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Introduction

Purpose of the Pregnancy Risk Assessment Monitoring System (PRAMS)

WV PRAMS is a joint research project between the West Virginia Department of Health and Human Resources Office of Maternal, Child and Family Health and the Centers for Disease Control and Prevention (CDC). The project is an on-going, population-based surveillance system designed to identify maternal attitudes and experiences before, during and after pregnancy.

PRAMS was developed in 1987 by the CDC because infant mortality rates were not declining as rapidly as they had in previous years, and the number of low birthweight babies had changed little in the previous 20 years. Research indicates that maternal behaviors during pregnancy influence infant birthweight and death rates. The goal of PRAMS is to identify maternal risk behaviors that may affect both maternal and infant health.

Each month, approximately 200 women are randomly selected from the West Virginia Birth Certificate Registry and asked to participate in the PRAMS survey. All West Virginia women who have had a live birth have about a one in fourteen chance of being chosen 2-4 months after their baby’s birth. Selected women are contacted first by mail and asked to complete a questionnaire; then, after several attempts by mail, the non-respondents are called and asked if they would like to participate by phone. After completion of the survey, each participant receives a special gift.

PRAMS provides data not available from other sources about pregnancy and the first few months after birth. This information can be used to identify groups of women and babies at high risk for health problems, to monitor changes in health status and to measure progress toward goals in improving the health status of mothers and infants. PRAMS information is also used by state and local governments to plan and review programs and policies intended to decrease poor health outcomes among mothers and babies.
Technical Notes

The 2007 Surveillance Report covers a variety of perinatal and infant health topics. These topics are broken down into several categories: family planning, prenatal care, pregnancy risk factors, infant health and care, maternal health and care, and state-interest perinatal topics and services. Statewide data and subgroup analyses, selected by various sociodemographic categories, are reported graphically throughout the body of the text along with additional descriptive text. A copy of the PRAMS questionnaire is located in Appendix A for reference purposes.

It is important to remember that PRAMS data collected from the questionnaire are self-reported by participants. After data collection ends each year, survey data are linked with appropriate birth certificate data. The combined birth certificate/survey database is then weighted by the CDC to adjust for sample design, non-response and omissions in the sampling frame. This weighted dataset is an estimation, reflective of West Virginia’s PRAMS eligible population (i.e., residents who delivered a live-birth infant during the survey year of interest). The data methods used by West Virginia PRAMS are standardized CDC protocols used by all participating PRAMS states.
West Virginia PRAMS Highlights —2007

Family Planning

- 47% of women responded their pregnancy was unintended.
- 45% of mothers reported using birth control at the time of conception.
- The most common reason for not using birth control was - “I didn’t mind if I got pregnant”.

Prenatal Care

- 83% of women received prenatal care in the first trimester of pregnancy.
- 86% of mothers initiated prenatal care when they desired.
- Women responded the most common barrier to getting prenatal care was - “I didn’t have a Medicaid card”.

Risk Factors

- 30% of all women smoked during their last three months of pregnancy.
- Among mothers who reported they were smokers, 74% smoked during the last three months of pregnancy.
- 4% of all women drank alcohol during their last three months of pregnancy.
- Among women who said they drank alcohol before pregnancy, 6% drank during the last three months of pregnancy.

Infant Health and Care

- 57% of mothers initiated breastfeeding.
- 97% of WIC participants received breastfeeding information during WIC visits.
- The most common reason reported for not breastfeeding was – “I didn’t like it”.
- 66% of infants are placed on their backs when sleeping.
- 33% of babies never sleep with someone else.
- 91% of babies are never exposed to cigarette smoke on a daily basis.

Maternal Health and Care

- 85% of women reported using birth control after their pregnancy. Oral contraceptives and condoms were the most commonly used methods reported.
- 72% of mothers said they heard about postpartum depression from a health care professional.
- 87% of women received a postpartum checkup.
## PRAMS Maternal Demographics

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>PRAMS Eligible Population*</th>
<th>PRAMS Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Estimated Population**</td>
<td>Percent</td>
</tr>
<tr>
<td>Age (yrs.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;20</td>
<td>2,523</td>
<td>13</td>
</tr>
<tr>
<td>20-29</td>
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<td>61</td>
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<tr>
<td>30 +</td>
<td>4,903</td>
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<td>White</td>
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<td>Black</td>
<td>629</td>
<td>3</td>
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<tr>
<td>Other</td>
<td>176</td>
<td>1</td>
</tr>
<tr>
<td>Mother's BMI</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Underweight (&lt;19.8)</td>
<td>2,893</td>
<td>15</td>
</tr>
<tr>
<td>Normal (19.8-26)</td>
<td>8,317</td>
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<tr>
<td>Overweight (26-29)</td>
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<td>Obese (&gt;29)</td>
<td>5,273</td>
<td>28</td>
</tr>
<tr>
<td>Education (yrs.)</td>
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<td></td>
</tr>
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<td>&lt;12</td>
<td>3,588</td>
<td>19</td>
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<tr>
<td>12</td>
<td>6,873</td>
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<td>&gt;12</td>
<td>8,518</td>
<td>45</td>
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<td>Marital Status</td>
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<td>Married</td>
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<tr>
<td>Unmarried</td>
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<td>42</td>
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<tr>
<td>Birthweight***</td>
<td></td>
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<tr>
<td>Low Birthweight (LBW)</td>
<td>1,650</td>
<td>9</td>
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<tr>
<td>Normal Birthweight (NBW)</td>
<td>17,497</td>
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<tr>
<td>Characteristic</td>
<td>PRAMS Eligible Population*</td>
<td>PRAMS Respondents</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>----------------------------</td>
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</tr>
<tr>
<td></td>
<td>Estimated Population**</td>
<td>Percent</td>
</tr>
<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Prenatal Care Payment Methods</strong></td>
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</tr>
<tr>
<td>Medicaid</td>
<td>11,120</td>
<td>58</td>
</tr>
<tr>
<td>Health Insurance or HMO</td>
<td>7,622</td>
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<tr>
<td>Personal Income</td>
<td>2,302</td>
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<td>State Maternal and Child Health</td>
<td>535</td>
<td>3</td>
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<tr>
<td>Other</td>
<td>391</td>
<td>2</td>
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<tr>
<td><strong>Delivery Payment Methods</strong></td>
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<td></td>
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<tr>
<td>Medicaid</td>
<td>11,427</td>
<td>60</td>
</tr>
<tr>
<td>Health Insurance or HMO</td>
<td>7,347</td>
<td>39</td>
</tr>
<tr>
<td>Personal Income</td>
<td>2,429</td>
<td>13</td>
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<td>State Maternal and Child Health</td>
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<td>3</td>
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<tr>
<td>Other</td>
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</tr>
<tr>
<td><strong>WIC Participation</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>During Pregnancy</td>
<td>10,831</td>
<td>58</td>
</tr>
<tr>
<td>After Pregnancy</td>
<td>11,593</td>
<td>62</td>
</tr>
<tr>
<td><strong>Previous Live Birth</strong></td>
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<td></td>
</tr>
<tr>
<td>No</td>
<td>8,018</td>
<td>42</td>
</tr>
<tr>
<td>Yes (1 or more)</td>
<td>11,090</td>
<td>58</td>
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</tbody>
</table>


