

# LOUISIANA PRAMS DATA REPORT 2018

Louisiana Pregnancy Risk Assessment Monitoring System



## *Introduction*

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Since 1997, the Louisiana Pregnancy Risk Assessment Monitoring System (PRAMS) has served as a source of vital information on women's behaviors and experiences before, during and after pregnancy. Louisiana PRAMS is a population-based survey of women who deliver a live-born infant within a given calendar year. Louisiana PRAMS data can be used by program planners, health care providers, policy makers, and public health leaders to design, implement and evaluate programs and services relevant to women and infants in Louisiana. The 2018 Louisiana PRAMS Data Report, a compilation of Louisiana PRAMS results for selected indicators, highlights data for births occurring in 2018.

In 2018, there were 54,204 live births that satisfied the Louisiana PRAMS inclusion criteria, of which 1,294 were sampled. Of this sample, there were 857 respondents, resulting in a 64 percent overall weighted response rate. The Louisiana PRAMS 2018 questionnaire is available as a separate file at the Louisiana Department of Health website listed below.

Louisiana PRAMS is funded by the U.S. Centers for Disease Control and Prevention (CDC) under Cooperative Endeavor Agreement # U01 DP006227-04 and administered by the Louisiana Department of Health (LDH), Office of Public Health (OPH), Bureau of Family Health (BFH).

More information about PRAMS can be found at [cdc.gov/prams/index.htm](http://cdc.gov/prams/index.htm) or under Louisiana PRAMS on the Partners for Family Health website: [partnersforfamilyhealth.org/prams/](http://partnersforfamilyhealth.org/prams/)

### **Sampling and Data Collection**

Women are selected to participate in PRAMS from Louisiana's Vital Records birth certificate files. To participate, mothers must be Louisiana residents who gave birth to a live-born infant in Louisiana. Each month, a stratified random sample of approximately 200 live births is selected. In 2018, the sampling stratum used in sampling was race, as well as a stratum that consisted of an oversample of pregnant women served by Healthy Start in the greater Lafayette area in south central Louisiana. Louisiana PRAMS participated in the Healthy Start oversample project in conjunction with CDC PRAMS and the Health Resources and Services Administration (HRSA) as part of a national evaluation of the Healthy Start program. Six months of data from the Healthy Start oversample project were included in the 2018 data. Strata were used in the following arrangement:

African American\*  
Non-African American  
Healthy Start

For the final three batches of sampled 2018 births, Louisiana began implementing additional survey questions regarding experiences around maternal disability. This supplement was funded by the National Institutes of Health Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), National Center for Medical Rehabilitation Research (NCMRR) under

*\*Note: African American and Black are both used within this report to reflect terms that were used in original documentation and data collection. Maternal race and ethnicity data for Louisiana PRAMS can be categorized by the following: Non-Hispanic White, Non-Hispanic Black, Hispanic and Other.*



Grant # U01DP006227-03-02. The integration of these questions will continue throughout the 2019 birth sampling period.

Each monthly sample follows a 90-day cycle of scheduled contact attempts, including a mailed questionnaire with multiple follow-ups and an attempted phone interview for all non-respondents after the failed mail contact attempts. The day after the sample is selected, an introductory letter is mailed followed by the initial questionnaire packet within seven days of the introductory letter. The packet contains the questionnaire, informed consent, calendar, Louisiana PRAMS one pager and a small incentive gift funded with federal funds. If the questionnaire is not returned, a reminder letter is sent seven to 10 days after the initial questionnaire is mailed. If the questionnaire is still not returned, a second questionnaire is mailed approximately 12 days after the reminder letter. Again, if the questionnaire is not returned, a third and final questionnaire is mailed approximately two weeks after the second questionnaire. Telephone follow-up is utilized for women who have not responded by mail by day 63 and continues until day 90. Several methods are used to identify phone numbers for women entering the telephone phase, and a minimum of 15 attempts are made on each identified phone number before the participant is considered unreachable.

Phase 8 (2016-present) Louisiana PRAMS Survey questions are available at:

[http://ldh.la.gov/assets/oph/Center-PHCH/Center-PH/maternal/LouisianaPRAMS/PRAMS\\_Survey\\_Questions.pdf](http://ldh.la.gov/assets/oph/Center-PHCH/Center-PH/maternal/LouisianaPRAMS/PRAMS_Survey_Questions.pdf).

More detailed information on PRAMS methodology, including weighting procedures, may be found on the CDC website at [cdc.gov/prams/methodology.htm](http://cdc.gov/prams/methodology.htm).

### **Data Analysis and Dissemination**

Louisiana PRAMS data are weighted to be reflective of all Louisiana moms delivering a live-born singleton, twin or triplet in Louisiana. This report is designed to show weighted response data for each question in Louisiana PRAMS. As such, weighted counts, weighted percentages, and their corresponding 95% confidence intervals (CI) are reported. When an unweighted frequency was under five, the weighted data was considered too unstable to report.

Each year, a state analysis plan is developed by Louisiana PRAMS. This plan is based on the Healthy People 2020 goals and objectives relating to maternal and child health; the expressed analytic needs of the Louisiana BFH program; and the concerns of the Louisiana PRAMS Steering Committee, which is comprised of internal BFH staff and external stakeholders who have an interest in maternal and child health and using PRAMS data. Ultimately, this plan is jointly approved by the BFH Management Team and the Louisiana PRAMS Coordinator. Additional analyses occur in response to data requests made by BFH program staff, community partners and other researchers. Data dissemination occurs on a statewide and national basis. Current dissemination activities include presentations at national meetings and data to action factsheets.

### **Louisiana PRAMS Response Rates**

The CDC recommends a response rate of at least 55 percent for data to be considered representative of the population. Louisiana's 2018 weighted response rate was 64 percent and successfully met this threshold.

## *Acknowledgements*

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Special thanks to the following contributors for their collaborative effort on this report:

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Louisiana Vital Records and Statistics

Thank you to the women who shared their experiences so we could better understand the circumstances impacting the health status of mothers and infants in Louisiana.

