Please mark your answers. Follow the directions included with the questions. If no directions are presented, check the box next to your answer or fill in the blanks. Because not all questions will apply to everyone, you may be asked to skip certain questions.

## **BEFORE PREGNANCY**

First, we would like to ask a few questions about *you* and the time <u>before</u> you got pregnant with your new baby.

1. At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? For each item, circle Y (Yes) if you did it or circle N (No) if you did not.

	No	Ye
a.	I was dieting (changing my eating	
	habits) to lose weight	Y
b.	I was exercising 3 or more days	
	of the week	Y
c.	I was regularly taking prescription	
	medicines other than birth control N	Y
d.	I visited a health care worker to	
	be checked or treated for diabetes N	Y
e.	I visited a health care worker to	
	be checked or treated for high	
	blood pressureN	Y
f.	I visited a health care worker to	
	be checked or treated for depression	
	or anxiety	Y
g.	I talked to a health care worker	
	about my family medical history N	Y
h.	I had my teeth cleaned by a dentist	
	or dental hygienistN	Y

4.	wit	with your new baby, were you covered by any of these health insurance plans?		
		Check <u>all</u> that apply		
		Health insurance from your job or the job of your husband, partner, or		
		parents Health insurance that you or someone else paid for (not from a job)		
☐ TRICARE or other mi		Medicaid or Medical Card TRICARE or other military health care Other source(s)   Please tell us:		
		I did not have any health insurance before I got pregnant		
3.	wit	Ouring the <i>month before</i> you got pregnant with your new baby, how many times a week did you take a multivitamin, a brenatal vitamin, or a folic acid vitamin?		
		I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin at all		
		1 to 3 times a week 4 to 6 times a week Every day of the week		
4.		t before you got pregnant with your new by, how much did you weigh?		
		Pounds <b>OR</b> Kilos		
5.	Ho	w tall are you without shoes?		
		Feet Inches		
		OR Meters		

10. Before you got pregnant with your new baby, did you ever have any other babi who were born alive?  ☐ No ← Go to Question	
Yes  11. Did the baby born just before your new one weigh more than 5 pounds, 8 ounces (2.5 kilos) at birth?  No Yes	
12. Was the baby just before your new one born more than 3 weeks before his or her due date?  □ No □ Yes	
The next questions are about the time when you got pregnant with your <i>new</i> baby.	
13. Thinking back to <i>just before</i> you got pregnant with your <i>new</i> 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	

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 [natural family planning or rhythm] or withdrawal, and using birth control methods such as the pill, condoms, vaginal ring, IUD, having their tubes tied, or their partner having a vasectomy.)

☐ No ☐ Yes – Go to Question 17 16. What were your reasons 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 anvthing ☐ Other – ➤ Please tell us:

## **DURING PREGNANCY**

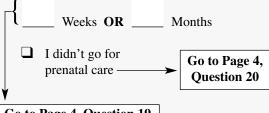
The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar when you answer these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

17. 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

18. 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).



Go to Page 4, Question 19

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

No		
Yes	<b></b>	Go to Question 21

20. Did any of these things keep you from getting prenatal care at all or as early as you wanted? For each item, circle T (True) if it was a reason that you didn't get prenatal care when you wanted or circle F (False) if it was not a reason for you or if something does not apply to you.

	True	False
a.	I couldn't get an appointment	
	when I wanted one T	F
b.	I didn't have enough money or	
	insurance to pay for my visits T	F
c.	I had no transportation to get to	
	the clinic or doctor's office T	F
d.	The doctor or my health plan	
	would not start care as early	
	as I wanted	F
e.	I had too many other things	_
٠.	going on	F
f.	I couldn't take time off from work	•
	or schoolT	F
g.	I didn't have my Medicaid or	•
g.	Medical cardT	F
h.		1.
11.	I had no one to take care of my	F
	childrenT	_
i.	I didn't know that I was pregnant T	F
j.	I didn't want anyone else to know	_
	I was pregnant T	F
k.	I didn't want prenatal care T	F