**Estimated Population = the approximate number of mothers who would fall into a demographical group if the survey were given to all PRAMS eligible women. These values are determined by weighting PRAMS respondents’ data.

***Low birthweight/LBW - a baby born weighing less than 5.5 pounds (2,500 grams)
Normal birthweight/NBW - a baby born weighing 5.5 pounds (2,500 grams) or more
Section 1: Family Planning
**Pregnancy Intent**

PRAMS asked mothers how they felt about becoming pregnant with their most recent baby. Those mothers who reported they wanted to be pregnant “later” or “didn’t want to be pregnant at any time in the future” were grouped as having an unintended pregnancy. Only those mothers who had live births were included in the survey.

The Healthy People 2010 goal is to increase the rate of intended pregnancies to 70%. West Virginia’s overall rate of intended pregnancy was 53%, or 47% for unintended pregnancy (unintended rate is reported for easier comparison with other PRAMS data, see chart below). The prevalence of unintended pregnancies was highest among those mothers who were less than 20 years old, had less than a high school education, and were receiving Medicaid at the time of delivery.
Pre-pregnancy Birth Control Use

PRAMS wanted to find out if women who said they were not trying to get pregnant were using some form of birth control at the time of their conception. Mothers who reported they were not using birth control, were further asked to give the reasons for not using anything.

The Healthy People 2010 objective is to increase the rate of women at risk for an unintended pregnancy using birth control to 100%, and reduce the rate of females getting pregnant, despite the use of reversible birth control methods, to 7%. Among West Virginia women not trying to get pregnant, 45% reported using birth control when they became pregnant. Women with 12 years of education were most likely to report they were using birth control when they got pregnant. Among those women not using birth control, 35% reported that they did not mind if they became pregnant.

![Prevalence of Birth Control Use at Time of Conception of Women Not Trying to Get Pregnant](chart.png)
Reported Reasons for Not Using Birth Control

- Didn't mind if I got pregnant: 35%
- Thought I could not get pregnant at that time: 17%
- Had side effects from the birth control: 7%
- Problems getting birth control when needed it: 8%
- Thought husband/partner or I was sterile: 6%
- Husband or partner didn't want to use anything: 10%
- Other: 13%
Section 2: Prenatal Care
Prenatal Care Initiation

PRAMS asked women what month in their pregnancy they had gone for their first prenatal care visit, and whether their first visit occurred as early in their pregnancy as they wanted. This information was used to determine the prevalence of women starting prenatal care in the 1st trimester. Participants were also asked to indicate any problems they may have had getting prenatal care.

The Healthy People 2010 objective is to increase the rate of pregnant women receiving prenatal care in their first trimester to 90%. In West Virginia, only 83% of women reported receiving prenatal care in the 1st trimester. Mothers who are less than 20 years old, and those who had less than a high school education, were least likely to receive prenatal care in the 1st trimester. The most common problem women reported when asked if they had trouble accessing prenatal care was “I didn’t have my Medicaid card”.

Prevalence of Receiving Prenatal Care in the 1st Trimester

<table>
<thead>
<tr>
<th>Age (yrs)</th>
<th>Education (yrs)</th>
<th>Birthweight</th>
<th>Delivery paid by Medicaid</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20</td>
<td>76%</td>
<td>82%</td>
<td>87%</td>
<td>66%</td>
</tr>
<tr>
<td>20-29</td>
<td>73%</td>
<td>82%</td>
<td>88%</td>
<td>82%</td>
</tr>
<tr>
<td>&gt;30</td>
<td>72%</td>
<td>83%</td>
<td>83%</td>
<td>82%</td>
</tr>
<tr>
<td>&lt;12</td>
<td>82%</td>
<td>83%</td>
<td>91%</td>
<td>78%</td>
</tr>
<tr>
<td>≥12</td>
<td></td>
<td></td>
<td></td>
<td>83%</td>
</tr>
<tr>
<td>LBW</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NBW</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Prevalence of Women Initiating Prenatal Care When Desired

- Age (yrs)
  - <20: 82%
  - 20-29: 86%
  - 30+: 91%

- Education (yrs)
  - <12: 82%
  - 12: 85%
  - >12: 89%

- Birthweight
  - LBW: 82%
  - NBW: 87%

- Delivery paid by Medicaid
  - No: 90%
  - Yes: 84%

Overall: 86%

Reported Problems in Getting Prenatal Care

- Couldn't get an appointment sooner: 9%
- Didn't have enough money or insurance to pay: 8%
- Had no way to get to the clinic or doctor's office: 6%
- Couldn't take time off from work: 4%
- The doctor or health plan would not start care earlier: 4%
- Didn't have my Medicaid card: 10%
- Had no one to take care of my children: 4%
- Too many other things going on: 5%
- Didn't want anyone to know I was pregnant: 3%
- Other: 6%
Prenatal Care Education

PRAMS asked mothers about various topics and questions discussed during their prenatal visits. Most women (80% or greater) reported hearing information about: what to do if labor started early, tests they could get to screen for birth defects, medicines that were safe to take while pregnant, information about breastfeeding their new baby and birth control methods to use after pregnancy. However, only about 60% of mothers reported getting information about domestic abuse and wearing a seatbelt during pregnancy.