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## Maternal Characteristics of Louisiana PRAMS Respondents

Stratum	% Responding (Unweighted)	% Responding (Weighted)
Black	67.0	67.0
Non-Black	62.7	62.7
Healthy Start	91.9	91.9

Characteristic	# Sampled	Respondents	% Response (Unweighted)	% Response (Weighted)
<b>Overall</b>	1,294	857	66.2	64.3
<b>Race/Ethnicity</b>				
Non-Hispanic White	500	319	63.8	62.1
Non-Hispanic Black	662	450	68.0	67.0
Other	41	28	68.3	66.7
Hispanic	90	59	65.6	64.0
<b>Hispanic Ethnicity</b>				
Hispanic	90	59	65.6	64.0
Non-Hispanic	1,204	798	66.3	64.3
<b>Age</b>				
<20	81	57	70.4	70.0
20-29	769	492	64.0	61.8
30+	444	308	69.4	67.4
<b>Education</b>				
<HS	201	133	66.2	65.7
HS	437	283	64.8	62.0
>HS	652	437	67.0	65.2
<b>Marital Status</b>				
Married	492	319	64.8	64.1
Other	802	538	67.1	64.5
<b>Previous Births</b>				
No Prev. Live Births	438	295	67.4	65.5
1+ Prev. Live Births	856	562	65.7	63.7

## Insurance Status

**Table 1: Prevalence of insurance types prior to pregnancy, survey question 9**

Question	Weighted N	Weighted %	95% CI
Source of insurance before pregnancy (check all that apply)			
Insurance from job or partner's job	20,708	35.8	32.3 – 39.2
Insurance from parents	4,313	7.5	5.5 – 9.4
Health Insurance Marketplace or HealthCare.gov	1,660	2.9	1.6 – 4.2
Medicaid (LaMOMS or Bayou Health)	22,974	39.7	36.4 – 42.9
SCHIP or LaCHIP	809	1.4	0.6 – 2.2
Take Charge or Take Charge Plus	460	0.8	0.2 – 1.4
Greater New Orleans Health Connection	<i>Insufficient data to report</i>		
TRICARE or other military health care	1,282	2.2	1.1 – 3.4
Other	1,934	3.3	2.1 – 4.6
No health insurance	7,835	13.5	11.0 – 16.1

**Table 2: Prevalence of insurance types during pregnancy, survey question 10**

Question	Weighted N	Weighted %	95% CI
Source of insurance during pregnancy (check all that apply)			
Insurance from job or partner's job	19,176	33.7	30.2 – 37.1
Insurance from parents	2,904	5.1	3.4 – 6.8
Health Insurance Marketplace or HealthCare.gov	1,410	2.5	1.3 – 3.7
Medicaid (LaMOMS or Bayou Health)	34,620	60.7	57.2 – 64.2
SCHIP or LaCHIP	519	0.9	0.3 – 1.5
Take Charge or Take Charge Plus	<i>Insufficient data to report</i>		
Greater New Orleans Health Connection	0	0	0 – 0
TRICARE or other military health care	1,129	2.0	0.9 – 3.1
Other	1,876	3.3	2.1 – 4.5
No health insurance	<i>Insufficient data to report</i>		

**Table 3: Prevalence of current (time of survey) health insurance, survey question 11**

Question	Weighted N	Weighted %	95% CI
Source of postnatal insurance (check all that apply)			
Insurance from job or partner's job	18,798	32.4	29.0 – 35.8
Insurance from parents	2,737	4.7	3.1 – 6.3
Health Insurance Marketplace or HealthCare.gov	1,324	2.3	1.2 – 3.4
Medicaid (LaMOMS or Bayou Health)	29,513	51.4	47.9 – 54.8
SCHIP or LaCHIP	501	0.9	0.3 – 1.5
Take Charge or Take Charge Plus	264	0.5	0.1 – 0.9
Greater New Orleans Health Connection	0	0	0 – 0
TRICARE or other military health care	1,172	2.0	0.9 – 3.1
Other	2,140	3.7	2.4 – 5.0
No health insurance	4,402	7.7	5.6 – 9.7



## Preconception Health

**Table 4: Maternal Body Mass Index (BMI) immediately prior to pregnancy (derived from maternal report of height and weight), survey questions 1-2**

Question	Weighted N	Weighted %	95% CI
Maternal BMI, pre-pregnancy			
Underweight (<18.5)	2,094	3.7	2.3 – 5.2
Normal (18.5 – 24.9)	22,405	40.0	36.4 – 43.7
Overweight (25.0 – 29.0)	13,059	23.3	20.2 – 26.5
Obese (≥30)	18,397	32.9	29.4 – 36.3

**Table 5: Health conditions prior to pregnancy, survey question 4**

Question	Weighted N	Weighted %	95% CI
Health condition (check all that apply)			
Type 1 or Type 2 diabetes (not gestational diabetes)	3,085	5.4	3.7 – 7.0
High blood pressure or hypertension	5,317	9.3	7.2 – 11.3
Depression	7,564	13.2	10.7 – 15.7

**Table 6: Prevalence of daily multivitamin use in the month prior to pregnancy, survey question 5**

Question	Weighted N	Weighted %	95% CI
Prenatal vitamin use			
Never	36,716	63.7	60.2 – 67.3
1-3 times per week	4,562	7.9	6.0 – 9.9
4-6 times per week	2,624	4.6	3.0 – 6.1
Everyday	13,715	23.8	20.6 – 27.0

**Table 7: Had any health care visit in the 12 months prior to pregnancy and type of health care visit, survey questions 6-7**

Question	Weighted N	Weighted %	95% CI
Had any health care visit			
No	18,175	31.5	28.1 – 34.9
Yes	39,482	68.5	65.1 – 71.9
Type of health care visit (% yes)			
Checkup with family doctor	19,332	48.6	44.2 – 53.0
Checkup with OB/GYN	26,419	66.4	62.3 – 70.5
Visit for an illness or chronic condition	8,364	21.1	17.4 – 24.8
Visit for an injury	1,895	4.8	2.8 – 6.7
Visit for family planning or birth control	8,716	21.9	18.3 – 25.5
Visit for depression or anxiety	5,200	13.1	10.1 – 16.1
Visit to have teeth cleaned	23,847	60.2	55.9 – 64.5
Other	3,195	8.0	5.6 – 10.5

