

### NH PRAMS 2021 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 2021.

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

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

*\*In 2021 NH PRAMS overall weighted response rate was 42%. This did not meet the CDC's response rate threshold of 50% for release nationally. Since decreased response rates lead to the possibility of an increase in bias due to non-responders to the survey, this data must be interpreted with caution.*

#### Family Planning / Contraception

- 23.2% (18.8-28.2%) had a medical visit for contraception/family planning in 12 months before becoming pregnant. [Q7]
- 77.5% (72.8-81.5%) of women were using postpartum contraception, and among these, 25.0% (20.4-30.4%) were using Long-Acting Reversible Contraception (LARC) which includes 19.4% (15.3-24.3%) using an Intrauterine Device (IUD) and 5.9% (3.6-9.5%) using an implant. [Q55, Q57]

#### Healthy Homes

- 99.8% (98.6-100%) have a working smoke alarm in the home and 94.1% (91.2-96.1%) have a working carbon monoxide alarm in the home. [Q80]
- 99.5% (97.6-99.9%) report that smoking is not allowed anywhere in the home. [Q32]
- 30.0% (23.4-37.5%) of households with a private water system had their tap water tested for arsenic or lead. [Q64-66]

#### Infant Care

##### **Breastfeeding**

- 89.1% (85.1-92.1%) of women reported ever breastfeeding. [Q45]
- Among those who ever breastfed, 73.0% (67.7-77.6%) of women reported breastfeeding for more than eight weeks (they were still breastfeeding when the survey was administered). [Q48]
- The most frequently cited reasons for stopping breastfeeding were:
  - not producing enough milk: 46.1% (35.7-56.8%);
  - milk not satisfying baby: 36.9% (27.4-47.6%);
  - baby's difficulty latching: 35.7% (26.3-46.3%). [Q49]

### ***Sleep behaviors***

- 90.3% (86.5-93.1%) of women place their infant to sleep on their back, as recommended by the American Academy of Pediatrics (AAP). [Q50]
- 82.9% (78.4-86.6%) of infants always or often sleep alone in their own crib or bed, as recommended by the AAP. [Q51]
- 82.4% (78.1-86.0%) of infants sleep in the same room with the mother, as recommended by the AAP. [Q52]
- Despite AAP recommendations to the contrary, 22.9% (18.5-27.9%) of infants are placed to sleep with blankets, 4.2% (2.5-6.8%) with bumper pads, and 1.7% (0.8-3.8%) with toys, cushions or pillows. [Q53]
- 97.6% (95.4-98.7%) of women reported receiving advice from a Health Care Worker (HCW) to place the baby to sleep on their back (as recommended by AAP), but only 69.3% (64.2-73.9%) 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, 20.6% (16.4-25.7%) of women were enrolled in Medicaid and 4.0% (2.3-6.9%) did not have health insurance. [Q9]
- 27.8% (23.0-33.2%) of women had their prenatal care paid by Medicaid. [Q10]
- During pregnancy, 76.6% (71.6-80.9%) of women had insurance for dental care. [Q19]

### **Maternal Characteristics**

- 71.1% (65.9-75.7%) wanted to be pregnant then or sooner. [Q12]
- During pregnancy, 20.3% (16.1-25.3%) were enrolled in WIC, the Supplementary Nutrition Program for Women, Infants, and Children. [Q22]
- Postpartum, 19.4% (15.3-24.3%) were enrolled along with their infant in WIC. [Q79]
- 93.6% (90.1-95.9%) of women had a postpartum checkup. [Q58]
- Discrimination in health care was reported based on body weight (5.3%; 3.4-8.0%), income level (4.1%; 2.4-7.0%), age (3.5%; 2.0-6.0%), insurance type [Medicaid, other] (3.2%; 1.7-6.0%), race (2.4%; 1.1-4.8%), and substance addiction (2.1%; 1.0-4.3%). [Q84]

### **Work and work leave**

- 75.6% (70.6-80.0%) of women had a paying job during pregnancy. [Q72]
- Of women who took work leave and had returned or planned to return to work 65.3% (59.1-71.1%) took paid leave, 44.4% (38.4-50.6%) took unpaid leave, and 14.6% (10.9-19.2%) took a combination of paid and unpaid leave. [Q76]
- Of women returning to work, the most important factors affecting the decision about taking work leave were being financially able to afford take leave (21.9%; 17.0-27.7%) or that the job did not offer paid leave (27.2%; 22.0-33.2%). [Q78]