Mothers were also asked if they had heard or read that taking the vitamin folic acid can help prevent some birth defects. The Healthy People 2010 goal is to increase the number of pregnancies begun with a sufficient level of folic acid. This goal was set to help reduce the rate of neural tube defects. PRAMS wanted to know how aware women are of the benefits of folic acid. Among all respondents, 72% reported they knew about the benefits of folic acid. However, mothers less than 20 years old were least likely to have heard or read about folic acid.

<table>
<thead>
<tr>
<th>Topics Discussed by Health Care Professionals During Prenatal Care Visits</th>
<th>0%</th>
<th>20%</th>
<th>40%</th>
<th>60%</th>
<th>80%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic abuse</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>60%</td>
<td></td>
</tr>
<tr>
<td>Getting tested for HIV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>80%</td>
</tr>
<tr>
<td>What to do if labor starts early</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>86%</td>
<td></td>
</tr>
<tr>
<td>Tests to screen for birth defects</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>89%</td>
</tr>
<tr>
<td>How illegal drug use could affect the baby</td>
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<td></td>
<td></td>
<td></td>
<td>72%</td>
<td></td>
</tr>
<tr>
<td>Medicines safe to take during pregnancy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>91%</td>
</tr>
<tr>
<td>Birth control methods to use after pregnancy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>86%</td>
<td></td>
</tr>
<tr>
<td>Seat belt use during pregnancy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>59%</td>
<td></td>
</tr>
<tr>
<td>Effects of drinking alcohol during pregnancy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>74%</td>
<td></td>
</tr>
<tr>
<td>Breastfeeding</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>88%</td>
<td></td>
</tr>
<tr>
<td>Effect of smoking during pregnancy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>78%</td>
<td></td>
</tr>
</tbody>
</table>
### Topics Asked About by Health Care Professionals During Prenatal Care Visits

- Smoked cigarettes: 88%
- Planned to use birth control after pregnancy: 86%
- Wanted to be tested for HIV: 71%
- Used illegal drugs: 63%
- Experienced physical or emotional abuse: 45%
- Amount of alcohol you drank: 62%

### Prevalence of Folic Acid Awareness

- Age (yrs):
  - <20: 53%
  - 20-29: 70%
  - 30+: 85%
- Education (yrs):
  - <12: 57%
  - 12: 65%
  - >12: 82%
- Birthweight:
  - LBW: 68%
  - NBW: 72%
- Delivery paid by Medicaid:
  - No: 80%
  - Yes: 66%
- Overall: 72%
Section 3: Risk Factors
Pregnancy Smoking Habits

Because of the high rate of smoking in West Virginia, PRAMS wanted to examine the smoking habits of West Virginia women before, during and after pregnancy. Respondents were asked if they smoked at least 100 cigarettes in the past two years. Those mothers who responded they smoked during that time-period were asked additional questions about the amount of cigarettes they smoked during the perinatal period. Of particular concern to PRAMS was the prevalence of smoking during the last three months of pregnancy since smoking during this time has an increased risk of an adverse pregnancy outcome. Women were asked how many cigarettes they smoked on an average day during the last three months of pregnancy.

West Virginia falls far short of the Healthy People 2010 goal to reduce cigarette smoking to a rate of 1% or less among pregnant women. West Virginia’s prevalence of smoking during the last three months of pregnancy was 30%.

![Prevalence of Smoking Before Pregnancy](Image)
Prevalence of Smoking 3 Months Before Pregnancy

- Age (yrs):
  - <20: 54%
  - 20-29: 44%
  - 30+: 25%

- Education (yrs):
  - <12: 67%
  - 12: 47%
  - >12: 24%

- Birthweight:
  - LBW: 52%
  - NBW: 39%

- Delivery paid by Medicaid:
  - No: 21%
  - Yes: 54%
  - Overall: 41%

Reported Number of Cigarettes Smoked Daily 3 Months Before Pregnancy (Includes Only Smokers)

- None: 37%
- Less than 1: 14%
- 1 to 5: 6%
- 6 to 10: 4%
- 11 to 20: 13%
- 21 to 40: 13%
- 41 or more: 25%
**Prevalence of Smoking Last 3 Months of Pregnancy**

![Graph showing prevalence of smoking last 3 months of pregnancy categorized by age, education, birthweight, and delivery paid by Medicaid.]

**Prevalence of Smoking Last 3 Months of Pregnancy Among Women Who Were Smokers 3 Months Before Pregnancy**

![Graph showing prevalence of smoking among women who were smokers 3 months before pregnancy, categorized by age, education, birthweight, and delivery paid by Medicaid.]

---

In the above graphs, the data is presented in a bar chart format, showing the percentage of smoking among pregnant women categorized by age (yrs), education (yrs), birthweight, and delivery paid by Medicaid. Each bar represents the proportion of smoking in different segments of these categories.
Reported Number of Cigarettes Smoked Daily Last 3 Months of Pregnancy
(Includes Only Smokers)

Prevalence of Smoking Now*

*At time surveyed
Reported Number of Cigarettes Smoked Daily Now*
(Includes Only Smokers)

- 29% 41 or more
- 15% 21 to 40
- 13% 11 to 20
- 9% 6 to 10
- 2% 1 to 5
- 1% Less than 1
- 1% None

*At time surveyed

Prevalence of Husband/Partner Smoking in Home

<table>
<thead>
<tr>
<th>Age (yrs)</th>
<th>Education (yrs)</th>
<th>Birthweight</th>
<th>Delivery paid by Medicaid</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;12</td>
<td>12</td>
<td>&gt;12</td>
<td>LBW</td>
<td>NBW</td>
</tr>
</tbody>
</table>
| 15% | 10% | 8% | 19% | 13% | 4% | 10% | 15% | 4% | 14% | 10% 

