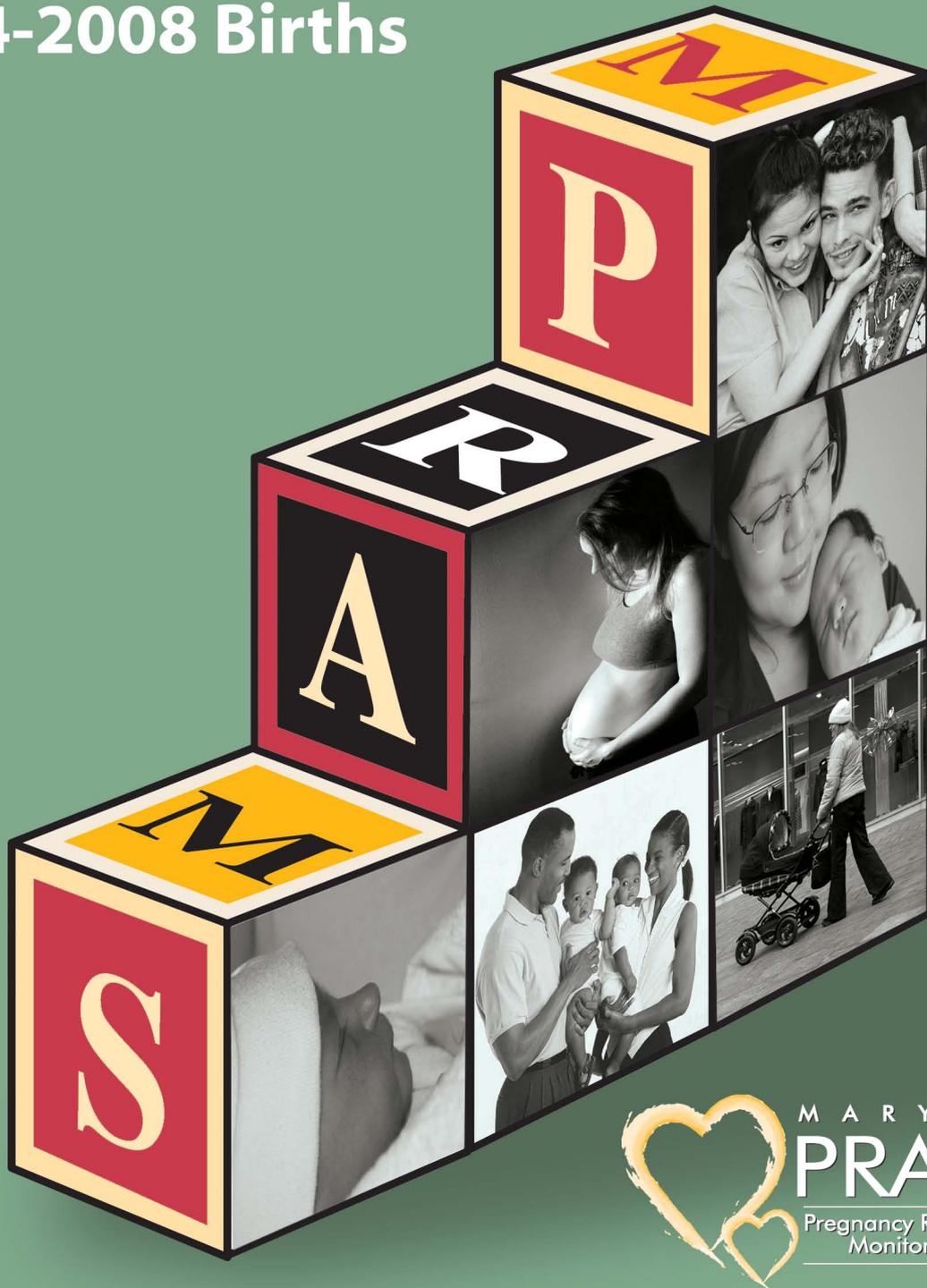


Maryland PRAMS Report

2004-2008 Births



Maryland Department of Health and Mental Hygiene
Center for Maternal and Child Health ♦ Vital Statistics Administration

Martin O'Malley, Governor; Anthony G. Brown, Lieutenant Governor; John M. Colmers, Secretary

“I am happy to take part in this survey. All women need access to excellent prenatal care and need to be educated on how to take care of themselves and their babies.”

PRAMS mother

Maryland PRAMS Report

2004-2008 Births

Family Health Administration

Center for Maternal and Child Health

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January 2010

The Maryland PRAMS Report
is also available at
www.marylandprams.org

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INTRODUCTION

This report highlights data from births occurring to Maryland residents in 2004-2008 collected through the Pregnancy Risk Assessment Monitoring System (PRAMS). PRAMS is a surveillance system established by the Centers for Disease Control and Prevention (CDC) in 1987 to obtain information about maternal behaviors and experiences that may be associated with adverse pregnancy outcomes. Data are collected by surveying women who have recently delivered live born infants.

PRAMS projects are conducted through cooperative agreements between the CDC and state health departments. PRAMS projects are currently underway in 37 states, New York City and South Dakota (Yankton Sioux Tribe). All surveys include a core set of standardized questions, which allows for multi-state analyses. In addition, each state can add questions tailored to meet its needs. The core section of the survey includes questions relating to prenatal care, obstetric history, smoking, alcohol use, physical abuse, contraception, economic status, maternal stress, and infant health. The Maryland-specific section of the survey includes questions on assisted reproduction, contraceptive use, depression, oral health, chronic disease, physical activity, and infections.

The PRAMS project in Maryland is a collaborative effort of the Center for Maternal and Child Health (CMCH), the Vital Statistics Administration (VSA) of the Maryland Department of Health and Mental Hygiene, and the CDC. Maryland began collecting PRAMS data from mothers who delivered in 2000.

METHODOLOGY

Sampling and Data Collection

Women eligible to participate in PRAMS are selected from Maryland's live birth certificate files. Each month, a stratified, random sample of approximately 200 live births is selected. The sample is stratified by maternal age (<35 years, ≥35 years) and infant birth weight (<2500 grams, ≥2500 grams). This sampling frame over-samples mothers who have delivered a low birth weight infant (<2500 grams) as well as mothers who are 35 years of age or older.

PRAMS combines two modes of data collection, a survey conducted by mailed questionnaire with multiple follow-up attempts, and if mail is not successful, a survey conducted by telephone interview. Survey questionnaires and other materials are available in both English and Spanish.

The first mailing, which is done two to four months after delivery, is a letter that introduces PRAMS to the mother and informs her that a questionnaire will soon arrive. Within seven days of this letter, the questionnaire packet is mailed. This packet includes the 76-item survey, informed consent page, calendar, and resource brochure. The mothers also receive either a 30-minute pre-paid phone card or \$5 Target gift card incentive in their Mail 1 packets. Starting in 2008, as an added attempt to increase response rates, entry into a random monthly drawing for

a \$100 Target gift card reward is available to those mothers who complete the survey by mail. Seven to 10 days after the initial packet is mailed, a tickler that serves as a thank you and reminder note is sent. Mothers who do not respond to the tickler within seven to 14 days are mailed a second questionnaire packet. A third questionnaire packet is mailed to all remaining nonrespondents seven to 14 days later. Telephone follow-up is initiated for all nonrespondents.

Data collected through PRAMS are linked to birth certificate data, which allows for the survey data to be weighted to reflect the total birth population. Sampling, nonresponse and noncoverage adjustment factors are applied to the data in order to make the results generalizable to the state's population of women delivering live born infants during the study period. Further information on PRAMS methodology, including weighting procedures, may be found on the CDC website at <http://www.cdc.gov/PRAMS/methodology.htm>.

Survey Response and Data Analysis

CDC recommends that states obtain a response rate of at least 70% for analysis of PRAMS. The weighted response rate among women delivering in Maryland was between 70-73% for each birth year between 2004 and 2008. (Please note the 2005 birth year data only covers the period from 1/1- 10/31 to achieve a 70% response rate for that year). During 2004-2008, 8,074 mothers completed the PRAMS questionnaire with a weighted response reflecting 329,701 mothers. Survey findings in this report are shown by race/Hispanic origin (White Non-Hispanic, Black Non-Hispanic, Asian and Hispanic), maternal age and maternal years of education.

ACKNOWLEDGMENTS

The Maryland PRAMS Project would like to acknowledge the CDC PRAMS Team for their technical assistance and support, especially Denise D'Angelo, MPH, our project manager who has expertly guided and assisted our program. Additionally, our thanks go to the Maryland PRAMS Steering Committee for their invaluable input to many aspects of our project.

Most importantly, we very much appreciate all the 8,074 mothers who took the time to complete the questionnaires that are represented in this report. Their answers will contribute greatly towards our continuing efforts to improve the health of Maryland mothers and babies.

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(November 2009)

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Maryland PRAMS Highlights—2004-2008

Preconception factors

- Forty-one percent of all pregnancies were **unintended**.
- Thirteen percent of mothers reported a **pregnancy loss** in the twelve months preceding the current pregnancy.
- Sixty-seven percent of women reported having **health insurance** just before pregnancy, and 7% reported they were covered by **Medicaid or Health Choice**.
- Thirty-one percent of women reported taking a **multivitamin daily** in the month before conception.
- Eleven percent of mothers who were attempting to become pregnant used **fertility treatments**; 42% reported using fertility drugs, 17% used artificial insemination, and 24% used assisted reproductive technology.

Prenatal factors

- Seventy-seven percent of mothers began **prenatal care** during the first trimester of pregnancy, and 1% received no care.
- Sixty-six percent of women reported that **health insurance or an HMO** paid for their prenatal care; 28% reported that **Medicaid or Health Choice** paid for their care.
- Thirty-nine percent of women participated in the **WIC** program during pregnancy.
- Sixty-three percent of mothers reported one or more **medical complications** during pregnancy; severe nausea, preterm labor, and kidney or bladder infections were the most common complications.
- Eighty-one percent of mothers reported that **HIV testing** was discussed during prenatal care visits; 72% reported getting an HIV test.
- Ten percent of women **smoked** during the last

three months of pregnancy. Eight percent of women reported using **alcohol** and <1% of women reported a **binge-drinking** episode during the last three months of pregnancy.

- Three percent of mothers reported being **physically abused** by an ex-husband or ex-partner during pregnancy, and 3% reported being abused by a husband or partner.
- Forty-two percent of mothers had a **dental visit** during pregnancy, and 25% needed to be seen for a dental problem.

Infant health and related factors

- Thirteen percent of newborns were admitted to a **neonatal intensive care** unit.
- Fifty-four percent of newborns were **discharged from the hospital** within two days of delivery, and 7% remained in the hospital for 6 or more days.
- Seventy-nine percent of infants were **breastfed** after delivery, and 68% were breastfed four weeks or longer.
- In terms of **sleeping position**, 68% of infants were usually placed on their backs to sleep, and 13% on their stomachs.
- Ninety-nine percent of infants had a **well-baby checkup**.

Maternal postpartum factors

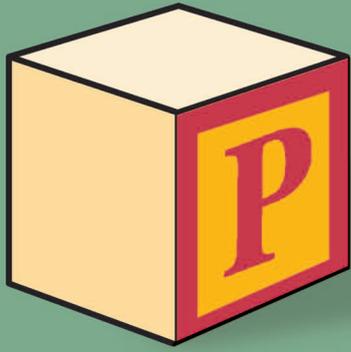
- Seventeen percent of mothers reported they were not using **postpartum contraception**.
- Fourteen percent of mothers **smoked postpartum**.
- Thirty-six percent of mothers reported that they had not discussed **postpartum depression** with their health care providers during prenatal or postpartum visits.

**MARYLAND PRAMS 2001-2003, 2004-2008 SURVEILLANCE
AND SELECTED HEALTHY PEOPLE 2010 OBJECTIVES**

Healthy People 2010 Objective	Maryland PRAMS 2001-2003 Births	Maryland PRAMS 2004-2008 Births	Healthy People 2010 Target
Preconception Factors			
Increase the proportion of pregnancies that are intended.*	57.6%	58.6%	70%
Increase the proportion of pregnancies begun with the consumption of at least 400 <i>ug</i> of folic acid each day from fortified foods or dietary supplements by nonpregnant women aged 15-44 years.	30.2%	30.9%	80%
Prenatal Factors			
Increase the proportion of all pregnant women who receive prenatal care in the first trimester of pregnancy.**	77.3%	76.8%	90%
Reduce cigarette smoking among pregnant women.	9.6%	9.6%	2%
Increase abstinence from alcohol by pregnant women.	91.7%	92.5%	94%
Increase abstinence from binge drinking by pregnant women.	99.5%	99.5%	100%
Postpartum Factors			
Increase the percentage of healthy full-term infants who are put down to sleep on their backs.	63.0%	67.7%	70%
Increase the proportion of mothers who breastfeed their babies in the early postpartum period.	75.4%	78.7%	75%

**PRAMS data includes only information on pregnancies that end in live birth*

***First trimester defined by PRAMS as <13weeks*



Preconception Factors



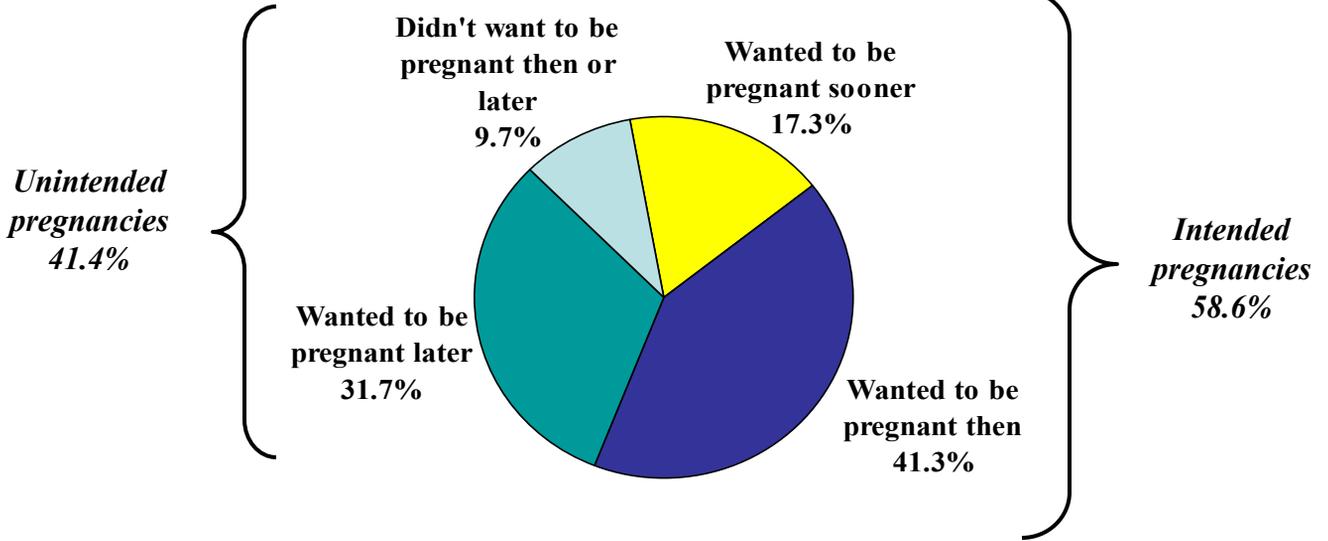
"My husband and I worked hard to get this pregnancy. The 'before' was much harder than the pregnancy, delivery, or post-partum. I believe that the fatigue associated with depression from infertility is much more pronounced than any fatigue from pregnancy or new baby issues (lack of sleep, etc)."

PRAMS mother

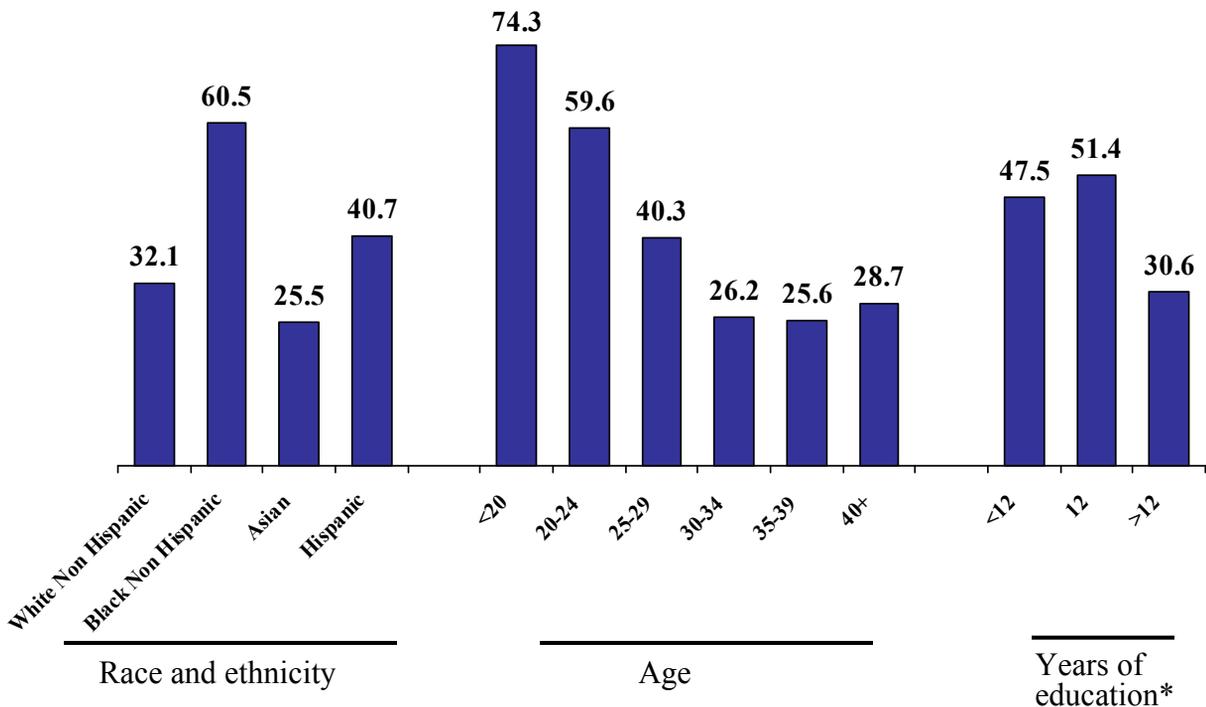
INTENDEDNESS OF PREGNANCY

Question 13: Thinking back to *just before* you got pregnant with your *new* baby, how did you feel about becoming pregnant?

Distribution of Mothers by Intendedness of Pregnancy



Percentage of Mothers With Unintended Pregnancies

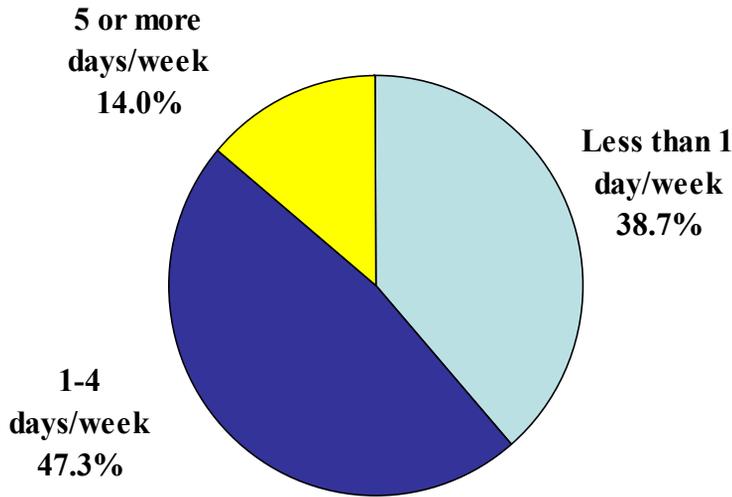


*Includes only mothers ages 20 and above.

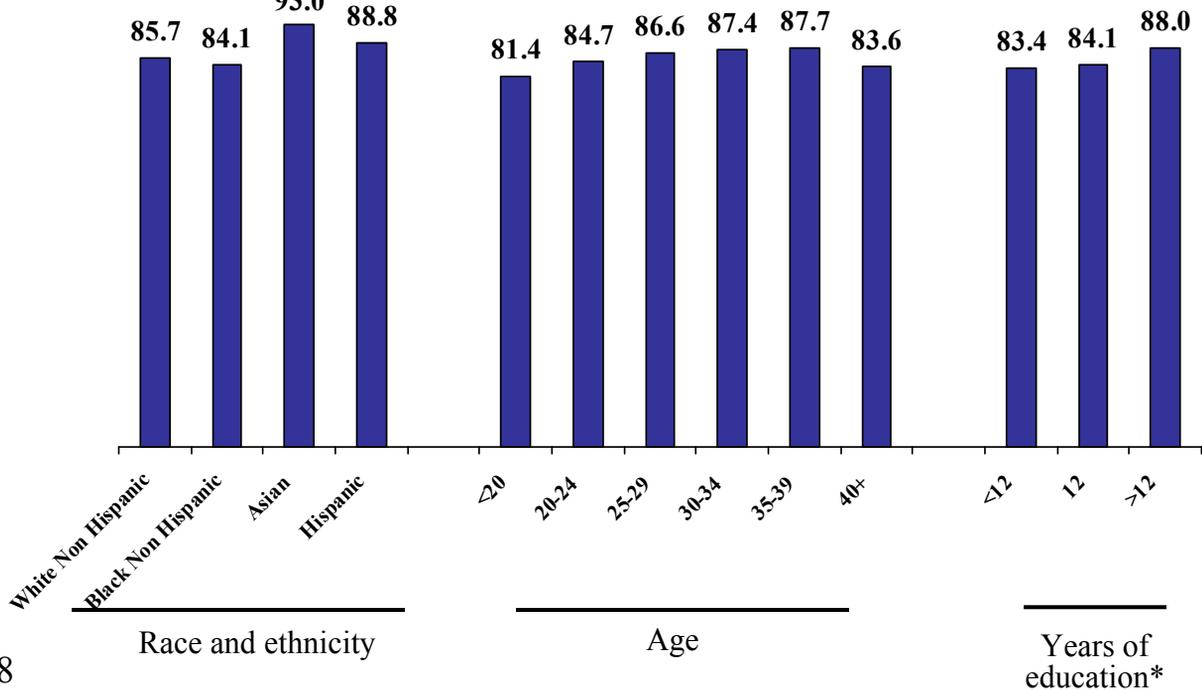
PHYSICAL ACTIVITY BEFORE PREGNANCY

Question 67: During the 3 months before you got pregnant with your new baby, how often did you participate in any physical activities or exercise for 30 minutes or more?

Distribution of Mothers by Physical Activity During the Three Month Period Before Pregnancy Began



Percentage of Mothers Who Reported They Participated in Physical Activity Less Than Five Times Per Week

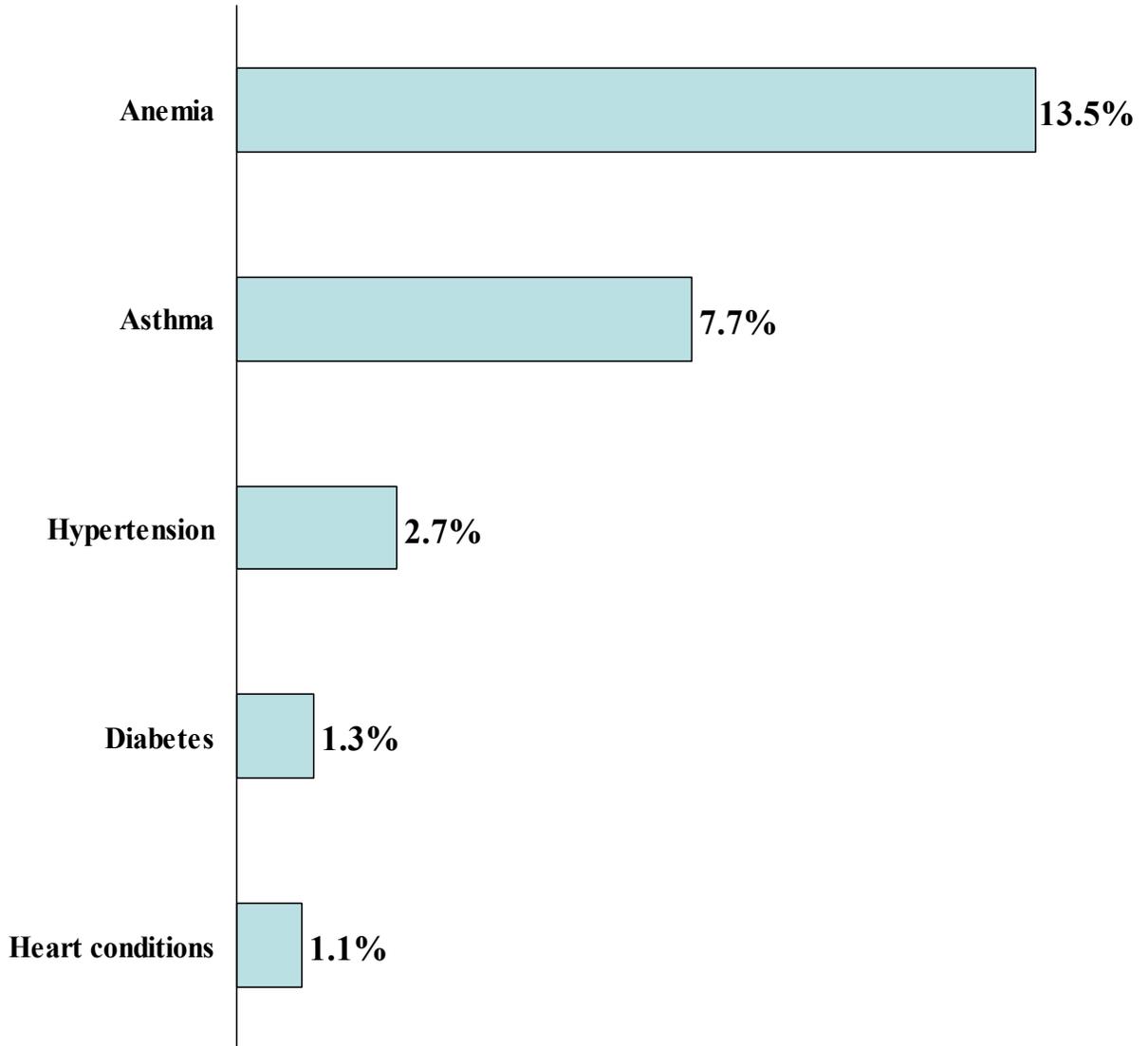


*Includes only mothers ages 20 and above.