**Table 8: Discussions with health care worker in the 12 months prior to pregnancy, survey question 8**

Question	Weighted N	Weighted %	95% CI
Discussed with health care worker (% yes)			
Taking vitamins with folic acid	11,949	30.7	26.5 – 34.8
Maintaining a healthy weight	17,045	43.5	39.1 – 47.9
Controlling any medical conditions	8,204	21.0	17.5 – 24.5
Discussing a desire to have or not have children	13,963	35.7	31.4 – 40.0
Using birth control to prevent pregnancy	18,676	47.6	43.2 – 52.0
Improving health before pregnancy	12,807	32.7	28.5 – 36.8
Discussing sexually transmitted infections	13,352	34.1	30.1 – 38.1
Smoking during pregnancy	30,148	76.7	72.9 – 80.5
Discussing if someone was hurting me emotionally or physically	15,824	40.4	36.2 – 44.7
Feeling down or depressed	17,479	44.4	40.1 – 48.8
Discussing the type of work I do	23,284	59.4	55.0 – 63.7

**Table 9: Had HIV or Hepatitis B testing done in 12 months prior to pregnancy, survey question 8**

Question	Weighted N	Weighted %	95% CI
Tested for (% yes)			
HIV	16,642	43.7	39.5 – 47.9
Hepatitis B	14,928	39.5	35.3 – 43.7

## Family Planning: Prior to Pregnancy

**Table 10: Feelings about becoming pregnant prior to this pregnancy, survey question 12**

Question	Weighted N	Weighted %	95% CI
Pregnancy feelings			
Wanted later	14,682	25.5	22.4 – 28.5
Wanted sooner	7,017	12.2	9.7 – 14.6
Wanted right then	21,655	37.6	34.0 – 41.1
Wanted never	5,532	9.6	7.5 – 11.7
Unsure	8,772	15.2	12.7 – 17.8

**Table 11: Proportion of women trying to become pregnant, survey question 13**

Question	Weighted N	Weighted %	95% CI
Trying to get pregnant			
No	33,217	57.5	53.9 – 61.0
Yes	24,594	42.5	39.0 – 46.1

**Table 12: Prevalence of pre-pregnancy contraception use among women who were not trying to become pregnant, survey question 14**

Question	Weighted N	Weighted %	95% CI
Used birth control			
No	21,066	64.6	60.1 – 69.1
Yes	11,539	35.4	30.9 – 39.9

**Table 13: Reasons for not using a contraceptive method prior to pregnancy among women not trying to become pregnant and reported not using birth control, survey question 15**

Question	Weighted N	Weighted %	95% CI
Reasons for not using birth control (check all that apply)			
Didn't mind getting pregnant	8,467	39.6	34.1 – 45.1
Didn't think could become pregnant	5,519	25.8	20.8 – 30.9
Side effects from birth control	2,458	11.5	7.9 – 15.2
Problems acquiring birth control	546	2.6	0.8 – 4.3
Thought partner was sterile	1,100	5.1	2.5 – 7.8
Partner didn't want to use	2,169	10.2	6.8 – 13.5
Forgot to use birth control	2,162	10.1	6.7 – 13.5
Other	1,975	9.2	5.9 – 12.6

## *WIC Participation and Maternal Services*

**Table 14: Prevalence of WIC participation during pregnancy, survey question 24**

Question		Weighted N	Weighted %	95% CI
WIC during pregnancy	No	28,142	48.8	45.2 – 52.3
	Yes	29,559	51.2	47.7 – 54.8

**Table 15: Received information on breastfeeding from WIC, among WIC participants, survey question 25**

Question		Weighted N	Weighted %	95% CI
Received information on breastfeeding from WIC	No	768	2.6	1.0 – 4.2
	Yes	28,443	97.4	95.8 – 99.0

**Table 16: Received services for pregnant women during pregnancy (from any organization or person), survey question 69**

Question		Weighted N	Weighted %	95% CI
Received the following services (% yes)				
	Food stamps or money to buy food	22,538	39.4	36.2 – 42.6
	Counseling for family and personal problems	3,979	7.0	5.1 – 8.8
	Help to quit smoking cigarettes	1,505	2.6	1.5 – 3.8
	Help to reduce violence at home	626	1.1	0.4 – 1.8
	Other	667	1.5	0.5 – 2.4

## Prenatal Care

**Table 17: Timing of entry to prenatal care (PNC), survey question 16**

Question	Weighted N	Weighted %	95% CI
Initiated care in first trimester			
No	6,789	12.1	9.8 – 14.4
Yes	49,045	87.3	85.0 – 89.7
No PNC	320	0.6	0.1 – 1.1

**Table 18: Proportion of women who received prenatal care as early as desired, survey question 17**

Question	Weighted N	Weighted %	95% CI
Initiated care as early as desired			
No	6,072	10.7	8.5 – 12.9
Yes	50,779	89.3	87.1 – 91.5

**Table 19: Reasons for not getting prenatal care (PNC) as early as wanted, among those who did not get care as early as desired, survey question 18**

Question	Weighted N	Weighted %	95% CI
Reasons for not getting prenatal care as early as wanted (check all that apply)			
Couldn't get appointment	2,190	35.2	24.5 – 45.8
Didn't have enough money or insurance	1,282	21.9	12.3 – 31.5
No transportation	735	12.7	5.6 – 19.7
Doctor/health plan wouldn't start earlier	851	14.8	6.3 – 23.4
Too many other things going on	1,266	21.4	12.2 – 30.7
Couldn't take time off work or school	417	7.2	1.8 – 12.6
Didn't have Medicaid card	1,087	18.2	9.3 – 27.2
No childcare	502	3.1	2.4 – 14.8
Didn't know I was pregnant	2,729	44.5	33.6 – 55.5
Didn't want to disclose pregnancy	640	11.0	4.8 – 17.3
Didn't want prenatal care	404	7.0	2.4 – 11.6

**Table 20: Prenatal health care worker discussions, survey question 19**

Question	Weighted N	Weighted %	95% CI
Topics discussed during prenatal care visits (% yes)			
Weight gain during pregnancy	30,938	55.4	51.7 – 59.1
Taking prescription medications	54,066	94.7	93.1 – 96.3
Smoking cigarettes	54,945	96.2	94.8 – 97.6
Drinking alcohol	54,846	96.1	94.7 – 97.5
Physical or emotional abuse	36,532	64.1	60.5 – 67.6
Feeling down or depressed	40,377	70.8	67.4 – 74.2
Drug use	48,990	85.8	83.1 – 88.4
HIV testing	35,508	62.9	59.3 – 66.4
Planning to breastfeed	52,649	92.1	90.1 – 94.1
Using birth control postpartum	47,893	84.0	81.3 – 86.8