WVDHHR/BPH/OMCFH/REP/PRAMS/June 2010 Page 15
Prevalence of Others Smoking in Home

Age (yrs) | Education (yrs) | Birthweight | Delivery paid by Medicaid | Overall

<20 | <12 | LBW | No | 18% 7% 14% 11%
20-29 | 12 | NBW | Yes | 12% 7% 2% 11%
30+ | >12 | Overall | 2% 7% 3% 7%
Pregnancy Drinking Habits

PRAMS asked participants if they had consumed any alcoholic beverages over the past two years. Those mothers who reported they had consumed alcohol in that time-period were asked additional questions concerning their drinking habits before and during their pregnancy. PRAMS also asked these women how many drinks they had per sitting in order to establish binge-drinking habits (consuming five or more drinks in one sitting) during pregnancy.

The Healthy People 2010 goal is to increase the prevalence of alcohol abstinence during pregnancy to 94% and eliminate the prevalence of binge-drinking during pregnancy. Among all West Virginia women, 46% responded that they had consumed some quantity of alcohol three months before their pregnancy. However, this rate had reduced to 3% during the last three months of pregnancy. When only considering women who reported drinking before pregnancy, the prevalence rate of drinking during the last three months of pregnancy was 6%. The prevalence of binge-drinking reduced during pregnancy as well. The survey indicated that 19% of women participated in binge-drinking 3 months before pregnancy, but only 1% of those women reported they engaged in binge-drinking during the last three months of pregnancy.
Prevalence of Drinking Alcohol in the Past 2 Years

<table>
<thead>
<tr>
<th>Age (yrs)</th>
<th>Education (yrs)</th>
<th>Birthweight</th>
<th>Delivery paid by Medicaid</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20</td>
<td>63%</td>
<td>61%</td>
<td>48%</td>
<td>60%</td>
</tr>
<tr>
<td>20-29</td>
<td>63%</td>
<td>59%</td>
<td>58%</td>
<td>60%</td>
</tr>
<tr>
<td>30+</td>
<td>48%</td>
<td>68%</td>
<td>58%</td>
<td>60%</td>
</tr>
<tr>
<td>&lt;12</td>
<td>42%</td>
<td>59%</td>
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<td>60%</td>
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<td>12-17</td>
<td>48%</td>
<td>68%</td>
<td>58%</td>
<td>60%</td>
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<tr>
<td>&gt;17</td>
<td>48%</td>
<td>68%</td>
<td>58%</td>
<td>60%</td>
</tr>
</tbody>
</table>

Prevalence of Drinking Alcohol 3 Months Before Pregnancy

<table>
<thead>
<tr>
<th>Age (yrs)</th>
<th>Education (yrs)</th>
<th>Birthweight</th>
<th>Delivery paid by Medicaid</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20</td>
<td>48%</td>
<td>56%</td>
<td>52%</td>
<td>46%</td>
</tr>
<tr>
<td>20-29</td>
<td>48%</td>
<td>47%</td>
<td>42%</td>
<td>46%</td>
</tr>
<tr>
<td>30+</td>
<td>29%</td>
<td>38%</td>
<td>42%</td>
<td>46%</td>
</tr>
<tr>
<td>&lt;12</td>
<td>41%</td>
<td>47%</td>
<td>42%</td>
<td>46%</td>
</tr>
<tr>
<td>12-17</td>
<td>42%</td>
<td>52%</td>
<td>42%</td>
<td>46%</td>
</tr>
<tr>
<td>&gt;17</td>
<td>42%</td>
<td>52%</td>
<td>42%</td>
<td>46%</td>
</tr>
</tbody>
</table>
Reported Number of Drinks Consumed Weekly 3 Months Before Pregnancy
(Among All Women)

- 54%: 14 or more
- 29%: 7 to 13
- 9%: 4 to 6
- 5%: 1 to 3
- 2%: Less than 1
- 1%: Didn't drink then

Reported Number of Drinks Consumed Weekly 3 Months Before Pregnancy
(Includes Only Drinkers)

- 47%: 14 or more
- 24%: 7 to 13
- 15%: 4 to 6
- 8%: 1 to 3
- 4%: Less than 1
- 2%: Didn't drink then
Prevalence of Binge-Drinking 3 Months Before Pregnancy
(Among All Women)

- 6 or more times: 54%
- 4 to 5 times: 27%
- 2 to 3 times: 9%
- 1 time: 6%
- 0 (never 5 or more at once): 3%
- Didn't drink then: 2%

Prevalence of Binge-Drinking 3 Months Before Pregnancy
(Includes Only Drinkers)

- 6 or more times: 45%
- 4 to 5 times: 24%
- 2 to 3 times: 9%
- 1 time: 15%
- 0 (never 5 or more at once): 4%
- Didn't drink then: 3%
Prevalence of Drinking Alcohol During the Last 3 Months of Pregnancy
(Among All Women)

<table>
<thead>
<tr>
<th>Age (yrs)</th>
<th>Education (yrs)</th>
<th>Birthweight</th>
<th>Delivery paid by Medicaid</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 20</td>
<td>&lt; 12</td>
<td>LBW</td>
<td>No</td>
<td>1%</td>
</tr>
<tr>
<td>20-29</td>
<td>&lt; 12</td>
<td>LBW</td>
<td>Yes</td>
<td>4%</td>
</tr>
<tr>
<td>30+</td>
<td>&lt; 12</td>
<td>NBW</td>
<td>No</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>LBW</td>
<td>Yes</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>&gt; 12</td>
<td>LBW</td>
<td>No</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>NBW</td>
<td>Yes</td>
<td>4%</td>
</tr>
</tbody>
</table>

Prevalence of Drinking Alcohol During the Last 3 Months of Pregnancy
(Includes Only Drinkers)