PRECONCEPTION HEALTH PROBLEMS

Question 7: During the *3 months before* you got pregnant with your new baby, did you have any of the following health problems?

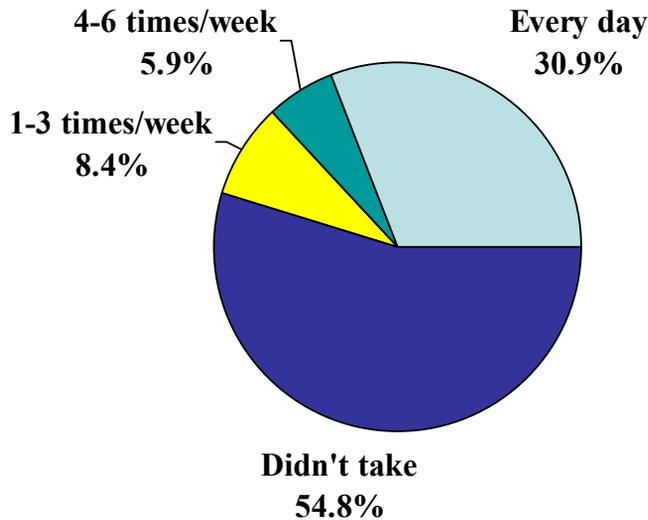
Mothers Reporting Health Problems During the Three Months Prior to Conception



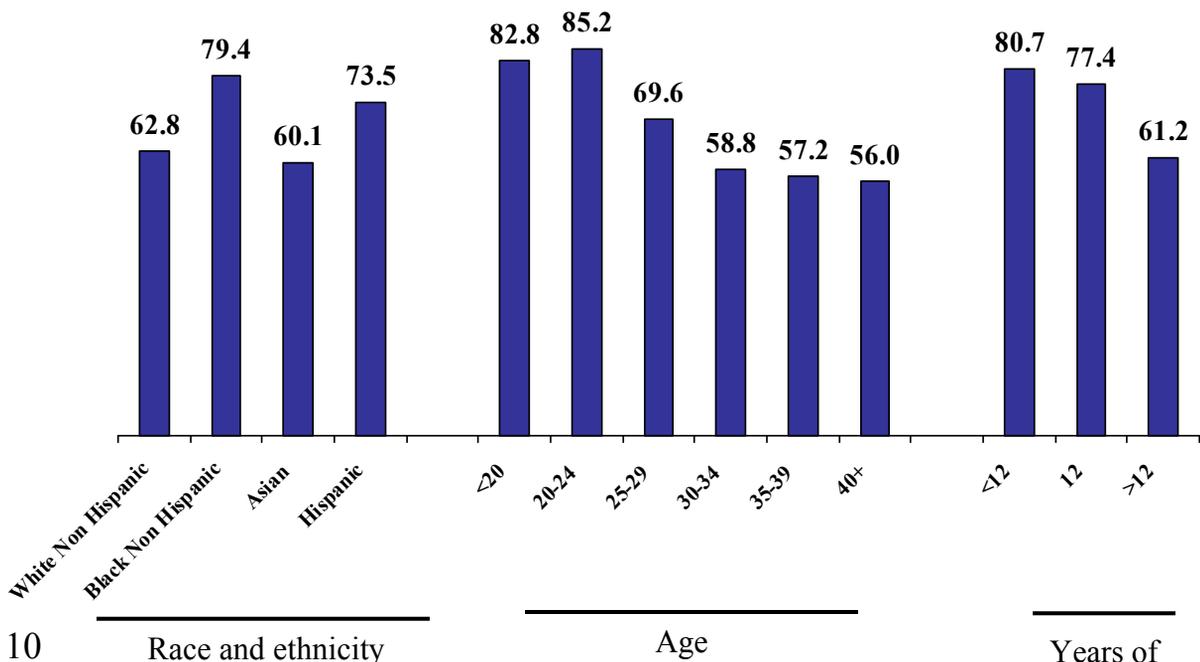
MULTIVITAMIN USE

Question 3: During the *month before* you got pregnant with your new baby, how many times a week did you take a multivitamin or a prenatal vitamin? These are pills that contain many different vitamins and minerals.

Distribution of Mothers by Frequency of Multivitamin Use in the Month Before Pregnancy



Percentage of Mothers Who Reported Less Than Daily Multivitamin Use in the Month Before Pregnancy



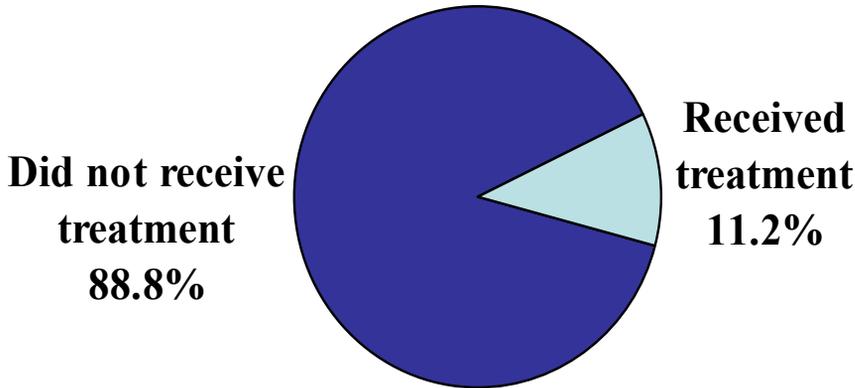
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*Includes only mothers ages 20 and above.

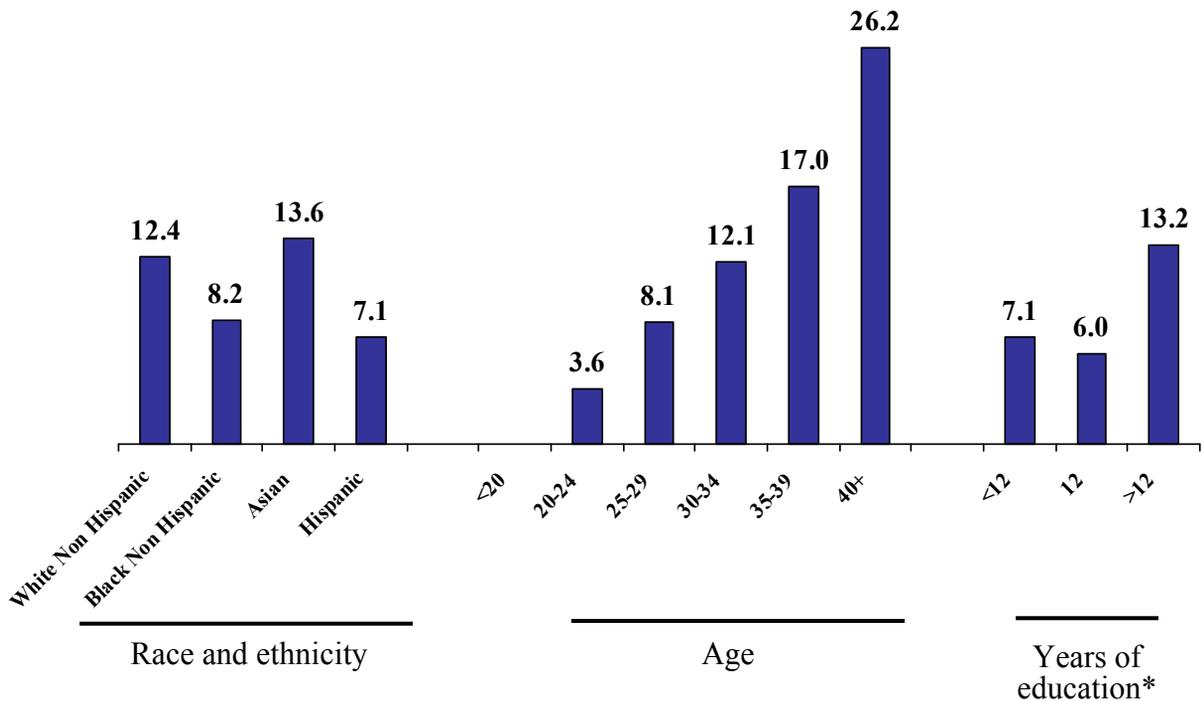
INFERTILITY TREATMENT

Question 17: Did you receive treatment from a doctor, nurse, or other health care worker to help you get pregnant with your new baby? (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology.)

Distribution of Mothers Who Were Attempting to Become Pregnant by Use of Infertility Treatment



Percentage of Mothers Attempting to Become Pregnant Who Reported Using Infertility Treatment



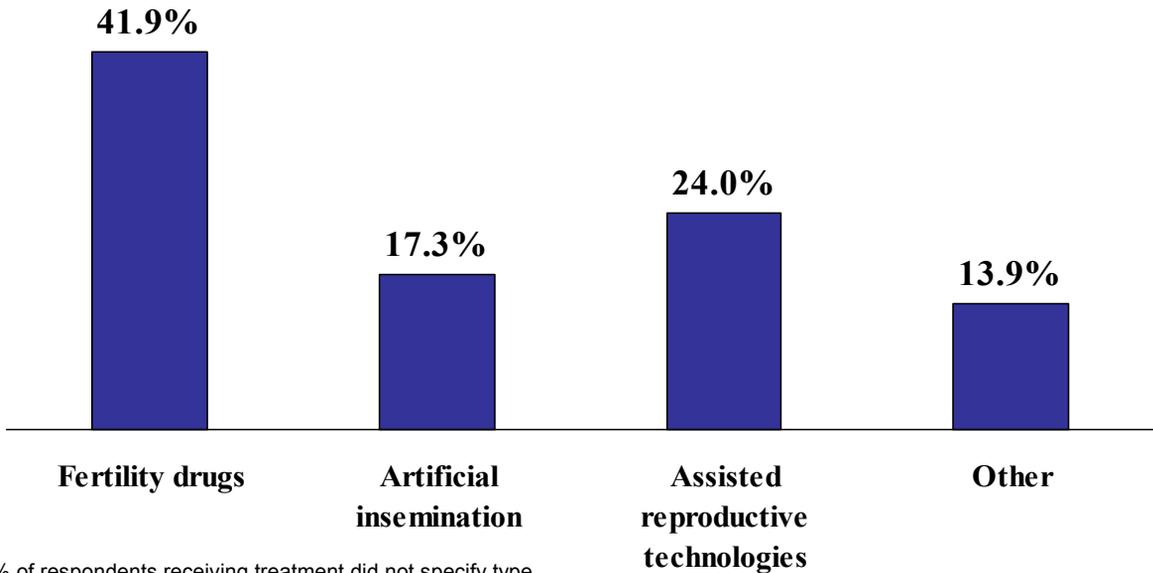
*Includes only mothers ages 20 and above.

Note: Percentages are not reported if the number of respondents was less than five.

TYPE OF INFERTILITY TREATMENT

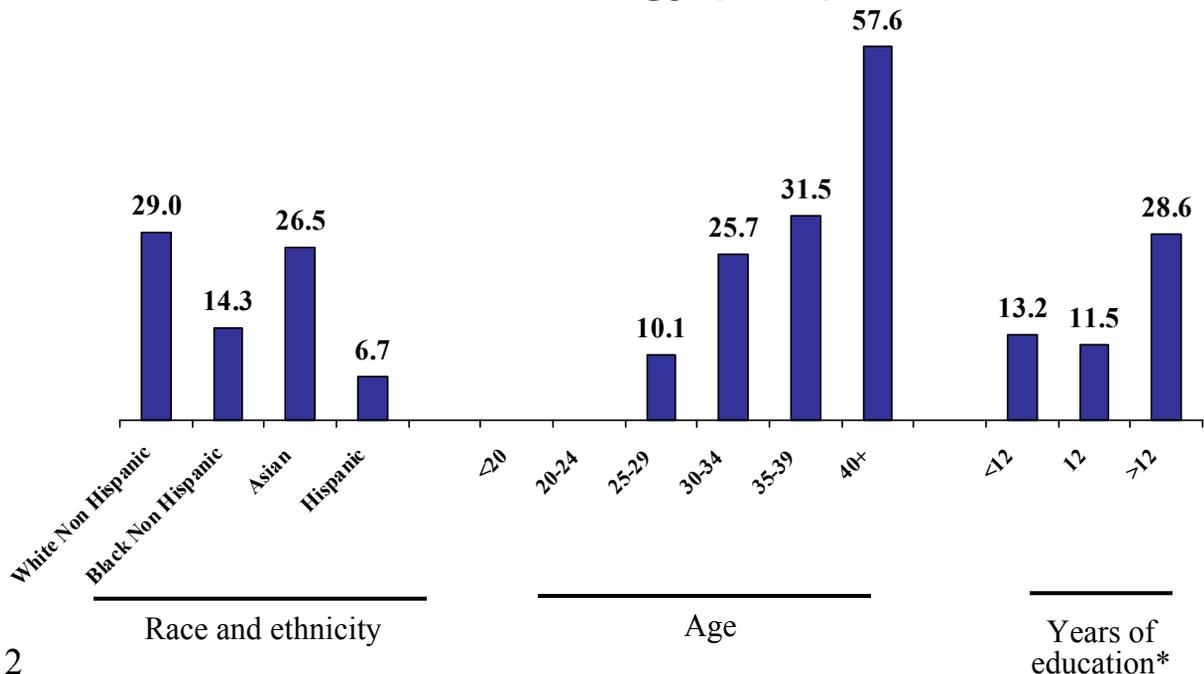
Question 18: Did you use any of the following [infertility] treatments *during the month you got pregnant* with your new baby? Check all that apply.

Mothers Reporting Use of Infertility Treatment by Type of Treatment



* 3% of respondents receiving treatment did not specify type

Percentage of Mothers Attempting to Become Pregnant Who Reported Using Assisted Reproductive Technology (ART)



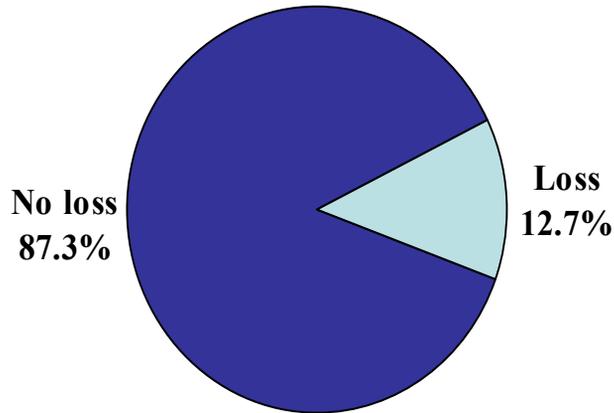
*Includes only mothers ages 20 and above.

Note: Percentages are not reported if the number of respondents was less than five.

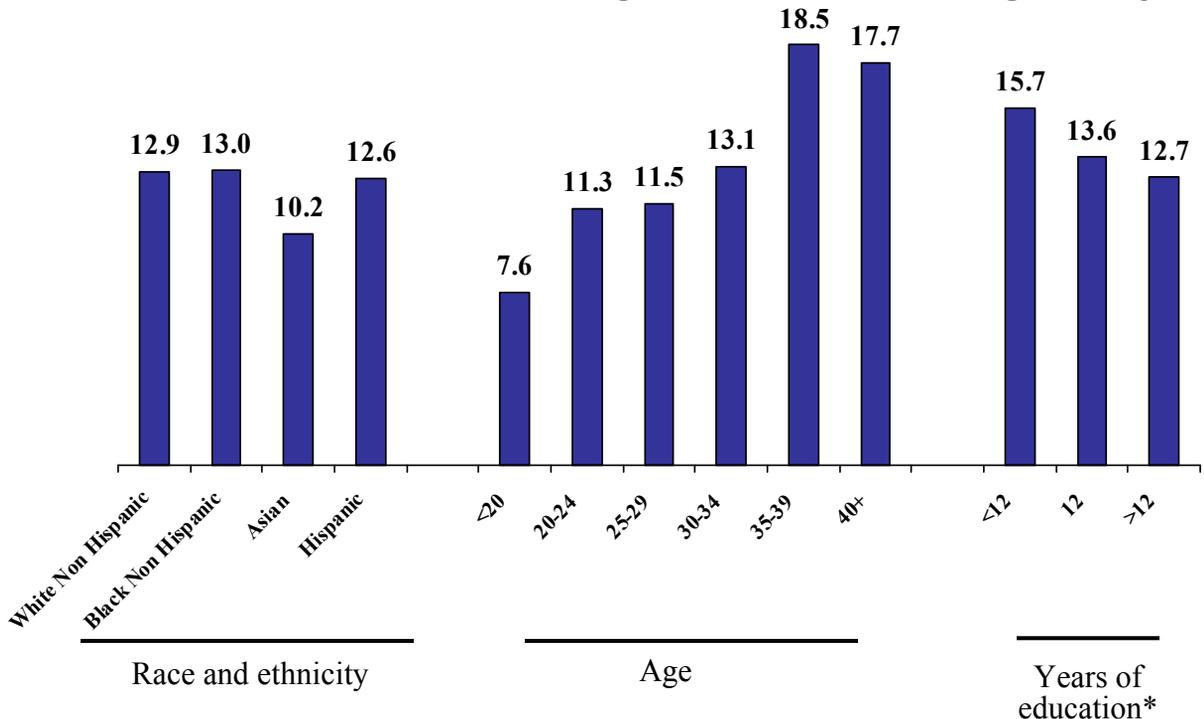
PRIOR PREGNANCY LOSS

Question 65: During the *12 months before* you got pregnant with your new baby, did you have a miscarriage, fetal death (baby died before being born), or stillbirth?

Distribution of Mothers by Pregnancy Loss in the 12 Months Preceding Current Pregnancy



Percentage of Mothers Reporting a Pregnancy Loss in the 12 Months Preceding the Current Pregnancy



*Includes only mothers ages 20 and above.



renatal

Factors



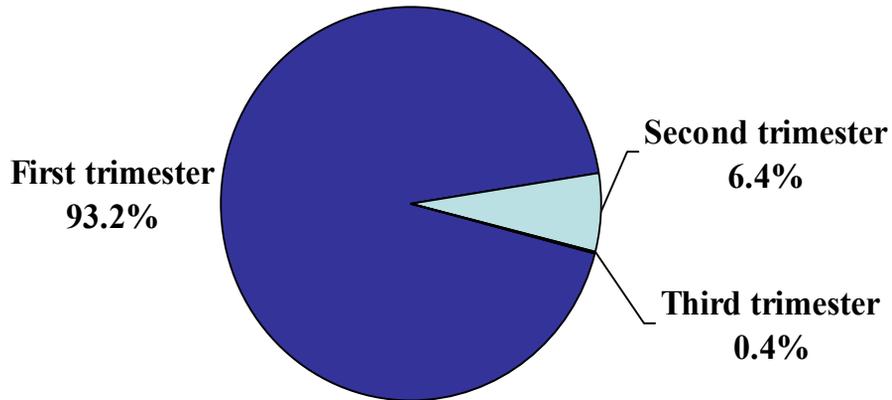
"I believe my doctor took great care of me during and after pregnancy. Had I not been covered by insurance, I would not feel as confident in the quality of my care."

PRAMS mother

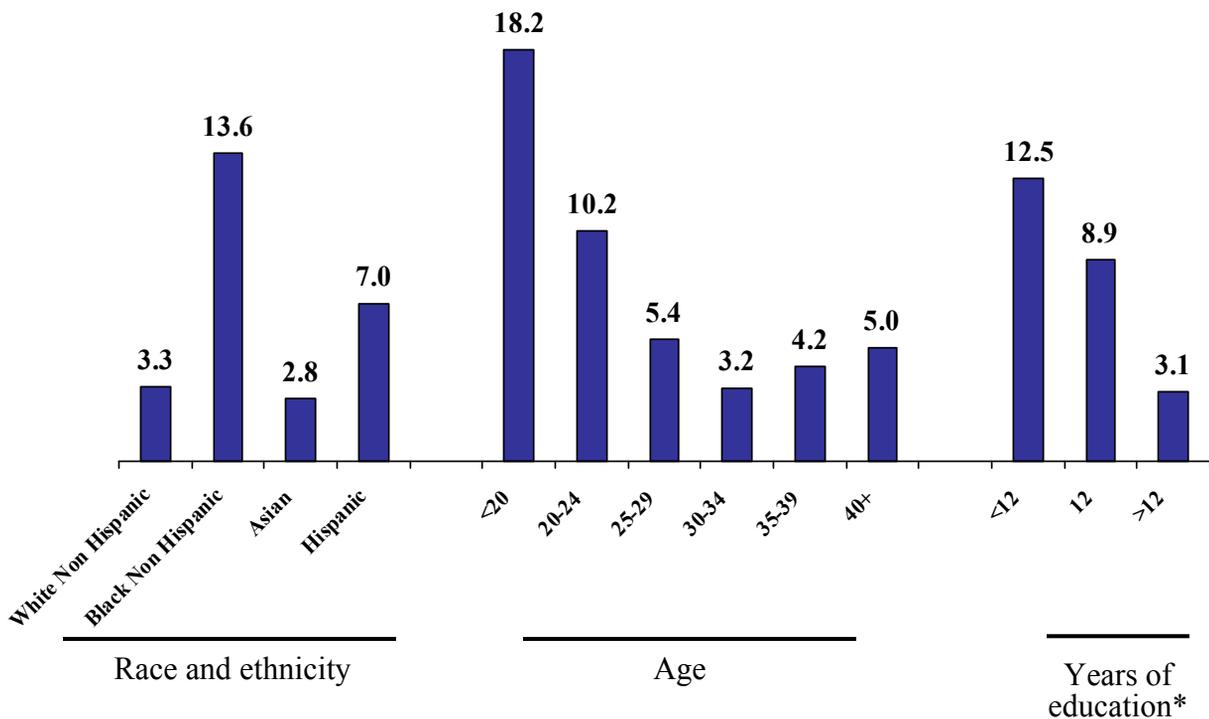
TRIMESTER OF PREGNANCY CONFIRMATION

Question 19: How many weeks or months pregnant were you when you were *sure* you were pregnant?

Distribution of Mothers by Time at Which Pregnancy Was Confirmed



Percentage of Mothers Who Reported Confirming Pregnancy After the First Trimester

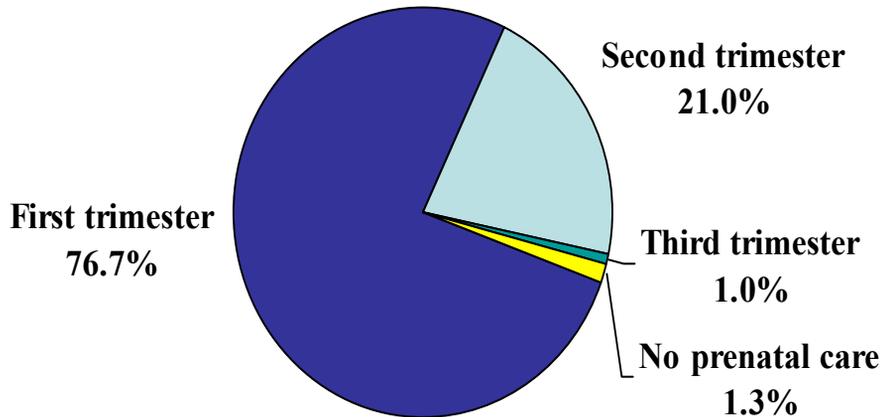


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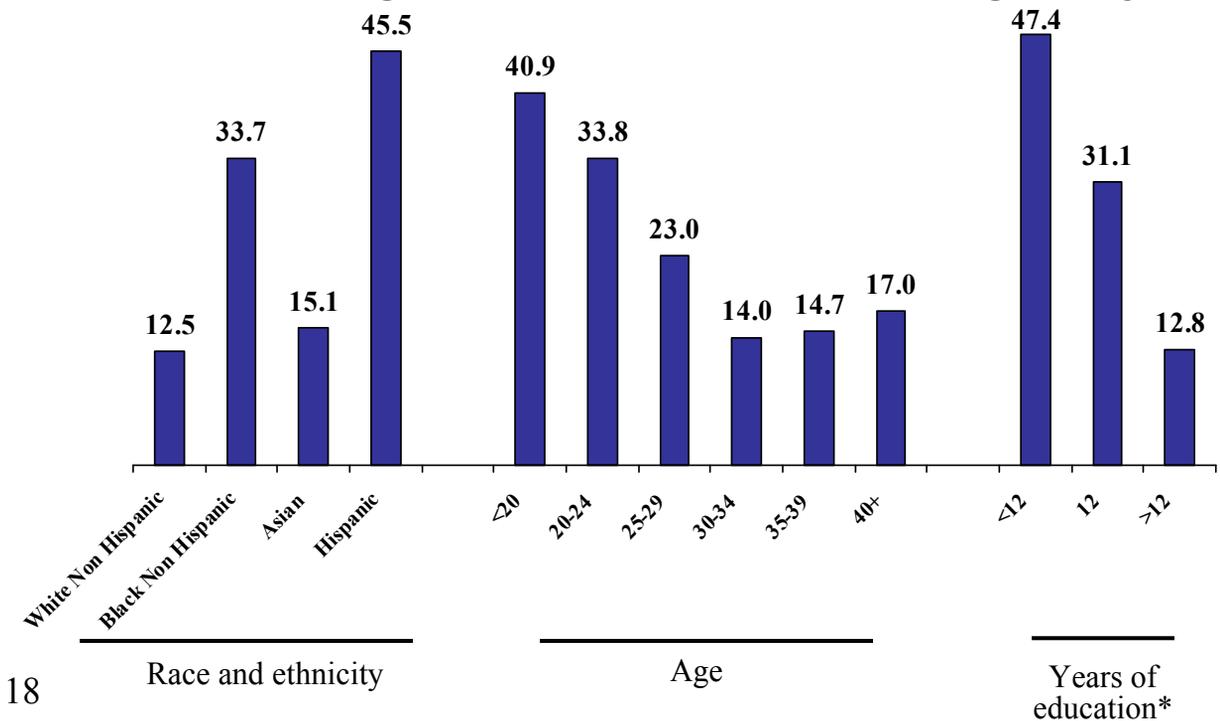
TRIMESTER PRENATAL CARE BEGAN

Question 20: How many weeks or months pregnant were you when you had your first visit for prenatal care?