### ***Diabetes***

- 4.6% (2.8-7.4%) had diabetes before pregnancy. [Q4]
- 8.0% (5.7-11.2%) had gestational diabetes during their pregnancy. [Q23]
- 9.3% (6.5-13.0%) were tested for diabetes postpartum. [Q59]
- 5.4% (3.4-8.3%) reported receiving follow-up care for diabetes postpartum. [Q83]

### ***Hypertension***

- 6.3% (4.2-9.5%) had high blood pressure before pregnancy. [Q4]
- 15.7% (12.4-19.7%) had high blood pressure during pregnancy. [Q23]
- 10.4% (7.8-13.7%) reported receiving follow-up care for hypertension postpartum. [Q83]

### ***Immunizations***

- 87.8% (83.9-90.9%) reported receiving advice from a HCW to get a flu shot in the 12 months before the birth. [Q15]
- 70.6% (65.6-75.2%) got a flu shot in the 12 months before the birth. [Q16]
- 85.7% (81.4-89.1%) got a Tetanus, Diphtheria, and Pertussis (Tdap) shot during pregnancy. [Q17]

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

- 1.7% (0.7-3.9%) experienced IPV in the 12 months before becoming pregnant. [Q38]
- ( \* ) experienced IPV during their pregnancy (number is too small to report). [Q39]

### ***Lyme disease***

- 1.9% (0.8-4.2%) had Lyme disease during pregnancy. [Q23]
- 3.7% (2.3-5.8%) reported ever being diagnosed with Lyme disease. [Q70]

## **Mental Health / Depression**

### ***Before Pregnancy***

- 19.6% (15.7-24.1%) reported having depression in the three months before pregnancy. [Q4]
- 16.4% (12.6-21.0%) visited a HCW for depression in the 12 months before pregnancy. [Q7]

### ***During Pregnancy***

- 17.6% (14.0-22.0%) reported having depression during pregnancy. [Q23]
- Among those who reported having depression during pregnancy, 57.6% (44.9-69.3%) asked for help from a HCW. [Q24]

### ***After pregnancy***

- 8.6% (6.0-12.2%) reported always or often feeling down or depressed since giving birth. [Q60]
- 7.9% (5.5-11.3%) reported always or often having little interest or pleasure in doing things they usually enjoyed since giving birth. [Q61]
- 12.8% (9.6-16.7%) were classified as having postpartum depression in a summary measure based on the two previous indicators.
- 18.4% (14.8-22.8%) asked a HCW for help with depression since giving birth. [Q62]
- 11.7% (8.7-15.6%) were diagnosed with depression since giving birth. [Q63]
- 19.5% (15.8-23.9%) received follow-up care for depression after giving birth. [Q83]

## **Oral Health**

- 64.7% (58.9-70.0%) had their teeth cleaned in the 12 months before pregnancy. [Q7]
- 76.6% (71.6-80.9%) had insurance to cover dental care during pregnancy. [Q19]
- 50.2% (45.0-55.3%) had their teeth cleaned during pregnancy. [Q18]

- Reported barriers to dental care include: [Q21]
  - 18.4% (14.3-23.4%) could not afford to go to the dentist.
  - 9.5% (6.5-13.5%) dentist would not take Medicaid enrollees.
  - 7.1% (4.8-10.4%) did not think it was safe to go to the dentist during pregnancy.

### **Preconception Health**

- 65.3% (60.1-70.2%) took a vitamin or folic acid at least once a week during the month before pregnancy. [Q5]
- 80.1% (75.4-84.1%) 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]:
  - 64.7% (58.9-70.0%) had their teeth cleaned.
  - 60.4% (54.7-65.9%) had a regular checkup at family doctor's office.
  - 52.7% (47.0-58.3%) had a regular checkup at OB/GYN's office.
  - 23.2% (18.8-28.2%) had a visit for family planning or contraception.
  - 16.4% (12.6-21.0%) had a visit for depression or anxiety.
  - 14.8% (11.2-19.2%) visited a health care provider for an illness or chronic condition.
- Pre-pregnancy health care visits included advice or discussion with HCW on the following: [Q8]
  - 85.2% (80.6-88.9%) Smoking cigarettes during pregnancy.
  - 69.0% (63.5-74.0%) Feeling down or depressed.
  - 68.7% (63.2-73.8%) Emotional or physical abuse.
  - 46.9% (41.3-52.6%) The desire to have or not have children.
  - 44.3% (38.8-50.0%) Taking folic acid.
  - 37.1% (31.7-42.7%) Maintaining a healthy weight.
  - 36.7% (31.4-42.3%) Using contraception.
  - 30.7% (25.8-36.1%) Improving health before pregnancy.

