

2016 NH PRAMS Data Summary

The New Hampshire Pregnancy Risk Assessment Monitoring System (NH PRAMS) collects data on a variety of topics related to maternal behaviors and experiences just before, during, and just after pregnancy. This summary represents the population of New Hampshire women who gave birth in 2016. The complete 2017 NH PRAMS Data Book and other publications are available on the NH PRAMS publications page: <http://www.dhhs.nh.gov/dphs/bchs/mch/prams/prams-pubs.htm>

[Q1] = summary finding from Question 1

Family Planning / Contraception

- 17.0% had a medical visit for contraception/family planning in 12 months before becoming pregnant. [Q7]
- 83.1% of women are using postpartum contraception, and among these, almost 25% are using Long-Acting Reversible Contraceptives (LARC): 20.8% using IUD, 3.9% using an implant. [Q55-57]

Healthy homes

- 98.6% have a working smoke alarm and 81.1% have a working carbon monoxide alarm in the home. [Q80]
- 97.9% report that smoking is not allowed anywhere in the home. [Q32]
- Approximately one-third of households with a private water system had their tap water tested for arsenic or lead; fewer than 10% of those with a private water system received advice from a provider to have their household water tested for arsenic or lead. [Q64-66]

Infant Care

Breastfeeding

- The most frequent sources of breastfeeding information are medical professionals (~85%), followed by family or friends (~73%). [Q44]
- 91.1% of women report ever breastfeeding. [Q45]
- 70.1% of all women report breastfeeding more than eight weeks. [Q48]
- The most frequently cited reasons for stopping breastfeeding are not producing enough milk (56.4%), baby's difficulty latching (35.7%) and milk not satisfying baby (29.3%). [Q49]

Sleep behaviors

- 86.3% of women place their baby to sleep on his/her back, as recommended by the American Academy of Pediatrics (AAP). [Q50]
- 78.1% of infants always or often sleep alone in their own crib or bed, as recommended by the AAP. [Q51]
- 74.2% of babies sleep in the same room with the mother, as recommended by the AAP. [Q52]
- A significant proportion (~6%-42.4%) of infants are placed to sleep with blankets, toys, or bumper pads, despite AAP recommendations to the contrary. [Q53]
- 98.7% of women report that a Health Care Workers (HCW) advised placing baby to sleep on his/her back, but only 52.7% were advised to place their baby's crib in the mother's bedroom, as recommended by the AAP. [Q54]

In the car

- 99.4% of infants always ride in a rear-facing car seat. [Q80]
- 99.4 of women have an infant car seat. [Q81]
- 99.2% of women do not allow smoking in the car that the baby most often rides in. [Q69]

Infant Status

- 50.3% of infants spent only 1-2 days in the hospital at birth, but 2.9% spent more than 14 days. [Q41]
- Over 99% of infants were alive and living with the mother, at the time of survey. [Q42, 43]

Insurance

- In the month before they became pregnant 13.0% of women were enrolled in Medicaid and 10.1% did not have insurance. [Q9]
- During pregnancy, 28.4% of women's prenatal care was paid by Medicaid; the number of women who reported having no insurance during pregnancy was too small to report. [Q10]
- At the time of the survey (2-6 months after giving birth), 24.4% of women were enrolled in Medicaid, and 4.9% reported having no insurance. [Q11]
- During pregnancy, 72.8% of women had insurance for dental care. [Q19]

