error	95% CI	
Insurance from job or job of husband/partner	274	35.9	2.5	30.9	40.8
Insurance from parents	38	4.0	1.0	1.9	6.0
Insurance from Health Care Exchange	47	7.0	1.4	4.3	9.7
Medicaid	420	43.9	2.6	38.7	49.1
ARKids First	20†	2.3	0.8	0.7	3.9
TRICARE or other military health	15†	2.7	0.9	1.0	4.4
Other	31	2.7	0.9	1.0	4.4
None	68	9.5	1.6	6.4	12.6

**Table 10. Survey question 14. Feelings about becoming pregnant prior to pregnancy.**

Pregnancy feelings	Responses (n)	Weighted Percent	Standard Error	95% CI	
Wanted Later	160	18.8	2.1	14.7	23.0
Wanted Sooner	84	10.9	1.7	7.6	14.2
Wanted Then	308	42.9	2.6	37.7	48.1
Wanted Never	86	6.9	1.3	4.4	9.3
Not sure how I felt	179	20.5	2.1	16.3	24.7

**Table 11. Survey question 15. When you got pregnant, were you trying to get pregnant?**

Trying to get pregnant	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	467	53.6	2.6	48.4	58.8
Yes	364	46.4	2.6	41.2	51.6
Total	831	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 12. Survey question 16. Were you and your husband doing anything to keep from getting pregnant, for those who said they were not trying to get pregnant (i.e., “No” to question 15).**

Trying to keep from getting pregnant	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	296	63.3	3.5	56.4	70.2
Yes	162	36.7	3.5	29.8	43.6
Total	458	100.0			

**Table 13. Survey question 17. What were the reasons for not doing anything to keep from getting pregnant, for those who said they were NOT doing anything to keep from getting pregnant (i.e., “No” to question 16) and those who said they were NOT trying to get pregnant (i.e., “No” to question 15). (All applicable “Yes” responses checked.)**

Reason for not doing anything	Responses (n)	Weighted Percent	Standard Error	95% CI	
Didn't mind getting pregnant	165	57.0	4.6	48.1	66.0
Thought couldn't at the time	125	40.9	4.5	32.0	49.9
Side effects from birth control	46	16.2	3.4	9.6	22.8
Problems getting birth control when needed	18†	7.3	2.5	2.5	12.2
Thought we were sterile	63	18.4	3.5	11.5	25.4
Husband or partner didn't want to use anything	56	15.9	3.3	9.4	22.4
Forgot to use birth control	34†	7.7	2.3	3.2	12.2
Other reason	16†	8.4	2.7	3.2	13.6

† Results with less than 30 responses may not be reliable and should be used with caution.



**Table 14. Survey question 18. What method of birth control were you using when you got pregnant.**

Type of birth control	Responses (n)	Weighted Percent	Standard Error	95% CI	
Birth control pills	43	35.3	5.8	23.8	46.8
Condoms	68	35.6	5.8	24.3	47.0
Shots or injections	12†	5.8	2.8	0.4	11.3
Arm implants	5†	0.5	0.3	0.0	1.0
Patch or vaginal ring	8†	4.8	2.6	0.0	9.9
Natural method	12†	8.8	3.5	1.8	15.8
Withdrawal	77	41.0	5.9	29.4	52.7
Other	9†	9.1	3.5	2.3	16.0

† Results with less than 30 responses may not be reliable and should be used with caution.

## DURING PREGNANCY

**Table 15. Derived from survey question 19. Prevalence of prenatal care in the first trimester.**

Received prenatal care in 1st Trimester	Responses (n)	Weighted Percent	Standard Error	95% CI	
Yes	675	84.1	2.0	80.2	87.9
No	119	15.0	1.9	11.2	18.7
No PNC	15†	1.0	0.5	0.0	1.9
Total	809	100.0			

**Table 16. Survey question 20. Discussion with doctor, nurse, or other health care worker during any prenatal visit.**

Prenatal visit discussion	Responses (n)	Weighted Percent	Standard Error	95% CI	
Effects of smoking	556	64.1	2.6	59.0	69.2
Breastfeeding	648	76.9	2.3	72.4	81.4
Effects of alcohol	561	63.8	2.6	58.7	68.9
Effects if illegal drugs	537	61.0	2.6	55.8	66.2
Preterm labor signs	583	75.9	2.3	71.4	80.4
Depression	575	72.1	2.4	67.4	76.8
Physical abuse	379	44.5	2.7	39.3	49.8
Effects if secondhand smoke	502	55.5	2.7	50.2	60.8