Distribution of Mothers by Trimester Prenatal Care Began



Percentage of Mothers Who Did Not Begin Prenatal Care During the First Trimester of Pregnancy

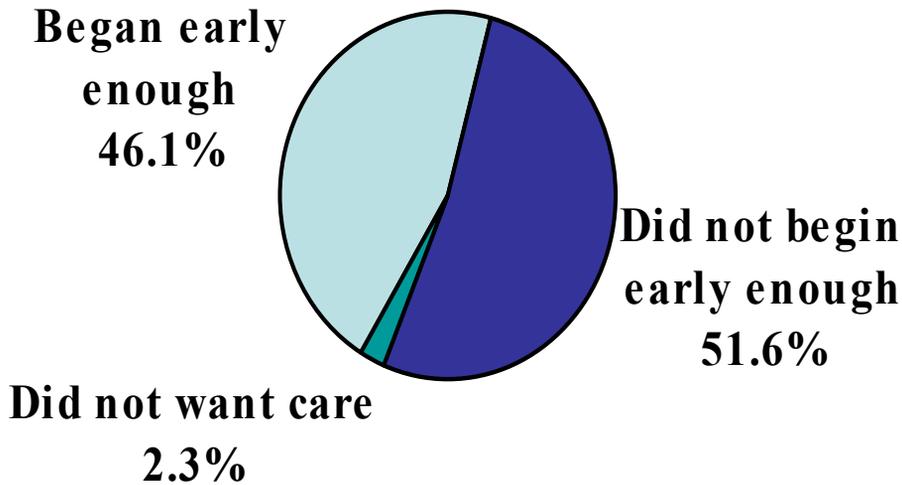


*Includes only mothers ages 20 and above.

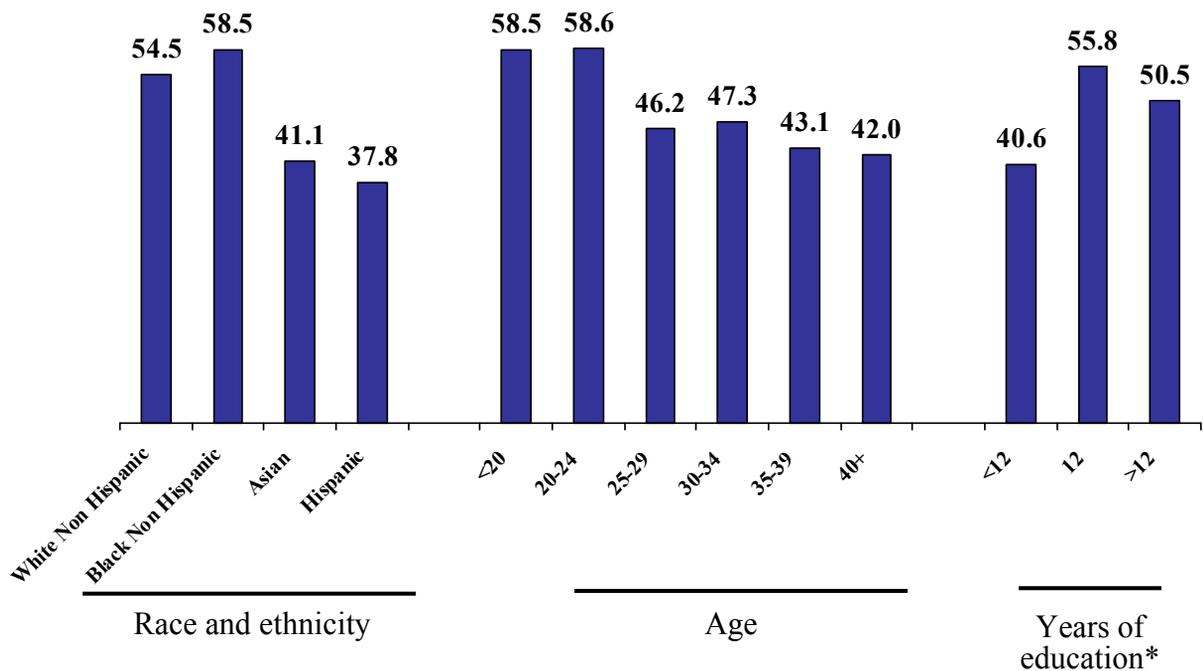
PRENATAL CARE AS EARLY AS DESIRED

Question 21: Did you get prenatal care as early in your pregnancy as you wanted?

Distribution of Mothers Who Did Not Begin Prenatal Care in the First Trimester by Satisfaction With Time During Pregnancy When Prenatal Care Began



Percentage of Mothers Who Did Not Begin Prenatal Care in the First Trimester and Reported that Prenatal Care Did Not Begin Early Enough in Pregnancy

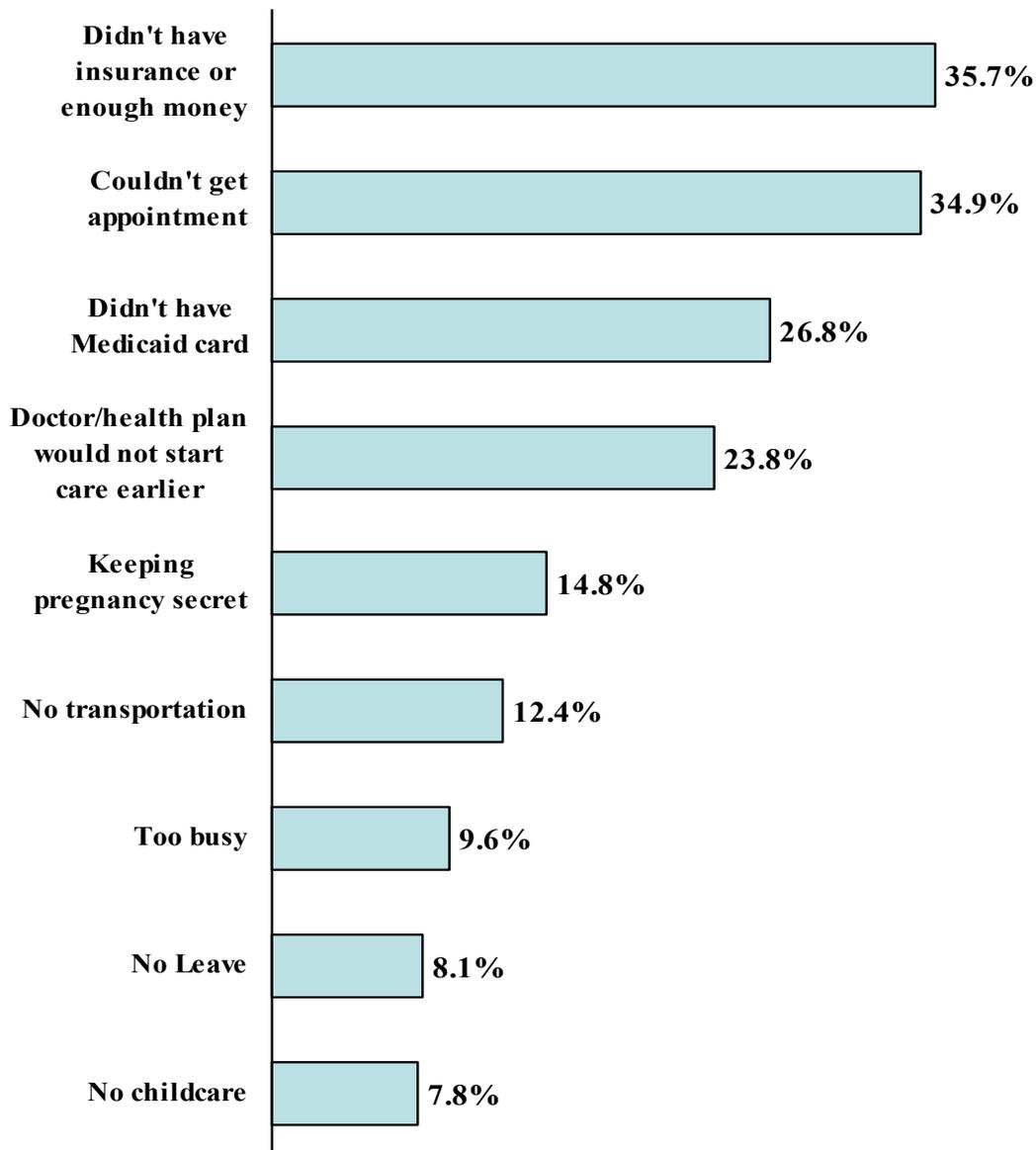


*Includes only mothers ages 20 and above.

REASONS FOR LATE PRENATAL CARE

Question 22: Here is a list of problems some women can have getting prenatal care. For each item circle YES if it was a problem for you during your most recent pregnancy or circle NO if it was not a problem or did not apply to you.

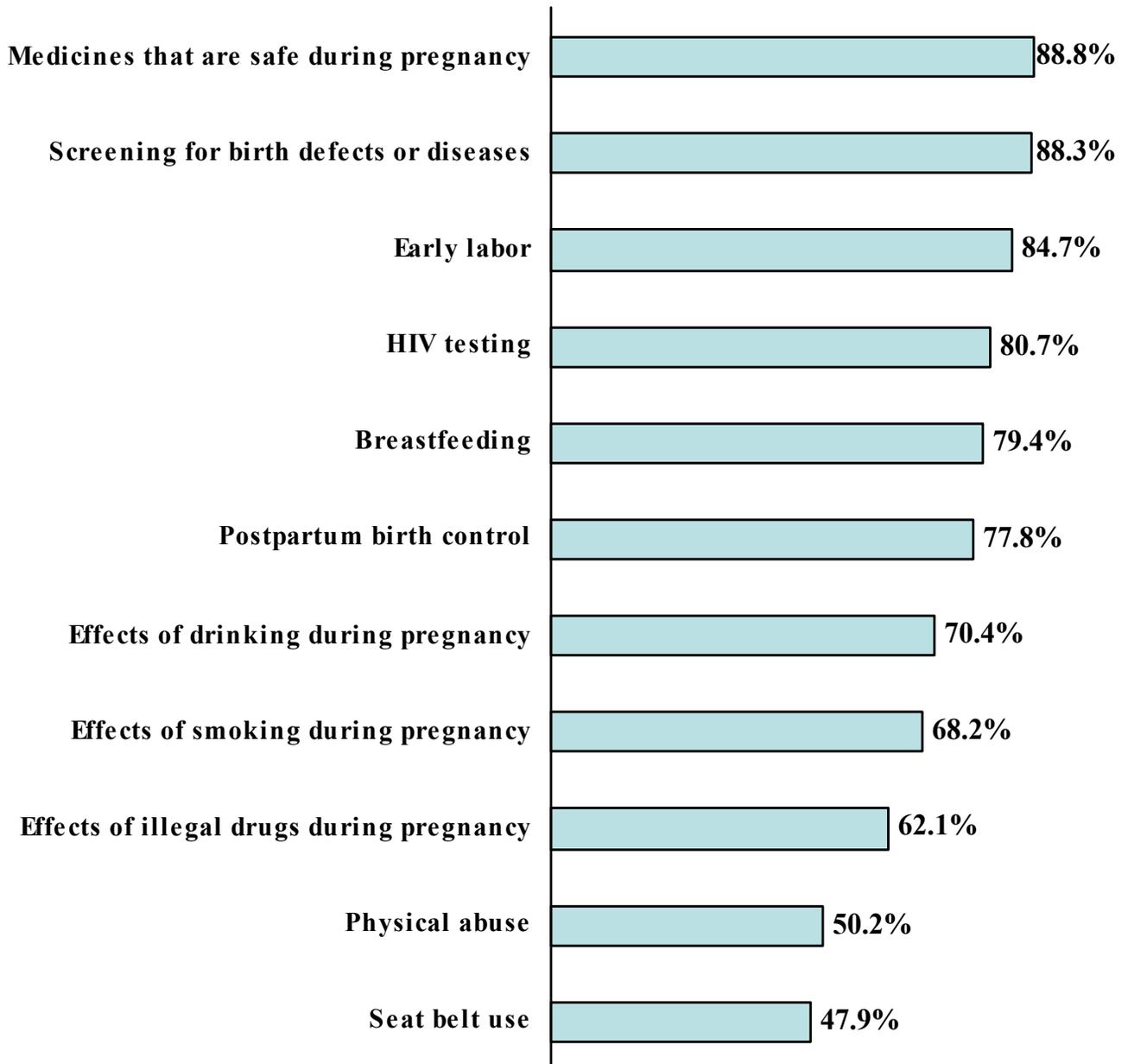
Reasons Given for Not Beginning Prenatal Care As Early in Pregnancy As Desired Among Women Who Did Not Receive Prenatal Care as Early as Wanted



TOPICS DISCUSSED DURING PRENATAL CARE VISITS

Question 24: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos.

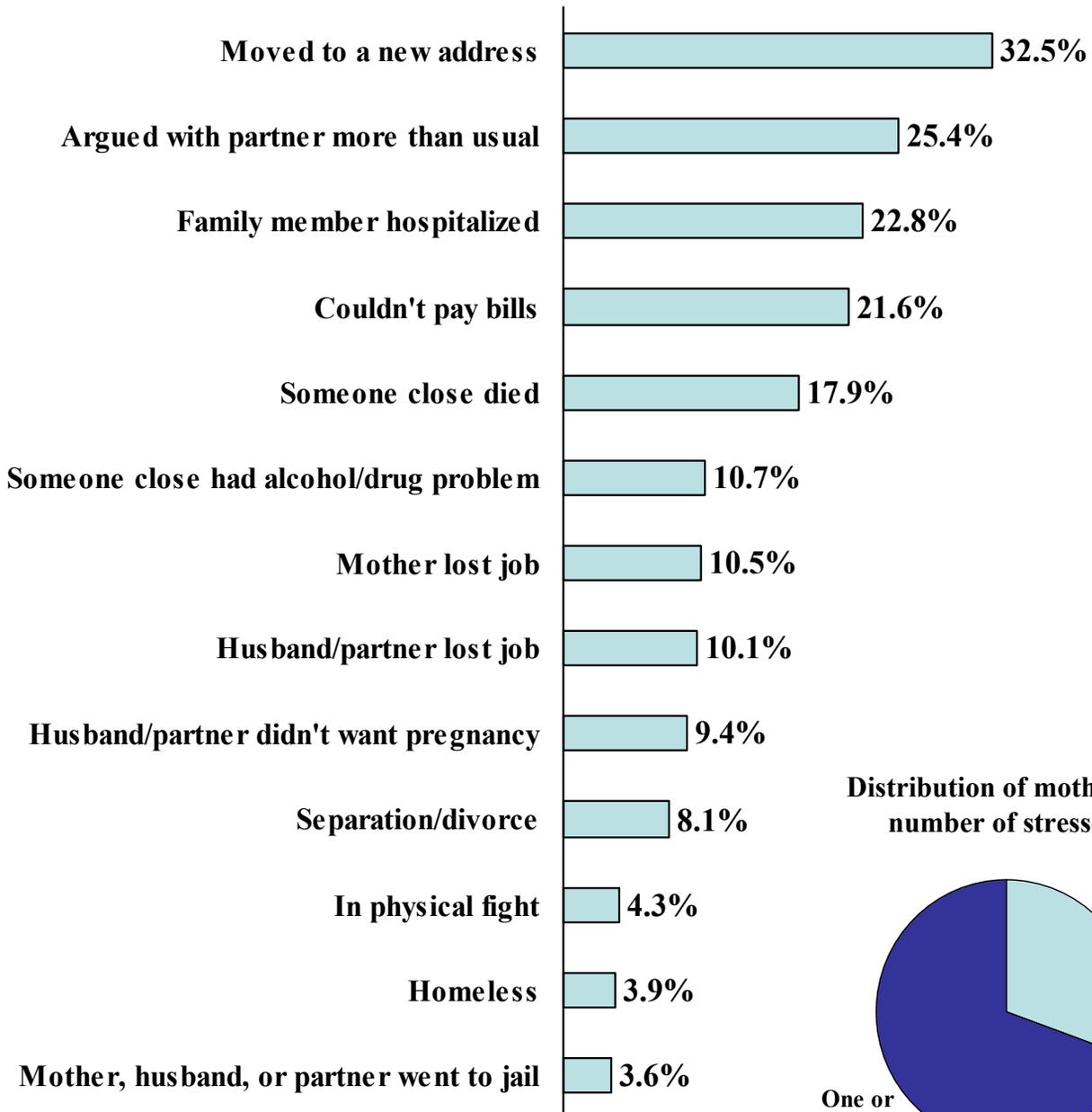
Mothers Reporting That Selected Topics Were Discussed During Prenatal Care Visits



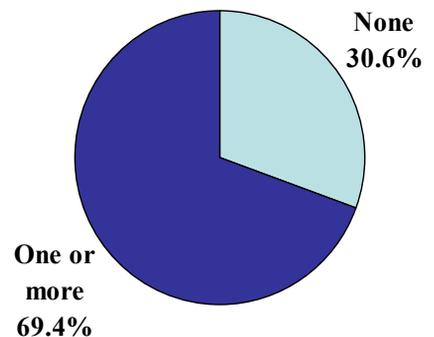
STRESS

Question 37: This question is about things that may have happened during the *12 months before* your new baby was born. For each item, circle YES if it happened to you or NO if it did not.

Mothers Reporting Stress by Type of Event



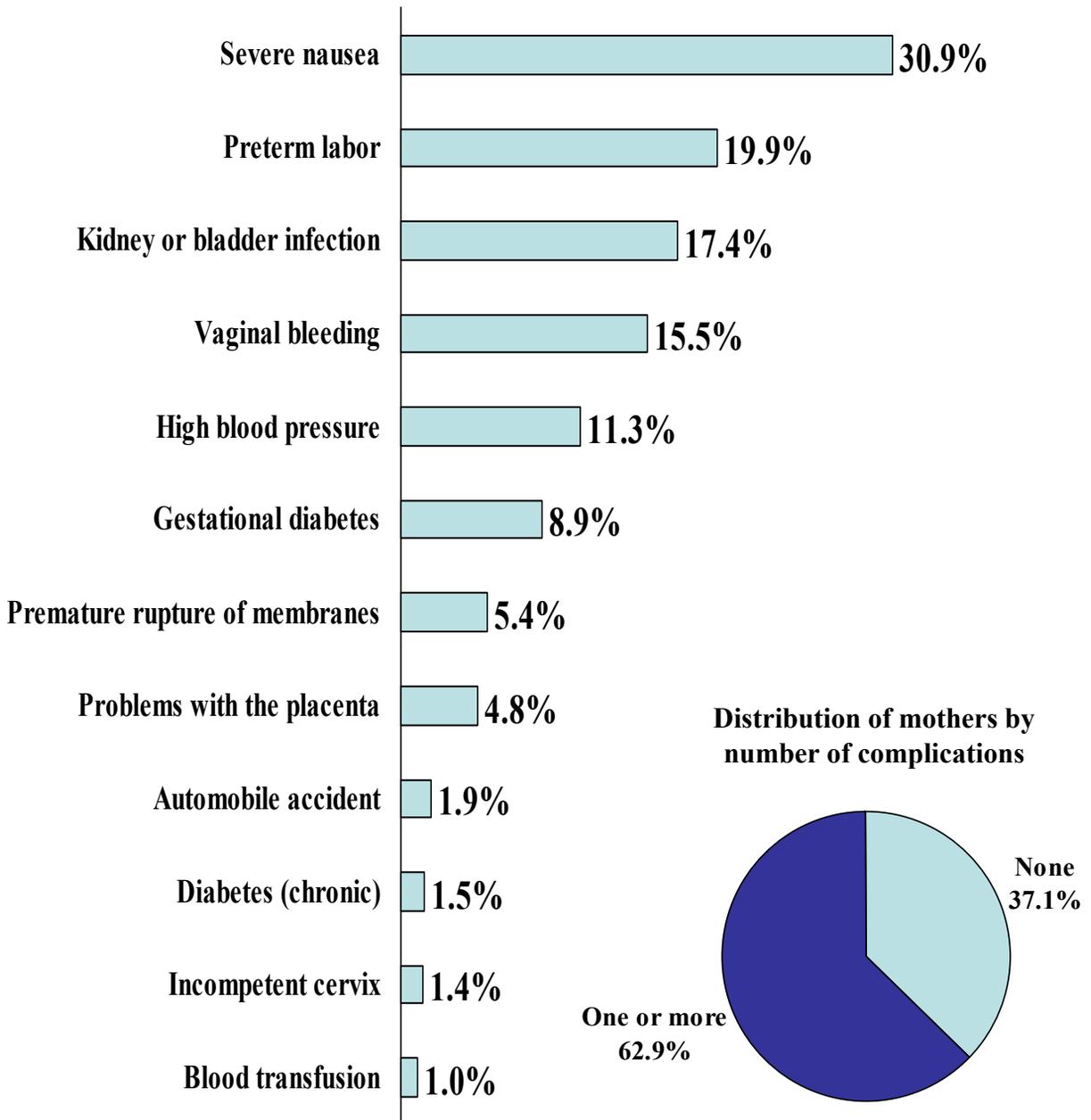
Distribution of mothers by number of stressors



COMPLICATIONS DURING PREGNANCY

Question 28: Did you have any of these problems during your most recent pregnancy? For each item, circle YES if you had the problem or circle NO if you did not.

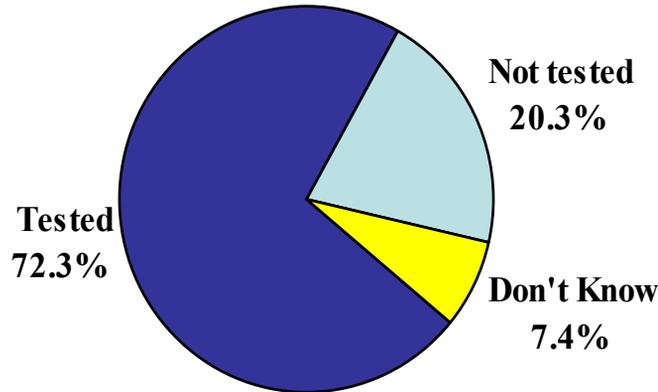
Mothers Reporting Pregnancy Complications by Type of Complication



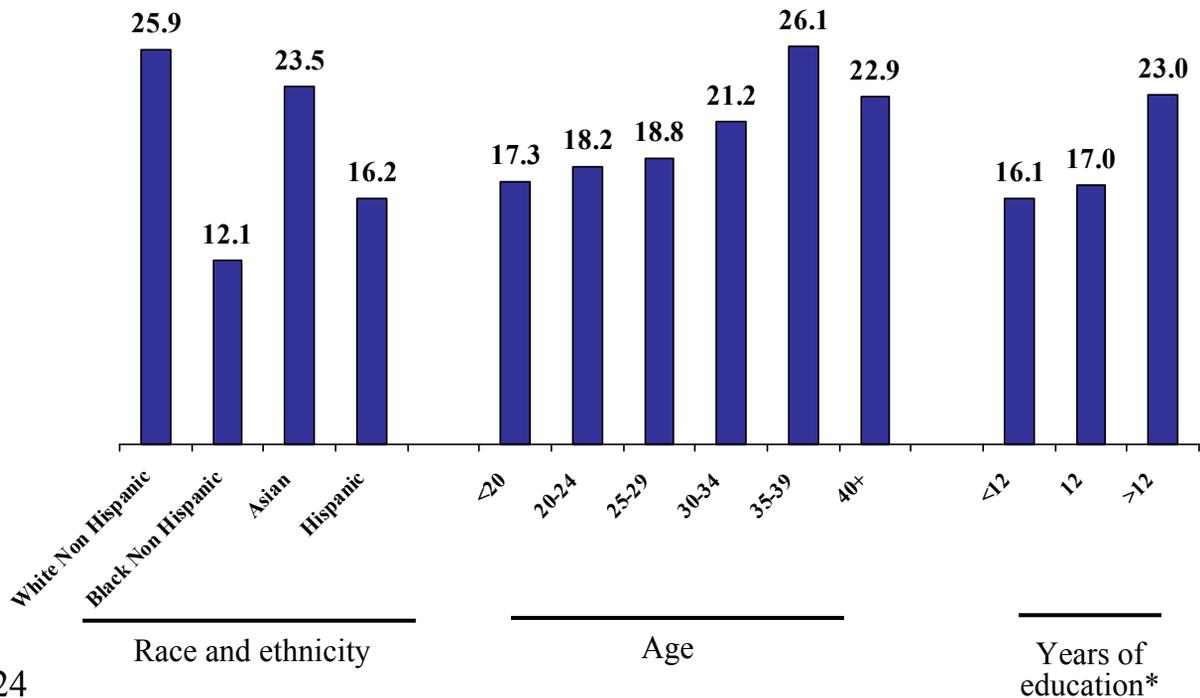
HIV TESTING

Question 25: At any time during your most recent pregnancy or delivery, did you have a test for HIV (The virus that causes AIDS)?

