

### NH PRAMS 2019 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 2019.

Other NH PRAMS publications, including prior years of data and survey questions are available on the **NH PRAMS publications** page: <http://www.dhhs.nh.gov/dphs/bchs/mch/prams/prams-pubs.htm>

Current survey 2016-2019: [www.dhhs.nh.gov/dphs/bchs/mch/documents/prams-questionnaire.pdf](http://www.dhhs.nh.gov/dphs/bchs/mch/documents/prams-questionnaire.pdf)

Past Survey 2013-2015: [www.dhhs.nh.gov/dphs/bchs/mch/documents/prams-questionnaire-13-15.pdf](http://www.dhhs.nh.gov/dphs/bchs/mch/documents/prams-questionnaire-13-15.pdf)

#### Family Planning / Contraception

- 57.0% (CI = 51.5-62.4%) had a medical visit for contraception/family planning in 12 months before becoming pregnant. [Q7]
- 81.8% (CI = 77.8-85.2%) of women are using postpartum contraception, and among these, 21.5% (CI = 17.4-26.2%) are using Long-Acting Reversible Contraception (LARC) which includes 17.4% (CI = 13.7-21.8%) using an Intrauterine Device (IUD) and 4.1% (CI = 2.4-6.9%) using an implant. [Q55, Q57]

#### Healthy Homes

- 98.7% (CI = 96.9-99.4%) have a working smoke alarm and 87.9% (84.2-90.9%) have a working carbon monoxide alarm in the home. [Q80]
- 98.9% (CI = 97.3-99.5%) report that smoking is not allowed anywhere in the home. [Q32]
- Nearly one-third (32.1%; CI = 25.7-39.3%) of households with a private water system had their tap water tested for arsenic or lead. [Q64-66]

#### Infant Care

##### *Breastfeeding*

- 92.0% (CI = 88.6-94.4%) of women report ever breastfeeding. [Q45]
- Nearly two-thirds (63.3%; CI = 58.4-67.9%) of all women report breastfeeding for more than eight weeks. [Q48]
- The most frequently cited reasons for stopping breastfeeding are milk not satisfying baby (52.1%; CI = 42.9-61.3%), not producing enough milk (49.5%; CI = 40.3-58.8%), and baby's difficulty latching (33.9%; CI = 25.8-43.0%). [Q49]

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### ***Sleep behaviors***

- 87.3% (CI = 83.6-90.3%) of women place their infant to sleep on his/her back, as recommended by the American Academy of Pediatrics (AAP). [Q50]
- 79.2% (CI = 74.9-83.0%) of infants always or often sleep alone in their own crib or bed, as recommended by the AAP. [Q51]
- 85.8% (CI = 82.1-88.8%) of infants sleep in the same room with the mother, as recommended by the AAP. [Q52]
- A significant proportion (7%-35%) of infants are placed to sleep with blankets (35.8%; CI = 31.1-40.9%), toys, cushions or pillows (7.3%; CI = 4.8-10.8%), or bumper pads (8.8%; CI = 6.3-12.3%), despite AAP recommendations to the contrary. [Q53]
- 96.3% (CI = 93.1-98.1%) of women reported receiving advice from a Health Care Worker (HCW) to place her baby to sleep on his/her back, but only 67.4% (CI = 62.5-71.9%) reported receiving advice to place the baby's crib in the mother's bedroom, as recommended by the AAP. [Q54]

### ***In the car***

- 99.8% (CI = 98.6-100%) of infants always ride in a rear-facing car seat. [Q80]
- 100% of women had an infant car seat. [Q81]
- 99.6% (CI = 98.5-99.9%) of women do not allow smoking in the car that the baby most often rides in. [Q69]

### **Infant Status**

- 49.1% (CI = 44.2-53.9%) of infants spent only 1-2 days in the hospital at birth, but 2.5% (CI = 1.6-4.0%) spent more than 14 days. [Q41]
- Over 99% (CI = 99.7-99.9%) of infants were alive and living with the mother at the time of survey. [Q42, 43]