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 17. Survey question 21. Did a doctor, nurse, or other health care worker ask any of these during a prenatal visit?**

Prenatal visit talk	Responses (n)	Weighted Percent	Standard Error	95% CI	
Weight gain during pregnancy	371	46.9	2.7	41.6	52.2
Any prescription medication	742	94.5	1.1	92.3	96.8
Smoke cigarettes	735	91.2	1.5	88.2	94.2
Alcohol use	714	88.4	1.7	84.9	91.8
Emotional or physical abuse	511	61.4	2.6	56.2	66.6
Depressed	609	76.7	2.3	72.2	81.1
Illegal drug use	578	70.2	2.5	65.3	75.0
HIV Test	369	44.1	2.7	38.8	49.4
Breastfeeding plans	720	87.4	1.8	83.8	91.0
Plan to use birth control after birth	662	82.2	2.0	78.2	86.2

**Table 18. Survey question 22. Did you have a test for HIV during your most recent pregnancy or delivery?**

HIV test	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	271	47.3	3.0	41.4	53.3
Yes	366	52.7	3.0	46.7	58.6
Total	637	100.0			

**Table 19.** Survey question 23. For those whom did not have a HIV test done (questions 22), what was the reason why the testing for HIV was not done. (All applicable "Yes" responses checked.)

Reasons for no HIV testing	Responses (n)	Weighted Percent	Standard Error	95% CI	
Not offered test	152	51.3	4.4	42.5	60.0
Did not want to	31	13.1	3.0	7.1	19.1
HIV status known	90	35.9	4.3	27.6	44.3
Not at risk	93	39.8	4.4	31.2	48.4
Don't want others to think at risk	4†	0.2	0.1	0.0	0.4
Fear of results	1†	0.9	0.9	0.0	2.7
Other	55	17.0	3.3	10.6	23.4

**Table 20.** Survey question 24. Doctor, nurse, or other health care worker offer you or tell you get a flu shot during 12 months before delivery.

Offered flu shot	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	201	18.4	2.0	14.5	22.4
Yes	626	81.6	2.0	77.6	85.5
Total	827	100.0			

**Table 21.** Survey question 25. During 12 months before delivery did you receive a flu shot.

Flu shot 12 months before delivery	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	458	51.3	2.7	46.1	56.5
Yes, before pregnancy	94	12.7	1.8	9.2	16.2
Yes, during pregnancy	272	36.0	2.6	31.0	41.0
Total	824	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 22.** Survey question 26. Tdap shot or vaccination before most recent pregnancy.

Receive Tdap vaccination	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	337	36.5	2.6	31.4	41.7
Yes	437	63.5	2.6	58.3	68.6
Total	774	100.0			

**Table 23.** Survey question 27. Teeth cleaned by dentist or dental hygienist during recent pregnancy.

Teeth cleaned	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	519	58.7	2.6	53.5	63.8
Yes	314	41.3	2.6	36.2	46.5
Total	833	100.0			

**Table 24.** Survey question 28. Questions related to dental care during most recent pregnancy.

Care of teeth during pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
Important to care for teeth & gums	694	83.7	2.0	79.8	87.6
Dental care worker talked about dental care	376	48.3	2.7	43.1	53.6
Dental care insurance during pregnancy	570	73.4	2.4	68.7	78.0
Needed dental care for problem	196	22.2	2.2	17.9	26.5
Went to dentist about problem	130	15.7	1.9	11.9	19.5

**Table 25. Survey question 29. During most recent pregnancy, home visitor gave home help prepare for new baby.**

Health worker visit to home	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	795	96.0	1.1	93.9	98.1
Yes	35	4.0	1.1	1.9	6.1
Total	830	100.0			

**Table 26. Survey question 30. For those who had a home visitor help prepare (question 29), who was the home visitor.**

Type of home visitor	Responses (n)	Weighted Percent	Standard Error	95% CI	
Nurse or nurse aide	6†	12.2	8.4	0.0	29.5
Teacher or health educator	4†	2.1	1.2	0.0	4.5
Doula or midwife	9†	48.0	14.1	19.0	76.9
Someone else	14†	37.8	13.8	9.4	66.2
Total	33	100.0			

**Table 27. Survey question 31. Any health of these health conditions during most recent pregnancy.**

Health conditions during recent pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
Gestational diabetes	87	8.9	1.4	6.1	11.8
High blood pressure	218	21.8	2.1	17.6	26.0
Depression	211	24.6	2.3	20.1	29.1
Gum disease or tooth decay	92	8.9	1.5	6.0	11.8