Distribution of Mothers by HIV Testing Status



Percentage of Mothers Who Reported They Did Not Have an HIV Test During Pregnancy or Delivery

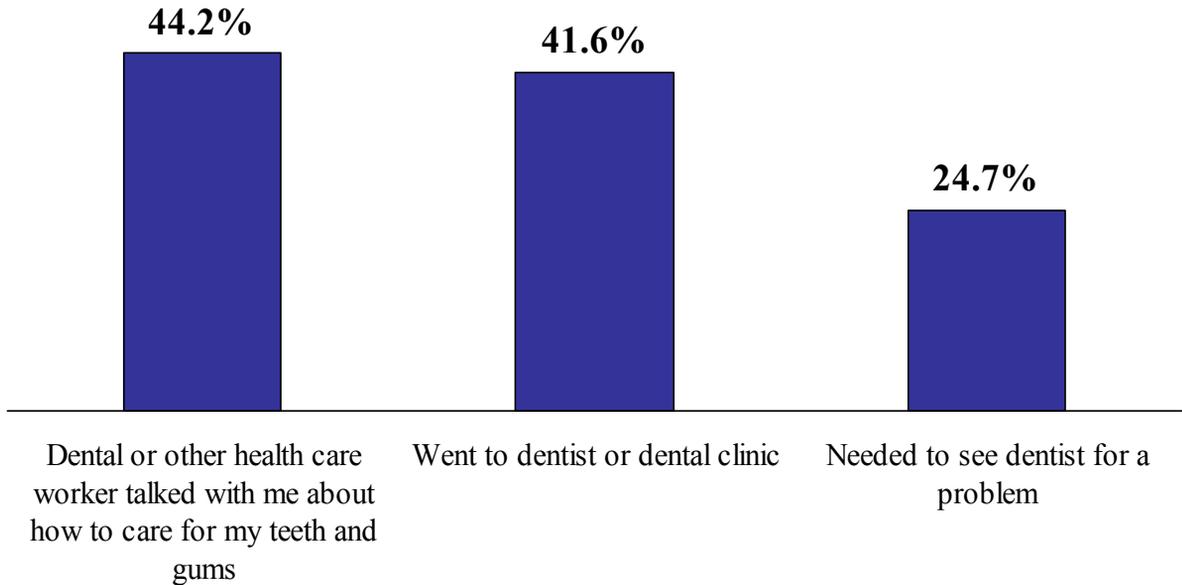


*Includes only mothers ages 20 and above.

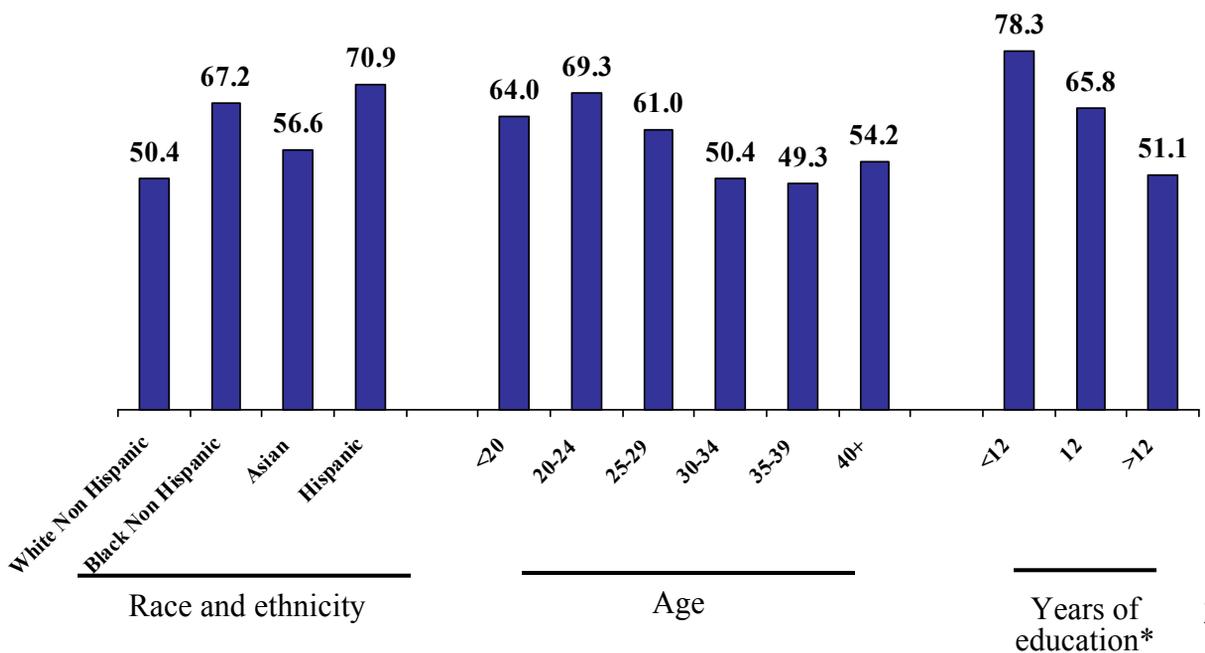
DENTAL CARE DURING PREGNANCY

Question 74: This question is about the care of your teeth during your most recent pregnancy. For each item, circle YES if it is true or circle NO if it is not true.

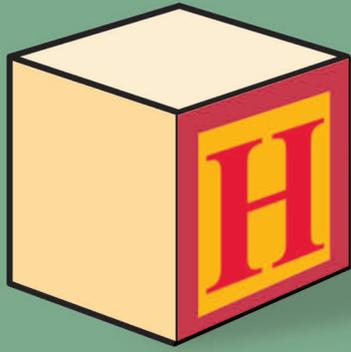
Distribution of Mothers by Dental Care During Pregnancy



Percentage of Mothers Who Did Not Report Going to a Dentist or Dental Clinic During Pregnancy



*Includes only mothers ages 20 and above.



Health Care Coverage and WIC Participation



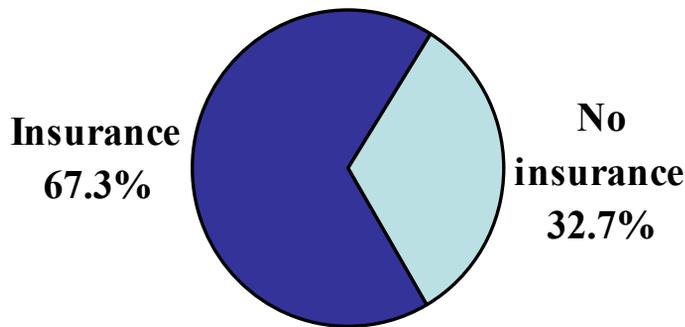
“Despite having insurance, it was very expensive (out of pocket expenses) for all of the healthcare visits. Since I was of advanced maternal age, I had to go to frequent visits that added up to a lot of out of pocket expenses- I will have to think twice about having another!”

PRAMS mother

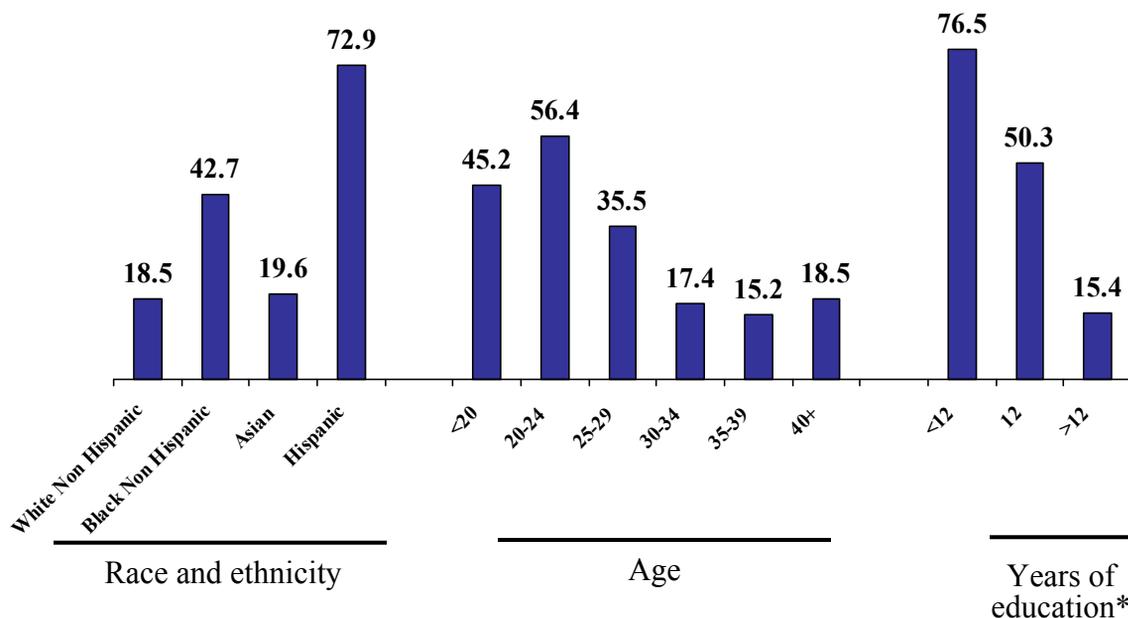
HEALTH INSURANCE BEFORE PREGNANCY

Question 1: *Just before* you got pregnant, did you have health insurance? Do not count Medicaid.

Distribution of Mothers by Health Insurance Status Just Before Pregnancy



Percentage of Mothers Who Reported Having No Health Insurance Just Before Pregnancy

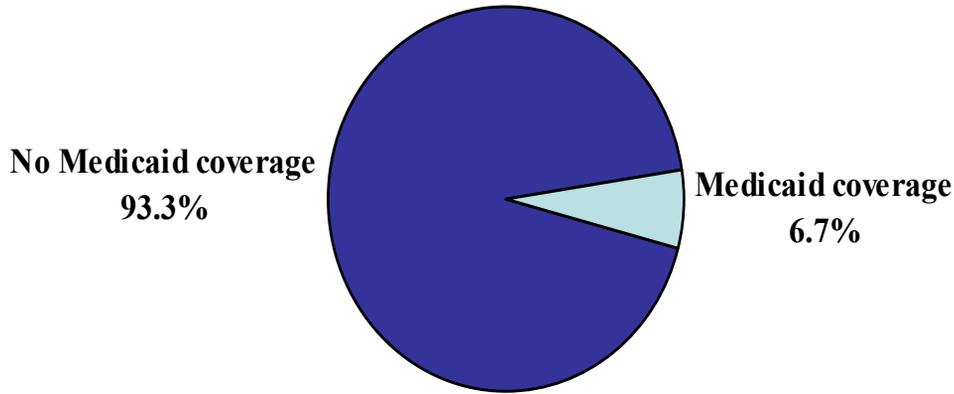


*Includes only mothers ages 20 and above.

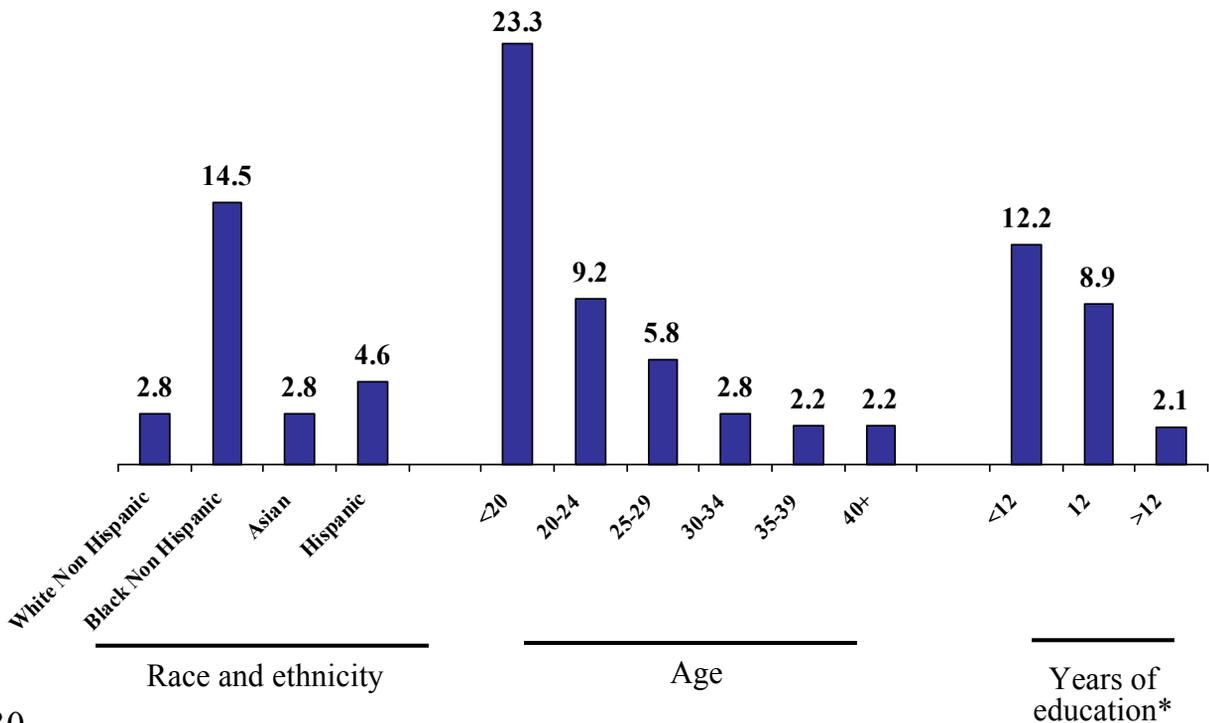
MEDICAID BEFORE PREGNANCY

Question 2: *Just before you got pregnant, were you on Medicaid?*

Distribution of Mothers by Medicaid Coverage Just Before Pregnancy



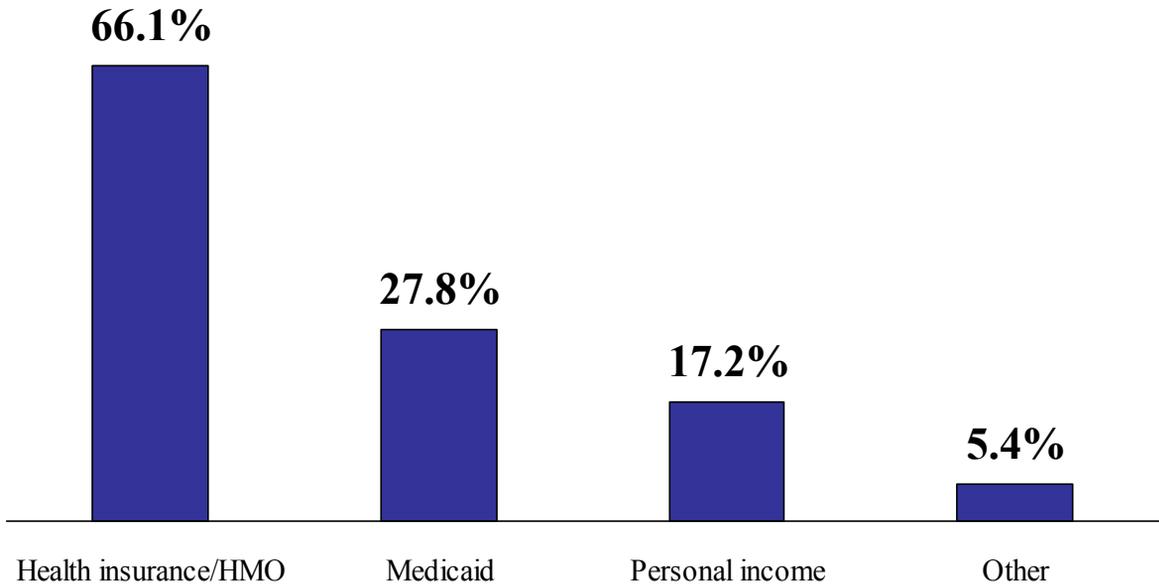
Percentage of Mothers Who Reported Having Medicaid Coverage Just Before Pregnancy



SOURCE OF PAYMENT FOR PRENATAL CARE

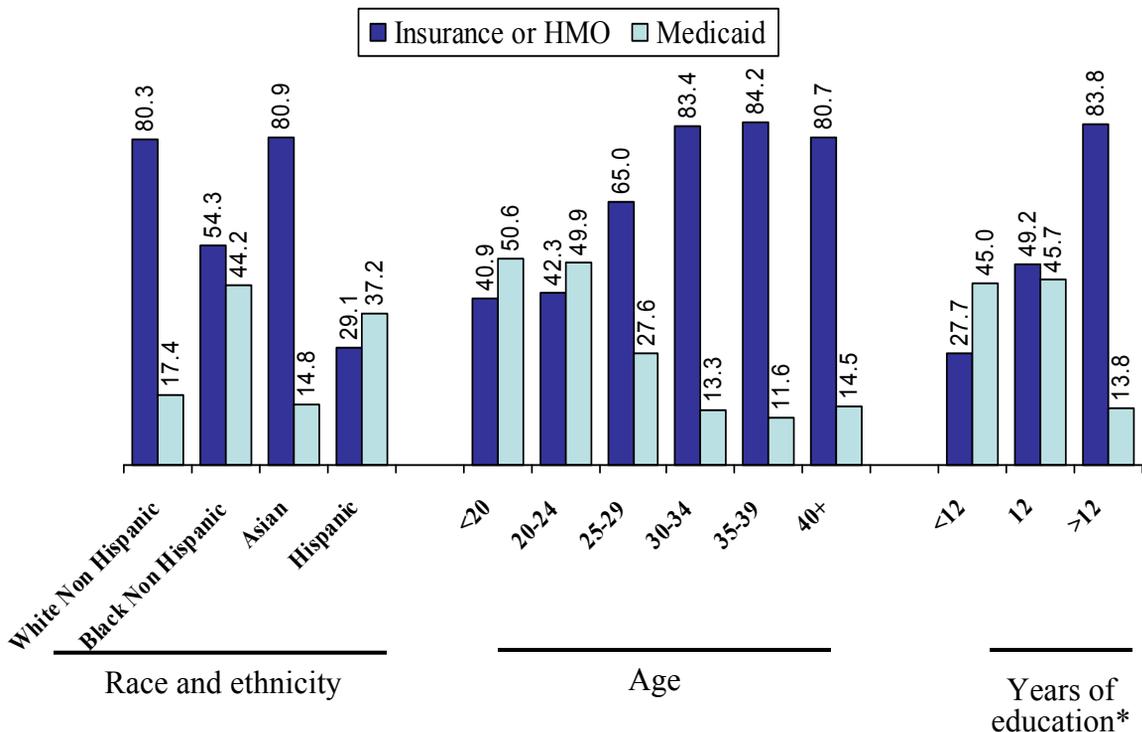
Question 23: How was your prenatal care paid for? Check all that apply.

Source(s) of Payment for Prenatal Care**



**Respondents were instructed to identify all sources of payment, therefore percentages do not sum to 100.

Percentage of Mothers Who Identified Insurance/HMO or Medicaid as a Source of Payment for Prenatal Care

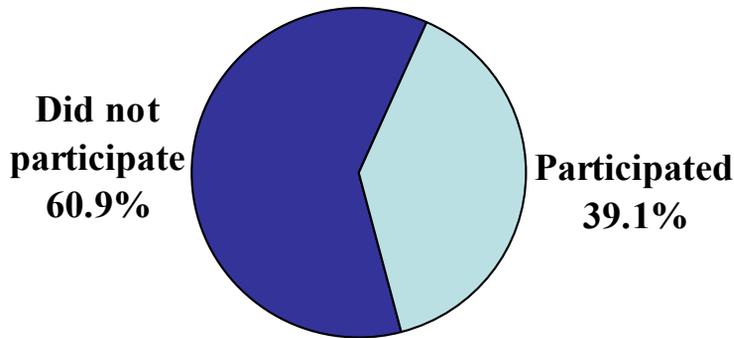


*Includes only mothers ages 20 and above.

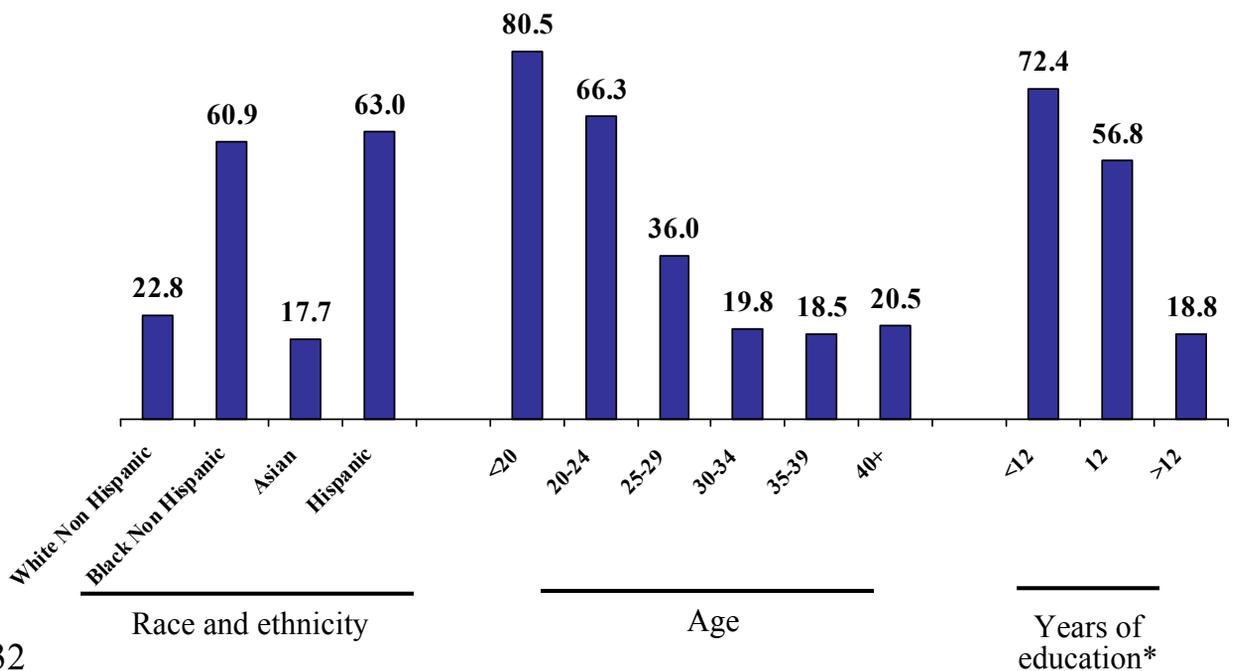
WIC PARTICIPATION

Question 27: During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?

Distribution of Mothers by Participation in the WIC Program During Pregnancy



Percentage of Mothers Who Participated in the WIC Program During Pregnancy

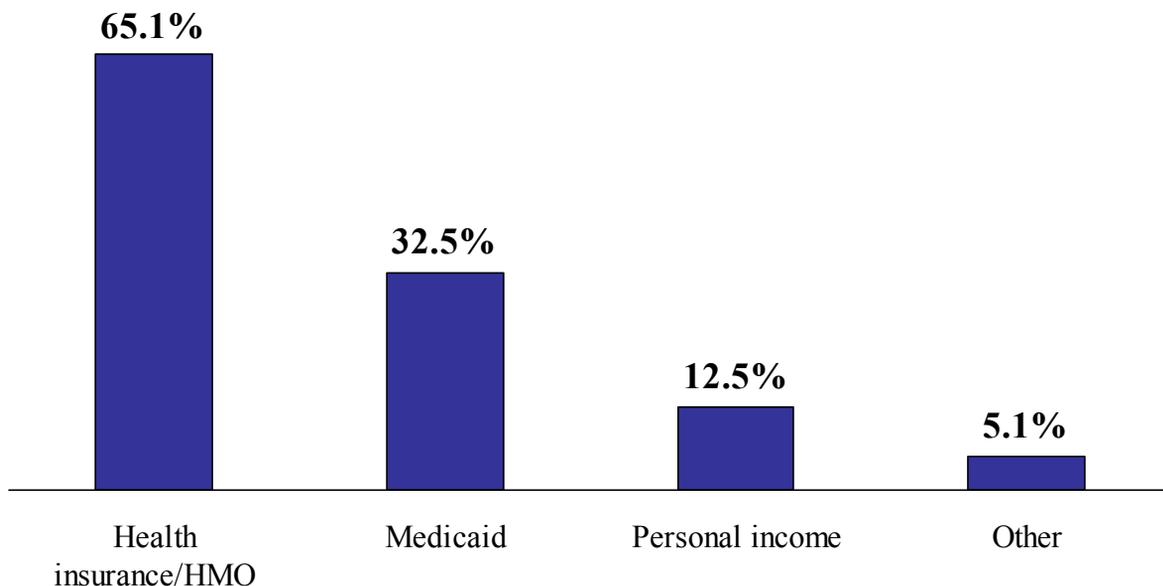


*Includes only mothers ages 20 and above.