Maternal characteristics

- 46.7% of women were overweight or obese before their pregnancy. [Q1,2]
- A plurality (35.6%) of women who gave birth in 2016 were aged 30-34. [Q3]
- 70.7% wanted to be pregnant then or sooner. [Q12]
- 20.2% were enrolled in WIC during pregnancy and 23.6% were enrolled afterwards. [Q22, Q79]
- 95.3% of women had a postpartum checkup. [Q58]
- 47.0% used social media and 51.0% used cell phone apps to get information on pregnancy issues. [Q71]
- 86.9% of women always used a seatbelt during pregnancy. [Q80]
- 66.7% know how to perform baby CPR. [Q80]
- 78.8% of women had a paying job during pregnancy. [Q72]
- Of women who had a paying job during pregnancy, 55.2% had already returned to work at the time of survey (2-6 months after giving birth), 24.5% had not yet returned to work but planned to return, and 20.3% did not plan to return to work. [Q75]
- Of women who took leave and planned to return to work, 32.7% took paid leave, 49.6% took unpaid leave, and 15.7% took a combination of paid and unpaid leave. [Q76]
- Of those who took leave, more than 30.1% took 8 weeks or less of leave and 69.4% took more than 8 weeks of leave. [Q77]
- Of women returning to work, the most important factors affecting the decision about taking leave was that the job did not offer paid leave (39.0%) or that she could not financially afford to take leave (30.6%). [Q78]
- The most frequently perceived bases of discrimination in health care were income level (5.9%), insurance type [Medicaid, other] (5.9%), substance addiction (4.7%) and age. (4.7%). [Q84]
- Over a third of women lived at 0-180% of FPL and about two thirds at over 185% of FPL. [Q86, 87]

Diabetes

- 3.7% had diabetes before pregnancy. [Q4]
- 8.6% had gestational diabetes during the pregnancy. [Q23]
- 10.0% were tested for diabetes postpartum. [Q59]
- 7.6% received follow-up care for diabetes after giving birth. [Q83]

Hypertension

- 4.0% had high blood pressure in the three months before pregnancy. [Q4]
- 10.9% had high blood pressure during the pregnancy. [Q23]
- 8.3% received follow-up care for hypertension after the pregnancy. [Q83]

Immunizations

- 93.7% were advised by a HCW to get the flu vaccine in the 12 months before the birth. [Q15]
- 66.9% got a flu shot in the 12 months before the birth. [Q16]
- 78.6% got a Tdap shot during the pregnancy. [Q17]

Intimate Partner Violence (IPV)

- 2.3% experienced IPV before the pregnancy. [Q38]
(this data point is unstable due to small numbers; interpret with caution)
- The number of women who experienced IPV during the pregnancy is too small to report. [Q39]

Lyme disease

- The number of women who had Lyme disease during pregnancy is too small to report. [Q23]
- 2.1% reported ever being diagnosed with Lyme disease. [Q70]
(this data point is unstable due to small numbers; interpret with caution)
- 2.8% received follow-up care for Lyme disease after the pregnancy. [Q83]
(this data point is unstable due to small numbers; interpret with caution)

Mental Health / Depression

- 19.5% reported having depression in the three months before pregnancy. [Q4]
- 13.5% visited a HCW for depression in the 12 months before pregnancy. [Q7]
- 16.5% reported having depression during the pregnancy. [Q23]
- Among those who reported depression during pregnancy, 62.6% asked for help from a HCW. [Q24]
- 7.5% reported always or often feeling down or depressed since giving birth. [Q60]
- 10.6% reported always or often having little interest or pleasure in doing things since giving birth. [Q61]
- 13.5% were classified as depressed in a summary measure of depression, based on the two previous indicators.
- 15.5% asked a HCW for help with depression since giving birth. [Q62]
- 12.8% were diagnosed with depression since giving birth. [Q63]
- 17.6% received follow-up care for depression after giving birth. [Q83]

Oral health

- 67.4% had their teeth cleaned in the 12 months before pregnancy. [Q7]
- 54.5% had their teeth cleaned during pregnancy. [Q18]
- 72.8% had insurance to cover dental care during pregnancy. [Q19]
- 17.4% needed to see a dentist for a problem during pregnancy. [Q19]
- 11.3% went to see a dentist about a problem during pregnancy. [Q19]

- Among women who experienced dental problems during pregnancy, the following issues were reported: [Q20]
 - 58.3% Cavities
 - 32.3% Swollen gums
 - 53.1% Toothache
 - 42.8% Needed tooth extraction
 - ___% Mouth injury (numbers too small to report)
 - 27.9% Other
- Reported barriers to dental care include: [Q21]
 - 1.8% Could not find a dentist or dental clinic that would take pregnant patients.
(this data point is unstable due to small numbers; interpret with caution)
 - 9.4% Could not find a dentist or dental clinic that would take Medicaid enrollees.
 - 6.2% Didn't think it was safe to go to the dentist during pregnancy.
 - 20.1% Could not afford to go to the dentist.