### **Insurance**

- In the month before they became pregnant, 16.8% (CI = 13.3-21.0%) of women were enrolled in Medicaid and 7.9% (CI = 5.4-11.5%) did not have health insurance. [Q9]
- 31.1% (CI = 26.6-35.9%) of women had their prenatal care paid by Medicaid. [Q10]
- At the time of the survey (2-6 months postpartum), 28.1% (CI = 23.8-32.9%) of women were enrolled in Medicaid, and 3.4% (CI = 1.9-6.0%) reported having no insurance. [Q11]
- During pregnancy, 68.4% (CI = 63.5-73.0%) of women had insurance for dental care. [Q19]

### **Maternal Characteristics**

- 52.2% (CI = 47.3-57.0%) of women were overweight or obese before their pregnancy. [Q1,2]
- A plurality (37.0%; CI = 32.6-41.6%) of women who gave birth in 2019 were aged 30-34. [Q3]
- 69.3% (CI = 64.4-73.7%) wanted to be pregnant then or sooner. [Q12]
- 21.3% (CI = 17.5-25.6%) were enrolled in the Supplementary Nutrition Program for Women, Infants, and Children (WIC) during pregnancy. [Q22]
- 25.1% (CI = 20.9-29.9%) were enrolled along with their infant in WIC after pregnancy. [Q79]

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- 90.8% (CI = 87.1-93.5%) of women had a postpartum checkup. [Q58]
- 46.2% (CI = 41.3-51.0%) used social media and 52.2% (CI = 47.3-57.1%) used cell phone apps to get information on pregnancy issues. [Q71]
- 87.7% (CI = 83.5-90.9%) of women always used a seatbelt during pregnancy. [Q80]
- 72.6% (CI = 67.9-76.9%) know how to perform baby CPR. [Q80]
- 77.9% (CI = 73.2-81.9%) of women had a paying job during pregnancy. [Q72]
- Of women who had a paying job, 51.8% (CI = 46.4-57.2%) had already returned to work at the time of survey (2-6 months postpartum). [Q75]
- Of women who took leave and had returned or planned to return to work, 14.6% (CI = 10.9-19.3%) took a combination of paid and unpaid leave; 45.7% (CI = 39.8-51.7%) took unpaid leave, and 36.7% (CI = 31.2-42.6%) took paid leave. [Q76]
- Of those who took leave, nearly half (48.0%; CI = 42.0-54.0%) took 9-12 weeks of leave; approximately one-quarter of women took more and one-quarter took less. [Q77]
- Of women returning to work, the most important factors affecting the decision about taking leave were being financially able (or not) to afford take leave (37.5%; CI = 31.8-43.6%) or that the job did not offer paid leave (40.2%; CI = 34.4-46.3%). [Q78]
- The most frequently perceived bases of discrimination in health care were insurance type [Medicaid, other] (5.4%; CI = 3.5-8.2%), income level (5.1%; CI = 3.0-8.3%), substance addiction (3.6%; CI = 2.0-6.3%), body weight (3.3%; CI = 1.8-6.0%), and age (2.8%; CI = 1.7-4.6%). Race/ethnicity was perceived as a basis for discriminatory treatment among 1.6% of women (CI = 0.6-3.8%), and sexual orientation by fewer than 10 women (numbers too small to report). [Q84]
- Approximately 14.5% (CI = 11.2-18.7%) lived at 0-100% of the Federal Poverty Level (FPL), 21.6% (CI = 17.7-26.2%) at 101-185% of FPL, and 63.8% (CI = 58.8-68.6%) at over 185% of FPL during the 12 months before the birth of their new baby. [Q86, 87]

### **Diabetes**

- 2.0% (CI = 1.1-3.7%) had diabetes in the three months before pregnancy. [Q4]
- 8.5% (CI = 6.3-11.2%) had gestational diabetes during their pregnancy. [Q23]
- 9.1% (CI = 6.6-12.6%) were tested for diabetes postpartum. [Q59]
- 5.9% (CI = 4.0-8.5%) reported receiving follow-up care for diabetes after giving birth. [Q83]