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

21. Did any of these health insurance plans help you pay for your *prenatal care*?

Check all that apply

	Health insurance from your job
	or the job of your husband, partner, or
	parents
	Health insurance that you or someone else
	paid for (not from a job)
	Medicaid or Medical Card
	TRICARE or other military health care
	State Maternal and Child Health Program
$\overline{\Box}$	Other source(s) — Please tell us:
_	Other source(s) — I lease ten us.
	I did not have health insurance to help
	pay for my prenatal care
	r J r

22.	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.	Medicines that are safe to take during	<u>,</u>	
	my pregnancy	. N	Y
f.	How using illegal drugs could affect		
	my baby	. N	Y
g.	Doing tests to screen for birth defects		
	or diseases that run in my family	. N	Y
h.	The signs and symptoms of preterm		
	labor (labor more than 3 weeks before	e	
	the baby is due)	. 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.	What to do if I feel depressed during		
	my pregnancy or after my baby		
	is born	. N	Y
1.	Physical abuse to women by their		
	husbands or partners	. N	Y
23.	During any of your prenatal care vis	its, d	lid a

doctor, nurse, or other health care worker ask if you were smoking cigarettes?

☐ No ☐ Yes

	doctor, nurse, or other health care wask you—	ork	er
	-	No	Yes
a.	How much alcohol you were drinking	N	Y
b.	If someone was hurting you		_
c.	emotionally or physically  If you were using illegal drugs (marijuana or hash, cocaine,	N	Y
d	crack, etc.)	N	Y
d.	(the virus that causes AIDS)	N	Y
e.	If you planned to use birth control after your baby was born	N	Y
25.	At any time during your most recent pregnancy or delivery, did you have for HIV (the virus that causes AIDS)		est
	☐ No ☐ Yes ☐ I don't know		
26.	Have you ever heard or read that tall vitamin with folic acid can help previous birth defects?		
	□ No □ Yes		
27.	During your most recent pregnancy, you on WIC (the Special Supplemen Nutrition Program for Women, Infa and Children)?	tal	e
<b>↓</b>	☐ No → Go to Page 6, Quest	ion	29
28.	During your most recent pregnancy, you went for your WIC visits, did yo speak with a breastfeeding peer cour or another WIC staff person about breastfeeding?	u	
	□ No □ Yes		

24. During any of your prenatal care visits, did a

29.	During your most recent pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during this pregnancy)?	The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).	
	□ No	31. Have you smoked any cigarettes in the <i>past</i> 2 years?	
	☐ Yes	□ No — Go to Question 36	
30.	<b>Did you have any of the following problem during</b> <i>your most recent</i> <b>pregnancy?</b> For each item, circle <b>Y</b> (Yes) if you had the problem or circle <b>N</b> (No) if you did not.	32. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)	
a. b. c.	Vaginal bleeding	41 cigarettes or more  21 to 40 cigarettes  11 to 20 cigarettes  41 to 5 cigarettes  Less than 1 cigarette  I didn't smoke then	
e.	High blood pressure, hypertension (including pregnancy-induced hypertension [PIH]), preeclampsia, or toxemia	33. In the <i>last 3 months</i> of your pregnancy, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)	
f.	Problems with the placenta (such as abruptio placentae or	41 cigarettes or more 21 to 40 cigarettes 11 to 20 cigarettes 6 to 10 cigarettes	
g.	before my baby was due (preterm or early labor)	1 to 5 cigarettes Y Less than 1 cigarette	
h.	Water broke more than 3 weeks before my baby was due (premature rupture of membranes [PROM])N	If you did not smoke during the 3 months	
i. j.	I had to have a blood transfusion N	before you got pregnant with your new baby, go to Question 35.	