Preconception health

- 3.7% had diabetes before pregnancy. [Q4]
- 4.0% had high blood pressure in the three months before pregnancy. [Q4]
- 19.5% reported having depression in the three months before pregnancy. [Q4]
- 40.3% did not take a vitamin or folic acid during the month before pregnancy. [Q5]
- 80.4% had a health care visit (including medical, dental, or mental health) in the 12 months before pregnancy. [Q6]
- 17.0% visited a health care provider for an illness or chronic condition in the 12 months before pregnancy. [Q7]
- 67.4% had their teeth cleaned in the 12 months before pregnancy. [Q7]
- Pre-pregnancy health care visits included discussions on the following: [Q8]
 - 42.9% Taking folic acid
 - 41.6% Maintaining a healthy weight
 - 8.1% Controlling chronic conditions
 - 47.1% Desire to have or not having children
 - 37.2% Using contraception
 - 27.5% Improving health before pregnancy
 - 16.3% Sexually transmitted infections
 - 85.8% Smoking cigarettes
 - 55.9% Emotional or physical abuse
 - 58.3% Feeling down or depressed
 - 80.4% Asking about the kind of work she does
 - 23.5% Testing for HIV

Prenatal care

- 93.1% started prenatal care in the first trimester of pregnancy. [Q13]
- 66.9% got a flu shot in the 12 months before the birth. [Q16]
- 78.6% got a Tdap shot during the pregnancy. [Q17]
- 3.0% received weekly progesterone shots. [Q25]
- Among smokers, 79.4% were advised to quit smoking during prenatal care visits. [Q29]
- Among smokers, prenatal care visits included advice on the following: [Q30]
 - 47.3% How to quit smoking
 - 34.2% Setting a date to quit
 - 27.2% Suggested a class or program
 - 35.9% Provided booklets, videos, or other material

- 11.3% Referral to counseling
(this data point is unstable due to small numbers; interpret with caution)
- 38.2% Ask if family or friend would support decision to quit
- 17.6% Referral to a Quitline
(this data point is unstable due to small numbers; interpret with caution)
- 12.3% Recommend nicotine gum
(this data point is unstable due to small numbers; interpret with caution)
- 18.3% Recommend nicotine patch
- _____ Prescribe nicotine spray or inhaler (numbers too small to report)
- _____ Prescribe pill such as Zyban® (numbers too small to report)
- _____ Prescribe pill such as Chantix® (numbers too small to report)

Health Care Providers' advice and services

In the 12 months before delivery:

- 93.7% Health care worker advised getting a flu shot [Q15]
- 8.5% Among those with a private water system, a health care worker discussed getting household water tested for arsenic [Q65]
- 9.3% Among those with a private water system, a health care worker discussed getting household water tested for lead [Q65]

During pre-pregnancy health visit:

- Pre-pregnancy health care visits included discussions of the following topics: [Q8]
 - 42.9% Taking folic acid
 - 41.6% Maintaining a healthy weight
 - 8.1% Controlling chronic conditions
 - 47.1% Having or not having children
 - 37.2% Using contraception
 - 27.5% Improving health before pregnancy
 - 16.3% Sexually transmitted infections
 - 85.8% Smoking cigarettes
 - 55.9% Emotional or physical abuse
 - 58.3% Feeling down or depressed
 - 80.4% Asking about the kind of work she does
 - 23.5% Testing for HIV

During prenatal visits:

- Health care worker asked about: [Q14]
 - 66.3% If she knows how much weight she should gain
 - 99.4% If using any prescription medications
 - 98.9% If smoking cigarettes
 - 98.2% If drinking alcohol
 - 74.7% If being hurt emotionally or physically
 - 81.2% If feeling down or depressed
 - 83.5% If using illegal drugs
 - 56.2% If wanted HIV test
 - 95.1% Plans to breastfeed
 - 87.3% Plans for postpartum birth control
- With smokers, 79.4% reported that a health care worker advised quitting smoking [Q29]