<table>
<thead>
<tr>
<th>Age (yrs)</th>
<th>Education (yrs)</th>
<th>Birthweight</th>
<th>Delivery paid by Medicaid</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 20</td>
<td>&lt; 12</td>
<td>LBW</td>
<td>No</td>
<td>3%</td>
</tr>
<tr>
<td>20-29</td>
<td>&lt; 12</td>
<td>LBW</td>
<td>Yes</td>
<td>6%</td>
</tr>
<tr>
<td>30+</td>
<td>&lt; 12</td>
<td>LBW</td>
<td>No</td>
<td>8%</td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>LBW</td>
<td>Yes</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>&gt; 12</td>
<td>LBW</td>
<td>No</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>NBW</td>
<td>Yes</td>
<td>8%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
<td></td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yes</td>
<td></td>
<td>6%</td>
</tr>
</tbody>
</table>
Reported Number of Drinks Consumed Weekly During the Last 3 Months of Pregnancy (Among All Women)

- 96% didn't drink then
- 3% less than 1
- 1% 1 or more

Reported Number of Drinks Consumed Weekly During the Last 3 Months of Pregnancy (Includes Only Drinkers)

- 94% didn't drink then
- 5% less than 1
- 1% 1 or more
Prevalence of Binge-Drinking During the Last 3 Months of Pregnancy
(Among All Women)

- 96% drank
- 1% drank 1 or more times
- 3% drank 0 (never 5 or more at once)
- Didn't drink then

Prevalence of Binge-Drinking During the Last 3 Months of Pregnancy
(Includes Only Drinkers)

- 94% drank
- 5% drank 1 or more times
- 0 (never 5 or more at once)
- Didn't drink then
Physical Abuse

The survey included questions pertaining to physical abuse one year before and during a woman’s pregnancy. PRAMS asked mothers if they had been pushed, hit, slapped, kicked, choked or physically hurt in any way by a husband/partner, ex-husband/partner or anyone else before or during their most recent pregnancy. Respondents indicated that most abuse (7%) encountered before pregnancy was from an ex-husband or ex-partner and 6% of abuse was from a current husband or partner. The prevalence of abuse during pregnancy reduced slightly to 4% or less among all given abusers.

![Prevalence of Abuse Before and During Pregnancy](chart.png)
Section 4: Infant Health and Care
Breastfeeding

The PRAMS survey asked women if they ever breastfed or pumped breast milk to feed their babies after delivery. The Healthy People 2010 objective for breastfeeding is for 70% of women to initiate breastfeeding their babies. According to PRAMS data, 57% of West Virginia women reported they tried breastfeeding or pumped breast milk for their babies. Women under 20 years of age, and those with less than a high school education were the least likely to have ever breastfed. Mothers with beyond a high school education exceeded the Healthy People 2010 goal with a 72% breastfeeding rate. The survey showed that women who participated in WIC during pregnancy had a high prevalence (97% or greater) of receiving information about breastfeeding during their visits. For those mothers who reported they never initiated breastfeeding, the overwhelming reason (48%) was because they did not like it.

![Prevalence of Ever Breastfeeding Most Recent Infant](image)

**Prevalence of Ever Breastfeeding Most Recent Infant**

- **Age (yrs):**
  - <20: 44%
  - 20-29: 57%
  - 30+: 67%

- **Education (yrs):**
  - <12: 35%
  - 12: 50%
  - >12: 72%

- **Birthweight:**
  - LBW: 50%
  - NBW: 58%

- **Delivery paid by Medicaid:**
  - No: 71%
  - Yes: 48%
  - Overall: 57%
Prevalence of Receiving Breastfeeding Information During WIC Visits

Reported Reasons for Not Breastfeeding
Infant Sleep Behavior

Mothers were asked about their new baby’s sleeping behavior. PRAMS wanted to know how infants were most often put to sleep (i.e., side, stomach, back, etc.) and how often the baby slept in the same bed with the mother or someone else. The Healthy People 2010 objective is to increase the rate of healthy, full-term infants who are put to sleep on their back to 70%. Although there is no Healthy People 2010 objective for co-sleeping, this practice should be avoided due to the risk of infant suffocation.

Overall, West Virginia infants are placed on their backs when sleeping at a rate of 66%. However, when examined by different maternal characteristic, 54% of infants with mothers less than 20 years old, and 66% of infants with mothers with less than a high school education are placed to sleep on their backs. Infants of women 30 years of age or, with greater than a high school education, or mothers who did not receive Medicaid for their delivery, exceeded the Healthy People 2010 objective with a 71% prevalence rate or greater.

The prevalence of infants never sleeping in the same bed with someone else is 33%. Ten percent of mothers reported that their infants always slept in the same bed with them or someone else. When examined by different maternal characteristics, co-sleeping is most common among women who had greater than a high school education and who were 30 years old or older. Mothers in these categories reported that their babies always sleep with someone at a prevalence rate of 15% and 16%, respectively. Women 30 years old or older were least likely to report (26%) their baby never slept with them or someone else.
Prevalence of Infant Sleep Position

- Combination of positions: 66%
- Stomach: 17%
- Back: 4%
- Side: 13%

Prevalence of Infant Sleep Position by Maternal Age

- <20 yrs:
  - Side: 23%
  - Back: 54%
  - Stomach: 16%
  - Various: 7%

- 20-29 yrs:
  - Side: 18%
  - Back: 66%
  - Stomach: 13%
  - Various: 4%

- 30+ yrs:
  - Side: 13%
  - Back: 71%
  - Stomach: 12%
  - Various: 4%
Prevalence of Infant Sleep Position by Maternal Education Level

Prevalence of Infant Sleep Position by Delivery Payment Method
Prevalence of Infant Co-Sleeping

- **Always**: 33%
- **Often**: 15%
- **Sometimes**: 21%
- **Rarely**: 21%
- **Never**: 10%

Prevalence of Infant Co-Sleeping by Maternal Age

<table>
<thead>
<tr>
<th>Maternal Age</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20 yrs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>36%</td>
</tr>
<tr>
<td>20-29 yrs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>33%</td>
</tr>
<tr>
<td>30+ yrs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Never**: 10%
- **Rarely**: 17%
- **Sometimes**: 16%
- **Often**: 14%
- **Always**: 7%
Prevalence of Infant Co-Sleeping by Maternal Education Level