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 28. Survey question 32. For those who had gestational diabetes during most recent pregnancy (question 31(a)), did doctor, nurse or other health care worker tell you to make an appointment with different doctor because of the gestational diabetes.**

Told visit different doctor	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	58	67.8	8.0	51.8	83.8
Yes	27†	32.2	8.0	16.2	48.2
Total	85	100.0			

**Table 29. Survey question 33. For those who had gestational diabetes during most recent pregnancy (question 31(a)), did doctor, nurse or other health care worker do any of these.**

Gestational diabetes assistance	Responses (n)	Weighted Percent	Standard Error	95% CI	
Referral to nutritionist	43	55.7	8.6	38.5	72.9
Talk about exercise	68	80.5	6.9	66.7	94.2
Talk about weight	56	86.9	4.8	77.3	96.6
Suggest breastfeeding	49	65.8	8.2	49.5	82.0
Talk about type 2 diabetes	57	73.3	7.5	58.3	88.4

**Table 30. Survey question 34. Smoked cigarettes in the past two years.**

Smoked cigarettes in the past two years	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	628	77.6	2.2	73.3	81.9
Yes	199	22.4	2.2	18.1	26.7
Total	827	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 31. Survey question 35. For those who smoked cigarettes in the past 2 years (question 34), how many cigarettes were smoked on average in a day in the three months before pregnancy.**

Cigarettes per day (3 months before pregnancy)	Responses (n)	Weighted Percent	Standard Error	95% CI	
41 cigarettes or more	2†	1.6	1.5	0.0	4.6
21 to 40 cigarettes	13†	7.8	3.0	1.9	13.7
11 to 20 cigarettes	49	21.9	4.6	12.9	30.9
6 to 10 cigarettes	49	24.4	4.7	15.1	33.7
1 to 5 cigarettes	51	24.4	4.9	14.8	34.0
Less than 1 cigarette	11†	6.7	2.9	1.0	12.3
None 0 cigarettes	25†	13.2	3.9	5.5	20.9
Total	200	100.0			

**Table 32. Survey question 36. How many cigarettes were smoked on average in a day in the last three months of pregnancy.**

Cigarettes per day (last 3 months of pregnancy)	Responses (n)	Weighted Percent	Standard Error	95% CI	
41 cigarettes or more	1†	0.1	0.1	0.0	0.3
21 to 40 cigarettes	3†	1.5	1.3	0.0	4.0
11 to 20 cigarettes	10†	4.9	2.4	0.1	9.7
6 to 10 cigarettes	39	16.6	4.0	8.7	24.6
1 to 5 cigarettes	44	19.6	4.3	11.1	28.2
Less than 1 cigarette	8†	2.4	1.5	0.0	5.4
None 0 cigarettes	97	54.9	5.5	44.0	65.7
Total	202	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.



**Table 33.** Derived from survey questions 35, 36 & 40. Prevalence of smoking before, during, and after pregnancy. (Smoking questions asked of women who had smoked any cigarettes in the past two years.)

Smoked 3 months before pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	653	80.7	2.1	76.7	84.8
Yes	175	19.3	2.1	15.2	23.3
Total	828	100.0			
Smoked last 3 months of pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	725	89.9	1.5	86.8	92.9
Yes	105	10.1	1.5	7.1	13.2
Total	830	100.0			
Smoke now (at time of survey)	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	698	87.9	1.7	84.6	91.1
Yes	129	12.1	1.7	8.9	15.4
Total	827	100.0			

**Table 34. Survey question 37. Any quit activities during most recent pregnancy.**

Quit smoke activities	Responses (n)	Weighted Percent	Standard Error	95% CI	
Set quit date	47	22.8	5.0	12.9	32.7
Use booklets/videos	12†	4.9	2.5	0.0	9.9
Call Quitline or visit website	8†	2.8	1.7	0.0	6.1
Quit counselling	3†	0.3	0.2	0.0	0.8
Patch/gum/lozenge	14†	6.4	2.8	0.9	12.0
Use pill/Zyban	1†	1.6	1.6	0.0	4.8
Use pill/Chantix	1†	0.1	0.1	0.0	0.4
Quit by self	111	64.5	6.0	52.6	76.4
Switch to e-cigs	13†	10.4	4.3	1.9	19.0
Other	25†	14.9	4.5	6.1	23.7