SOURCE OF PAYMENT FOR DELIVERY

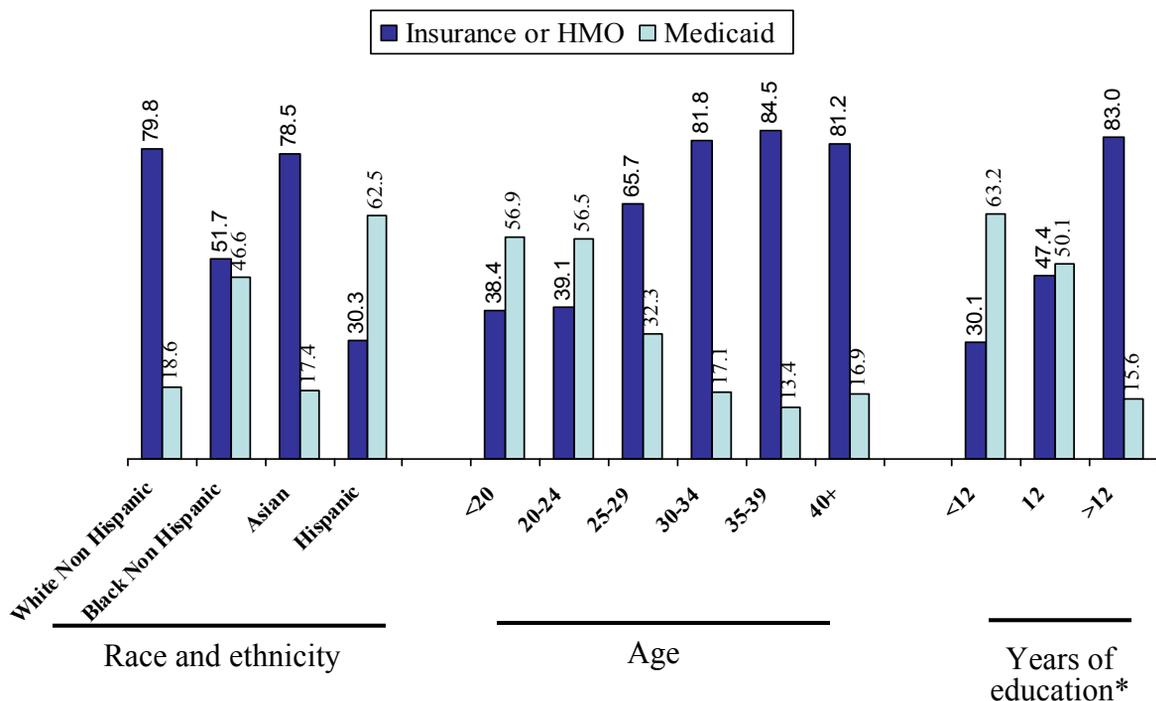
Question 47: How was your delivery paid for? Check all that apply.

Source(s) of Payment for Delivery**

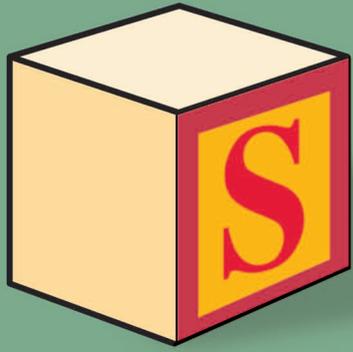


**Respondents were instructed to identify all sources of payment, therefore percentages do not sum to 100.

Percentage of Mothers Who Identified Insurance/HMO or Medicaid as a Source of Payment for Delivery



*Includes only mothers ages 20 and above.



Selected Risk Factors



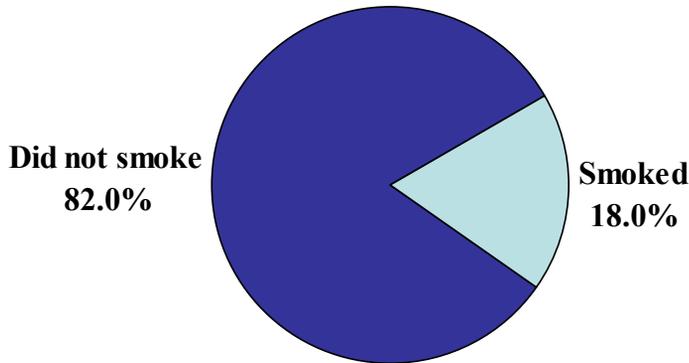
*“If your partner/husband is in ANY way abusing you,
tell someone, make a safety plan and GET OUT!!”*

PRAMS mother

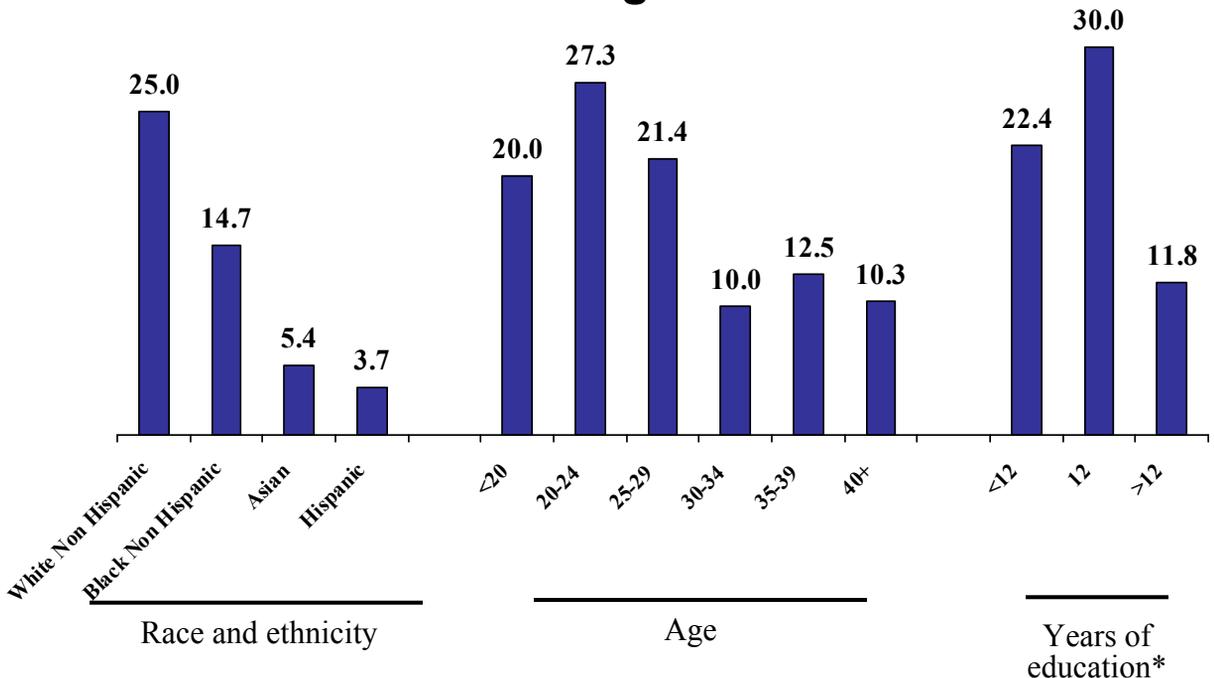
SMOKING BEFORE PREGNANCY

Question 31: In the *three months before* you got pregnant, how many cigarettes or packs of cigarettes did you smoke on an average day? A pack has 20 cigarettes.

Distribution of Mothers by Smoking Status During the Three Month Period Before Pregnancy Began



Percentage of Mothers Who Reported They Smoked During the Three Month Period Before Pregnancy Began

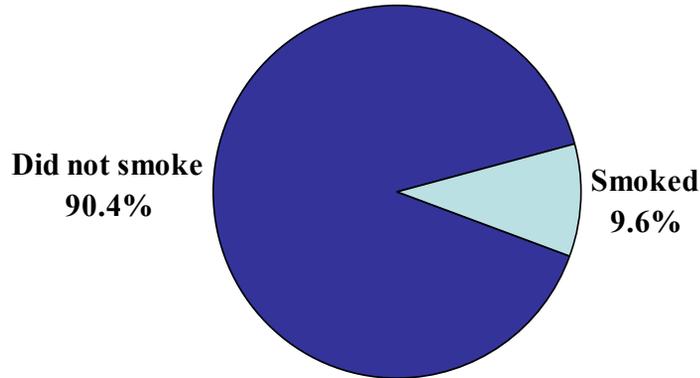


*Includes only mothers ages 20 and above.

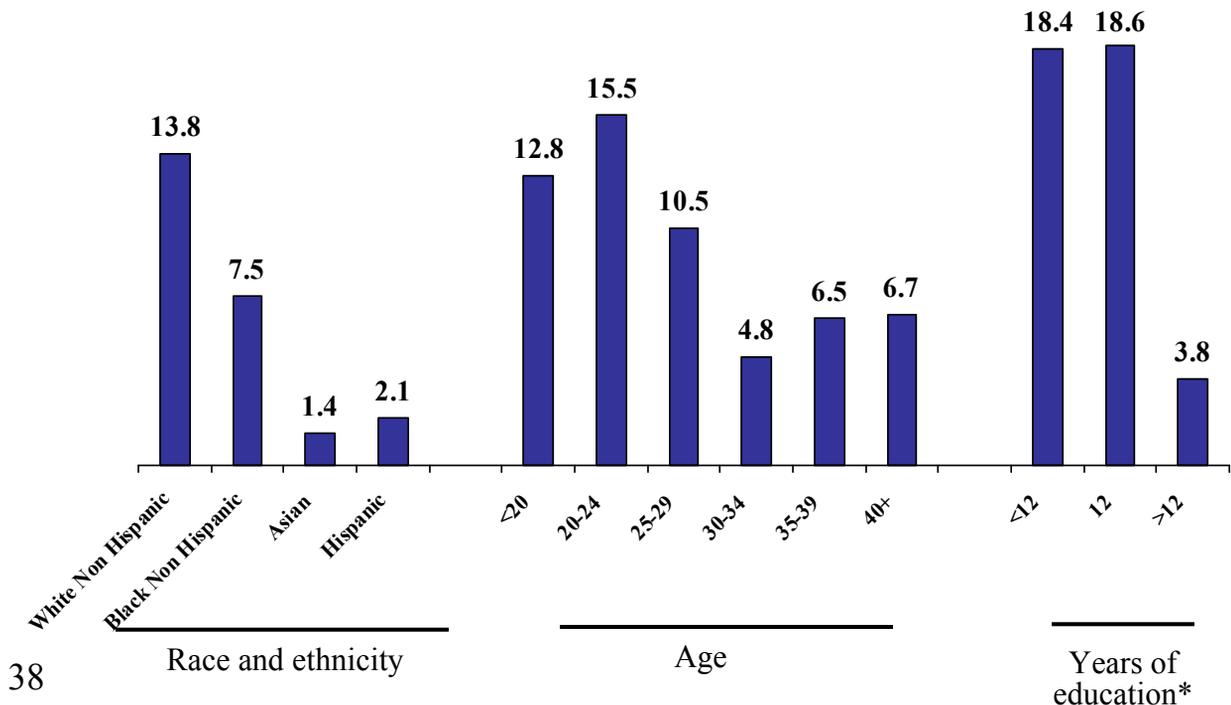
SMOKING DURING PREGNANCY

Question 32: In the *last three months* of your pregnancy, how many cigarettes or packs of cigarettes did you smoke on an average day? A pack has 20 cigarettes.

Distribution of Mothers by Smoking Status During the Last Three Months of Pregnancy



Percentage of Mothers Who Reported They Smoked During the Last Three Months of Pregnancy

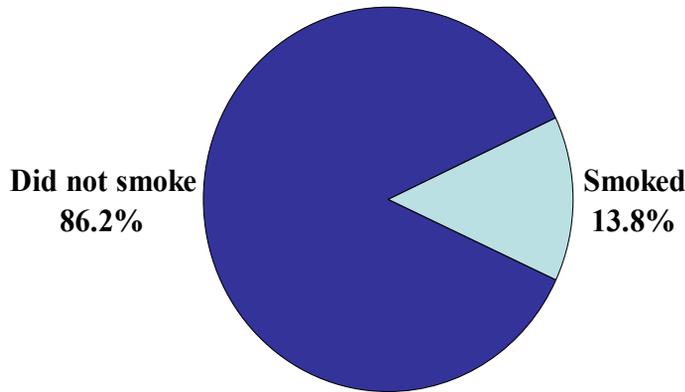


*Includes only mothers ages 20 and above.

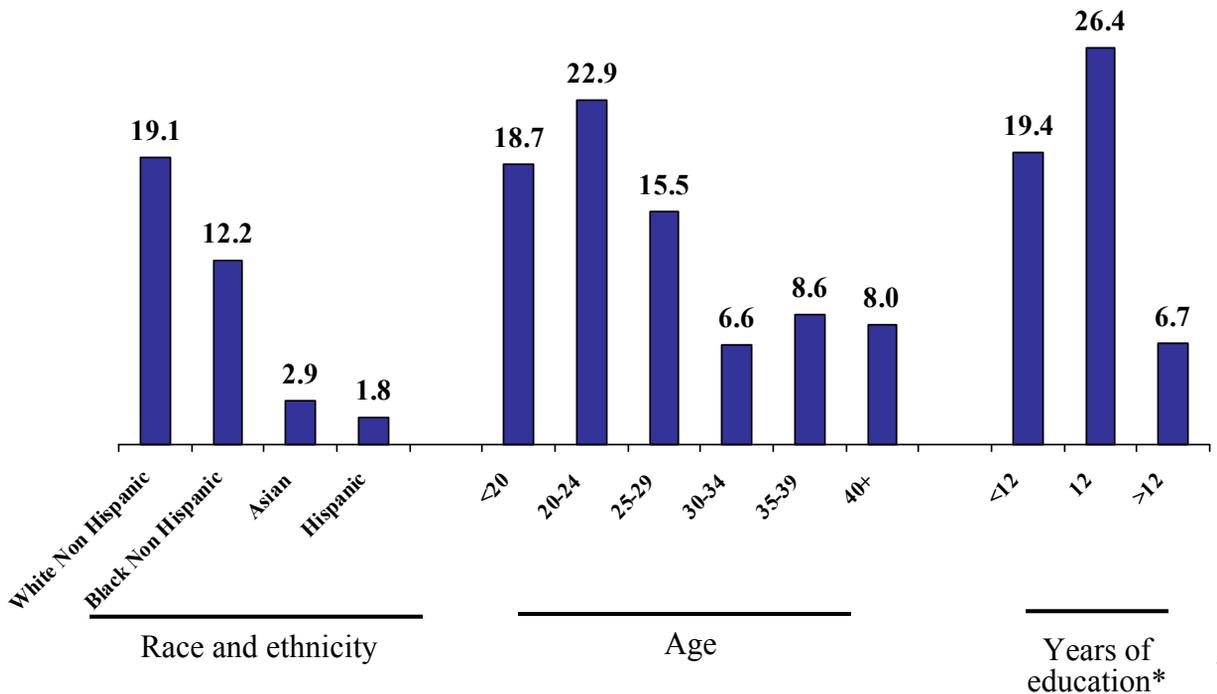
SMOKING AFTER PREGNANCY

Question 33: How many cigarettes or packs of cigarettes do you smoke on an average day *now*? A pack has 20 cigarettes.

Distribution of Mothers by Smoking Status in the Postpartum Period



Percentage of Mothers Who Reported They Smoked in the Postpartum Period

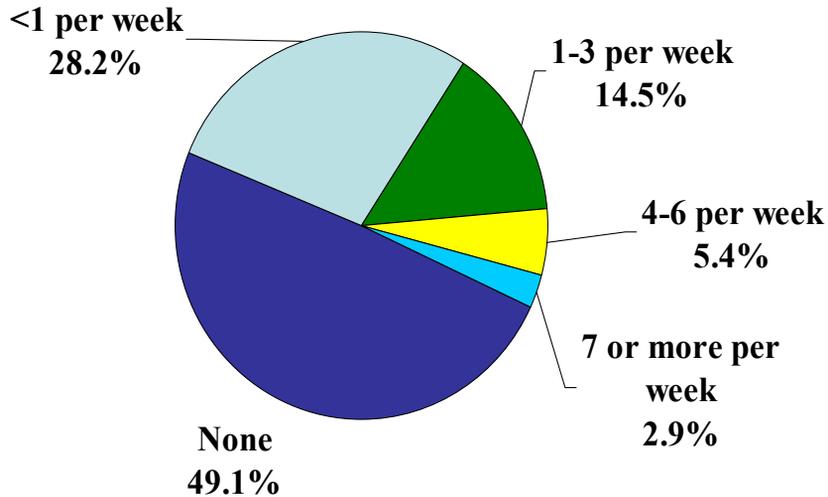


*Includes only mothers ages 20 and above.

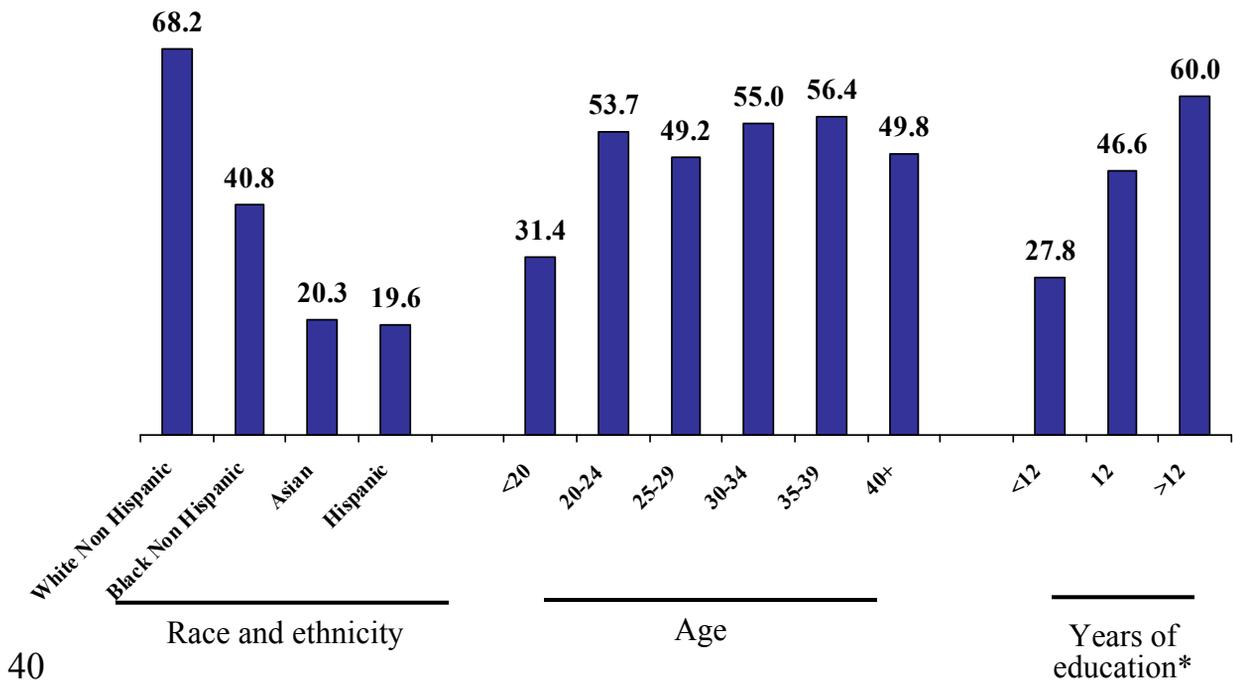
ALCOHOL USE BEFORE PREGNANCY

Question 35a: During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?

Distribution of Mothers by the Number of Alcoholic Drinks During the Three Month Period Preceding Pregnancy



Percentage of Mothers Who Reported Any Alcohol Use in the Three Months Preceding Pregnancy

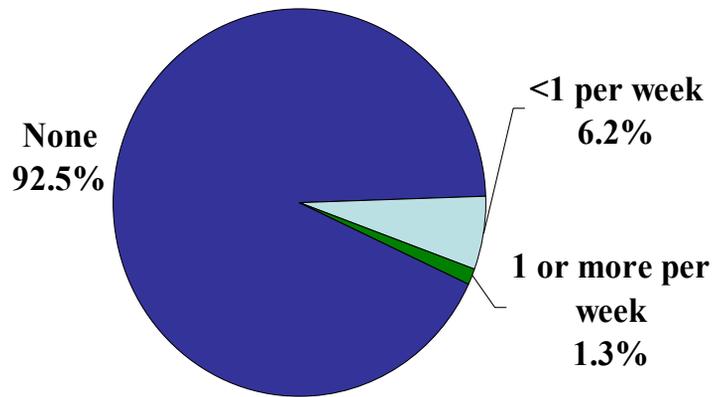


*Includes only mothers ages 20 and above.

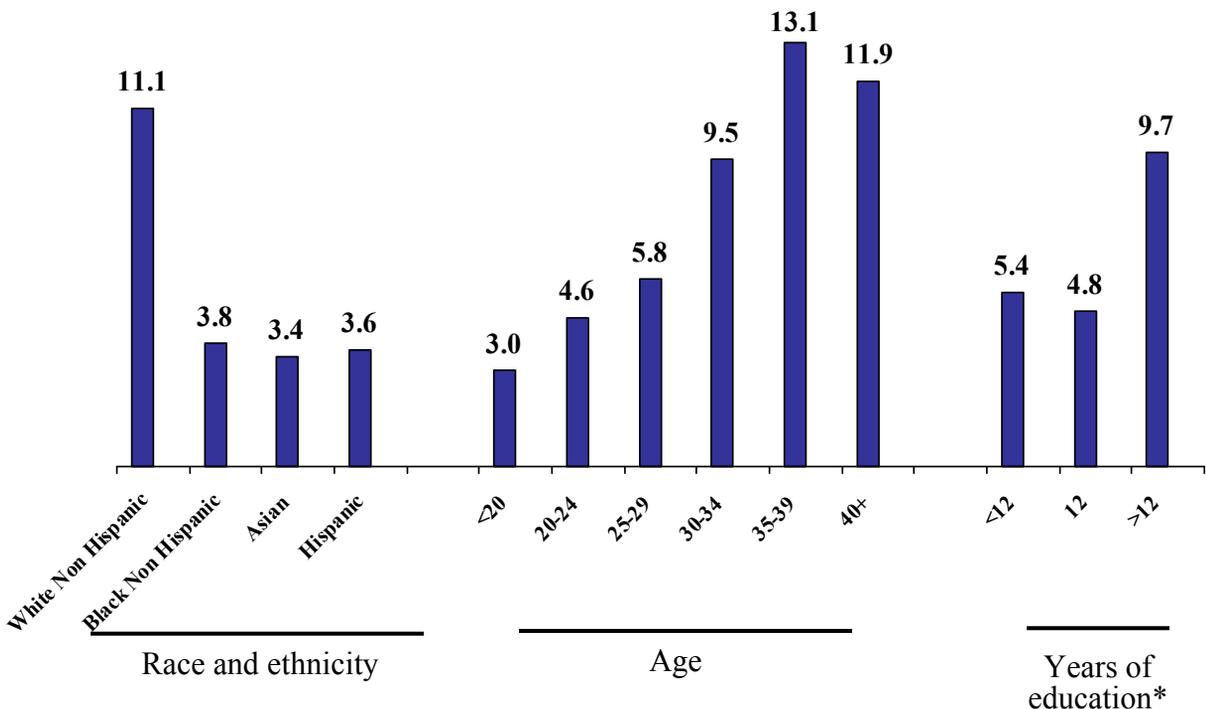
ALCOHOL USE DURING PREGNANCY

Question 36a: During the *last 3 months* of your pregnancy, how many alcoholic drinks did you have in an average week?

Distribution of Mothers by the Number of Alcoholic Drinks During the Last Three Months of Pregnancy



Percentage of Mothers Who Reported Any Alcohol Use in the Last Three Months of Pregnancy

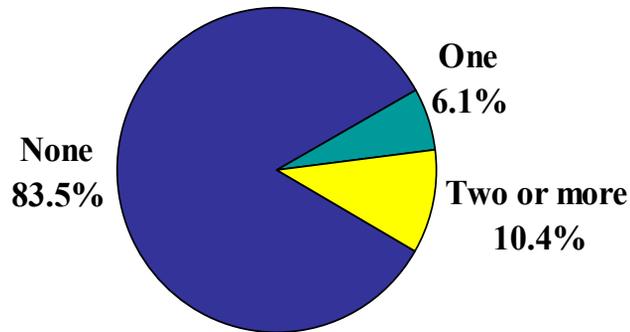


*Includes only mothers ages 20 and above.

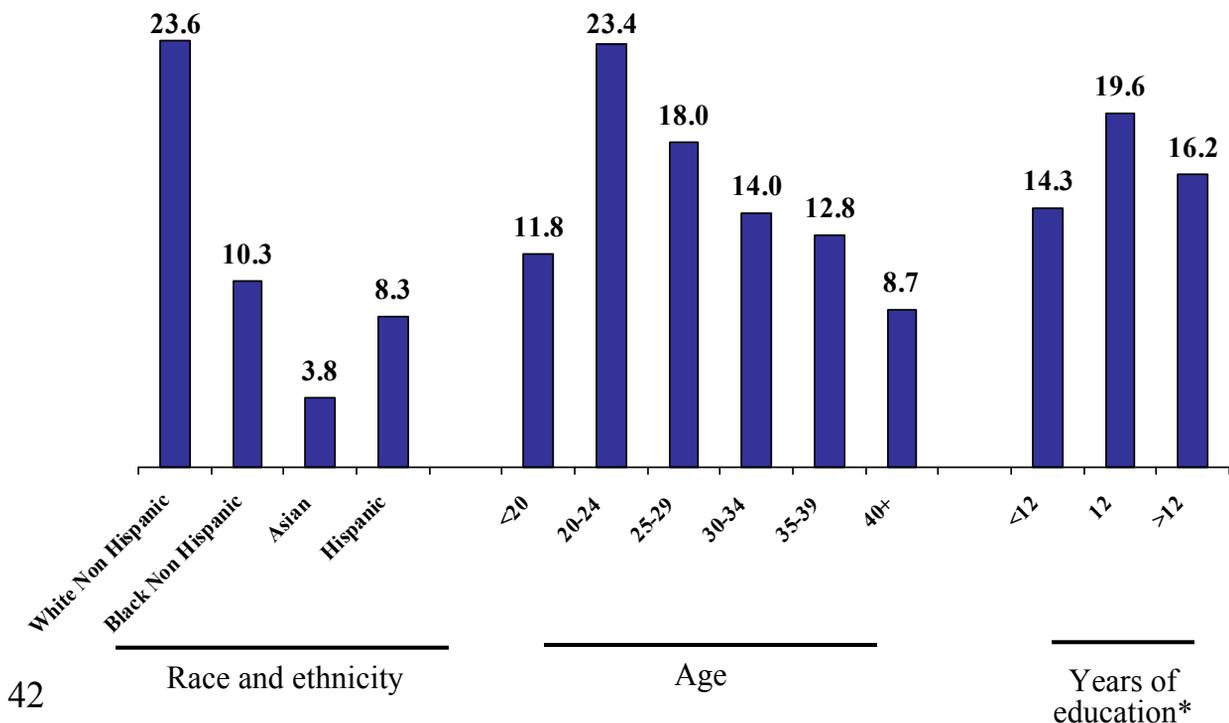
ALCOHOL BINGES BEFORE PREGNANCY

Question 35b: During the 3 months before your got pregnant, how many times did you drink 5 alcoholic drinks or more in one sitting?