### **Hypertension**

- 3.7% (CI = 2.4-5.7%) had high blood pressure in the three months before pregnancy. [Q4]
- 15.3% (CI = 12.2-19.0%) had high blood pressure during their pregnancy. [Q23]
- 11.8% (CI = 9.0-15.4%) reported receiving follow-up care for hypertension after their pregnancy. [Q83]

### **Immunizations**

- 95.0% (CI = 92.4-96.8%) reported receiving advice from a HCW to get the flu vaccine in the 12 months before the birth. [Q15]
- 69.2% (CI = 64.4-73.5%) got a flu shot in the 12 months before the birth. [Q16]
- 84.6% (CI = 80.9-87.7%) got a Tetanus, Diphtheria, and Pertussis (Tdap) shot during their pregnancy. [Q17]

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### ***Intimate Partner Violence (IPV)***

- 2.4% (CI = 1.1-4.9%) experienced IPV in the 12 months before becoming pregnant. [Q38]
- (\*) experienced IPV during their pregnancy (number is too small to report). [Q39]

### ***Lyme disease***

- (\*) had Lyme disease during pregnancy (number is too small to report). [Q23]
- 2.1% (CI = 1.1-3.7%) reported ever being diagnosed with Lyme disease. [Q70]
- (\*) follow-up for Lyme disease (number is too small to report). [Q83]

## **Mental Health / Depression**

### ***Before Pregnancy***

- 17.1% (CI = 13.8-21.1%) reported having depression in the three months before pregnancy. [Q4]
- 14.5% (CI = 11.0-18.7%) visited a HCW for depression in the 12 months before pregnancy. [Q7]

### ***During Pregnancy***

- 17.3% (CI = 13.8-21.4%) reported having depression. [Q23]
- Among those who reported depression during pregnancy, 49.3% (CI = 37.4-61.4%) asked for help from a HCW. [Q24]

### ***After pregnancy***

- 7.5% (CI = 5.2-10.8%) reported always or often feeling down or depressed since giving birth. [Q60]
- 6.9% (CI = 4.9-9.7%) reported always or often having little interest or pleasure in doing things they usually enjoyed since giving birth. [Q61]
- 11.2% (CI = 8.4-14.9%) were classified as depressed in a summary measure of depression, based on the two previous indicators.
- 19.1% (CI = 15.5-23.2%) asked a HCW for help with depression since giving birth. [Q62]
- 12.6% (CI = 9.6-16.2%) were diagnosed with depression since giving birth. [Q63]
- 20.7% (CI = 16.9-25.1%) received follow-up care for depression after giving birth. [Q83]

## **Oral Health**

- 66.8% (CI = 61.4-71.9%) had their teeth cleaned in the 12 months before pregnancy. [Q7]
- 49.4% (CI = 44.5-54.3%) had their teeth cleaned during pregnancy. [Q18]
- 89.7% (CI = 85.8-92.6%) knew it was important to care for teeth and gums during pregnancy. [Q19]
- 68.4% (CI = 63.5-73.0%) had insurance to cover dental care during pregnancy. [Q19]
- 17.0% (CI = 13.5-21.3%) needed to see a dentist for a problem during pregnancy. [Q19]
- 9.6% (CI = 7.0-13.0%) went to see a dentist about a problem during pregnancy. [Q19]
- Various dental problems experienced during pregnancy among those who reported having a problem include: [Q20]
  - 63.2% (CI = 51.0-73.9%) had cavities.
  - 56.1% (CI = 43.9-67.6%) had a toothache.

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- 43.3% (CI = 31.6-55.9%) had painful, red, or swollen gums.
- 40.1% (CI = 28.5-52.9%) needed tooth extraction.
- 10.7% (CI = 5.4-20.3%) reported an injury to mouth, teeth, or gums.
- 28.3% (CI = 18.4-40.7%) reported other dental issues.
- Reported barriers to dental care include: [Q21]
  - 22.1% (CI = 18.2-26.6%) could not afford to go to the dentist.
  - 9.1% (CI = 6.4-12.8%) did not think it was safe to go to the dentist during pregnancy.
  - 9.8 (CI = 7.0-13.6%) could not find dentist accepting Medicaid patients.
  - 3.6% (CI = 1.9-6.7%) could not find dentist accepting pregnant patients.