**Table 35. Survey question 38. Quit smoke around time of most recent pregnancy.**

Quit period around time of recent pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	26†	12.7	3.9	5.0	20.5
No, but I cut back	58	28.2	5.4	17.4	39.0
Yes, before pregnant	17†	10.5	3.9	2.9	18.2
Yes, when pregnant	52	38.7	6.0	26.8	50.6
Yes, later in pregnancy	15†	9.8	3.7	2.6	17.0
Total	168	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 36. Survey question 39. Whether any of these make it difficult to quit smoking.**

Reasons why quitting is difficult	Responses (n)	Weighted Percent	Standard Error	95% CI	
Cost of meds or products	41	24.2	5.2	13.8	34.6
Cost of classes	32	23.3	5.3	12.8	33.8
Weight gain	43	23.1	5.2	12.9	33.4
Loss of way to handle stress	100	59.8	6.1	47.7	71.8
Others smoking	94	51.8	6.2	39.5	64.0
Cigarette cravings	114	68.9	5.8	57.4	80.4
Lack of support	47	25.9	5.4	15.2	36.6
Depression	74	37.7	5.9	26.0	49.4
Anxiety	92	48.2	6.2	36.0	60.5

**Table 37. Survey question 40. Current average number of cigarettes smoked per day.**

Cigarettes per day	Responses (n)	Weighted Percent	Standard Error	95% CI	
21 to 40 cigarettes	7†	4.6	2.3	0.0	9.2
11 to 20 cigarettes	28†	10.9	3.3	4.3	17.5
6 to 10 cigarettes	50	24.1	4.7	14.8	33.4
1 to 5 cigarettes	39	14.6	3.8	7.0	22.2
Less than 1 cigarette	5†	0.6	0.3	0.1	1.2
None 0 cigarettes	70	45.2	5.6	34.2	56.3
Total	199	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 38.** Derived from survey questions 35-36 & 40. Women who quit smoking during the last 3 months of pregnancy and resumed after delivery.

Smoking status/last 3 months of pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
Quit in last three months	72	48.9	6.0	37.1	60.8
Did not quit in last three months	103	51.1	6.0	39.2	62.9
Total	175	100.0			

**Table 39.** Derived from survey questions 35-36 & 40. Delivery status after women who quit.

Smoking status after delivery for women who quit	Responses (n)	Weighted Percent	Standard Error	95% CI	
Smoking resumed after delivery	29†	37.8	8.6	20.6	55.0
Smoking not resumed after delivery	43	62.2	8.6	45.0	79.4
Total	72	100.0			

**Table 40.** Survey question 41. Number of cigarette smokers in home, including self, during most recent pregnancy.

Number of smokers in home during most recent pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
0	622	77.8	2.2	73.5	82.1
1	143	15.4	1.9	11.7	19.1
2	37	4.6	1.1	2.4	6.8
3	13†	1.9	0.7	0.4	3.3
4	1†	0.0	0.0	0.0	0.1
5	1†	0.0	0.0	0.0	0.1
6	1†	0.3	0.3	0.0	0.8

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 41. Survey question 42. Describe the rules about smoking inside your home during your most recent pregnancy.**

Home smoking rules	Responses (n)	Weighted Percent	Standard Error	95% CI	
Not allowed anywhere	764	93.9	1.2	91.5	96.4
Allowed some places or times	47	4.6	1.1	2.5	6.8
Permitted anywhere	17†	1.4	0.6	0.2	2.6
Total	828	100.0			

**Table 42. Survey question 43. Number of cigarette smokers in your home, not including yourself.**

Number of smokers in home	Responses (n)	Weighted Percent	Standard Error	95% CI	
0	649	80.3	2.1	76.1	84.4
1	134	14.5	1.9	10.8	18.1
2	28†	3.8	1.0	1.7	5.8
3	8†	1.2	0.6	0.0	2.3
4	1†	0.0	0.0	0.0	0.0
5	1†	0.0	0.0	0.0	0.1
6	1†	0.3	0.3	0.0	0.9
Total	822	100.0			

**Table 43. Survey question 44. Rules regarding smoking inside the home now.**

Current home smoking rules	Responses (n)	Weighted Percent	Standard Error	95% CI	
Not allowed anywhere	781	95.9	1.0	93.9	97.9
Allowed some places or times	36	3.6	1.0	1.7	5.5
Permitted anywhere	9†	0.5	0.3	0.0	1.2
Total	826	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 44. Survey question 45. Any of these products used in the last two years.**