Distribution of Mothers by the Number of Alcohol Binges (5+ Drinks in One Sitting) During the Three Month Period Preceding Pregnancy



Percentage of Mothers Who Reported Any Binge Drinking in the Three Months Preceding Pregnancy

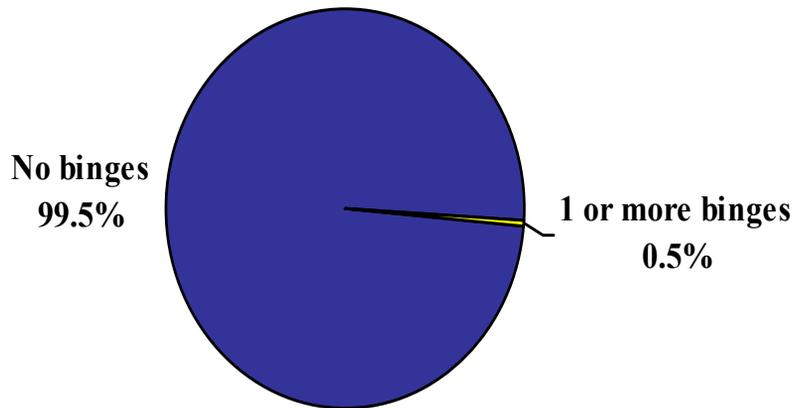


*Includes only mothers ages 20 and above.

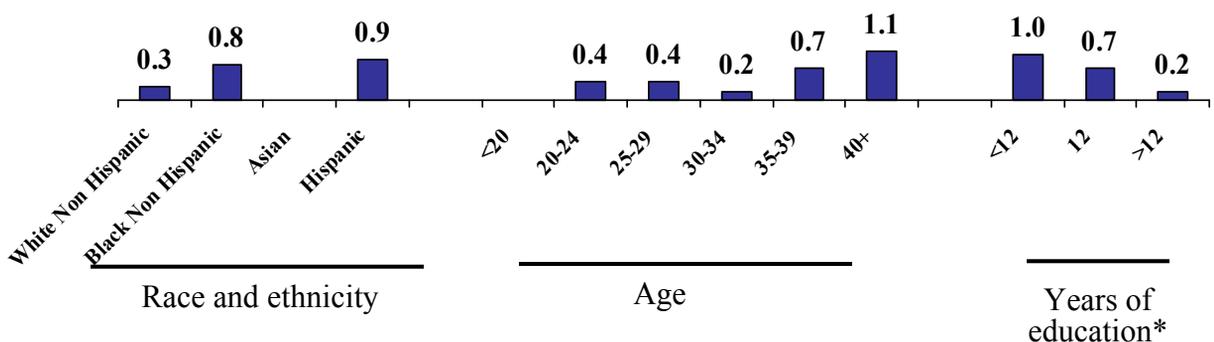
ALCOHOL BINGES DURING PREGNANCY

Question 36b: During the *last 3 months of your pregnancy*, how many times did you drink 5 alcoholic drinks or more in one sitting?

Distribution of Mothers by the Number of Alcohol Binges (5+ Drinks in One Sitting) During the Last Three Months of Pregnancy



Percentage of Mothers Who Reported Any Binge Drinking in the Last Three Months of Pregnancy



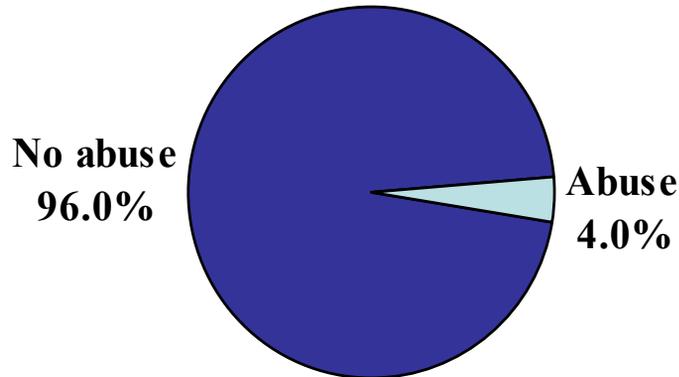
*Includes only mothers ages 20 and above.

Note: Percentages are not reported if the number of respondents was less than five.

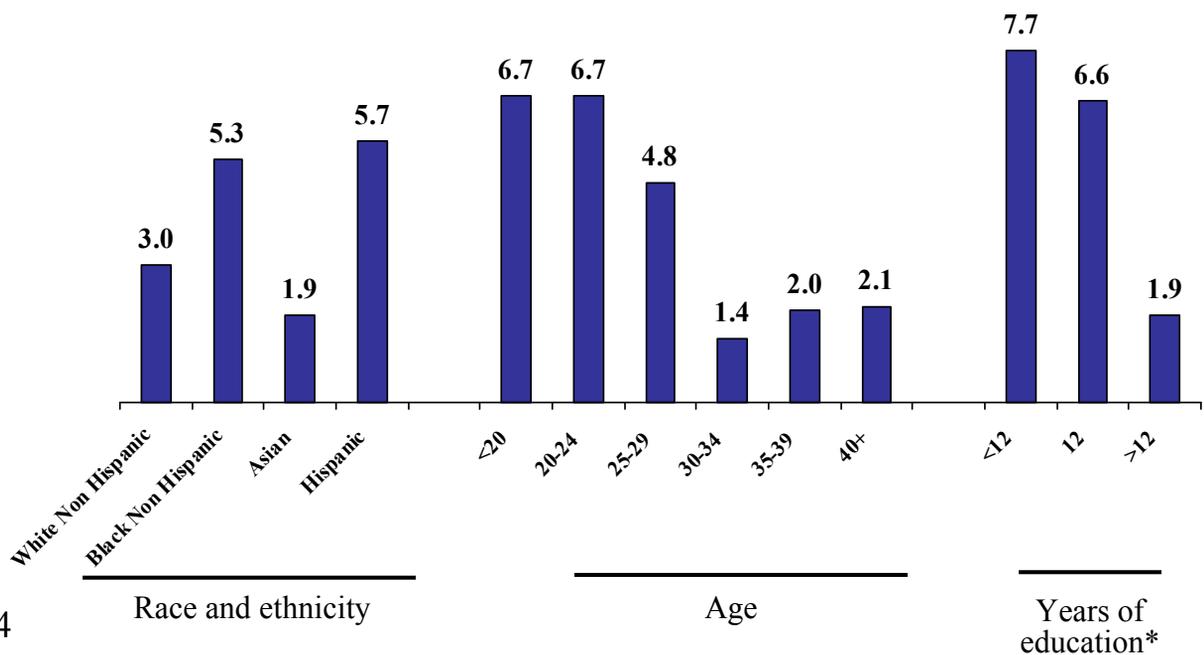
PHYSICAL ABUSE BEFORE PREGNANCY

Question 40b: During the 12 months before you got pregnant, were you physically hurt in any way by your husband or partner?

Distribution of Mothers by Abuse Before Pregnancy by Husband or Partner



Percentage of Mothers Who Reported Being Physically Abused Before Pregnancy by a Husband or Partner

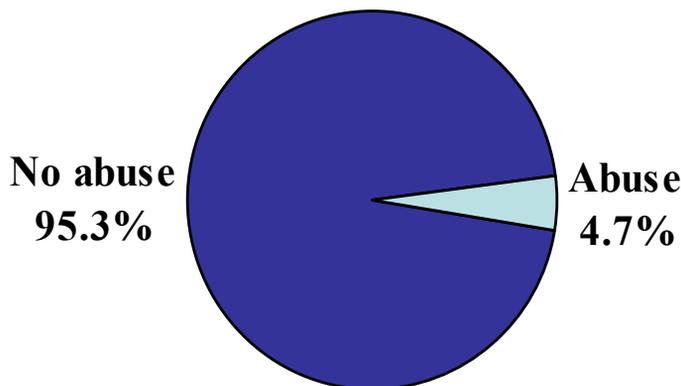


*Includes only mothers ages 20 and above.

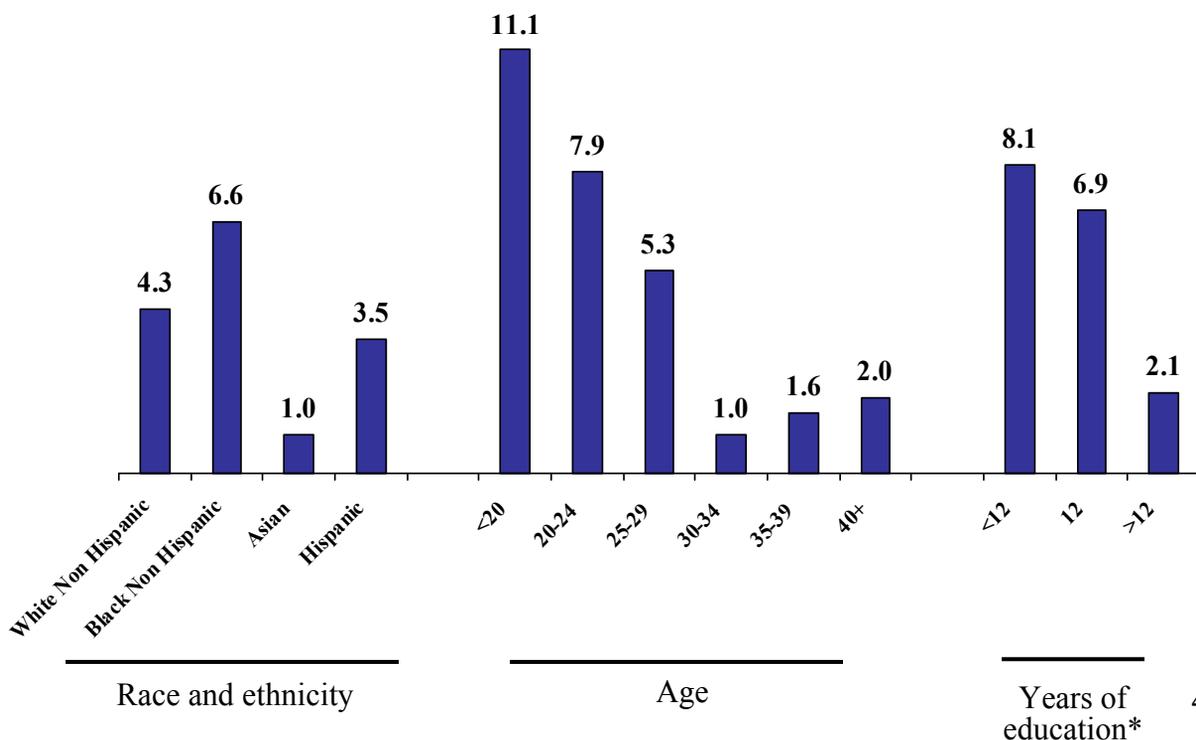
PHYSICAL ABUSE BEFORE PREGNANCY

Question 40a: During the 12 months before you got pregnant, did an ex-husband or ex-partner push, hit, slap, kick, choke, or physically hurt you in any other way?

Distribution of Mothers by Abuse Before Pregnancy by Ex-Husband or Ex-Partner



Percentage of Mothers Who Reported Being Physically Abused Before Pregnancy by an Ex-Husband or Ex-Partner

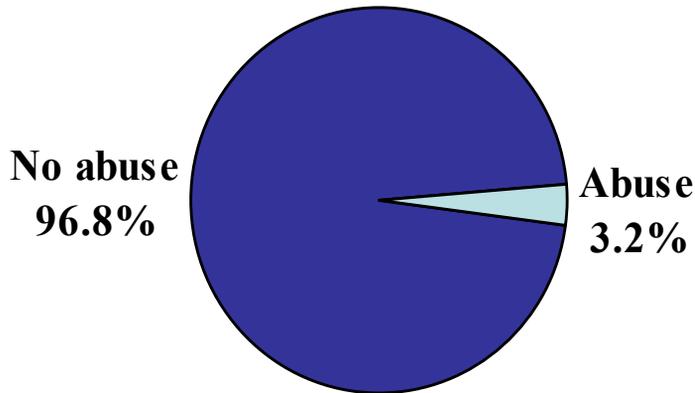


*Includes only mothers ages 20 and above.

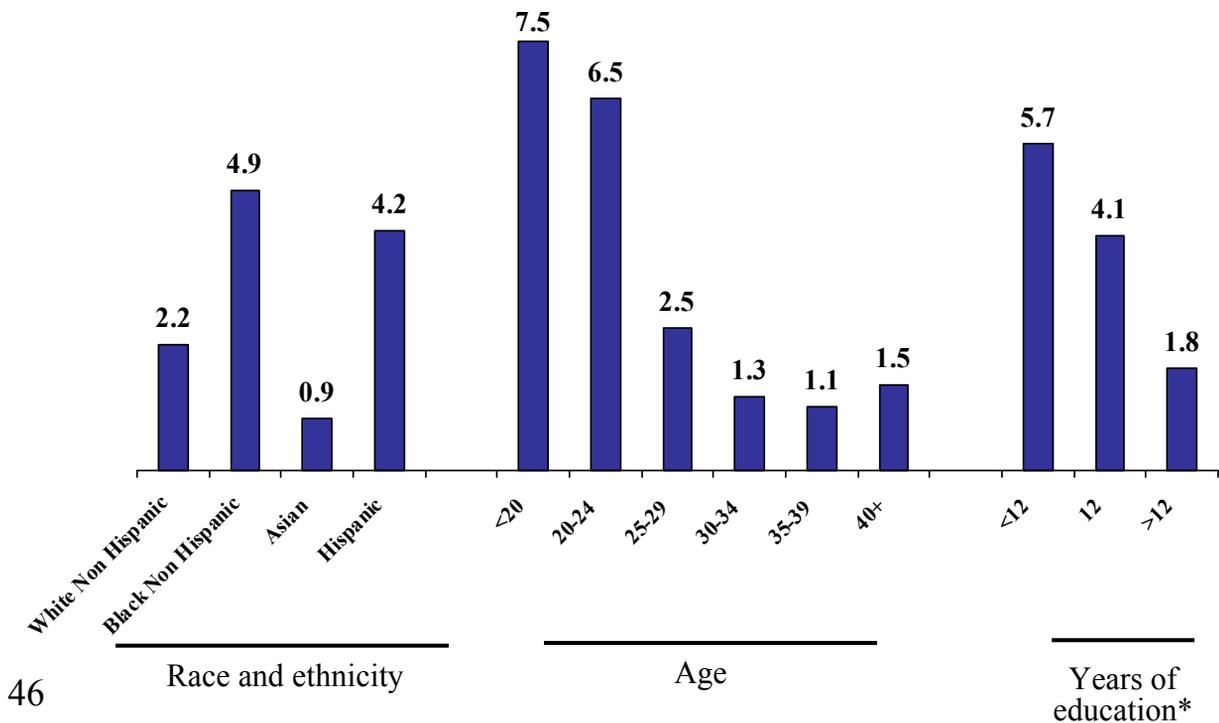
PHYSICAL ABUSE DURING PREGNANCY

Question 41b: During your most recent pregnancy, were you physically hurt in any way by your husband or partner?

Distribution of Mothers by Abuse During Pregnancy by Husband or Partner



Percentage of Mothers Who Reported Being Physically Abused During Pregnancy by a Husband or Partner

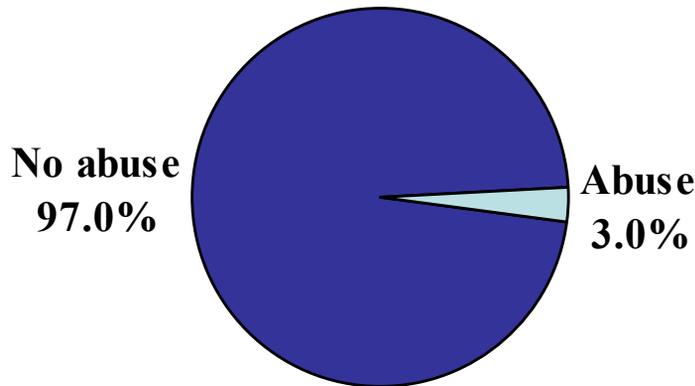


*Includes only mothers ages 20 and above.

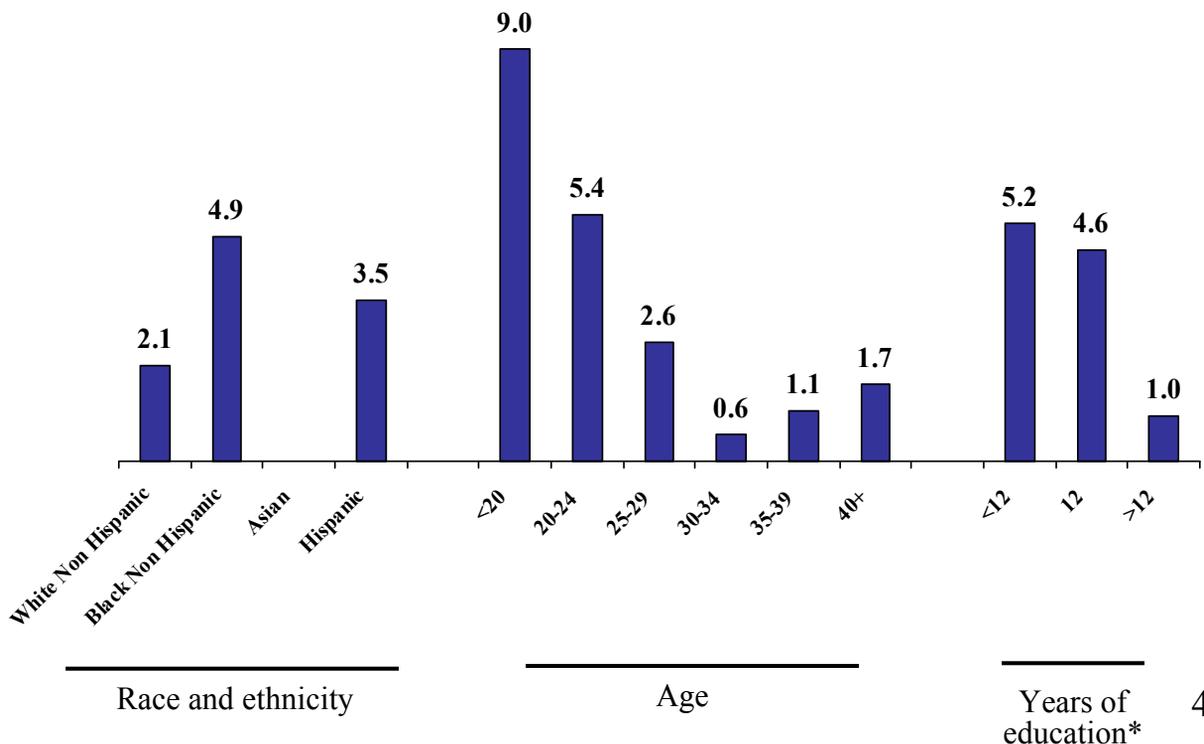
PHYSICAL ABUSE DURING PREGNANCY

Question 41a: During your most recent pregnancy, did your ex-husband or ex-partner push, hit, slap, kick, choke, or physically hurt you in any other way?

Distribution of Mothers by Abuse During Pregnancy by Ex-Husband or Ex-Partner

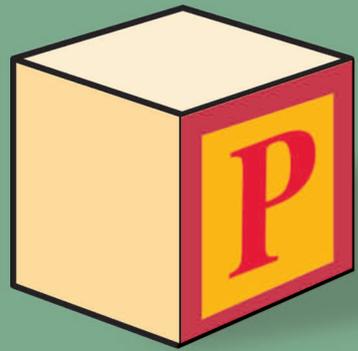


Percentage of Mothers Who Reported Being Physically Abused During Pregnancy by an Ex-Husband or Ex-Partner



*Includes only mothers ages 20 and above.

Note: Percentages are not reported if the number of respondents was less than five.



Postpartum

Factors

Maternal and Infant Health



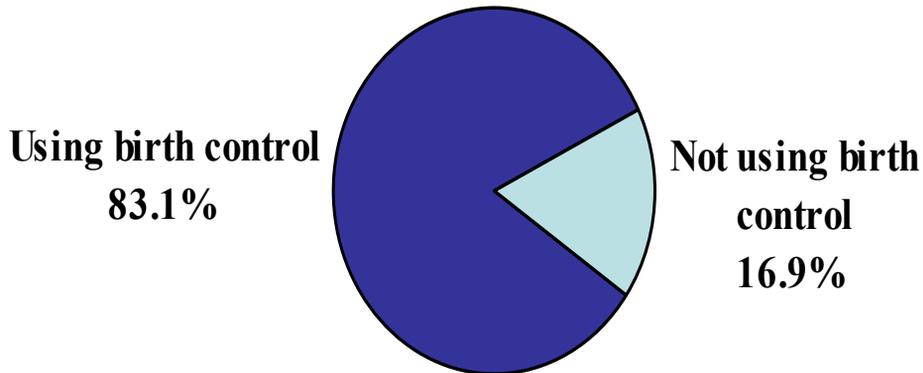
“In the future, I would love to see a lactation specialist help with nursing mothers. I had very little help and support from the hospital while learning to breastfeed.”

PRAMS mother

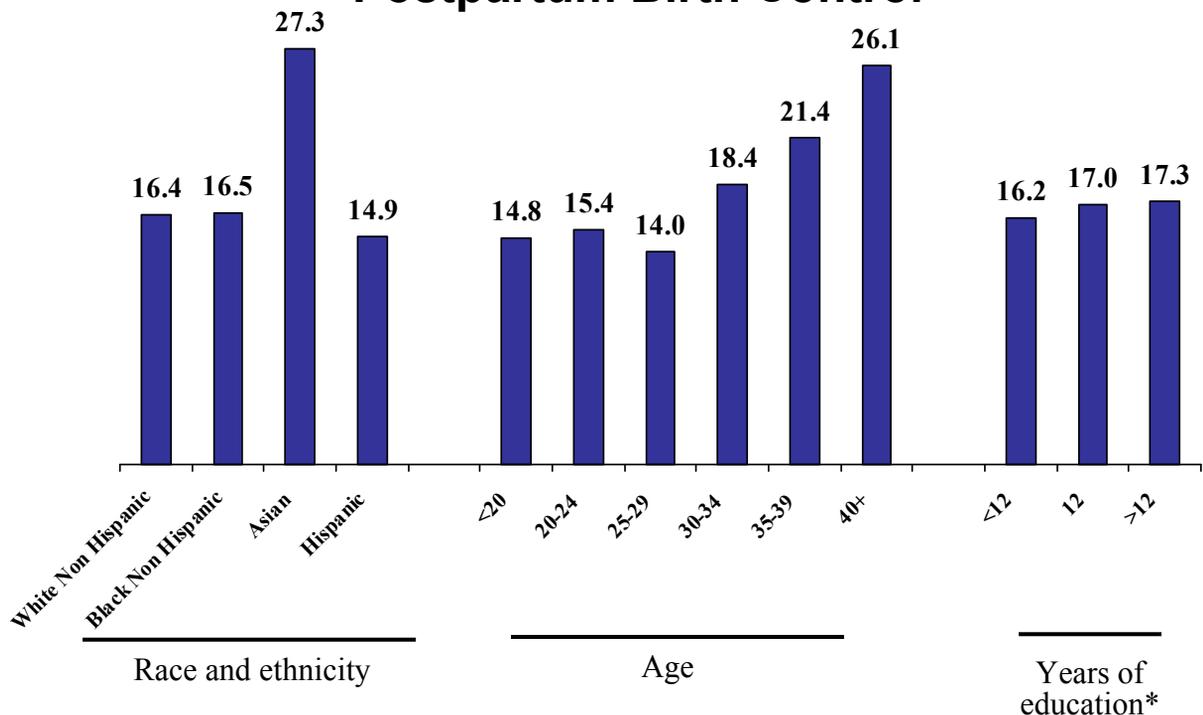
POSTPARTUM BIRTH CONTROL

Question 60: Are you or your husband or partner doing anything *now* to keep from getting pregnant?