### Preconception Health

- 2.0% (CI = 1.1-3.7%) had diabetes before pregnancy. [Q4]
- 3.7% (CI = 2.4-5.7%) had high blood pressure in the three months before pregnancy. [Q4]
- 17.1% (CI = 13.8-21.1%) reported having depression in the three months before pregnancy. [Q4]
- 46.0% (CI = 41.1-51.0%) did not take a vitamin or folic acid during the month before pregnancy. [Q5]
- 75.0% (CI = 70.4-79.2%) had a health care visit (including medical, dental, or mental health) in the 12 months before pregnancy. [Q6]
- Of those who had a health care visit in the 12 months before pregnancy [Q7]:
  - 66.8% (CI = 61.4-71.9%) had their teeth cleaned.
  - 57.0% (CI = 51.5-62.4%) had a regular checkup at OB/GYN's office.
  - 60.2% (CI = 54.6-65.5%) had a regular checkup at family doctor's office.
  - 18.1% (CI = 14.3-22.7%) had a visit for family planning or birth control.
  - 15.0% (CI = 11.5-19.2%) visited a health care provider for an illness or chronic condition.
  - 14.5% (CI = 11.0-18.7%) had a visit for depression or anxiety.
  - 7.3% (CI = 4.9-10.8%) had a visit for an injury.
  - 15.0% (CI = 11.5-19.3%) had a visit for another reason.
- Women reported pre-pregnancy health care visits included advice or discussion with HCW on the following: [Q8]
  - 87.2% (CI = 83.4-90.3%) Smoking cigarettes.
  - 43.9% (CI = 38.5-49.5%) Taking folic acid.
  - 81.6% (CI = 77.0-85.5%) Asking about the kind of work she does.
  - 68.1% (CI = 62.8-73.0%) Feeling down or depressed.
  - 65.6% (CI = 60.2-70.5%) Emotional or physical abuse.
  - 51.0% (CI = 45.5-56.5%) Having or not having children.
  - 38.1% (CI = 32.8-43.7%) Using contraception.
  - 36.3% (CI = 31.2-41.8%) Maintaining a healthy weight.
  - 32.3% (CI = 27.4-37.7%) Improving health before pregnancy.
  - 22.6% (CI = 18.1-27.9%) Testing for Human Immunodeficiency Virus (HIV).
  - 16.8% (CI = 12.8-21.7%) Sexually transmitted infections.
  - 8.5% (CI = 5.8-12.2%) Controlling chronic conditions.

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## Prenatal Care

- 93.8% (CI = 90.8-95.9%) started prenatal care in the first trimester of pregnancy. [Q13]
- 69.2% (CI = 64.4-73.5%) got a flu shot in the 12 months before the birth. [Q16]
- 84.6% (CI = 80.9-87.7%) got a Tdap shot during the pregnancy. [Q17]
- 2.3% (CI = 1.2-4.5%) received weekly progesterone shots. [Q25]
- Among smokers, 81.6% (CI = 70.2-89.3%) reported that they received advice to quit smoking from a HCW during prenatal care visits. [Q29]
- Among smokers, reported prenatal care visits included advice on the following from HCW: [Q30]
  - 31.4% (CI = 20.1-45.5%) How to quit smoking.
  - 23.0% (CI = 14.0-35.5%) HCW asked if family or friend would support decision to quit.
  - 23.3% (CI = 13.6-37.0%) Recommended nicotine patch.
  - 16.9% (CI = 8.6-30.4%) Recommended setting a date to quit.
  - 15.5% (CI = 8.9-25.6%) Provided booklets, videos, or other material.
  - 16.4% (CI = 8.8-28.5%) Referred to a Quitline.
  - 13.1% (CI = 6.3-25.4%) Recommended nicotine gum.
  - 9.8% (CI = 4.9-18.9%) Suggested a class or program.
  - 11.9% (CI = 6.2-21.6%) Referred to counseling.
  - (\* ) Prescribed nicotine spray or inhaler (numbers too small to report).
  - (\* ) Prescribed pill such as Zyban<sup>®</sup> (numbers too small to report).
  - (\* ) Prescribed pill such as Chantix<sup>®</sup> (numbers too small to report).