Type used in past 2 years	Responses (n)	Weighted Percent	Standard Error	95% CI	
E-cigarettes	112	13.6	1.8	10.0	17.2
Hookah	17†	2.3	0.8	0.7	3.9
Chewing tobacco, snuff, snus, dip	6†	0.7	0.4	0.0	1.6
Cigars, cigarillos, filtered cigars	48	5.8	1.3	3.4	8.3

**Table 45. Survey question 46. In three months before pregnancy, how often were e-cigarettes or other electronic nicotine products used.**

How often e-cigarettes used	Responses (n)	Weighted Percent	Standard Error	95% CI	
More than once a day	39	49.6	7.5	34.8	64.5
Once a day	7†	1.2	0.5	0.2	2.1
2-6 days a week	5†	1.0	0.5	0.0	1.9
1 day a week or less	17†	11.8	4.4	2.9	20.6
Not use electronic vapor products	42	36.5	7.2	22.2	50.8
Total	110	100.0			

**Table 46. Survey question 47. How often e-cigarettes or other electronic nicotine products used in last three months of pregnancy.**

E-cigarettes use in last 3 months	Responses (n)	Weighted Percent	Standard Error	95% CI	
More than once a day	16†	18.4	5.8	6.9	29.8
Once a day	6†	0.9	0.4	0.1	1.6
2-6 days a week	6†	1.2	0.5	0.2	2.2
1 day a week or less	7†	7.9	4.0	0.0	15.8
Not use electronic vapor products	78	71.7	6.6	58.7	84.7
Total	113	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 47. Survey question 48. Any alcoholic drinks in the past two years.**

Alcohol in past 2 years	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	343	40.1	2.6	35.0	45.2
Yes	480	59.9	2.6	54.8	65.0
Total	823	100.0			

**Table 48. Survey question 49. How many alcoholic drinks in average week in the three months before pregnancy.**

Alcohol 3 months before pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
14 drinks or more a week	5†	0.7	0.5	0.0	1.6
8 to 13 drinks a week	9†	1.4	0.7	0.0	2.8
4-7 drinks a week	38	9.1	2.0	5.2	12.9
1-3 drinks a week	114	23.6	2.9	17.8	29.3
Less than 1 drink a week	223	48.0	3.4	41.2	54.7
I didn't drink then	90	17.4	2.6	12.2	22.5
Total	479	100.0			

**Table 49. Survey question 50. Did any of these happen - push, hit, slap, kick, choke or physically hurt - in the 12 months before pregnancy by any of these people.**

Abuse by any others 12 months before pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
Husband or partner	18†	1.3	0.6	0.2	2.5
Ex-husband or ex-partner	19†	2.3	0.8	0.7	3.9
Other	8†	1.4	0.6	0.1	2.6

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 50. Survey question 51. Did any of these happen - push, hit, slap, kick, choke or physically hurt - during most recent pregnancy.**

Abuse by any others during recent pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
Husband or partner	17†	1.0	0.5	0.1	1.9
Ex-husband or ex-partner	13†	1.7	0.7	0.3	3.1
Other	9†	0.8	0.5	0.0	1.6

**Table 51. Survey question 52. Did any of these happen during most recent pregnancy.**

Type of abuse during recent pregnancy	Responses (n)	Weighted Percent	Standard Error	95% CI	
Threatened or felt unsafe	34	2.6	0.8	1.0	4.2
Anger or threats	29†	1.7	0.6	0.5	2.9
Was controlled	49	3.1	0.8	1.5	4.8
Forced sex	11†	0.6	0.4	0.0	1.3

† Results with less than 30 responses may not be reliable and should be used with caution.



## AFTER PREGNANCY

**Table 52. Survey question 54. Length of hospital stay after delivery of baby.**

Length of stay	Responses (n)	Weighted Percent	Standard Error	95% CI	
< 1 DAY	20†	2.8	0.9	1.1	4.5
1-2 DAYS	410	62.9	2.5	58.0	67.8
3-5 DAYS	195	22.5	2.2	18.2	26.9
6-14 DAYS	65	6.1	1.2	3.7	8.5
More than 14 days	113	4.5	0.7	3.1	5.8
Not born in hospital	5†	1.0	0.6	0.0	2.1
Still in hospital	10†	0.3	0.1	0.1	0.5
Total	818	100.0			

**Table 53. Survey question 55. Is your infant alive now.**

Infant alive	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	13†	0.6	0.4	0.0	1.3
Yes	795	99.4	0.4	98.7	100.0
Total	808	100.0			