Distribution of Mothers by Use of Postpartum Birth Control



Percentage of Mothers Who Reported No Use of Postpartum Birth Control

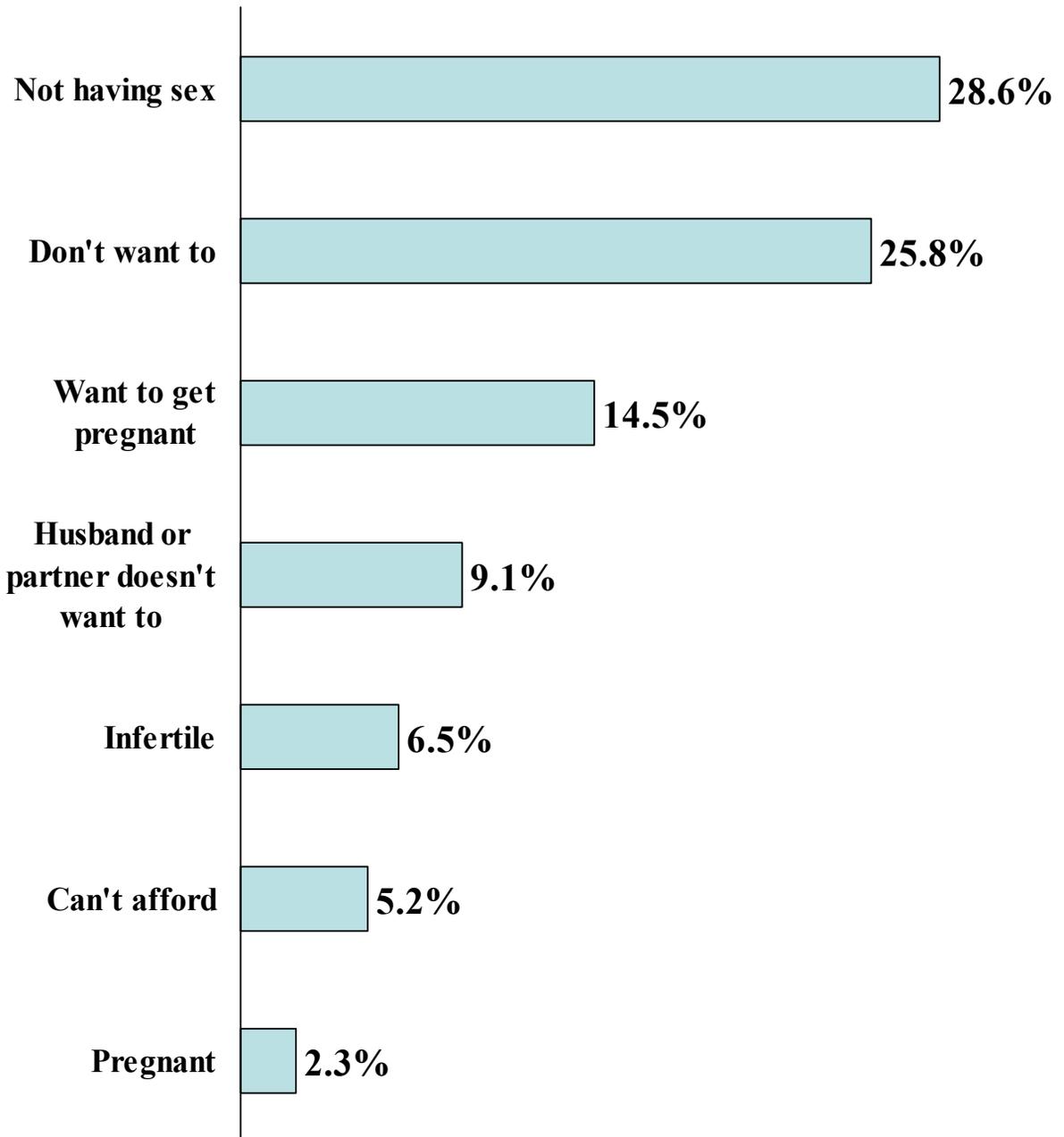


*Includes only mothers ages 20 and above.

REASONS FOR NO POSTPARTUM BIRTH CONTROL

Question 61: What are your or your husband's or partner's reasons for not doing anything to keep from getting pregnant *now*? Check all that apply.

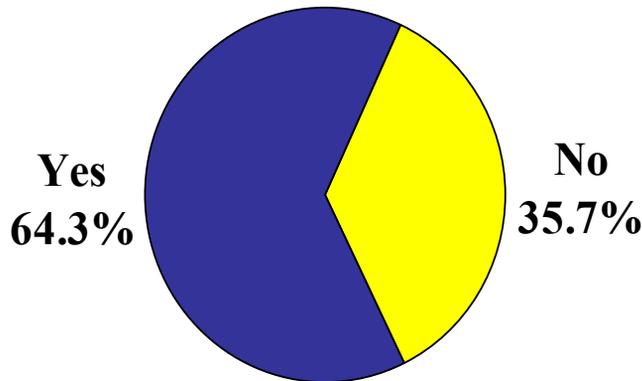
Reasons Reported for Not Using Postpartum Birth Control



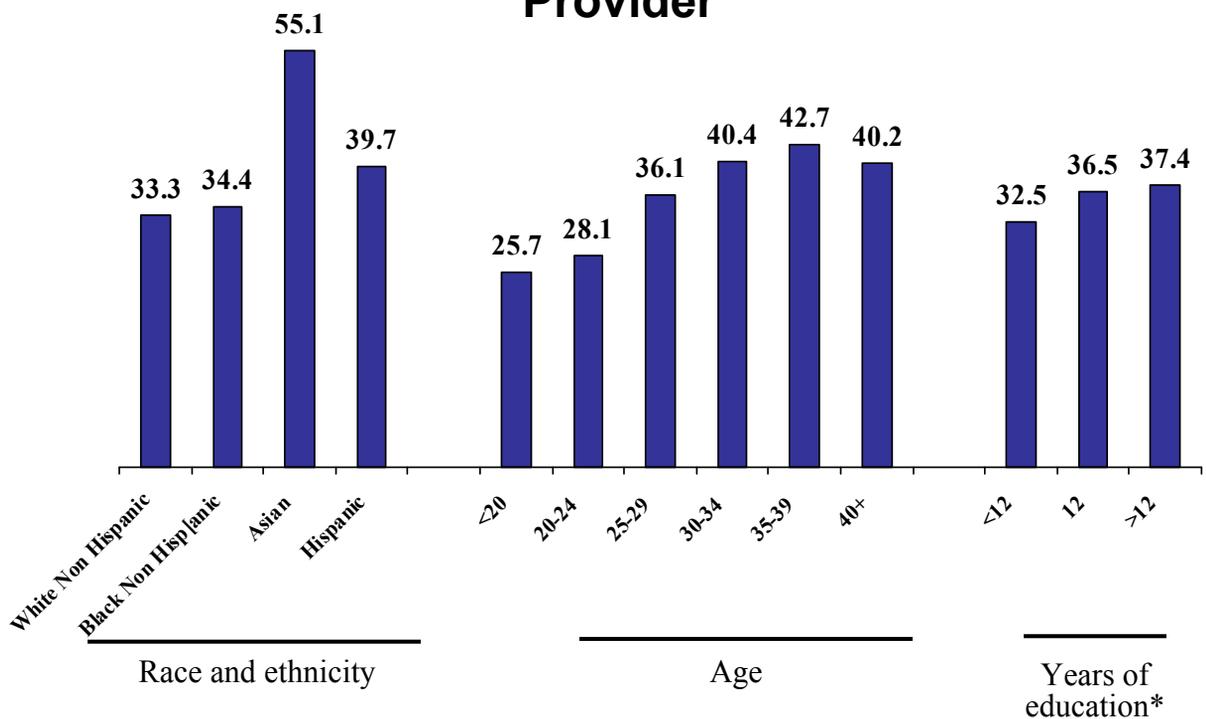
POSTPARTUM DEPRESSION DISCUSSED

Question 70: At any time during your most recent pregnancy or after delivery, did a doctor, nurse, or other health care worker talk with you about “baby blues” or postpartum depression?

Distribution of Mothers by Discussion of Postpartum Depression



Percentage of Mothers Who Reported that Postpartum Depression was Not Discussed with Health Care Provider

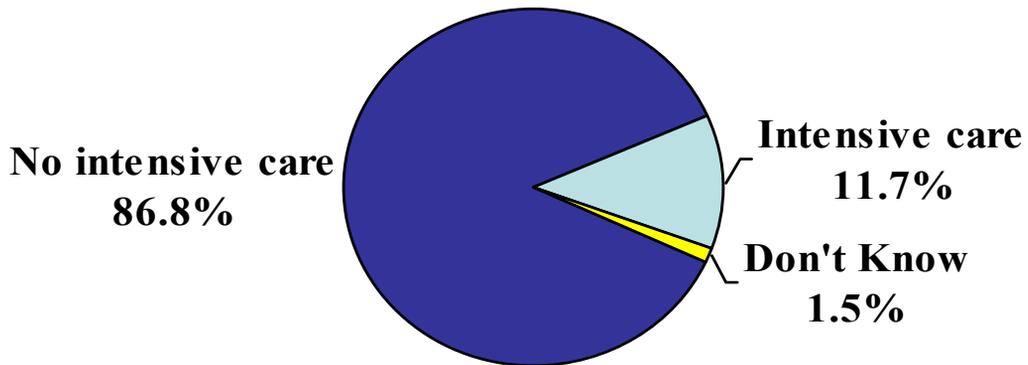


*Includes only mothers ages 20 and above.

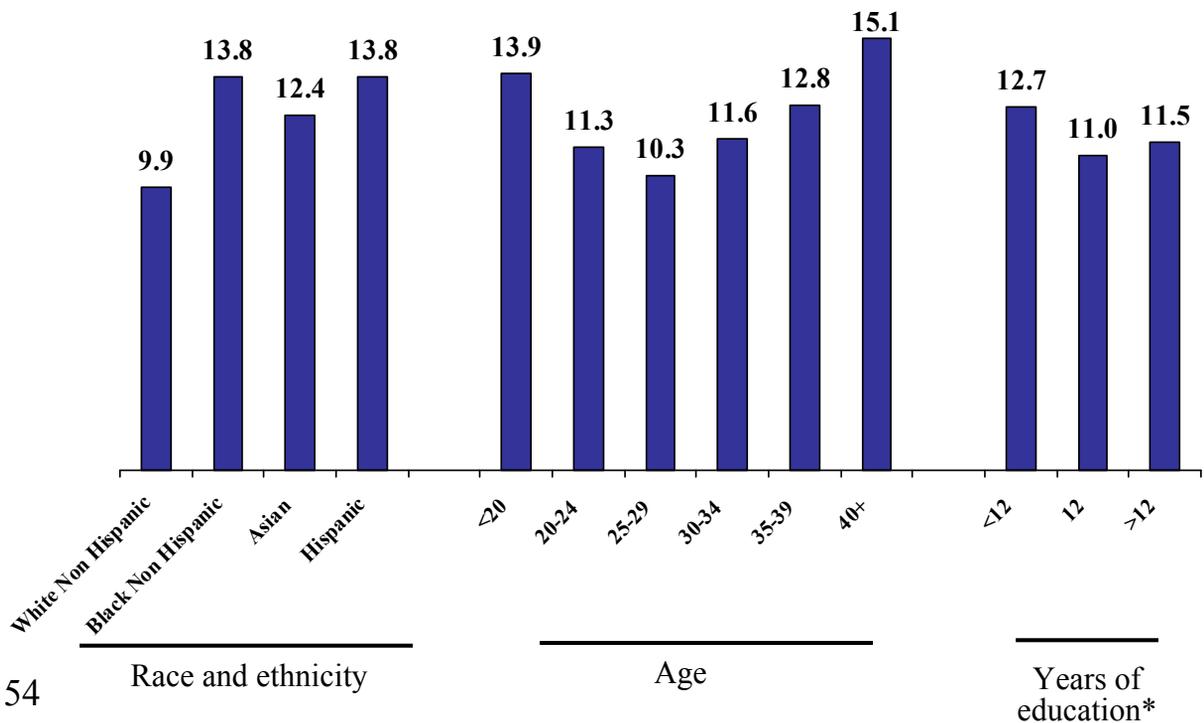
NEONATAL INTENSIVE CARE

Question 48: After your baby was born, was he or she put in an intensive care unit?

Distribution of Infants by Admission to a Neonatal Intensive Care Unit



Percentage of Mothers Who Reported Their Newborn was Admitted to the Neonatal Intensive Care Unit

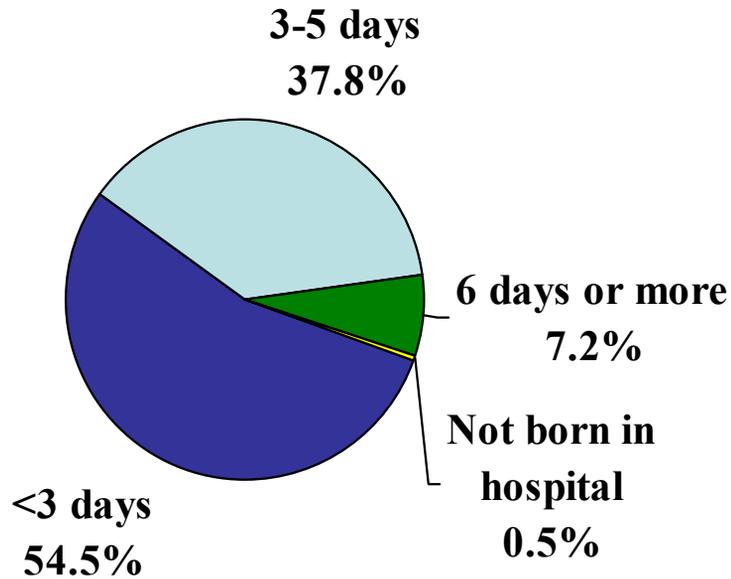


*Includes only mothers ages 20 and above.

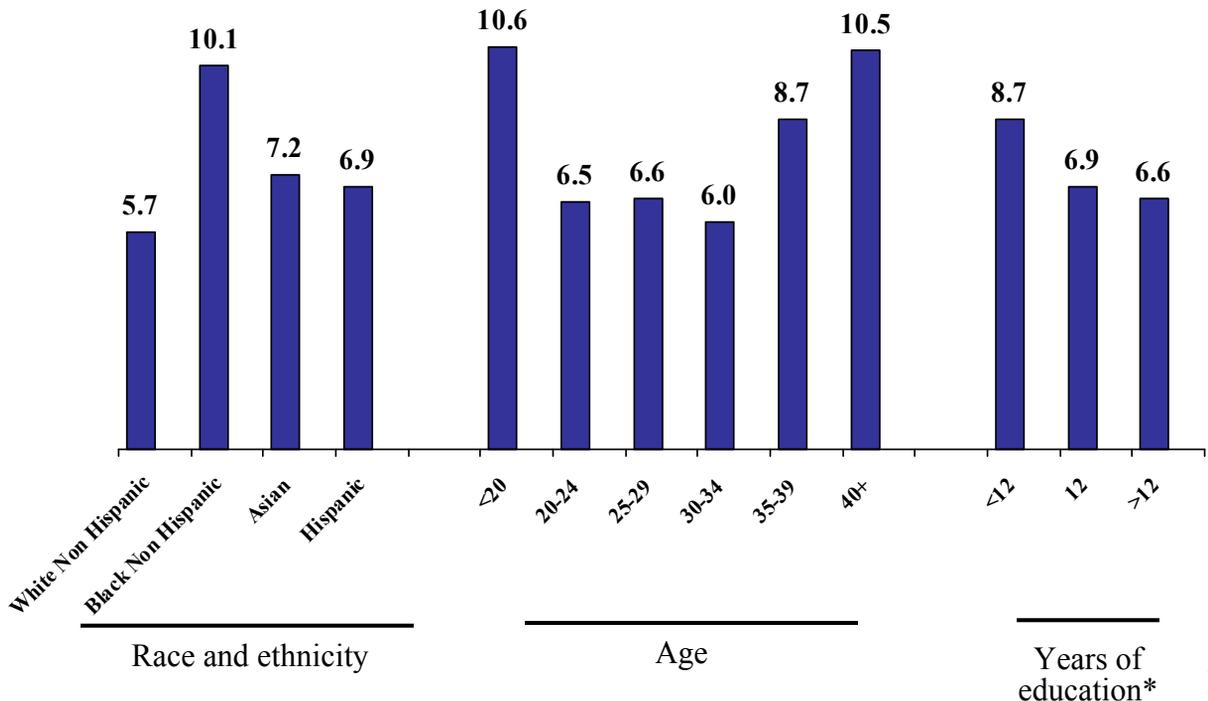
LENGTH OF HOSPITAL STAY--NEWBORN

Question 49: After your baby was born, how long did he or she stay in the hospital?

Distribution of Infants by Length of Hospital Stay



Percentage of Mothers Who Reported Their Newborn Stayed in the Hospital for Six or More Days

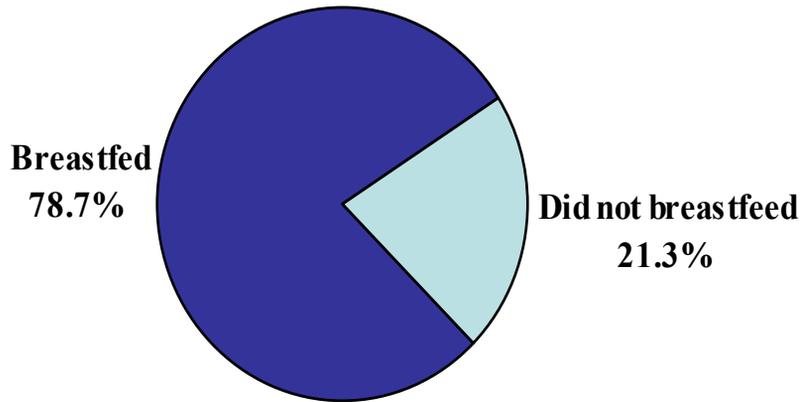


*Includes only mothers ages 20 and above.

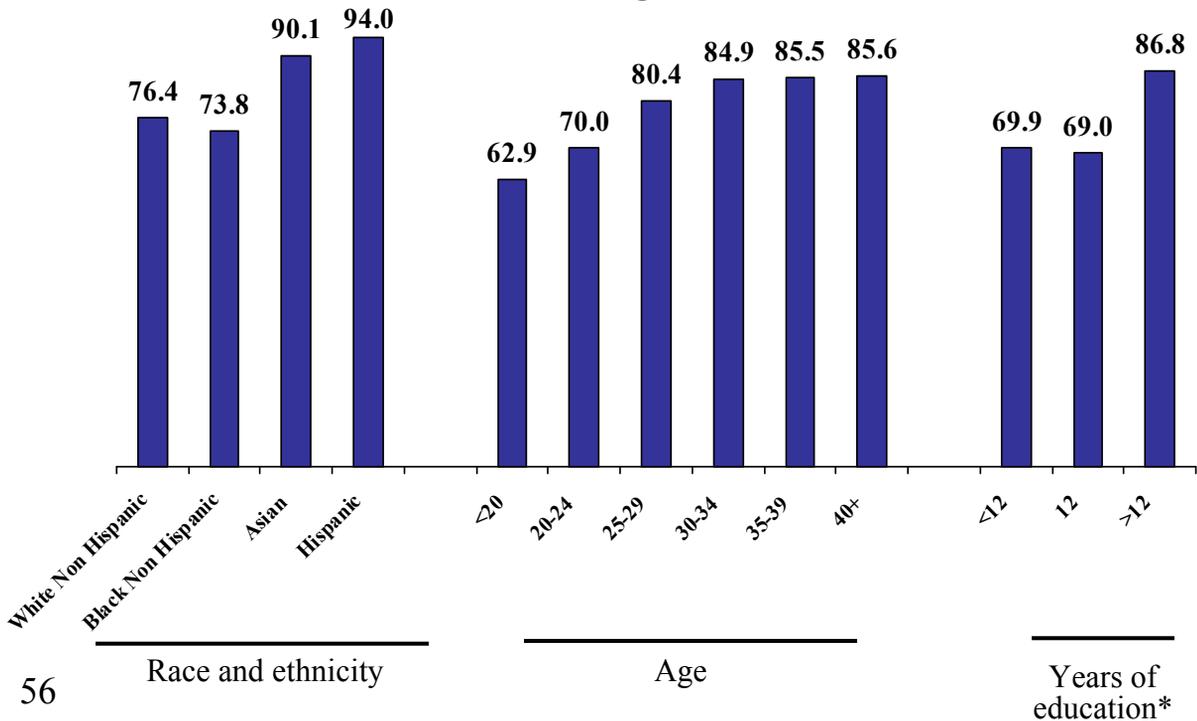
BREASTFEEDING INITIATION

Question 52: Did you ever breastfeed or pump breast milk to feed your new baby after delivery?

Distribution of Mothers by Breastfeeding Status



Percentage of Mothers Who Reported Ever Breastfeeding Their Infant

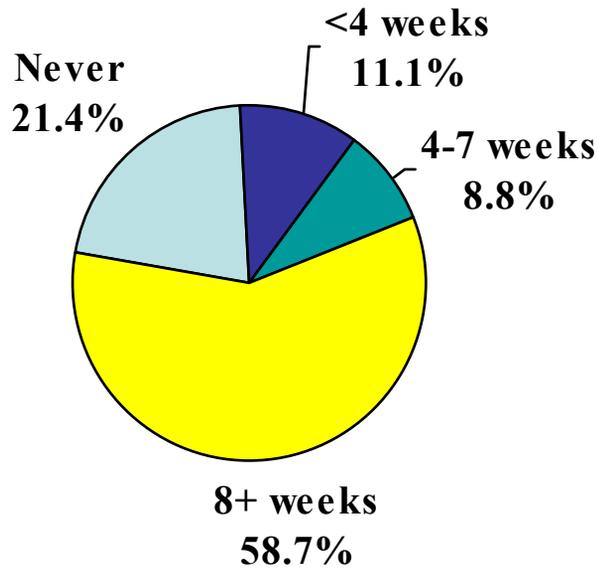


*Includes only mothers ages 20 and above.

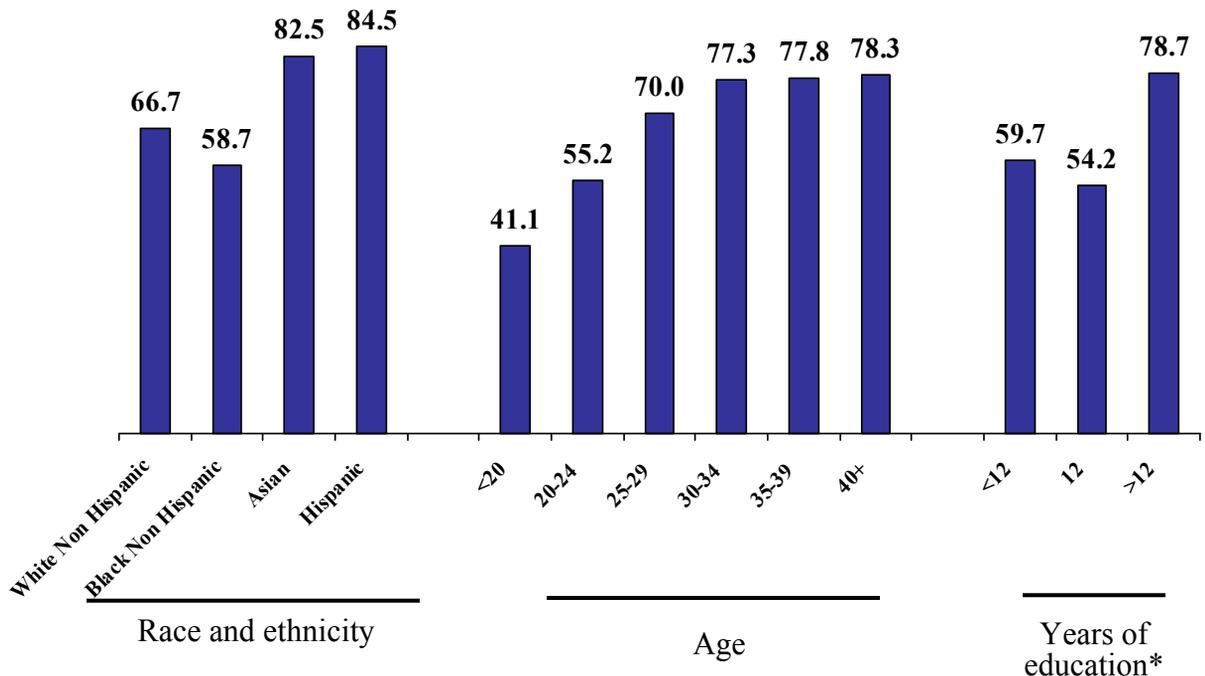
BREASTFEEDING

Question 54: How many weeks or months did you breastfeed or pump milk to feed your baby?

Distribution of Mothers by Length of Time Infant Was Breastfed



Percentage of Mothers Who Reported Breastfeeding for Four or More Weeks

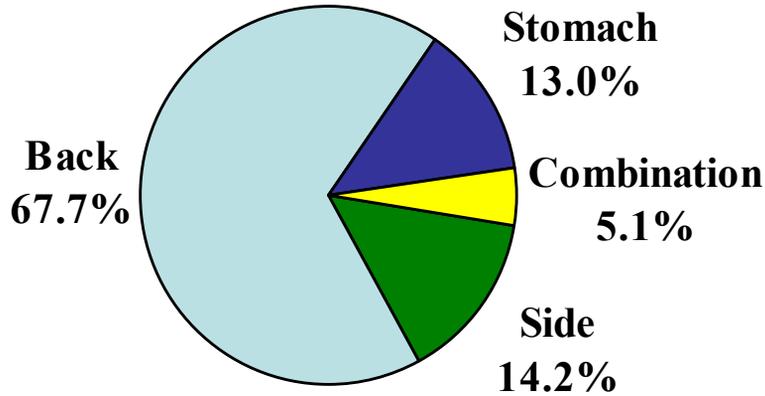


*Includes only mothers ages 20 and above.

