

NH PRAMS 2020 Data Summary

The New Hampshire Pregnancy Risk Assessment Monitoring System (NH PRAMS) collects data on topics related to maternal behaviors and experiences just before, during, and just after pregnancy.

This summary represents the population of New Hampshire residents who gave birth in 2020.

Other NH PRAMS publications are available on the NH PRAMS Publications page:

<https://www.dhhs.nh.gov/dphs/bchs/mch/prams/prams-pubs.htm>

Family Planning / Contraception

- 17.8% (CI=14.2-22.0%) had a medical visit for contraception/family planning in 12 months before becoming pregnant. [Q7]
- 80.4% (CI=76.4-83.8%) of women used postpartum contraception, and among these, 28.1% (CI=23.6-33.0%) used Long-Acting Reversible Contraception (LARC) which includes 23.1% (CI=19.0-27.8%) using an Intrauterine Device (IUD) and 4.9% (CI=3.0-7.9%) using an implant. [Q55-57]

Healthy Homes

- 98.4% (CI=96.5-99.3%) have a working smoke alarm and 87.4% (83.8-90.4%) have a working carbon monoxide alarm in the home. [Q80]
- 98.7% (CI=97.0-99.5%) report that smoking is not allowed anywhere in the home. [Q32]
- Nearly 3 in 10 (28.4%; CI=22.2-35.4%) households with a private water system had their tap water tested for arsenic or lead. [Q64-66]

Infant Care

Breastfeeding

- 89.8% (CI=86.4-92.4%) of women reported ever breastfeeding. [Q45]
- Nearly two-thirds (65.6%; CI=61.0-69.9%) of all women reported breastfeeding for more than eight weeks. [Q48]
- The most frequently cited reasons for stopping breastfeeding were:
 - not producing enough milk (58.2%; CI=48.4-67.3%);
 - the baby's difficulty latching (43.1%; CI= 33.7-53.0%);
 - milk not satisfying baby (38.8%, CI=29.7-48.7%).[Q49]

Sleep behaviors

- 90.8% (CI=87.7-93.2%) of women place their infant to sleep on their back, as recommended by the American Academy of Pediatrics (AAP). [Q50]
- 80.3% (CI=76.2-83.8%) of infants always or often sleep alone in their own crib or bed, as recommended by the AAP. [Q51]

- 83.7% (CI=79.9-86.9%) of infants sleep in the same room with the mother, as recommended by the AAP. [Q52]
- Despite AAP recommendations to the contrary, 26.1% (CI=22.1-30.7%) of infants are placed to sleep with blankets; 8.9% (CI= 6.4-12.1%) with bumper pads; and 5.1% (CI= 3.3-7.8%) with toys, cushions or pillows. [Q53]
- 97.8% (CI=95.8-98.8%) of women reported receiving advice from a Health Care Worker (HCW) to place her baby to sleep on their back (as recommended by AAP), but only 71.1% (CI=66.7-75.2%) reported receiving advice to place the baby's crib in the mother's bedroom, as recommended by AAP. [Q54]

Insurance

- In the month before they became pregnant, 18.7% (CI=15.1-22.8%) of women were enrolled in Medicaid and 5.9% (CI=4.0-8.8%) did not have health insurance. [Q9]
- 27.5% (CI=23.4-32.1%) of women had their prenatal care paid by Medicaid. [Q10]
- During pregnancy, 72.2% (CI=67.6-76.3%) of women had insurance for dental care. [Q19]

Maternal Characteristics

- 69.9% (CI=65.3-74.1%) of mothers wanted to be pregnant then or sooner. [Q12]
- During pregnancy, 17.4% (14.0-21.6%) were enrolled in WIC, the Supplementary Nutrition Program for Women, Infants. [Q22]
- Postpartum, 20.0% (CI=16.3-24.4%) were enrolled along with their infant in WIC. [Q79]
- 90.3% (CI=86.9-92.9%) of women had a postpartum checkup. [Q58]
- The most frequently perceived bases of discrimination in health care were body weight (4.9%; CI= 3.2-7.4%); age (4.4%; CI=2.8-6.9%); insurance type [Medicaid, other] (3.7%; CI=2.3-6.1%), income level (3.7%; CI=2.3-6.0%), and substance addiction (2.3%; CI=1.2-4.2%). [Q84]

Work and work leave

- 75.5% (CI=71.2-79.3%) of women had a paying job during pregnancy. [Q72]
- Of women who took work leave and had returned or planned to return to work, 42.1% (CI=36.4-48.0%) took paid leave only, 38.7% (CI=33.0-44.7%) took unpaid leave, and 15.7% (CI=12.0-20.3%) took a combination of paid and unpaid leave. [Q76]
- Of women returning to work, the most important factors affecting the decision about taking leave were being financially able to afford take leave (31.1%; CI=25.8-37.1%) or that the job did not offer paid leave (36.1%; CI=30.5-42.0%). [Q78]