**Table 54. Survey question 56. For those mothers whose babies are living (question 52) and stay with them.**

Infant with mom	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	11†	0.9	0.5	0.0	1.9
Yes	783	99.1	0.5	98.1	100.0
Total	794	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 55. Survey question 57. Received information on breastfeeding before or after birth of baby.**

Source of information	Responses (n)	Weighted Percent	Standard Error	95% CI	
Doctor	590	73.7	2.4	69.0	78.3
Nurse/midwife/doula	482	63.8	2.6	58.7	68.9
Lactation specialist	531	67.3	2.5	62.3	72.3
Baby's doctor	519	63.9	2.6	58.7	69.0
Breastfeeding support group	166	18.1	2.1	14.0	22.1
Breastfeeding hotline	109	10.9	1.6	7.7	14.1
Family/friends	468	63.1	2.6	58.0	68.2

**Table 56. Survey question 58. Breastfeeding for any length of time.**

Ever breastfeed	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	190	20.0	2.1	15.9	24.2
Yes	606	80.0	2.1	75.8	84.1
Total	796	100.0			

**Table 57. Survey question 59. For those who did not breastfeed (question 58), reasons for not breastfeeding.**

Reason for not breastfeeding	Responses (n)	Weighted Percent	Standard Error	95% CI	
Mom too sick or on medication	24†	9.7	3.4	3.1	16.4
Other children to care for	53	22.2	4.8	12.8	31.6
Too many household duties	37	9.7	3.0	3.7	15.7
Do not like breastfeeding	57	29.5	5.4	18.9	40.1
Tried but it was too hard	32	17.0	4.5	8.2	25.9
Did not want to	87	36.7	5.6	25.7	47.8
Went back to work	40	10.1	3.1	3.9	16.3
Went back to school	13†	7.5	3.1	1.3	13.6

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 58. Survey question 60. Currently breastfeeding or feeding pumped milk to baby.**

Currently breast feeding	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	362	50.0	3.0	44.0	55.9
Yes	245	50.0	3.0	44.1	56.0
Total	607	100.0			

**Table 59. Survey question 62. Things that happened at hospital where baby was born.**

Hospital's actions	Responses (n)	Weighted Percent	Standard Error	95% CI	
Hospital gave breastfeeding information	526	89.3	1.9	85.6	93.0
Baby in room with mom	456	88.1	1.7	84.7	91.4
Breastfed in hospital	470	87.4	1.9	83.6	91.1
Staff helped with breastfeeding	449	74.0	2.7	68.7	79.2
Breastfed in 1st hour	346	74.3	2.5	69.3	79.3
Skin-to-skin contact in 1st hour	397	79.5	2.3	74.9	84.1
Only breast milk at hospital	272	56.2	3.0	50.2	62.1
Breastfeed on demand	397	78.3	2.4	73.6	83.1
Hospital provided pump	295	31.3	2.7	25.9	36.6
Hospital gave gift pack with formula	319	47.1	3.1	41.1	53.1
Hospital gave phone number for breastfeeding help	441	78.6	2.5	73.7	83.4
Hospital gave baby pacifier	426	59.1	3.0	53.2	65.1

**Table 60.** Survey question 63. The one position that baby is most often laid to sleep.

Sleep position	Responses (n)	Weighted Percent	Standard Error	95% CI	
Side	81	10.3	1.7	7.1	13.6
Back	600	77.8	2.2	73.5	82.2
Stomach	60	6.7	1.3	4.0	9.3
Other	47	5.2	1.2	2.9	7.4
Total	788	100.0			

**Table 61.** Survey question 64. How often baby slept alone in own crib or bed in the last 2 weeks.

Baby sleeps alone	Responses (n)	Weighted Percent	Standard Error	95% CI	
Always	451	56.4	2.7	51.2	61.7
Often almost always	129	16.0	2.0	12.1	19.9
Sometimes	101	13.5	1.8	9.8	17.1
Rarely	39	6.2	1.3	3.6	8.8
Never	66	7.8	1.5	5.0	10.7
Total	786	100.0			

**Table 62.** Survey question 65. When baby slept alone (question 64), whether mother shared the room.

Baby in room with mom	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	82	11.0	1.8	7.5	14.5
Yes	635	89.0	1.8	85.5	92.5
Total	717	100.0			