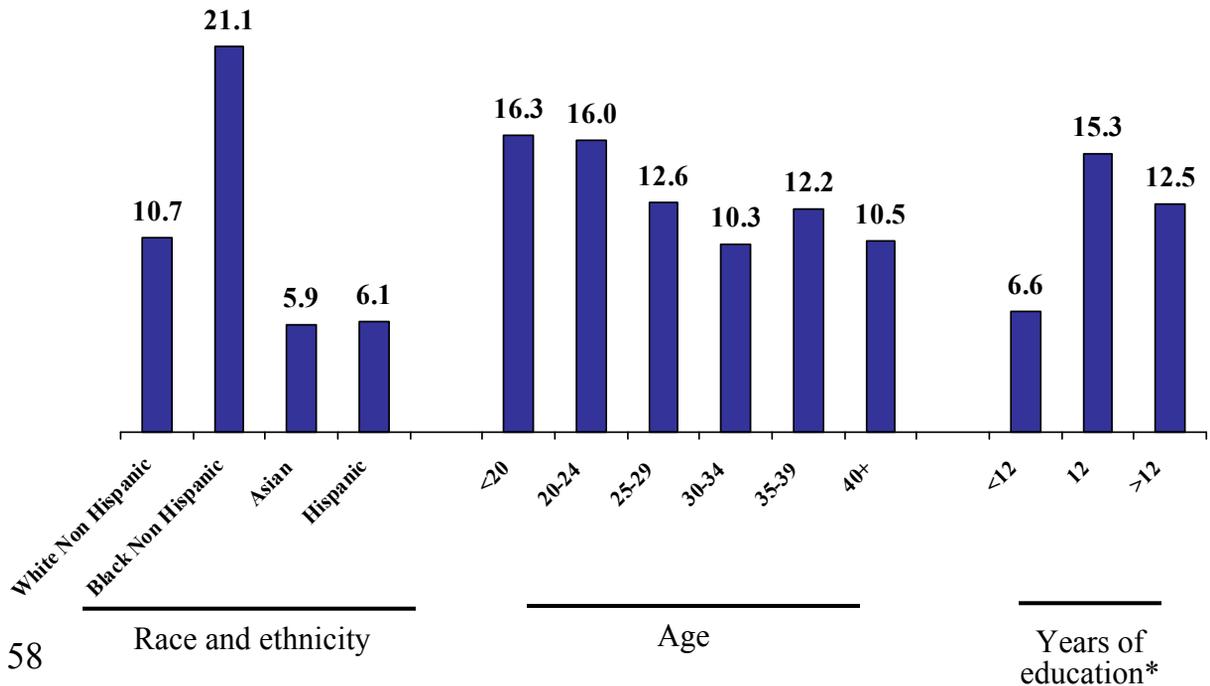
SLEEP POSITION

Question 57: How do you *most often* lay your baby down to sleep now?

Distribution of Infants by Sleep Position



Percentage of Infants Usually Placed on Stomach to Sleep

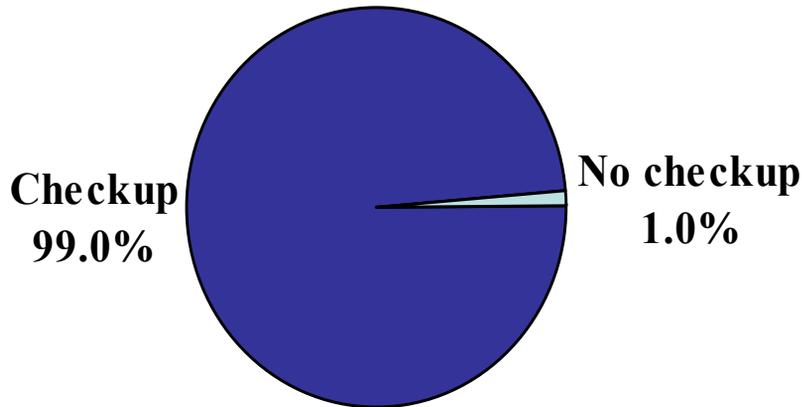


*Includes only mothers ages 20 and above.

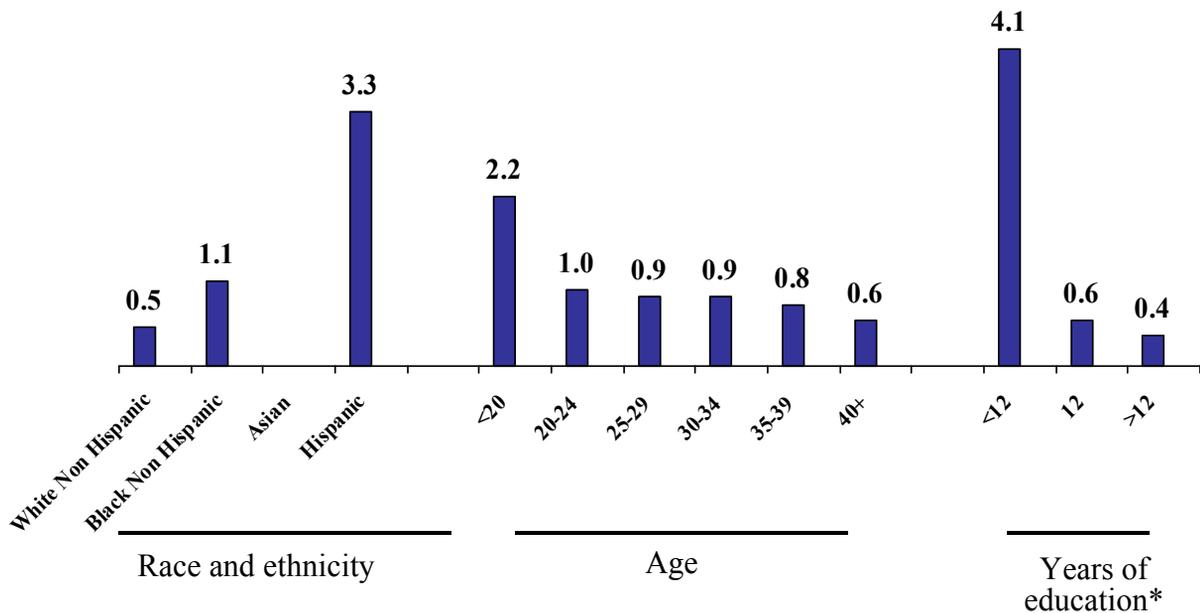
WELL-BABY CHECKUP

Question 59: Has your baby had a well-baby checkup?

Distribution of Births by Well-Baby Checkup

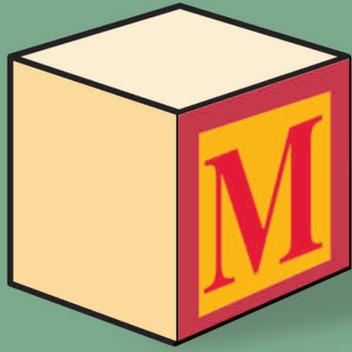


Percentage of Mothers Who Reported Their Baby Did Not Have a Well-Baby Checkup



*Includes only mothers ages 20 and above.

Note: Percentages are not reported if the number of respondents was less than five.



Maryland

PRAMS

Phase 5 Questionnaire



“We should have surveys like this all the time so you know just how people feel and are doing before and after having a new baby or a loss of one.”

PRAMS mother

First, we would like to ask a few questions about you and the time before you got pregnant with your new baby. Please check the box next to your answer.

1. *Just before you got pregnant, did you have health insurance? Do not count Medicaid.*

- No
- Yes

2. *Just before you got pregnant, were you on Medicaid?*

- No
- Yes

3. *During the month before you got pregnant with your new baby, how many times a week did you take a multivitamin or a prenatal vitamin? These are pills that contain many different vitamins and minerals.*

- I didn't take a multivitamin or a prenatal vitamin at all
- 1 to 3 times a week
- 4 to 6 times a week
- Every day of the week

4. *What is your date of birth?*

19
 Month Day Year

5. *Just before you got pregnant with your new baby, how much did you weigh?*

Pounds OR Kilos

6. *How tall are you without shoes?*

Feet Inches

OR Centimeters

7. *During the 3 months before you got pregnant with your new baby, did you have any of the following health problems? For each one, circle Y (Yes) if you had the problem or circle N (No) if you did not.*

	No	Yes
a. Asthma	N	Y
b. High blood pressure (hypertension)	N	Y
c. High blood sugar (diabetes).....	N	Y
d. Anemia (poor blood, low iron) ...	N	Y
e. Heart problems	N	Y

8. *Before you got pregnant with your new baby, did you ever have any other babies who were born alive?*

- No → Go to Page 2, Question 11
- Yes

9. *Did the baby born just before your new one weigh 5 pounds, 8 ounces (2.5 kilos) or less at birth?*

- No
- Yes

10. *Was the baby just before your new one born more than 3 weeks before its due date?*

- No
- Yes

11. How old were you when you had your first menstrual period?

Years old

12. How old were you when you got pregnant with your first baby?

Years old

The next questions are about the time when you got pregnant with your *new* baby.

13. Thinking back to *just before* you got pregnant with your *new* baby, how did you feel about becoming pregnant?

Check one answer

- I wanted to be pregnant sooner
- I wanted to be pregnant later
- I wanted to be pregnant then
- I didn't want to be pregnant then or at any time in the future

14. When you got pregnant with your new baby, were you trying to get pregnant?

- No
- Yes → Go to Question 17

15. When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant? (Some things people do to keep from getting pregnant include not having sex at certain times [rhythm] or withdrawal, and using birth control methods such as the pill, condoms, cervical ring, IUD, having their tubes tied, or their partner having a vasectomy.)

- No
- Yes → Go to Question 19

16. What were your or your husband's or partner's reasons for not doing anything to keep from getting pregnant?

Check all that apply

- I didn't mind if I got pregnant
- I thought I could not get pregnant at that time
- I had side effects from the birth control method I was using
- I had problems getting birth control when I needed it
- I thought my husband or partner or I was sterile (could not get pregnant at all)
- My husband or partner didn't want to use anything
- Other → Please tell us:

17. Did you receive treatment from a doctor, nurse, or other health care worker to help you get pregnant with your new baby? (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology.)

- No →
- Yes

18. Did you use any of the following treatments during the month you got pregnant with your new baby?

- Fertility-enhancing drugs prescribed by a doctor (fertility drugs include Clomid®, Serophene®, Pergonal®, or other drugs that stimulate ovulation)
- Artificial insemination or intrauterine insemination (treatments in which sperm, but NOT eggs, were collected and medically placed into a woman’s body)
- Assisted reproductive technology (treatments in which BOTH a woman’s eggs and a man’s sperm were handled in the laboratory, such as in vitro fertilization [IVF], gamete intrafallopian transfer [GIFT], zygote intrafallopian transfer [ZIFT], intracytoplasmic sperm injection [ICSI], frozen embryo transfer, or donor embryo transfer)
- Other medical treatment → Please tell us:

The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar when you answer these questions.)

19. How many weeks or months pregnant were you when you were *sure* you were pregnant? (For example, you had a pregnancy test or a doctor or nurse said you were pregnant.)

Weeks OR Months

- I don’t remember

20. How many weeks or months pregnant were you when you had your first visit for prenatal care? Do not count a visit that was only for a pregnancy test or only for WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children).

Weeks OR Months

- I didn’t go for prenatal care

21. Did you get prenatal care as early in your pregnancy as you wanted?

- No
- Yes
- I didn’t want prenatal care →

22. Here is a list of problems some women can have getting prenatal care. For each item, circle **Y** (Yes) if it was a problem for you during your most recent pregnancy or circle **N** (No) if it was not a problem or did not apply to you.

- | | No | Yes |
|--|----|-----|
| a. I couldn't get an appointment when I wanted one | N | Y |
| b. I didn't have enough money or insurance to pay for my visits | N | Y |
| c. I had no way to get to the clinic or doctor's office | N | Y |
| d. I couldn't take time off from work | N | Y |
| e. The doctor or my health plan would not start care as early as I wanted. | N | Y |
| f. I didn't have my Medicaid card | N | Y |
| g. I had no one to take care of my children | N | Y |
| h. I had too many other things going on. | N | Y |
| i. I didn't want anyone to know I was pregnant | N | Y |
| j. Other | N | Y |

Please tell us:

If you did not go for prenatal care, go to Question 25.

23. How was your prenatal care paid for?

Check all that apply

- Medicaid
- Personal income (cash, check, or credit card)
- Health insurance or HMO (including insurance from your work or your husband's work)
- Other → Please tell us:

24. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.

	No	Yes
a. How smoking during pregnancy could affect my baby	N	Y
b. Breastfeeding my baby	N	Y
c. How drinking alcohol during pregnancy could affect my baby	N	Y
d. Using a seat belt during my pregnancy	N	Y
e. Birth control methods to use after my pregnancy	N	Y
f. Medicines that are safe to take during my pregnancy	N	Y
g. How using illegal drugs could affect my baby	N	Y
h. Doing tests to screen for birth defects or diseases that run in my family	N	Y
i. What to do if my labor starts early	N	Y
j. Getting tested for HIV (the virus that causes AIDS)	N	Y
k. Physical abuse to women by their husbands or partners	N	Y

25. At any time during your most recent pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)?

- No
- Yes →
- I don't know

Go to Question 27

26. Had you been tested for HIV before this pregnancy?

- No
- Yes
- I don't know

The next questions are about your most recent pregnancy and things that might have happened during your pregnancy.

27. During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?

- No
- Yes

28. Did you have any of these problems during your most recent pregnancy? For each item, circle Y (Yes) if you had the problem or circle N (No) if you did not.

- | | No | Yes |
|---|----|-----|
| a. High blood sugar (diabetes) that started <i>before</i> this pregnancy | N | Y |
| b. High blood sugar (diabetes) that started <i>during</i> this pregnancy. | N | Y |
| c. Vaginal bleeding | N | Y |
| d. Kidney or bladder (urinary tract) infection | N | Y |
| e. Severe nausea, vomiting, or dehydration | N | Y |
| f. Cervix had to be sewn shut (incompetent cervix) | N | Y |
| g. High blood pressure, hypertension (including pregnancy-induced hypertension [PIH]), preeclampsia, or toxemia | N | Y |
| h. Problems with the placenta (such as abruptio placentae or placenta previa) | N | Y |
| i. Labor pains more than 3 weeks before my baby was due (preterm or early labor) | N | Y |
| j. Water broke more than 3 weeks before my baby was due (premature rupture of membranes [PROM]) | N | Y |
| k. I had to have a blood transfusion | N | Y |
| l. I was hurt in a car accident. | N | Y |

If you did not have any of these problems, go to Question 30.

29. Did you do any of the following things because of these problems? For each item, circle Y (Yes) if you did that thing or circle N (No) if you did not.

- | | No | Yes |
|---|----|-----|
| a. I went to the hospital or emergency room and stayed less than 1 day | N | Y |
| b. I went to the hospital and stayed 1 to 7 days. | N | Y |
| c. I went to the hospital and stayed more than 7 days | N | Y |
| d. I stayed in bed at home more than 2 days because of my doctor's or nurse's advice. | N | Y |

The next questions are about smoking cigarettes and drinking alcohol.

30. Have you smoked at least 100 cigarettes in the past 2 years? (A pack has 20 cigarettes.)

- No → Go to Question 34
 Yes

31. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- None (0 cigarettes)

32. In the *last 3 months* of your pregnancy, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- None (0 cigarettes)

33. How many cigarettes do you smoke on an average day *now*? (A pack has 20 cigarettes.)

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- None (0 cigarettes)

34. Have you had any alcoholic drinks in the *past 2 years*? (A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.)

- No →

Go to Page 8, Question 37

- Yes

35a. During the *3 months before* you got pregnant, how many alcoholic drinks did you have in an average week?

- 14 drinks or more a week
- 7 to 13 drinks a week
- 4 to 6 drinks a week
- 1 to 3 drinks a week
- Less than 1 drink a week
- I didn't drink then

35b. During the *3 months before* you got pregnant, how many times did you drink 5 alcoholic drinks or more in one sitting?

- 6 or more times
- 4 to 5 times
- 2 to 3 times
- 1 time
- I didn't have 5 drinks or more in 1 sitting
- I didn't drink then

36a. During the *last 3 months* of your pregnancy, how many alcoholic drinks did you have in an average week?

- 14 drinks or more a week
- 7 to 13 drinks a week
- 4 to 6 drinks a week
- 1 to 3 drinks a week
- Less than 1 drink a week
- I didn't drink then

36b. During the *last 3 months* of your pregnancy, how many times did you drink 5 alcoholic drinks or more in one sitting?

- 6 or more times
- 4 to 5 times
- 2 to 3 times
- 1 time
- I didn't have 5 drinks or more in 1 sitting
- I didn't drink then

Pregnancy can be a difficult time for some women. These next questions are about things that may have happened before and during your most recent pregnancy.

37. This question is about things that may have happened during the 12 months before your new baby was born. For each item, circle Y (Yes) if it happened to you or circle N (No) if it did not. (It may help to use the calendar.)

	No	Yes
a. A close family member was very sick and had to go into the hospital	N	Y
b. I got separated or divorced from my husband or partner	N	Y
c. I moved to a new address.	N	Y
d. I was homeless	N	Y
e. My husband or partner lost his job.	N	Y
f. I lost my job even though I wanted to go on working	N	Y
g. I argued with my husband or partner more than usual.	N	Y
h. My husband or partner said he didn't want me to be pregnant	N	Y
i. I had a lot of bills I couldn't pay	N	Y
j. I was in a physical fight	N	Y
k. My husband or partner or I went to jail.	N	Y
l. Someone very close to me had a bad problem with drinking or drugs.	N	Y
m. Someone very close to me died	N	Y

38. During the 12 months before your new baby was born, how often did you feel unsafe in the neighborhood where you lived?

- Always
- Often
- Sometimes
- Rarely →
- Never →

Go to Question 40a

39. During the 12 months before your new baby was born, did you do any of the following things because you felt it was unsafe to leave or return to the neighborhood where you lived? For each item, circle Y (Yes) if you did it or circle N (No) if you did not.

	No	Yes
a. I missed doctor or other appointments	N	Y
b. I limited grocery or other shopping	N	Y
c. I stayed with other family members or friends	N	Y

The next questions are about the time during the 12 months before you got pregnant with your new baby.

40a. During the 12 months before you got pregnant, did an ex-husband or ex-partner push, hit, slap, kick, choke, or physically hurt you in any other way?

- No
- Yes

40b. During the 12 months before you got pregnant, were you physically hurt in any way by your husband or partner?

- No
- Yes

The next questions are about the time during your most recent pregnancy.

41a. During your most recent pregnancy, did an ex-husband or ex-partner push, hit, slap, kick, choke, or physically hurt you in any other way?

- No
- Yes

41b. During your most recent pregnancy, were you physically hurt in any way by your husband or partner?

- No
- Yes

The next questions are about your labor and delivery. (It may help to look at the calendar when you answer these questions.)

42. When was your baby due?

Month Day Year

43. When did you go into the hospital to have your baby?

Month Day Year

- I didn't have my baby in a hospital →

Go to Question 45

44. After you were admitted to the hospital to deliver your new baby, were you transferred to another hospital before your baby was born?

- No
- Yes

45. When was your baby born?

Month Day Year

46. When were you discharged from the hospital after your baby was born? (It may help to use the calendar.)

Month Day Year

- I didn't have my baby in a hospital

47. How was your delivery paid for?

Check all that apply

- Medicaid
- Personal income (cash, check, or credit card)
- Health insurance or HMO (including insurance from your work or your husband's work)
- Other → Please tell us:

The next questions are about the time since your new baby was born.

48. After your baby was born, was he or she put in an intensive care unit?

- No
- Yes
- I don't know

49. After your baby was born, how long did he or she stay in the hospital?

- Less than 24 hours (less than 1 day)
- 24 to 48 hours (1 to 2 days)
- 3 days
- 4 days
- 5 days
- 6 days or more
- My baby was not born in a hospital
- My baby is still in the hospital →

Go to Question 52

50. Is your baby alive now?

- No →
- Yes

Go to Question 60

51. Is your baby living with you now?

- No →
- Yes

Go to Question 60

52. Did you ever breastfeed or pump breast milk to feed your new baby after delivery?

- No →
- Yes

Go to Question 56

53. Are you still breastfeeding or feeding pumped milk to your new baby?

- No
- Yes →

Go to Question 55

54. How many weeks or months did you breastfeed or pump milk to feed your baby?

- _____ Weeks OR _____ Months
- Less than 1 week

55. How old was your baby the first time you fed him or her anything besides breast milk? Include formula, baby food, juice, cow's milk, water, sugar water, or anything else you fed your baby.

- _____ Weeks OR _____ Months
- My baby was less than 1 week old
 - I have not fed my baby anything besides breast milk

If your baby is still in the hospital, go to Question 60.

56. About how many hours a day, on average, is your new baby in the same room with someone who is smoking?

Hours

- Less than 1 hour a day
- My baby is never in the same room with someone who is smoking

57. How do you *most often* lay your baby down to sleep now?

Check one answer

- On his or her side
- On his or her back
- On his or her stomach

58. Was your new baby seen by a doctor, nurse, or other health care worker during the first week after he or she left the hospital?

- No
- Yes

59. Has your new baby had a well-baby checkup? (A well-baby checkup is a regular health visit for your baby usually at 2, 4, or 6 months of age.)

- No
- Yes

60. Are you or your husband or partner doing anything *now* to keep from getting pregnant? (Some things people do to keep from getting pregnant include not having sex at certain times [rhythm] or withdrawal, and using birth control methods such as the pill, condoms, cervical ring, IUD, having their tubes tied, or their partner having a vasectomy.)

- No
- Yes → Go to Page 12, Question 62

61. What are your or your husband's or partner's reasons for not doing anything to keep from getting pregnant *now*?

Check all that apply

- I am not having sex
- I want to get pregnant
- I don't want to use birth control
- My husband or partner doesn't want to use anything
- I don't think I can get pregnant (sterile)
- I can't pay for birth control
- I am pregnant now
- Other → Please tell us:

The next few questions are about the time during the *12 months before* your new baby was born.

62. During the *12 months before* your new baby was born, what were the sources of your household's income?

Check all that apply

- Paycheck or money from a job
- Money from family or friends
- Money from a business, fees, dividends, or rental income
- Aid such as Temporary Assistance for Needy Families (TANF), welfare, WIC, public assistance, general assistance, food stamps, or Supplemental Security Income
- Unemployment benefits
- Child support or alimony
- Social security, workers' compensation, disability, veteran benefits, or pensions
- Other → Please tell us:

63. During the *12 months before* your new baby was born, what was your total household income before taxes? Include your income, your husband's or partner's income, and any other income you may have used. (All information will be kept private and will not affect any services you are now getting.)

Check one answer

- Less than \$10,000
- \$10,000 to \$14,999
- \$15,000 to \$19,999
- \$20,000 to \$24,999
- \$25,000 to \$34,999
- \$35,000 to \$49,999
- \$50,000 or more

64. During the *12 months before* your new baby was born, how many people, including yourself, depended on this income?

People

65. During the *12 months before* you got pregnant with your new baby, did you have a miscarriage, fetal death (baby died before being born), or stillbirth?

- No → [Go to Question 67](#)
- Yes

If you had more than one miscarriage, fetal death, or stillbirth during the 12 months before you got pregnant with your new baby, please answer the next question for the most recent one.

66. How long did that pregnancy last?

- Less than 20 weeks (less than 4 months)
- 20 to 28 weeks (4 to 6 months)
- More than 28 weeks (more than 6 months)

On the last few pages, there are questions on a variety of topics. Your answers should be for your most recent birth and the pregnancy leading up to that birth.

67. During the 3 months before you got pregnant with your new baby, how often did you participate in any physical activities or exercise for 30 minutes or more? (For example, walking for exercise, swimming, cycling, dancing, or gardening.) Do not count exercise you may have done as part of your regular job.

- Less than 1 day per week
- 1 to 4 days per week
- 5 or more days per week

68. During your most recent pregnancy, did a doctor, nurse, or other health care worker tell you that you had a urinary tract infection (UTI), a sexually transmitted disease (STD), or any vaginal infection, including bacterial vaginosis or Group B Strep (Beta Strep)?

- No
- Yes

69. At any time during your most recent pregnancy, did you seek help for depression from a doctor, nurse, or other health care worker?

- No
- Yes

70. At any time during your most recent pregnancy or after delivery, did a doctor, nurse, or other health care worker talk with you about "baby blues" or postpartum depression?

- No
- Yes

71a. Since your new baby was born, how often have you felt down, depressed, or hopeless?

- Always
- Often
- Sometimes
- Rarely
- Never

71b. Since your new baby was born, how often have you had little interest or little pleasure in doing things?

- Always
- Often
- Sometimes
- Rarely
- Never

72. Since your new baby was born, did you seek help for depression from a doctor, nurse, or other health care worker?

- No
- Yes

73. This question is about things that may have happened during your most recent pregnancy. For each thing, circle Y (Yes) if it happened to you or circle N (No) if it did not.

During your most recent pregnancy—

- | | No | Yes |
|---|----|-----|
| a. Your husband or partner threatened you or made you feel unsafe in some way | N | Y |
| b. You were frightened for the safety of yourself or your family because of the anger or threats of your husband or partner | N | Y |
| c. Your husband or partner tried to control your daily activities, for example, controlling who you could talk to or where you could go. | N | Y |
| d. Your husband or partner forced you to take part in any sexual activity when you did not want to (including touch that made you uncomfortable). | N | Y |

74. This question is about the care of your teeth during your most recent pregnancy. For each item, circle Y (Yes) if it is true or circle N (No) if it is not true.

- | | No | Yes |
|---|----|-----|
| a. I needed to see a dentist for a problem | N | Y |
| b. I went to a dentist or dental clinic. | N | Y |
| c. A dental or other health care worker talked with me about how to care for my teeth and gums. | N | Y |

75. When did you have your teeth cleaned by a dentist or dental hygienist? For each of the three time periods, circle Y (Yes) if you had your teeth cleaned then or circle N (No) if you did not have your teeth cleaned then.

- | | No | Yes |
|--|----|-----|
| a. Before my most recent pregnancy | N | Y |
| b. During my most recent pregnancy | N | Y |
| c. After my most recent pregnancy | N | Y |

76. What is today's date?

<input type="text"/>	<input type="text"/>	<input type="text"/>
Month	Day	Year

Please use this space for any additional comments you would like to make about the health of mothers and babies in Maryland.

Thanks for answering our questions!
Your answers will help us work to make Maryland mothers and babies healthier.



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Funding for this publication was provided by the Maryland Department of Health and Mental Hygiene and by a cooperative agreement # UR6/DP-000542 with the Centers for Disease Control and Prevention (CDC) for the Maryland Pregnancy Risk Assessment Monitoring Systems (PRAMS). The contents do not necessarily represent the official views of the CDC.

January 2010