- **<12 yrs**
  - Never: 21%
  - Rarely: 20%
  - Sometimes: 10%
  - Often: 17%
  - Always: 13%

- **12 yrs**
  - Never: 22%
  - Rarely: 20%
  - Sometimes: 13%
  - Often: 8%
  - Always: 15%

- **>12 yrs**
  - Never: 19%
  - Rarely: 22%
  - Sometimes: 13%
  - Often: 15%
  - Always: 10%

Prevalence of Infant Co-Sleeping by Delivery Payment Method

- **Delivery not paid by Medicaid**
  - Never: 19%
  - Rarely: 22%
  - Sometimes: 15%
  - Often: 13%

- **Delivery paid by Medicaid**
  - Never: 25%
  - Rarely: 14%
  - Sometimes: 19%
  - Often: 8%
Infant Smoke Exposure

PRAMS wanted to know the amount of time mothers estimated their babies were exposed to cigarette smoke on an average day. In West Virginia, 91% of women reported that their babies were not exposed to smoke in a given day. However, respondents reported that 9% of infants were exposed to smoke at least one hour per day.
Section 5: Maternal Health and Care
Postpartum Birth Control Use

PRAMS asked mothers if they were using birth control after their most recent pregnancy. Those mothers indicating they were not using birth control were then asked to indicate the reasons for not using it. Likewise, those mothers who responded as using postpartum birth control were asked to indicate all birth control methods they and/or their partners/husbands were currently using.

The Healthy People 2010 goal is to reduce the rate of births occurring within 24 months of a previous birth to 6%. Achieving this objective will help reduce the percentage of negative pregnancy outcomes. An important component in reaching this goal is increasing the prevalence of women using postpartum birth control. West Virginia’s rate of postpartum birth control use is 85%. The lowest rate of usage (80%) is among women who have less than a high school education. The highest rate of using birth control is among women whose deliveries were not paid by Medicaid (89%). Among those women using birth control, the most common methods used were oral contraceptives and condoms. Each method had a 34% prevalence rate.
Reported Reasons for Not Using Birth Control Now
(At Time Surveyed)

- Pregnant now: 6%
- Can't afford birth control: 9%
- Husband/partner doesn't want to use birth control: 8%
- Mother says she is sterile: 3%
- Don't want to use birth control: 19%
- Want to be pregnant: 20%
- Not having sex: 18%
- Other: 26%

Postpartum Birth Control Methods

- Abstinence: 6%
- Withdrawal: 15%
- Rhythm method or natural family planning: 3%
- IUD: 8%
- Condom: 34%
- Non-oral contraceptive (patch, injection, etc.): 9%
- Oral contraceptive (pill): 34%
- Vasectomy: 4%
- Tubes tied: 19%
- Other: 4%
Postpartum Checkups

Women were asked -- “at any time during your most recent pregnancy or after your delivery did a health care professional talk with you about “baby blues” or postpartum depression?” Women were also asked if they have had a postpartum checkup since their new baby was born. Overall, 72% of women indicated that a professional had talked to them about postpartum depression. Most women (87%) also reported they had received a postpartum checkup.

![Prevalence of Hearing About Postpartum Depression by a Health Care Professional](chart.png)
### Prevalence of Receiving a Postpartum Checkup

<table>
<thead>
<tr>
<th>Age (yrs)</th>
<th>Education (yrs)</th>
<th>Birthweight</th>
<th>Delivery paid by Medicaid</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 20</td>
<td>83%</td>
<td>84%</td>
<td>85%</td>
<td>90%</td>
</tr>
<tr>
<td>20-29</td>
<td>86%</td>
<td>83%</td>
<td>87%</td>
<td>85%</td>
</tr>
<tr>
<td>30+</td>
<td>90%</td>
<td>92%</td>
<td>90%</td>
<td>87%</td>
</tr>
<tr>
<td>&lt; 12</td>
<td>83%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&gt; 12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LBW</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NBW</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The chart shows the prevalence of receiving a postpartum checkup across different categories, including age, education, birthweight, and whether the delivery was paid by Medicaid.
Discussions by Health Care Workers of Perinatal Topics and Services Concerning Mothers and Infants

PRAMS wanted to know how aware mothers were of the availability of certain state services, and how informed they were on a variety of other topics concerning their pregnancy and their new baby’s health. Participants were given a list of these topics and asked if they recalled hearing a health care professional talk about them. Most women (86%) reported they had heard about the immunizations their baby would need. However, about 49% or less of women said they had been told about the Right From The Start Program and the High Risk Birth Score Program. Additionally, less than 55% responded that a professional had talked to them about taking parenting and childbirth classes, nor had they heard about how diabetes could affect both mother and infant.
Appendix A: Phase V PRAMS Survey
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?
   - [ ] Month
   - [ ] Day
   - [ ] Year

5. *Just before* you got pregnant with your new baby, how much did you weigh?
   - [ ] Pounds
   - [ ] Kilos

6. How tall are you without shoes?
   - [ ] Feet
   - [ ] Inches
   - [ ] 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
   - [ ] Yes

   Go to Page 2, Question 11

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

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

- 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

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

- No
- Yes

13. 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

14. 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:

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.)

15. 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
16. 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

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

[ ] No

[ ] Yes

[ ] I didn’t want prenatal care

Go to Question 19

18. 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.

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

Please tell us:


If you did not go for prenatal care, go to Page 5, Question 24.

19. Where did you go most of the time for your prenatal visits? Do not include visits for WIC.

Check one answer

[ ] Hospital clinic

[ ] Health department clinic

[ ] Private doctor’s office or HMO clinic

[ ] Other Please tell us:
20. How was your prenatal care paid for?  

[ ] Medicaid  
[ ] Personal income (cash, check, or credit card)  
[ ] Health insurance or HMO (including insurance from your work or your husband’s work)  
[ ] State Maternal and Child Health Program  
[ ] Other ———— Please tell us:  

21. 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.