**Table 63. Survey question 66. How baby usually slept in the past two weeks.**

Sleeping style	Responses (n)	Weighted Percent	Standard Error	95% CI	
Crib/bassinet, pack & play	698	88.7	1.7	85.3	92.1
Twin or larger mattress	247	31.7	2.6	26.7	36.7
Couch/sofa/armchair	92	11.5	1.7	8.1	14.9
Infant car seat or swing	323	44.0	2.7	38.7	49.3
Sleeping sack or wearable blanket	309	44.2	2.7	38.8	49.5
With blanket	374	46.0	2.7	40.6	51.3
Toys/cushions/pillows	67	10.2	1.7	6.9	13.5
Crib bumper pads	138	16.5	2.0	12.5	20.4

**Table 64. Survey question 67. Doctor, nurse, or other health care worker speak of these.**

Talk on baby sleep	Responses (n)	Weighted Percent	Standard Error	95% CI	
Place on back to sleep	729	93.1	1.4	90.4	95.8
Place in crib/bassinet/pack & play	711	90.1	1.6	86.9	93.3
Place crib on mom's bed	461	55.6	2.7	50.3	60.9
Items that can or cannot go in baby's bed	714	88.9	1.7	85.5	92.3

**Table 65. Survey question 68. Home visitor after delivery.**

Home visitor after delivery	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	764	95.1	1.1	92.9	97.3
Yes	44	4.9	1.1	2.7	7.1
Total	808	100.0			

**Table 66. Survey question 69. For those who had a home visitor (question 68), did home visitor talk about these.**

Home visitor discussion	Responses (n)	Weighted Percent	Standard Error	95% CI	
Breastfeeding	28	72.3	11.0	50.0	94.5
Waiting before getting pregnant again	21†	57.5	12.2	32.8	82.1
Family planning	24†	58.7	12.1	34.1	83.3
Postpartum depression	34	88.3	7.1	73.9	100.0
Community resources	27†	66.1	11.7	42.5	89.8
Healthy weight	22†	44.4	12.4	19.3	69.4
Quit smoking	19†	24.6	9.5	5.3	43.9
How to get health care	32	82.5	8.9	64.4	100.0

**Table 67. Survey question 70. Using any birth control.**

Postpartum birth control	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	170	20.8	2.2	16.6	25.1
Yes	648	79.2	2.2	74.9	83.4
Total	818	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 68. Survey question 71. Those who are not using birth control (question 70), what are the reasons for not doing so.**

Reasons for no birth control	Responses (n)	Weighted Percent	Standard Error	95% CI	
Want pregnancy	29†	16.8	4.3	8.3	25.3
Pregnant now	11†	8.4	3.4	1.7	15.0
Tubes tied or blocked	19†	8.5	3.2	2.2	14.8
Did not want to use	62	37.4	5.7	26.2	48.6
Side effects of birth control	61	33.9	5.5	23.0	44.8
Not sexually active	45	26.3	5.1	16.1	36.4
Husband or partner does not want	22†	9.7	3.4	3.0	16.4
Payment problems	8†	1.0	0.4	0.3	1.7

**Table 69. Survey question 72. Type of birth control being used.**

Birth control type	Responses (n)	Weighted Percent	Standard Error	95% CI	
Tubes tied	104	13.4	2.0	9.6	17.3
Vasectomy	19†	3.5	1.1	1.3	5.6
Birth control pills	165	22.8	2.5	17.9	27.7
Condoms	174	28.2	2.7	22.9	33.6
Shots or injections	66	8.8	1.7	5.6	12.1
Implants	30	6.3	1.5	3.3	9.2
Contraceptive patch or ring	10†	1.1	0.6	0.0	2.3
IUD	78	14.3	2.2	10.1	18.5
Natural method	28†	4.7	1.3	2.2	7.2
Withdrawal	154	21.6	2.5	16.7	26.4
No sex	112	12.6	1.9	8.8	16.4

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 70. Survey question 73. Had postpartum check since delivery.**

Postpartum check	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	122	12.9	1.8	9.4	16.4
Yes	698	87.1	1.8	83.6	90.6
Total	820	100.0			

**Table 71. Survey question 74. For those who have had a postpartum check (questions 72), were any of these done.**

Postpartum check content	Responses (n)	Weighted Percent	Standard Error	95% CI	
Take folic acid	364	55.7	2.9	50.1	61.4
Healthy eating & exercise	353	49.4	2.9	43.8	55.1
Wait before another pregnancy	345	46.7	2.9	41.1	52.4
Birth control methods	597	84.5	2.1	80.5	88.6
Prescription for birth control	315	40.7	2.8	35.1	46.2
Received IUD or implant	111	19.8	2.4	15.2	24.5
Smoking habits	398	54.3	2.9	48.6	59.9
Any abuse	340	47.0	2.9	41.3	52.6
Depression	555	82.6	2.2	78.3	86.8
Test for diabetes	158	18.6	2.2	14.3	22.9