## Prenatal Risk Factors

**Table 21: Health care worker offered or told to get a flu shot in 12 months before delivery, survey question 20**

Question		Weighted N	Weighted %	95% CI
Offered or told to get flu shot	No	12,837	22.4	19.3 – 25.5
	Yes	44,430	77.6	74.5 – 80.7

**Table 22: Receipt of flu shot in 12 months before delivery, survey question 21**

Question		Weighted N	Weighted %	95% CI
Received flu shot	No	30,539	53.7	50.0 – 57.3
	Yes, before pregnancy	7,739	13.6	11.1 – 16.1
	Yes, during pregnancy	18,628	32.7	29.3 – 36.2

**Table 23: Receipt of a TDAP vaccination during pregnancy, survey question 22**

Question		Weighted N	Weighted %	95% CI
Received TDAP vaccination	No	19,660	37.9	34.2 – 41.7
	Yes	32,195	62.1	58.3 – 65.8

**Table 24: Dental care during pregnancy, survey question 23**

Question		Weighted N	Weighted %	95% CI
Had teeth cleaned during pregnancy	No	35,295	61.5	57.9 – 65.1
	Yes	22,070	38.5	34.9 – 42.1

**Table 25: Health conditions during pregnancy, survey question 26**

Question	Weighted N	Weighted %	95% CI
Health condition (% yes)			
Gestational diabetes (diabetes during pregnancy)	5,892	10.3	8.1 – 12.5
High-blood pressure, pre-eclampsia or eclampsia	10,162	17.7	15.0 – 20.4
Depression	7,659	13.4	10.9 – 15.9

**Table 26: Proportion of women who received 17 alpha-hydroxyprogesterone (17-P), survey question 27**

Question	Weighted N	Weighted %	95% CI
Received 17-P			
Not limited to those with a prior preterm birth			
No	50,222	90.1	88.0 – 92.3
Yes	5,499	9.9	7.7 – 12.0
Limited to those with any prior preterm birth			
No	1,198	58.8	38.9 – 78.7
Yes	840	41.2	21.3 – 61.1



## Tobacco, Alcohol & Drug Use

**Table 27: Prevalence of maternal tobacco use prior to, during and after pregnancy, survey questions 28-34**

Question		Weighted N	Weighted %	95% CI
Tobacco use in past 2 years	No	45,036	79.0	76.0 – 82.0
	Yes	11,969	21.0	18.0 – 24.0
Tobacco use 3 months prior to pregnancy	No	46,246	81.2	78.3 – 84.1
	Yes	10,703	18.8	15.9 – 21.7
Tobacco use during last 3 months of pregnancy	No	52,451	92.3	90.3 – 94.2
	Yes	4,400	7.7	5.8 – 9.7
Tobacco use now	No	49,604	87.1	84.6 – 89.6
	Yes	7,345	12.9	10.4 – 15.4
Changes in tobacco use during pregnancy	Non-smoker	46,246	81.3	78.4 – 84.2
	Smoker who quit	6,205	10.9	8.6 – 13.3
	Smoking reduced	2,712	4.8	3.2 – 6.4
	Smoked same/more	1,688	3.0	1.8 – 4.2
Other tobacco product use in the past 2 years (% yes)	E-cigarettes	3,053	5.4	3.6 – 7.2
	Hookah	1,509	2.7	1.6 – 3.8
	Cigarillos or flavored cigars	1,992	3.5	2.2 – 4.8

**Table 28: Prevalence of maternal alcohol consumption and binge drinking prior to, during and after pregnancy, survey questions 35-37**

Question	Weighted N	Weighted %	95% CI
Alcohol use in past 2 years			
No	22,663	41.6	38.0 – 45.1
Yes	33,287	58.4	54.9 – 62.0
Alcohol use 3 months prior to pregnancy			
No	27,102	47.8	44.1 – 51.4
Yes	29,651	52.2	48.6 – 55.9
Alcohol use during last 3 months of pregnancy			
No	54,238	95.5	94.0 – 97.0
Yes	2,559	4.5	3.0 – 6.0
Changes in alcohol use during pregnancy			
Non-drinker	27,102	47.8	44.2 – 51.5
Drinker who quit	26,995	47.6	44.0 – 51.3
Drinking reduced	1,421	2.5	1.3 – 3.7
Drinking same/more	1,138	2.0	1.1 – 3.0

**Table 29: Prevalence of maternal drug use prior to pregnancy, survey question 68**

Question	Weighted N	Weighted %	95% CI
Type of drug (% yes)			
Over-the-counter pain relievers	36,637	64.2	60.8 – 67.7
Prescription pain relievers	2,954	5.2	3.6 – 6.8
Adderall, Ritalin or other stimulants	2,473	4.3	2.7 – 5.9
Marijuana or hash	4,189	7.3	5.4 – 9.3
Synthetic marijuana	459	0.8	0.2 – 1.4
Methadone, naloxone, subutex or Suboxone	<i>Insufficient data to report</i>		
Heroin	<i>Insufficient data to report</i>		
Amphetamines	<i>Insufficient data to report</i>		
Cocaine	391	0.7	0.1 – 1.3
Tranquilizers	<i>Insufficient data to report</i>		
Hallucinogens	<i>Insufficient data to report</i>		
Sniffing gasoline, glue, aerosol or paint (huffing)	<i>Insufficient data to report</i>		

## Maternal Stressors

Table 30: Prevalence of stressful life events prior to birth, survey question 38

Question	Weighted N	Weighted %	95% CI
Maternal stressors in 12 months before baby was born (% yes)			
Family member sick	12,987	22.8	19.8 – 25.9
Separation/divorce	7,546	13.2	10.9 – 15.6
Moved to new address	18,290	32.1	28.7 – 35.5
Homeless	1,814	3.2	2.0 – 4.3
Partner lost job	7,316	12.9	10.4 – 15.4
Mother lost job	7,253	12.7	10.4 – 15.1
Cut in work hours or pay	15,956	28.0	24.7 – 31.3
Apart from husband or partner for work reasons	3,502	6.2	4.3 – 8.0
Argued with partner more	15,011	26.4	23.2 – 29.6
Partner said didn't want pregnancy	2,989	5.3	3.7 – 6.8
Had bills couldn't pay	11,923	21.0	18.1 – 24.0
Partner went to jail	1,951	3.4	2.2 – 4.7
Someone close had problem with drinking/drugs	5,615	9.9	7.7 – 12.2
Someone close died	10,180	17.9	15.2 – 20.7