Diabetes

- 2.1% (CI=1.2-3.9%) had diabetes before pregnancy. [Q4]
(This data point is unstable due to small numbers; interpret with caution)
- 10.8% (CI=8.2-14.2%) had gestational diabetes during their pregnancy. [Q23]
- 7.2% (CI=5.0-10.1%) reported receiving follow-up care for diabetes after giving birth. [Q83]

Hypertension

- 4.1% (CI=2.6-6.3%) had high blood pressure before their pregnancy. [Q4]
- 15.5% (CI=12.4-19.2%) had high blood pressure during their pregnancy. [Q23]
- 9.2% (CI=6.9-12.2%) reported receiving follow-up care for hypertension after their pregnancy. [Q83]

Immunizations

- 92.2% (CI=89.3-94.4%) reported receiving advice from a HCW to get a flu shot in the 12 months before the birth. [Q15]
- 75.1% (CI=70.8-79.0%) got a flu shot in the 12 months before the birth. [Q16]
- 86.7% (CI=83.2-89.6%) reported getting a Tetanus, Diphtheria, and Pertussis (Tdap) shot during their pregnancy. [Q17]

Intimate Partner Violence (IPV)

- 2.1% (CI=1.0-4.2%) experienced IPV in the 12 months before becoming pregnant. [Q38]
(This data point is unstable due to small numbers; interpret with caution)
- (*) 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]
- 2.6% (CI=1.5-4.6%) reported ever being diagnosed with Lyme disease. [Q70]
(This data point is unstable due to small numbers; interpret with caution)

Mental Health / Depression

Before Pregnancy

- 23.1% (CI=19.3-27.5%) reported having depression in the three months before pregnancy. [Q4]
- 16.5% (CI=12.9-20.9%) visited a HCW for depression in the 12 months before pregnancy. [Q7]

During Pregnancy

- 19.0% (CI=15.4-23.2%) reported having depression. [Q23]
- Among those who reported depression during pregnancy, 55.2% (CI=43.6-66.2%) asked for help from a HCW. [Q24]

After pregnancy

- 8.3% (CI=6.0-11.3%) reported always or often feeling down or depressed since giving birth. [Q60]
- 8.8% (CI=6.5-11.9%) reported always or often having little interest or pleasure in doing things they usually enjoyed since giving birth. [Q61]
- 12.2% (CI=9.4-15.6%) were classified as depressed in a summary measure of depression, based on the two previous indicators.
- 17.5% (CI=14.2-21.5%) asked a HCW for help with depression since giving birth. [Q62]
- 14.8% (CI=11.7-18.6%) were diagnosed with depression since giving birth. [Q63]
- 19.2% (CI=15.7-23.3%) received follow-up care for depression after giving birth. [Q83]

Oral Health

- 66.1% (CI=61.0-70.9%) had their teeth cleaned in the 12 months before pregnancy. [Q7]
- 72.2% (CI=67.6-76.3%) had insurance to cover dental care during pregnancy. [Q19]
- 48.7% (CI=44.0-53.3%) had their teeth cleaned during pregnancy. [Q18]
- Reported barriers to dental care include: [Q21]
 - 18.1% (CI=14.6-22.3%) could not afford to go to the dentist;
 - 9.9% (CI=7.3-13.2%) did not think it was safe to go to the dentist during pregnancy;
 - 10.7% (CI=7.9-14.3%) dentist would not take Medicaid enrollees.

Preconception Health

- 56.2% (CI=51.5-60.8%) took a vitamin or folic acid at least once a week during the month before pregnancy. [Q5]
- 80.9% (76.9-84.4%) 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]:
 - 66.1% (CI=61.0-70.9%) had their teeth cleaned.
 - 52.7% (CI=47.6-57.7%) had a regular checkup at OB/GYN's office.
 - 56.3% (CI=51.2-61.2%) had a regular checkup at family doctor's office.
 - 17.8% (CI=14.2-22.0%) had a visit for family planning or birth control.
 - 12.4% (CI=9.4-16.2%) visited a health care provider for an illness or chronic condition.
 - 16.5% (CI=12.9-20.9%) had a visit for depression or anxiety.
- Pre-pregnancy health care visits included advice or discussion with HCW on the following: [Q8]
 - 84.1% (CI=79.9-87.6%) Smoking cigarettes.
 - 39.0% (CI=34.1-44.1%) Taking folic acid.
 - 70.5% (CI=65.6-74.9%) Feeling down or depressed.
 - 62.1% (CI=56.9-67.0%) Emotional or physical abuse.
 - 39.6% (CI=34.6-44.7%) Using contraception.
 - 37.1% (CI=32.3-42.2%) Maintaining a healthy weight.
 - 22.4% (CI=18.4-27.0%) Sexually transmitted infections.
 - 8.6% (CI=6.1-12.0%) Controlling chronic conditions.