**Table 72. Survey question 75. Testing for diabetes since birth of baby.**

Diabetes test	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	681	87.3	1.7	83.9	90.7
Yes	131	12.7	1.7	9.3	16.1
Total	812	100.0			

**Table 73. Survey question 76. For those who were tested for diabetes (question 75), doctor, nurse, or other health care worker informed mother that she had diabetes.**

Told diabetes	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	112	90.9	3.9	83.2	98.6
Yes	18†	9.1	3.9	1.4	16.8
Total	130	100.0			

**Table 74. Survey question 77. For those who were tested for diabetes (question 75), but haven't been informed by a doctor, nurse or health care worker that they have diabetes (question 76), did a doctor, nurse or other health care worker tell mother that she had prediabetes, borderline diabetes or high blood sugar.**

Pre-diabetes	Responses (n)	Weighted Percent	Standard Error	95% CI	
No	104	93.1	4.0	85.2	100.0
Yes	8†	6.9	4.0	0.0	14.8
Total	112	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 75. Survey question 78. How often felt hopeless, depressed or down.**

Depression	Responses (n)	Weighted Percent	Standard Error	95% CI	
Always	29†	2.1	0.6	0.8	3.3
Often almost always	84	9.4	1.6	6.4	12.5
Sometimes	212	23.9	2.3	19.4	28.4
Rarely	220	30.5	2.5	25.6	35.4
Never	268	34.1	2.5	29.1	39.1
Total	813	100.0			

**Table 76. Survey question 79. How often have you had little interest or little pleasure in doing things that were usually enjoyed.**

Little pleasure doing things	Responses (n)	Weighted Percent	Standard Error	95% CI	
Always	48	5.1	1.1	2.9	7.3
Often almost always	85	9.0	1.5	6.1	12.0
Sometimes	235	26.2	2.3	21.6	30.8
Rarely	197	26.6	2.4	21.9	31.3
Never	250	33.0	2.5	28.1	38.0
Total	815	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

## OTHER EXPERIENCES

**Table 77. Survey question 80. Services received during most recent pregnancy.**

Services received	Responses (n)	Weighted Percent	Standard Error	95% CI	
Food stamps	240	21.9	2.2	17.7	26.1
WIC	446	48.4	2.7	43.2	53.7
Counseling	90	11.5	1.7	8.1	14.8
Help to quit	26†	2.2	0.7	0.8	3.6
Help to reduce violence	12†	0.6	0.4	0.0	1.4

**Table 78. Survey question 81. During 12 months before baby's birth, what was yearly income.**

Income	Responses (n)	Weighted Percent	Standard Error	95% CI	
\$ 0 TO \$16,000	222	23.6	2.3	19.0	28.2
\$16,001 TO \$20,000	70	10.7	1.8	7.2	14.2
\$20,001 TO \$24,000	49	6.9	1.4	4.1	9.7
\$24,001 TO \$28,000	36	3.6	1.0	1.6	5.5
\$28,001 TO \$32,000	45	5.3	1.2	2.9	7.7
\$32,001 TO \$40,000	46	6.4	1.4	3.7	9.2
\$40,001 TO \$48,000	38	4.8	1.2	2.4	7.2
\$48,001 TO \$57,000	36	6.4	1.4	3.7	9.2
\$57,001 TO \$60,000	24†	4.4	1.2	2.0	6.7
\$60,001 TO \$73,000	33	5.6	1.3	3.0	8.1
\$73,001 TO \$85,000	34	4.9	1.2	2.5	7.2
\$85,001 OR MORE	117	17.4	2.1	13.3	21.5
Total	750	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.

**Table 78. Survey question 82. During 12 months before delivery, count income dependents.**

Number of income dependents	Responses (n)	Weighted Percent	Standard Error	95% CI	
1	95	9.7	1.6	6.5	12.9
2	262	32.1	2.5	27.1	37.1
3	204	28.2	2.5	23.3	33.0
4	136	19.3	2.1	15.1	23.5
5	60	6.0	1.2	3.6	8.4
6	19†	3.2	1.0	1.3	5.1
7	8†	0.4	0.3	0.0	1.0
8	5†	0.9	0.5	0.0	2.0
9	2†	0.1	0.0	0.0	0.2
10	1†	0.0	0.0	0.0	0.0
11	1†	0.0	0.0	0.0	0.1
Total	793	100.0			

† Results with less than 30 responses may not be reliable and should be used with caution.