- With smokers, a health care worker advised: [Q30]
 - 47.3% How to quit smoking
 - 34.2% Setting a date to quit
 - 27.2% Suggested a class or program
 - 35.9% Provided booklets, videos, or other material
 - 11.3% Referral to counseling
(this data point is unstable due to small numbers; interpret with caution)
 - 38.2% Ask if family or friend would support decision to quit
 - 17.6% Referral to a Quitline
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 - 12.3% Recommend nicotine gum
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 - 18.3% Recommend nicotine patch
 - _____ Prescribe nicotine spray or inhaler (numbers too small to report)
 - _____ Prescribe pill such as Zyban® (numbers too small to report)
 - _____ Prescribe pill such as Chantix® (numbers too small to report)

Postpartum check-up:

- Health care worker discussed or did the following: [Q59]
 - 59.2% Taking vitamin with folic acid
 - 58.5% Healthy eating, exercise, losing pregnancy weight
 - 43.2% Birth spacing
 - 88.6% Postpartum contraception
 - 38.4% Gave or prescribed a contraceptive
 - 22.9% Inserted an IUD or implant
 - 66.3% Smoking cigarettes
 - 59.0% Emotional abuse or IPV
 - 94.5% Depression
 - 10.0% Tested for diabetes
- Health care worker advice for infant safe sleep: [Q54]
 - 98.7% Place baby to sleep on his/her back
 - 91.8% Place baby to sleep in his/her own bed/crib
 - 52.7% Place baby's crib in the mother's bedroom
 - 90.6% What things should and should not go in baby's crib
- Health care worker discussed infant care practices: [Q80]
 - 77.6% What happens if baby is shaken
 - 81.1% How to quiet a crying baby

Substance use/misuse

Alcohol

- 82.2% drank alcohol in the previous two years. [Q36]
- 75.7% drank alcohol in the three months before pregnancy. [Q37]

E-cigarettes/hookah

- 7.5% used e-cigarettes (or other electronic nicotine products) in the previous two years. [Q33]
- 5.4% used a hookah in the previous two years. [Q33]
- 96.1% did not use e-cigarettes (or other electronic nicotine products) in the three months before pregnancy. [Q34]
- 99.1% did not use e-cigarettes (or other electronic nicotine products) in the last three months of pregnancy. [Q35]

Marijuana/hash

- 16.1% used marijuana or hash in the 12 months before pregnancy. [Q67]
- 5.5% used marijuana or hash during pregnancy. [Q67]
- 6.5% used marijuana or hash since giving birth. [Q67]
- Among users in any time period, reasons cited for the use of marijuana or hash included: [Q68]
 - 33.6% To relieve nausea
 - 22.5% To relieve vomiting
 - 55.3% To relieve stress or anxiety
 - 12.1% To relieve a chronic condition
(this data point is unstable due to small numbers; interpret with caution)
 - 49.4% For fun or to relax

Tobacco

- 21.5% smoked cigarettes in the previous two years. [Q26]
- 19.5% smoked cigarettes in the three months before pregnancy. [Q27]
- 10.8% smoked cigarettes in the last three months of pregnancy. [Q28]
- 12.4% smoked cigarettes at the time of survey (2-6 months postpartum). [Q31]

The Pregnancy Risk Assessment Monitoring System, PRAMS, is an ongoing population based surveillance project of the CDC and state departments of health, with the goals of reducing infant mortality and low birth weight and improving the overall health of mothers and infants.

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New Hampshire PRAMS
Maternal & Child Health Section/ Division of Public Health Services
Department of Health & Human Services
29 Hazen Drive, Concord, NH 03301-6504
<http://dhhs.nh.gov/> PRAMS@dhhs.nh.gov 1-800-852-3345 x2081
<https://www.dhhs.nh.gov/dphs/bchs/mch/prams.htm>