## Experiences of Discrimination

**Table 31: Prevalence of perceptions of discrimination while receiving health care, survey question 66**

Question	Weighted N	Weighted %	95% CI
Discrimination due to: (% yes)			
Race or skin color	2,234	3.9	2.5 – 5.3
Immigration status	544	1.0	0.2 – 1.7
Age	1,761	3.1	1.8 – 4.4
Income	1,737	3.0	1.8 – 4.3
Sex/gender	1,045	1.8	0.9 – 2.8
Sexual orientation	197	0.3	0.1 – 0.7
Religion	447	0.8	0.2 – 1.3
Because of pregnancy	2,095	3.7	2.3 – 5.1
Language	836	1.5	0.5 – 2.4
Type of health insurance or lack of insurance	2,518	4.4	2.9 – 5.9

**Table 32: Prevalence of racial discrimination in the 12 months prior to pregnancy, survey question 67**

Question	Weighted N	Weighted %	95% CI
Felt that race or ethnic background contributed to level of stress	1,659	2.9	1.8 – 4.0
Felt emotionally upset as a result of how treated based on race or ethnic background	1,175	2.1	1.1 – 3.0
Experienced physical symptoms that were related to treatment based on race or ethnic background	645	1.1	0.5 – 1.8

## Intimate Partner Violence & Feelings of Safety

**Table 33: Prevalence of intimate partner violence prior to and during pregnancy, survey questions 40-41**

Question	Weighted N	Weighted %	95% CI
Intimate partner violence, before pregnancy* (% yes)			
Reported any abuse	1,733	3.0	1.8 – 4.2
Husband or partner	840	1.5	0.7 – 2.3
Ex-husband or partner	630	1.1	0.3 – 1.9
Someone else	502	0.9	0.2 – 1.6
Intimate partner violence, during pregnancy* (%yes)			
Reported any abuse	1,477	2.5	1.5 – 3.6
Husband or partner	602	1.1	0.4 – 1.7
Ex-husband or partner	446	0.8	0.2 – 1.4
Someone else	473	0.8	0.2 – 1.4

\*Includes mothers 18 years and older only

**Table 34: Prevalence of violence in the home postpartum, survey question 65**

Question	Weighted N	Weighted %	95% CI
Experienced the following: (% yes)			
Husband/partner threatened me or made me feel unsafe	1,436	2.5	1.4 – 3.6
Was frightened because of the anger or threat of husband/partner	1,490	2.6	1.5 – 3.8
Husband/partner tried to control daily activities	1,816	3.2	2.0 – 4.4
Husband/partner forced me to participate in unwanted touching or sexual activity	391	0.7	0.2 – 1.2

**Table 35: Prevalence of feelings of safety in your neighborhood during the 12 months prior to pregnancy, survey question 39**

Question	Weighted N	Weighted %	95% CI
Felt unsafe in your neighborhood			
Always	809	1.4	0.6 – 2.2
Often	617	1.1	0.3 – 1.8
Sometimes	3,528	6.2	4.4 – 7.9
Rarely	6,253	10.9	8.6 – 13.3
Never	57,200	80.4	77.5 – 83.3

## Infant Health & Care

**Table 36: Length of infant hospital stay at birth, survey question 43**

Question	Weighted N	Weighted %	95% CI
Length of infant hospital stay			
Not born in hospital	<i>Insufficient data to report</i>		
<1 day	296	0.5	0.0 – 1.0
1 to 2 days	28,133	49.2	45.6 – 52.9
3 to 5 days	23,192	40.6	37.0 – 44.2
6-14 days	3,307	5.8	4.1 – 7.5
14+ days	2,009	3.5	2.2 – 4.9

**Table 37: Infant alive now and infant living with mother, survey questions 44-45**

Question	Weighted N	Weighted %	95% CI
Infant alive now (% yes)	55,934	99.4	98.9 – 99.9
Infant living with mother (% yes)	55,658	99.8	99.5 – 100.0

## Breastfeeding

**Table 38: Breastfeeding resources prior to the birth of baby, survey question 46**

Question	Weighted N	Weighted %	95% CI
Source (check all that apply)			
Doctor	46,029	81.8	78.8 – 84.7
Nurse, midwife or doula	42,680	76.5	73.3 – 79.7
Breastfeeding or lactation specialist	40,260	72.1	68.8 – 75.4
Baby's doctor or health care worker	41,839	75.1	71.9 – 78.4
Breastfeeding support group	14,563	26.5	23.2 – 29.8
Breastfeeding hotline or toll-free number	7,945	14.3	11.8 – 16.9
Family or friends	33,259	59.8	56.1 – 63.4
Other	6,996	14.5	11.6 – 17.3

**Table 39: Prevalence of ever breastfeeding and barriers to initiation, survey questions 47-48**

Question	Weighted N	Weighted %	95% CI
Breastfeeding (ever)			
No	15,071	26.7	23.6 – 29.8
Yes	41,461	73.3	70.2 – 76.4
Reasons for not breastfeeding (among those who did not breastfeed, check all that apply)			
Sick or on medicine	1,316	8.6	4.5 – 12.6
Other children to take care of	2,290	14.9	10.0 – 19.9
Too many household duties	935	6.1	2.8 – 9.4
Didn't like breastfeeding	2,007	13.1	8.5 – 17.7
Too hard	2,103	13.7	9.1 – 18.4
Didn't want to	6,911	45.1	38.4 – 51.8
Went back to work	1,994	13.0	8.7 – 17.3
Went back to school	416	2.7	0.5 – 5.0
Other	3,333	21.8	16.0 -27.5

**Table 40: Breastfeeding resources postpartum, survey question 49**

Question	Weighted N	Weighted %	95% CI
Reported that the following happened (check all that apply)			
Someone answered questions about breastfeeding	35,444	86.0	83.0 – 89.0
Received help to position baby correctly	35,304	85.7	82.6 – 88.8
Received help to know if baby received enough milk	33,555	81.4	77.9 – 84.9
Received help with managing pain or bleeding nipples	27,471	66.7	62.5 – 70.9
Received information about where to get a breast pump	30,576	74.2	70.3 – 78.1
Received help using a breast pump	24,499	59.5	55.1 – 63.8
Received information about breastfeeding support groups	26,110	63.7	59.5 – 68.0
Other	2,111	6.9	4.3 – 9.4