Prenatal Care

- 96.0% (CI=93.7-97.5%) started prenatal care in the first trimester of pregnancy. [Q13]
- 1.2% (CI=0.6-2.4%) received weekly progesterone shots. [Q25]
(This data point is unstable due to small numbers; interpret with caution)
- During prenatal care visits, 71.6% (CI=58.4-81.9%) of smokers reported that they received advice to quit smoking from a HCW during prenatal care visits. [Q29]

Health Care Providers' Advice and Services

During prenatal visits:

- Reported that HCW asked about: [Q14]
 - 96.9% (CI=94.8-98.2%) Smoking cigarettes.
 - 96.2% (CI=93.8-97.7%) Drinking alcohol.
 - 92.6% (CI=89.8-94.7%) Plans to breastfeed.
 - 84.8% (CI=81.2-87.8%) Using illegal drugs.
 - 83.1% (CI=79.4-86.4%) Feeling down or depressed.
 - 81.0% (CI=77.0-84.4%) Plans for postpartum birth control.
 - 78.7% (CI=74.6-82.4%) Hurt emotionally or physically.
- Among smokers, reported HCW did the following during a prenatal care visit: [Q30]
 - 37.0% (CI=25.1-50.7%) Discussed how to quit smoking.
 - 33.6% (CI=22.3-47.2%) Provided booklets, videos, or other material.
 - 26.6% (CI=16.6-39.8%) Recommended nicotine gum.
 - 26.3% (CI=16.3-39.5%) Recommended nicotine patch.
 - 26.4% (CI=16.2-39.8%) Discussed setting a date to quit.
 - 20.1% (CI=11.5-32.7%) Referred to a national or state Quitline.

- 19.3% (CI=11.0-31.6%) Asked if family or friend would support decision to quit.
- 16.7% (CI=8.9-29.1%) Suggested a class or program.
- 13.1% (CI=6.3-25.0%) Referred to counseling.
- (*) Prescribed nicotine spray or inhaler (numbers too small to report).
- (*) Prescribed pill such as Zyban[®] (numbers too small to report).
- (*) Prescribed pill such as Chantix[®] (numbers too small to report).

Postpartum check-up:

- Reported HCW discussed or did the following: [Q59]
 - 93.3% (CI=90.4-95.4%) Asked if feeling down or depressed.
 - 90.3% (CI=87.0-92.9%) Discussed postpartum contraception.
 - 63.8% (CI=59.0-68.3%) Asked if smoking cigarettes.
 - 64.0 (CI=59.3-68.5%) Asked about emotional and physical abuse.
 - 36.1% (CI=31.6-40.9%) Gave or prescribed a contraceptive.
 - 25.9% (CI=21.8-30.4%) Inserted an IUD or implant.
- Reported HCW gave the following advice for infant safe sleep: [Q54]
 - 97.8% (CI=95.8-98.8%) Place baby to sleep on his/her back.
 - 93.7% (CI=91.0-95.7%) Place baby to sleep in his/her own bed/crib.
 - 93.2% (CI=90.4-95.3%) What things should and should not go in baby's crib.
 - 71.1% (CI=66.7-75.2%) Place baby's crib in the mother's bedroom.
- Reported HCW discussed infant care practices: [Q80]
 - 82.2% (CI=78.2-85.6%) How to quiet a crying baby.
 - 78.1% (CI=74.0-81.8%) What happens if baby is shaken.

Substance Use

Alcohol

- 80.1% (CI=76.0-83.7%) drank alcohol in the previous two years. [Q36]
- 71.6% (CI=67.1-75.6%) drank alcohol in the three months before pregnancy. [Q37]

E-cigarettes (or other electronic nicotine products)

- 9.2% (CI=6.8-12.5%) used e-cigarettes in the previous two years. [Q33]
- 6.3% (CI=4.3-9.3%) used e-cigarettes in the three months before pregnancy. [Q34]
- 1.5% (CI=0.7-3.3%) used E-cigarettes in the last three months of pregnancy. [Q35]
(This data point is unstable due to small numbers; interpret with caution.)

Marijuana/Hash

- 21.2% (CI=17.6-25.4%) used marijuana or hash in the 12 months before pregnancy. [Q67]
- 7.7% (CI=5.5-10.7%) used marijuana or hash during pregnancy. [Q67]
- 9.2% (CI=6.8-12.5%) 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]
 - 71.0% (CI=61.0-79.4%) To relieve stress or anxiety.
 - 48.7% (CI=38.5-59.0%) For fun or to relax.
 - 32.5% (CI=23.6-42.8%) To relieve nausea.
 - 23.5% (CI=15.9-33.4%) To relieve vomiting.
 - 15.7% (CI=9.4-25.2%) To relieve a chronic condition.
 - 13.9% (CI=8.2-22.6%) For other reasons.

Tobacco

- 17.9% (CI=14.4-22.0%) smoked cigarettes in the previous two years. [Q26]
- 15.6% (CI=12.3-19.5%) smoked cigarettes in the three months before pregnancy. [Q27]
- 5.5% (CI=3.6-8.1%) smoked cigarettes in the last three months of pregnancy. [Q28]
- 6.3% (CI=4.3-9.1%) 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. 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 survey Question 1.

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Research reported in this publication was supported by the National Center for Chronic Disease Prevention & Health, of the Centers for Disease Control and Prevention (CDC), under Award Numbers U01DP006208 and U01DP006629 for the Pregnancy Risk Assessment Monitoring System. The content does not necessarily represent the official views of the CDC.

This publication was also supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$100,000. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.