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

22. We would like to know how you felt about the prenatal care you got during your most recent pregnancy. If you went to more than one place for prenatal care, answer for the place where you got most of your care. For each item, circle Y (Yes) if you were satisfied or circle N (No) if you were not satisfied.

Were you satisfied with—

<table>
<thead>
<tr>
<th>Item</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. The amount of time you had to wait after you arrived for your visits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. The amount of time the doctor or nurse spent with you during your visits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. The advice you got on how to take care of yourself.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. The understanding and respect that the staff showed toward you as a person.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

23. During any of your prenatal care visits, did a doctor, nurse, or other health care worker ask you—

<table>
<thead>
<tr>
<th>Item</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. How much alcohol you were drinking.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. If someone was hurting you emotionally or physically.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. If you were using illegal drugs (marijuana or hash, cocaine, crack, etc.).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. If you wanted to be tested for HIV (the virus that causes AIDS).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>e. If you planned to use birth control after your baby was born.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>f. If you were smoking cigarettes.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
24. At any time during your most recent pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)?

- No
- Yes ➔ Go to Question 26
- I don’t know

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

- No
- Yes
- I don’t know

26. Have you ever heard or read that taking the vitamin folic acid can help prevent some birth defects?

- No ➔ Go to Question 26
- Yes

27. Have you ever heard about folic acid from any of the following?

- Magazine or newspaper article
- Radio or television
- Doctor, nurse, or other health care worker
- Book
- Family or friends
- Other ➔ Please tell us:

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

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

- No ➔ Go to Page 6, Question 30
- Yes

29. When you went for WIC visits during your most recent pregnancy, did you receive information on breastfeeding?

- No
- Yes
30. 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.

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

If you did not have any of these problems, go to Question 32.

31. 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.

<table>
<thead>
<tr>
<th></th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. I went to the hospital or emergency room and stayed less than 1 day</td>
<td>N</td>
<td>Y</td>
</tr>
<tr>
<td>b. I went to the hospital and stayed 1 to 7 days</td>
<td>N</td>
<td>Y</td>
</tr>
<tr>
<td>c. I went to the hospital and stayed more than 7 days</td>
<td>N</td>
<td>Y</td>
</tr>
<tr>
<td>d. I stayed in bed at home more than 2 days because of my doctor’s or nurse’s advice</td>
<td>N</td>
<td>Y</td>
</tr>
</tbody>
</table>

The next questions are about smoking cigarettes and drinking alcohol.

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

- [ ] No
- [ ] Yes

Go to Question 36

33. 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)
34. 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)

35. 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)

36. Does your husband or partner smoke inside your house?

- No
- Yes

37. Not including yourself or your husband or partner, does anyone else smoke cigarettes inside your house?

- No
- Yes

38. 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 41
- Yes

39a. 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

39b. 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

40a. 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

40b. 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. The next question is about things that may have happened before and during your most recent pregnancy.

41. 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.)

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

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

42a. **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

42b. **During the 12 months before you got pregnant**, were you physically hurt in any way by your husband or partner?

- No
- Yes

43. **During the 12 months before you got pregnant**, did anyone else physically hurt you in any way?

- No
- Yes

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

44a. **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

44b. **During your most recent pregnancy**, were you physically hurt in any way by your husband or partner?

- No
- Yes
45. During your most recent pregnancy, did anyone else physically hurt you in any way?

❑ No
❑ Yes

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

46. When was your baby due?

Month Day Year

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

Month Day Year

❑ I didn’t have my baby in a hospital

48. When was your baby born?

Month Day Year

49. 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

50. How was your delivery paid for?

☐ Medicaid
☐ Personal income (cash, check, or credit card)
☐ Health insurance or HMO (including insurance from your work or your husband’s work)
☐ State Maternal and Child Health Program
☐ Other Please tell us:

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

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

❑ No
❑ Yes
❑ I don’t know

52. 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 Page 10, Question 55

53. Is your baby alive now?

❑ No
❑ Yes

Go to Page 12, Question 72
54. Is your baby living with you now?
- ☐ No → Go to Page 12, Question 72
- ☑ Yes

55. Did you ever breastfeed or pump breast milk to feed your new baby after delivery?
- ☐ No
- ☑ Yes → Go to Question 57

56. What were your reasons for not breastfeeding your new baby?
Check all that apply
- ☐ My baby was sick and could not breastfeed
- ☐ I was sick or on medicine
- ☐ I had other children to take care of
- ☐ I had too many household duties
- ☐ I didn’t like breastfeeding
- ☐ I didn’t want to be tied down
- ☐ I was embarrassed to breastfeed
- ☐ I went back to work or school
- ☐ I wanted my body back to myself
- ☐ Other → Please tell us:

57. Are you still breastfeeding or feeding pumped milk to your new baby?
- ☐ No
- ☑ Yes → Go to Question 59

58. How many weeks or months did you breastfeed or pump milk to feed your baby?
- ☐ Less than 1 week
- ☐ Weeks OR ☐ Months

59. 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.
- ☐ My baby was less than 1 week old
- ☑ I have not fed my baby anything besides breast milk

If your baby was not born in a hospital, go to Question 61.

60. This question asks about things that may have happened at the hospital where your new baby was born. For each item, circle Y (Yes) if it happened or circle N (No) if it did not happen.