**Table 41: Prevalence of breastfeeding continuation among women who ever breastfed, and barriers leading to discontinuation, survey questions 50-52**

Question	Weighted N	Weighted %	95% CI
Duration of breastfeeding			
<1 week	2,233	5.5	3.6 – 7.4
2-4 weeks	8,185	20.1	16.7 – 23.6
5-7 weeks	2,292	5.6	3.5 – 7.7
8+ weeks	27,942	68.8	64.7 – 72.8
Hospital breastfeeding practices (among those who breastfed, check all that apply)			
Staff gave information about breastfeeding	39,230	95.2	93.3 – 97.1
Baby stayed in the same room	36,305	87.6	84.7 – 90.4
Staff helped learn how to breastfeed	35,178	84.8	81.7 – 88.0
Breastfed in the first hour after baby born	31,316	75.6	71.9 – 79.3
Breastfed baby in the hospital	37,866	91.8	89.5 – 94.0
Baby fed only breastmilk at the hospital	24,065	58.1	53.8 – 62.4
Staff told to breastfeed whenever the baby wanted	35,733	86.4	83.5 – 89.3
Hospital gave a breast pump	17,855	43.1	38.7 – 47.4
Hospital gave a gift pack with formula	18,165	44.0	39.7 – 48.3
Hospital gave telephone number to call for help breastfeeding	33,401	80.6	77.2 – 84.1
Hospital gave baby a pacifier	15,463	37.3	33.1 – 41.6



## Infant Sleep Environment

**Table 42: Prevalence of infant sleep position and environment, survey questions 53-56**

Question	Weighted N	Weighted %	95% CI
Sleep position			
Side	8,109	14.5	12.0 – 17.0
Back	38,351	68.5	65.1 – 71.8
Stomach	6,688	12.0	9.6 – 14.2
Combination	2,871	5.1	3.5 – 6.7
Infant slept alone in crib or bed			
Always/often	39,731	70.5	67.2 – 73.7
Sometimes/rarely	11,182	19.8	17.0 – 22.6
Never	5,464	9.7	7.6 – 11.8
Infant slept in same room as mother (among infants who slept alone in crib or bed)			
No	7,444	14.8	11.9 – 17.7
Yes	42,902	85.2	82.3 – 88.1
Sleep environment elements (% yes)			
Crib, bassinet or Pack ‘n Play	50,328	89.4	87.2 – 91.6
Twin or larger mattress or bed	20,700	37.1	33.6 – 40.7
Couch, sofa or armchair	5,265	9.4	7.3 – 11.5
Infant car seat or swing	26,438	47.4	43.7 – 51.1
Sleeping sack or wearable blanket	16,181	29.1	25.7 – 32.5
With a blanket	30,295	54.3	50.6 – 58.0
With toys, cushions or pillows	4,680	8.4	6.3 – 10.4
With crib bumper pads (mesh or non-mesh)	11,136	20.0	17.0 – 23.0

**Table 43: Prevalence of discussions with health care workers about infant safe sleep, survey question 57**

Question	Weighted N	Weighted %	95% CI
Discussed the following (check all that apply)			
Placing baby on his or her back to sleep	51,191	90.8	88.7 – 93.0
Placing baby to sleep in a crib, bassinet or Pack ‘n Play	46,532	82.6	79.8 – 85.5
Placing baby’s crib or bed in mother’s room	29,015	52.1	48.4 – 55.8
What things should and should not go in bed with baby	48,270	85.7	83.1 – 88.3

## Family Planning: Postpartum

**Table 44: Prevalence of contraception use postpartum and reasons for not using a contraception method, survey questions 58-60**

Question	Weighted N	Weighted %	95% CI
Current birth control use			
Not currently using	13,754	24.2	21.1 – 27.4
Currently using	43,000	75.8	72.6 – 78.9
If no current birth control, why not (check all that apply)			
Want to get pregnant	2,018	15.8	10.0 – 21.7
Pregnant right now	<i>Insufficient data to report</i>		
Do not want to use birth control	3,651	28.7	21.6 – 35.8
Worried about side effects	2,637	20.7	14.4 – 27.0
Not having sex	4,642	30.8	24.4 – 37.1
Partner does not want to use	947	7.4	3.2 – 11.7
Problems paying for birth control	198	1.6	0.0 – 3.4
Other	2,316	18.2	12.0 – 24.3
If currently using birth control, what kind (check all that apply)			
Tubes tied or blocked	7,458	16.4	13.4 – 19.4
Vasectomy	2,090	4.7	2.8 – 6.6
Birth control pills	10,967	24.5	20.9 – 28.1
Condoms	8,869	19.8	16.4 – 23.2
Injection	5,746	12.8	10.4 – 15.2
Contraceptive implant	3,039	6.8	4.7 – 8.8
Contraceptive patch or ring	1,576	3.5	2.0 – 5.0
IUD	5,010	11.2	8.5 – 13.9
Natural family planning	1,519	3.4	1.8 – 5.0
Withdrawal	4,571	10.2	7.6 – 12.8
Other	654	1.5	0.5 – 2.5

## Postpartum Health

**Table 45: Prevalence of postpartum check-up, survey question 61**

Question		Weighted N	Weighted %	95% CI
Received a postpartum check-up				
	No	6,327	11.1	8.8 – 13.3
	Yes	50,860	88.9	86.7 – 91.2

**Table 46: Prevalence of postpartum checkup discussions with a health care worker, survey question 62**

Question		Weighted N	Weighted %	95% CI
Discussed or experienced the following (check all that apply)				
	Taking a vitamin with folic acid	26,010	51.8	47.8 – 55.7
	Healthy eating, exercise and losing pregnancy weight	30,814	60.7	56.9 – 64.6
	How long to wait before getting pregnant again	22,889	45.3	41.4 – 49.2
	Birth control methods to use after giving birth	42,265	83.4	80.5 – 86.3
	Prescribed a contraceptive method	23,682	46.8	42.9 – 50.7
	Inserted an IUD or contraceptive implant	8,720	17.3	14.3 – 20.2
	Asked if I was smoking cigarettes	27,999	55.4	51.5 – 59.3
	Asked if someone was hurting me emotionally/physically	24,211	47.7	43.8 – 51.6
	Asked if I was feeling down or depressed	38,038	75.0	71.7 – 78.4
	Tested for diabetes	10,599	21.0	18.0 – 24.0