## Health Care Providers' Advice and Services

### *In the 12 months before delivery:*

- 95.0% (CI = 92.4-96.8%) HCW advised getting a flu shot. [Q15]
- 9.5% (CI = 5.9-14.8%) HCW discussed getting household water tested for arsenic. [Q65]
- 10.0% (CI = 6.4-15.4%) HCW discussed getting household water tested for lead. [Q65]

### *During pre-pregnancy health visit:*

- Pre-pregnancy health care visits included advice or discussion on the following: [Q8]
  - 87.2% (CI = 83.4-90.3%) Smoking cigarettes.
  - 43.9% (CI = 38.5-49.5%) Taking folic acid.
  - 81.6% (CI = 77.0-85.5%) Asking about the kind of work she does.
  - 68.1% (CI = 62.8-73.0%) Feeling down or depressed.
  - 65.6% (CI = 60.2-70.5%) Emotional or physical abuse.
  - 51.0% (CI = 45.5-56.5%) Having or not having children.
  - 38.1% (CI = 32.8-43.7%) Using contraception.
  - 36.3% (CI = 31.2-41.8%) Maintaining a healthy weight.
  - 32.3% (CI = 27.4-37.7%) Improving health before pregnancy.
  - 22.6% (CI = 18.1-27.9%) Testing for Human Immunodeficiency Virus (HIV).
  - 16.8% (CI = 12.8-21.7%) Sexually transmitted infections.
  - 8.5% (CI = 5.8-12.2%) Controlling chronic conditions.

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### ***During prenatal visits:***

- Reported HCW asked about: [Q14]
  - 98.8% (CI = 97.5-99.5%) If using any prescription medications.
  - 97.5% (CI = 95.7-98.5%) If smoking cigarettes.
  - 97.0% (CI = 95.1-98.2%) If drinking alcohol.
  - 95.2% (CI = 92.4-97.0%) Plans to breastfeed.
  - 85.6% (CI = 81.9-88.7%) If using illegal drugs.
  - 88.0% (CI = 84.6-90.8%) If feeling down or depressed.
  - 81.3% (CI = 76.9-85.1%) Plans for postpartum birth control.
  - 83.7% (CI = 79.9-86.9%) If being hurt emotionally or physically.
  - 57.2% (CI = 52.2-62.0%) If she knows how much weight she should gain.
  - 48.7% (CI = 43.7-53.6%) If wanted HIV test.
- Among smokers, 81.6% (70.2-89.3%) reported that they received advice to quit smoking from a HCW during prenatal care visits. [Q29]
- Among smokers, reported HCW did the following during a prenatal care visit: [Q30]
  - 31.4% (CI = 20.1-45.5%) How to quit smoking.
  - 23.0% (CI = 14.0-35.5%) HCW asked if family or friend would support decision to quit.
  - 23.3% (CI = 13.6-37.0%) Recommended nicotine patch.
  - 16.9% (CI = 8.6-30.4%) Recommended setting a date to quit.
  - 15.5% (CI = 8.9-25.6%) Provided booklets, videos, or other material.
  - 16.4% (CI = 8.8-28.5%) Referred to a Quitline.
  - 13.1% (CI = 6.3-25.4%) Recommended nicotine gum.
  - 9.8% (CI = 4.9-18.9%) Suggested a class or program.
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  - ( \* ) Prescribed pill such as Chantix<sup>®</sup> (numbers too small to report).