<table>
<thead>
<tr>
<th></th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Hospital staff gave me information about breastfeeding.</td>
<td>N</td>
</tr>
<tr>
<td>b.</td>
<td>My baby stayed in the same room with me at the hospital.</td>
<td>N</td>
</tr>
<tr>
<td>c.</td>
<td>I breastfed my baby in the hospital.</td>
<td>N</td>
</tr>
<tr>
<td>d.</td>
<td>I breastfed my baby in the first hour after my baby was born.</td>
<td>N</td>
</tr>
<tr>
<td>e.</td>
<td>Hospital staff helped me learn how to breastfeed.</td>
<td>N</td>
</tr>
<tr>
<td>f.</td>
<td>My baby was fed only breast milk at the hospital.</td>
<td>N</td>
</tr>
<tr>
<td>g.</td>
<td>Hospital staff told me to breastfeed whenever my baby wanted.</td>
<td>N</td>
</tr>
<tr>
<td>h.</td>
<td>The hospital gave me a gift pack with formula.</td>
<td>N</td>
</tr>
<tr>
<td>i.</td>
<td>The hospital gave me a telephone number to call for help with breastfeeding.</td>
<td>N</td>
</tr>
<tr>
<td>j.</td>
<td>My baby used a pacifier in the hospital.</td>
<td>N</td>
</tr>
</tbody>
</table>

If your baby is still in the hospital, go to Page 12, Question 72.
61. About how many hours a day, on average, is your new baby in the same room with someone who is smoking?

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

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

☐ On his or her side
☐ On his or her back
☐ On his or her stomach

63. How often does your new baby sleep in the same bed with you or anyone else?

☐ Always
☐ Often
☐ Sometimes
☐ Rarely
☐ Never

64. 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

65. 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

66. Where do you usually take your new baby for well-baby checkups?

☐ Hospital clinic
☐ Health department clinic
☐ Private doctor’s office or HMO clinic
☐ Other ———— Please tell us:

67. Has your new baby gone as many times as you wanted for a well-baby checkup?

☐ No
☐ Yes

68. How many times has your new baby gone for care when he or she was sick?

☐ None ———— Go to Page 12, Question 71
☐ My baby has not been sick ———— Go to Page 12, Question 71

69. Where have you taken your new baby when he or she was sick and needed care?

☐ Hospital clinic
☐ Health department clinic
☐ Hospital emergency room
☐ Private doctor’s office
☐ Other ———— Please tell us:

Go to Question 67
70. Has your new baby gone for care as many times as you wanted when he or she was sick?
- No
- Yes

71. Is your new baby in the Child Health Insurance Program (CHIP)?
- No
- Yes

72. 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 Question 74

73. What are your or your husband’s or partner’s reasons for not doing anything to keep from getting pregnant now?
- 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:

74. What kind of birth control are you or your husband or partner using now to keep from getting pregnant?
- Check all that apply
  - Tubes tied or closed (female sterilization)
  - Vasectomy (male sterilization)
  - Pill
  - Condoms
  - Shot once a month (Lunelle®)
  - Shot once every 3 months (Depo-Provera®)
  - Contraceptive patch (OrthoEvra®)
  - Diaphragm, cervical cap, or sponge
  - Cervical ring (NuvaRing® or others)
  - IUD (including Mirena®)
  - Rhythm method or natural family planning
  - Withdrawal (pulling out)
  - Not having sex (abstinence)
  - Other ➔ Please tell us:

75. Since your new baby was born, have you had a postpartum checkup for yourself? (A postpartum checkup is the regular checkup a woman has after she gives birth.)
- No
- Yes
The next few questions are about the time during the 12 months before your new baby was born.

76. 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:

77. 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

78. During the 12 months before your new baby was born, how many people, including yourself, depended on this income? Please tell us:

79. 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

80. During your most recent pregnancy, did you get any of these services? For each one, circle Y (Yes) if you got the service or circle N (No) if you did not get it.

a. Childbirth classes . . . . . . . . . . . . . . . . N Y
b. Parenting classes . . . . . . . . . . . . . . . . N Y
c. Classes on how to stop smoking . . . . . . N Y
d. Visits to your home by a nurse or other health care worker . . . . . . . . . . . . . . . N Y
e. Food stamps . . . . . . . . . . . . . . . . . . . . N Y
f. TANF (welfare) . . . . . . . . . . . . . . . . . . . N Y

If your baby is not alive or is not living with you, go to Page 14, Question 83.
81. Listed below are some statements about safety. For each one, circle Y (Yes) if it applies to you or circle N (No) if it does not.

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. My infant was brought home from the hospital in an infant car seat</td>
<td>N Y</td>
</tr>
<tr>
<td>b. My baby always or almost always rides in an infant car seat</td>
<td>N Y</td>
</tr>
<tr>
<td>c. My home has a working smoke alarm</td>
<td>N Y</td>
</tr>
<tr>
<td>d. There are <em>loaded</em> guns, rifles, or other firearms in my home</td>
<td>N Y</td>
</tr>
</tbody>
</table>

82. Since your new baby was born, have you used WIC services for your new baby?

- [ ] No
- [ ] Yes

83. 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.

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Before my most recent pregnancy</td>
<td>N Y</td>
</tr>
<tr>
<td>b. During my most recent pregnancy</td>
<td>N Y</td>
</tr>
<tr>
<td>c. After my most recent pregnancy</td>
<td>N Y</td>
</tr>
</tbody>
</table>

84. Counting yourself, how many people live in your house, apartment, or trailer?

### Adults
- [ ] Adults
  (people aged 18 years or older)

### Babies, children, or teenagers
- [ ] Babies, children, or teenagers
  (people aged 17 years or younger)

85. The following are things a doctor, nurse, or other health care worker might have talked to you about during your pregnancy or after delivery. For each thing, circle Y (Yes) if someone talked to you about it or N (No) if no one talked to you about it.

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Childbirth education (classes on labor and delivery)</td>
<td>N Y</td>
</tr>
<tr>
<td>b. High Risk Birth Score Program</td>
<td>N Y</td>
</tr>
<tr>
<td>c. Parenting classes</td>
<td>N Y</td>
</tr>
<tr>
<td>d. Right From the Start Program</td>
<td>N Y</td>
</tr>
<tr>
<td>e. Immunization (shots) for your baby</td>
<td>N Y</td>
</tr>
<tr>
<td>f. Diabetes (how it may affect you and your baby)</td>
<td>N Y</td>
</tr>
</tbody>
</table>

86. What is today’s date?

```
Month  Day  Year
```
Please use this space for any additional comments you would like to make about the health of mothers and babies in West Virginia.

Thanks for answering our questions!

Your answers will help us work to make West Virginia mothers and babies healthier.

March 1, 2004