## Postpartum Depression

**Table 47: Prevalence of maternal postpartum depressive symptoms, survey questions 63-64**

Question		Weighted N	Weighted %	95% CI
Postpartum depressive symptoms				
	Rarely/Never	37,213	65.1	61.6 – 68.6
	Sometimes	13,634	23.8	20.7 – 27.0
	Often/Always	6,340	11.1	8.7 – 13.4
Little interest or pleasure in doing things				
	Rarely/Never	39,060	68.4	64.9 – 71.8
	Sometimes	12,395	21.7	18.7 – 24.7
	Often/Always	5,690	10.0	7.8 – 12.2
Depressive symptom indicator*				
	No	48,001	84.1	81.4 – 86.8
	Yes	9,088	15.9	13.2 – 18.6

\*Yes indicates mother answered often or always to one or both questions about depressive symptoms

## Maternity Leave Experiences

**Table 48: Type of maternity leave taken, among women who reported working during pregnancy, survey questions 70-73**

Question	Weighted N	Weighted %	95% CI
Worked during pregnancy (% yes)	37,045	65.0	61.4 – 68.5
Type of leave taken from work after baby born			
Combination of paid and unpaid leave	3,679	13.4	9.6 – 17.1
Paid leave only	8,980	32.6	27.6 – 37.7
Unpaid leave only	13,947	50.7	45.4 – 56.0
Did not take leave	906	3.3	1.4 – 5.1

**Table 49: Factors affecting maternity leave decisions, among women who reported working during pregnancy, survey question 74**

Question	Weighted N	Weighted %	95% CI
Factors affecting maternity leave decision after baby was born (among all who worked for pay, % yes)			
Could not financially afford to take leave	10,486	38.1	33.0 – 43.2
Afraid to lose job if took leave or stayed out longer	5,728	20.7	16.5 – 24.9
Had too much work to do to take leave or stay out longer	5,571	20.1	15.9 – 24.4
Job does not have paid leave	10,043	36.6	31.5 – 41.7
Job does not offer flexible work schedule	6,168	22.4	18.1 – 26.8
Had not built up enough leave time to take any more time off	10,706	38.7	33.7 – 43.8

## Household Income

**Table 50: Total household income during 12 months prior to birth, survey question 76**

Question	Weighted N	Weighted %	95% CI
Total household income in the 12 months before the baby was born			
\$16,000 or less	18,557	36.4	32.8 – 39.9
\$16,001 - \$20,000	5,827	11.4	9.0 – 13.9
\$20,001 - \$24,000	3,351	6.6	4.7 – 8.5
\$24,001 - \$28,000	2,029	4.0	2.5 – 5.4
\$28,001 - \$32,000	1,441	2.8	1.6 – 4.1
\$32,001 - \$40,000	1,454	2.9	1.6 – 4.1
\$40,001 - \$48,000	1,227	2.4	1.2 – 3.6
\$48,001 - \$57,000	1,726	3.4	1.9 – 4.9
\$57,001 - \$60,000	1,227	2.4	1.2 – 3.7
\$60,001 - \$73,000	2,579	5.1	3.3 – 6.9
\$73,001 - \$85,000	2,287	4.5	2.8 – 6.2
\$85,001 or more	9,291	18.2	15.1 – 21.3

**Table 51: Number of individuals (self and others) dependent on income 12 months prior to birth, survey question 77**

Question	Weighted N	Weighted %	95% CI
Individuals dependent on income			
1	5,407	9.8	7.7 – 11.9
2	17,183	31.1	27.6 – 34.6
3	16,319	29.5	26.1 – 33.0
4	9,159	16.6	13.8 – 19.4
5	4,716	8.5	6.4 – 10.7
6+	2,441	4.4	2.9 – 5.9

## Maternal Disability

**Table 51: Prevalence of disability doing different activities, survey questions D1-D6\***

Question		Weighted N	Weighted %	95% CI
Have difficulty seeing	No difficulty	9,473	75.1	68.3 – 81.9
	Some difficulty	2,733	21.7	15.1 – 28.2
	A lot of difficulty / cannot do this at all	404	3.2	0.8 – 5.7
Have difficulty hearing	No difficulty	11,817	93.7	89.6 – 97.8
	Some difficulty	543	4.3	0.9 – 7.7
	A lot of difficulty / cannot do this at all	<i>Insufficient data to report</i>		
Have difficulty walking or climbing steps	No difficulty	12,164	96.5	93.9 – 99.0
	Some difficulty	404	3.2	0.8 – 5.7
	A lot of difficulty / cannot do this at all	<i>Insufficient data to report</i>		
Have difficulty remembering or concentrating	No difficulty	8,846	70.1	62.9 – 77.4
	Some difficulty	2,789	22.1	15.6 – 28.7
	A lot of difficulty / cannot do this at all	976	7.7	3.3 – 12.1
Have difficulty with self-care	No difficulty	12,360	98.0	96.0 – 100.0
	Some difficulty	<i>Insufficient data to report</i>		
	A lot of difficulty / cannot do this at all	<i>Insufficient data to report</i>		
Have difficulty communicating	No difficulty	11,787	93.5	89.5 – 97.4
	Some difficulty	769	6.1	2.2 – 10.0
	A lot of difficult / cannot do this at all	<i>Insufficient data to report</i>		

\*This section includes only 3 months of supplemental question data.