### ***At the postpartum check-up:***

- Reported HCW discussed or did the following: [Q59]
  - 95.9% (CI = 93.8-97.3%) Asked if feeling down or depressed.
  - 90.2% (CI = 86.7-92.8%) Discussed postpartum contraception.
  - 65.2% (CI = 60.3-69.9%) Asked if smoking cigarettes.
  - 65.4% (CI = 60.6-70.0%) Asked about emotional and physical abuse.
  - 53.7% (CI = 48.6-58.7%) Advised taking vitamin with folic acid.
  - 51.7% (CI = 46.6-56.8%) Discussed healthy eating, exercise, losing pregnancy weight.
  - 54.1% (CI = 49.0-59.1%) Discussed birth spacing.
  - 38.2% (CI = 33.3-43.4%) Gave or prescribed a contraceptive.
  - 20.7% (CI = 16.8-25.2%) Inserted an IUD or implant.
  - 9.1% (CI = 6.6-12.6%) Tested for diabetes.

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- Reported HCW gave following advice for infant safe sleep: [Q54]
  - 96.3% (CI = 93.1-98.1%) Place baby to sleep on his/her back.
  - 93.7% (CI = 90.4-95.9%) Place baby to sleep in his/her own bed/crib.
  - 93.1% (CI = 89.5-95.5%) What things should and should not go in baby's crib.
  - 67.4% (CI = 62.5-71.9%) Place baby's crib in the mother's bedroom.
- Reported HCW discussed infant care practices: [Q80]
  - 80.3% (CI = 75.9-84.1%) How to quiet a crying baby.
  - 77.6% (CI = 73.2-81.5%) What happens if baby is shaken.

## Substance Use

### *Alcohol*

- 80.0% (CI = 75.8-83.7%) drank alcohol in the previous two years. [Q36]
- 72.6% (CI = 68.0-76.7%) drank alcohol in the three months before pregnancy. [Q37]

### *E-cigarettes/Hookah*

- 7.8% (CI = 5.4-11.2%) used E-cigarettes (or other electronic nicotine products) in the previous two years. [Q33]
- 1.7% (CI = 0.8-3.5%) used a hookah in the previous two years. [Q33]
- 94.4% (CI = 91.4-96.4%) did not use E-cigarettes (or other electronic nicotine products) in the three months before pregnancy. [Q34]
- 98.2% (CI = 96.0-99.2%) did not use E-cigarettes (or other electronic nicotine products) in the last three months of pregnancy. [Q35]

### *Marijuana/Hash*

- 20.0% (CI = 16.2-24.4%) used marijuana or hash in the 12 months before pregnancy. [Q67]
- 8.8% (CI = 6.0-12.7%) used marijuana or hash during pregnancy. [Q67]
- 8.5% (CI = 5.9-12.1%) 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]
  - 65.3% (CI = 54.7-74.6%) To relieve stress or anxiety.
  - 41.9% (CI = 31.5-53.0%) For fun or to relax.
  - 38.3% (CI = 27.8-50.0%) To relieve nausea.
  - 27.6% (CI = 18.3-39.4%) To relieve vomiting.
  - 14.0% (CI = 8.0-23.3%) To relieve a chronic condition.
  - 16.2% (CI = 9.2-26.8%) For other reasons.

### *Tobacco*

- 19.9% (CI = 16.1-24.4%) smoked cigarettes in the previous two years. [Q26]
- 18.6% (CI = 14.8-23.0%) smoked cigarettes in the three months before pregnancy. [Q27]
- 9.1% (CI = 6.4-12.9%) smoked cigarettes in the last three months of pregnancy. [Q28]
- 11.3% (CI = 8.3-15.3%) smoked cigarettes at the time of survey (2-6 months postpartum). [Q31]

The point estimate for each indicator is expressed as a single number (e.g. 75.5%); 95% confidence intervals are expressed as a range (e.g. CI = 72.2-77.7%). Data are shaded when the relative standard error of the estimate is large ( $\geq 30\%$  of the estimate), which indicates that the estimate has high variability and is unreliable; shaded numbers should be interpreted with caution. Data are suppressed and represented with an asterisk (\*) when the sampled number of 'Yes' responses was less than ten. [Q1] = summary finding from Question 1 of the NH PRAMS Survey; [Q2] = Question 2; etc.



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