### **Prenatal Care**

- 95.0% (91.9-96.9%) started prenatal care in the first trimester of pregnancy. [Q13]
- 3.1% (1.7-5.6%) received weekly progesterone shots. [Q25]
- During prenatal care visits, 70.2% (52.3-83.5%) of smokers reported that they received advice to quit smoking from a health care worker (HCW). [Q29]

### **Health Care Providers' (HCW) Advice and Services**

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

- Reported that a HCW asked about: [Q14]
  - 98.6% (96.5-99.4%) Smoking cigarettes.
  - 98.2% (96.1-99.1%) Drinking alcohol.
  - 92.2% (88.8-94.6%) Plans to breastfeed.
  - 87.6% (83.8-90.6%) If feeling down or depressed.
  - 86.8% (82.9-90.0%) Using illegal drugs.
  - 84.4% (80.4-87.8%) Being hurt emotionally or physically.
  - 84.2% (80.1-87.5%) Plans for postpartum birth control.
- Smokers reported that a HCW did the following during a prenatal care visit: [Q30]
  - 42.0% (25.8-60.2%) Discussed how to quit smoking.
  - 29.7% (15.9-48.6%) Provided booklets, videos, or other material.

- 29.6% (15.8-48.5%) Asked if family or friend would support decision to quit.
- 27.9% (14.7-46.5%) Recommended use of nicotine patch.
- 25.0% (12.7-43.5%) Discussed setting a date to quit.
- ( \* ) 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).

***Postpartum check-up:***

- HCW discussed or did the following: [Q59]
  - 95.5% (92.7-97.3%) Asked if feeling down or depressed.
  - 89.0% (85.0-92.0%) Discussed postpartum contraception.
  - 66.6% (61.5-71.3%) Asked if experiencing emotional and physical abuse.
  - 64.8% (59.5-69.7%) Asked if smoking cigarettes.
  - 31.9% (27.1-37.0%) Gave or prescribed a contraceptive.
  - 20.9% (16.9-25.5%) Inserted an IUD or implant.
  
- HCW gave the following advice for infant safe sleep: [Q54]
  - 97.6% (95.4-98.7%) Place baby to sleep on his/her back.
  - 94.6% (91.5-96.5%) Place baby to sleep in his/her own bed/crib.
  - 92.2% (88.8-94.6%) What things should and should not go in baby's crib.
  - 69.3% (64.2-73.9%) Place baby's crib in the mother's bedroom.
  
- HCW discussed infant care practices: [Q80]
  - 82.4% (78.1-86.1%) How to quiet a crying baby.
  - 76.6% (71.9-80.7%) What happens if a baby is shaken.

**Substance Use**

***Alcohol***

- 78.0% (73.2-82.2%) drank alcohol in the previous two years. [Q36]
- 72.0% (67.0-76.6%) drank alcohol in the three months before pregnancy. [Q37]

***E-cigarettes (or other electronic nicotine products)***

- 9.3% (6.5-13.1%) used e-cigarettes in the previous two years. [Q33]
- 5.7% (3.5-9.0%) used e-cigarettes in the three months before pregnancy. [Q34]
- 3.1% (1.6-6.1%) used e-cigarettes in the last three months of pregnancy. [Q35]

***Marijuana/Hash***

- 16.2% (12.6-20.5%) used marijuana or hash in the 12 months before pregnancy. [Q67]
- 5.4% (3.3-8.7%) used marijuana or hash during pregnancy. [Q67]
- 7.1% (4.7-10.6%) 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]
  - 64.1% (51.6-75.0%) To relieve stress or anxiety.
  - 46.4% (34.4-58.7%) For fun or to relax.
  - 33.3% (22.5-46.3%) To relieve nausea.
  - 24.8% (15.4-37.4%) To relieve vomiting.
  - 14.8% (7.6-26.7%) To relieve a chronic condition.

### **Tobacco**

- 14.6% (11.0-19.1%) smoked cigarettes in the previous two years. [Q26]
- 11.8% (8.5-16.1%) smoked cigarettes in the three months before pregnancy. [Q27]
- 5.6% (3.5-9.1%) smoked cigarettes in the last three months of pregnancy. [Q28]
- 5.3% (3.2-8.6%) 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 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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