*Trends 2016 - 2018*

	2016	2017	2018
Health Indicator	% (95% CI)	% (95% CI)	% (95% CI)
<b>Multivitamin Use</b>			
≥4 days/week in month before pregnancy	32.3 (29.0 – 35.5)	28.9 (25.7 – 32.2)	28.4 (25.0 – 31.7)
<b>Pre-pregnancy Weight</b>			
Underweight	4.5 (3.0 – 6.0)	4.1 (2.6 – 5.6)	2.6 (1.4 – 3.8)
Healthy	38.5 (35.1 – 42.0)	40.5 (37.0 – 44.1)	38.3 (34.7 – 41.9)
Overweight	23.8 (20.9 – 26.8)	25.2 (22.1 – 28.4)	25.5 (22.3 – 28.8)
Obese	33.1 (29.9 – 36.4)	30.1 (26.9 – 33.3)	33.6 (30.2 – 37.0)
<b>Substance Use</b>			
Any cigarette smoking during the 3 months before pregnancy	21.6 (18.8 – 24.5)	24.6 (21.5 – 27.7)	20.2 (17.3 – 23.2)
Any cigarette smoking during the last 3 months of pregnancy	11.0 (8.8 – 13.2)	12.0 (9.6 – 14.4)	9.5 (7.4 – 11.7)
Any cigarette smoking postpartum	16.4 (13.8 – 18.9)	18.8 (16.0 – 21.6)	14.4 (11.8 – 17.0)
Any alcohol use during the 3 months before pregnancy	52.6 (49.3 – 56.2)	53.8 (50.3 – 57.4)	52.2 (48.5 – 55.8)
Any alcohol use during the last 3 months of pregnancy	5.2 (3.6 – 6.7)	5.7 (4.0 – 7.4)	4.3 (2.8 – 5.8)
<b>Postpartum Contraception Use</b>			
Used any form of contraception postpartum	75.3 (72.3 – 78.3)	73.8 (70.7 – 76.9)	75.8 (72.6 – 78.9)
<b>Pregnancy Intention</b>			
Intended	49.5 (46.1 – 52.9)	44.9 (41.4 – 48.4)	49.7 (46.2 – 53.3)
Unintended*	50.5 (47.1 – 53.9)	55.1 (51.6 – 58.6)	50.3 (46.7 – 53.8)

*\*Unintended pregnancy intention includes women who reported wanting to be pregnant later, who did not want to be pregnant then or at any time in the future, or who were not sure what they wanted.*



*Trends 2016 – 2018 (continued)*

	2016	2017	2018
Health Indicator	% (95% CI)	% (95% CI)	% (95% CI)
<b>Depression</b>			
Postpartum depressive symptoms	11.3 (9.2 – 13.4)	15.1 (12.6 – 17.6)	15.9 (13.2 – 18.6)
<b>Health Care Services</b>			
Began prenatal care in 1 <sup>st</sup> trimester	88.3 (86.1 – 90.5)	86.6 (84.2 – 88.9)	87.3 (85.0 – 89.7)
Had flu shot before or during pregnancy	48.5 (45.0 – 51.9)	47.3 (43.8 – 50.9)	47.3 (43.7 – 50.9)
Had maternal postpartum checkup	86.2 (83.8 – 88.6)	84.9 (82.3 – 87.4)	88.9 (86.7 – 91.2)
<b>Pre-pregnancy Health Insurance</b>			
Private insurance	51.4 (48.0 – 54.7)	47.4 (43.9 – 50.9)	47.7 (44.1 – 51.3)
Medicaid	28.2 (25.3 – 31.1)	36.8 (33.6 – 40.1)	38.9 (35.6 – 42.1)
No insurance	20.4 (17.6 – 23.2)	15.8 (13.1 – 18.5)	13.5 (10.8 – 16.1)
<b>Health Insurance During Pregnancy</b>			
Private Insurance	46.1 (42.7 – 49.5)	40.5 (37.0 – 44.0)	43.5 (39.9 – 47.1)
Medicaid	53.4 (50.0 – 56.9)	59.3 (55.8 – 62.8)	56.4 (52.8 – 60.0)
No insurance	**	**	**
<b>Health Insurance Postpartum</b>			
Private Insurance	45.9 (42.5 – 49.3)	39.8 (36.3 – 43.2)	42.9 (39.3 – 46.5)
Medicaid	44.4 (41.1 – 47.6)	50.2 (46.8 – 53.6)	49.1 (45.6 – 52.6)
No insurance	9.7 (7.5 – 11.9)	10.1 (7.8 – 12.3)	8.0 (5.9 – 10.1)
<b>Infant Sleep Practices</b>			
Baby most often laid on back to sleep	67.4 (64.2 – 70.6)	67.9 (64.6 – 71.3)	68.5 (65.1 – 71.8)
<b>Breastfeeding Practices</b>			
Ever breastfed	72.9 (70.0 – 75.8)	69.2 (66.0 – 72.3)	73.3 (70.2 – 76.4)
Any breastfeeding at 8 weeks	44.8 (41.5 – 48.2)	44.9 (41.4 – 48.4)	48.3 (44.7 – 51.9)

*Trends 2016 – 2018 (continued)*

	2016	2017	2018
Health Indicator	% (95% CI)	% (95% CI)	% (95% CI)
<b>Intimate Partner Violence</b>			
Reported any abuse before pregnancy	4.5 (3.1 – 5.8)	4.0 (2.6 – 5.4)	3.0 (1.8 – 4.2)
Reported any abuse during pregnancy	4.2 (2.9 – 5.6)	3.9 (2.5 – 5.3)	2.5 (1.5 – 3.6)
<b>Maternal Stressors</b>			
Financial Stress	57.2 (53.7 – 60.6)	58.6 (55.1 – 62.1)	59.5 (55.9 – 63.0)
Emotional Stress	30.4 (27.3 – 33.5)	33.5 (30.1 – 36.9)	28.9 (25.6 – 32.2)
Partner-Related Stress	25.3 (22.4 – 28.1)	30.7 (27.5 – 34.0)	27.8 (24.6 – 31.0)
Trauma	14.7 (12.3 – 17.2)	14.1 (11.7 – 16.6)	13.3 (10.8 – 15.7)

*PRAMS Moms Say Thank You!*

*"I think it's great that you are having programs and support to help mothers have healthy pregnancies and babies. Thank you and I appreciate the help!"*

*"Thanks for choosing me to participate in your survey. I hope my answers help."*

*"There are a lot of things that I wish could have went different, even though I thank God for my amazing son. But motherhood is very difficult and harder than I thought it would be. Thanks for taking out time to ask me these questions."*

*"I enjoyed taking the survey. Thank you for having research projects such as PRAMS."*

*"I'm glad y'all are trying to get the most info to have research to find answers for something that matters."*

*"Well for the most of everything it's not an easy thing, but it's the best thing that a mother can experience is having a baby. Watching them grow every day is wonderful. But take it one day at a time and don't be afraid to ask for help or anything cause everyone cares for you and the baby you have or giving life to. Congrats to anyone and everyone and never forget love your baby. Thank you for all the support, help and love."*

*"Thank you for working to keep babies healthy in Louisiana."*