34.	During any of your prenatal care visits, did a doctor, nurse, or other health care worker advise you to quit smoking?	The next questions are about drinking alcohol around the time of pregnancy (before, during, and after).		
	<ul> <li>□ No</li> <li>□ Yes</li> <li>□ I had quit smoking before my first prenatal care visit</li> <li>□ I didn't go for prenatal care</li> </ul>	<b>39.</b> 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.		
25		☐ No → Go to Page 8, Question 42		
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	40a. During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?		
	☐ 11 to 20 cigarettes ☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ I don't smoke now	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		
36.	Which of the following statements best describes the rules about smoking <i>inside</i>	then — Go to Page 8, Question 41a		
	your home now?  Check one answer	40b. During the <i>3 months before</i> you got pregnant, how many times did you drink		
	No one is allowed to smoke anywhere → Question 39	4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.		
\ \ \	inside my home  Smoking is allowed in some rooms or at some times  Smoking is permitted anywhere inside my home	☐ 6 or more times ☐ 4 to 5 times ☐ 2 to 3 times ☐ 1 time ☐ I didn't have 4 drinks or more in 1 sitting		
37.	Does your husband or partner smoke inside your home?	-		
	□ No □ Yes			
38.	Not including yourself or your husband or partner, does anyone else smoke cigarettes inside your home?			
	□ No □ Yes			

41a. During the <u>last 3</u> months of your pregnancy, how many alcoholic drinks did you have in an average week?  14 drinks or more a week		Pregnancy can be a difficult time for some women. The next questions are about things that may have happened <u>before</u> and <u>during</u> your most recent pregnancy.		
41b.	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 — Go to Question 42  During the last 3 months of your pregnancy,		This question is about things that may have happened during the 12 months before you new baby was born. For each item, circle Y (Yes) if it happened to you or circle N (Not if it did not. (It may help to look at the calendar when you answer these questions.)	ur
	how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.  Gor more times 4 to 5 times 2 to 3 times 1 time I didn't have 4 drinks or more in 1 sitting	a. b. c. d. e. f. j. k. 1.	I got separated or divorced from my husband or partner	Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y

43. During the 12 months before you got pregnant with your new baby, did your	48. When were you discharged from the hospital after your baby was born?
husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?	$\frac{1}{\text{Month}} / \frac{1}{\text{Day}} / \frac{20}{\text{Year}}$
□ No □ Yes	☐ I didn't have my baby in a hospital
44. During your most recent pregnancy, did	49. Did any of these health insurance plans help you pay for the <i>delivery</i> of your new baby?
your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?	Check <u>all</u> that apply
□ No □ Yes	<ul> <li>☐ Health insurance from your job or the job of your husband, partner, or parents</li> <li>☐ Health insurance that you or someone else</li> </ul>
The next questions are about your labor and delivery. (It may help to look at the calendar when you answer these questions.)	paid for (not from a job)  ☐ Medicaid or Medical Card ☐ TRICARE or other military health care ☐ State Maternal and Child Health Program ☐ Other source(s) → Please tell us:
45. When was your baby due?	Other source(s) Please tell us:
$\frac{1}{\text{Month}} / \frac{1}{\text{Day}} / \frac{20}{\text{Year}}$	I did not have health insurance to help pay for my delivery
46. When did you go into the hospital to have your baby?	AFTER PREGNANCY
${\text{Month}} / {\text{Day}} / \frac{20}{\text{Year}}$	The next questions are about the time since your new baby was born.
☐ I didn't have my baby in a hospital	50. After your baby was born, was he or she
47. When was your baby born?	put in an intensive care unit?
Month Day / 20 Year	☐ No ☐ Yes ☐ I don't know

51.	After your baby was born, how long did he or she stay in the hospital?	If you did not breastfeed your new baby, go to Question 59b.
	Less than 24 hours (less than 1 day)  24 to 48 hours (1 to 2 days)  3 to 5 days  6 to 14 days  More than 14 days  My baby was not born in a hospital  My baby is still in the hospital  Go to Question 54	56. Are you currently breastfeeding or feeding pumped milk to your new baby?  ☐ No ☐ Yes ☐ Go to Question 58  57. How many weeks or months did you breastfeed or pump milk to feed your baby?
52.	Is your baby alive now?	W I OD W I
✓	□ No — → Go to Question 63 □ Yes	Weeks <b>OR</b> Months  Less than 1 week
53.	Is your baby living with you now?	If your baby was not born in a hospital, go to Question 59a.
<b>√</b> 54.	No Yes Go to Question 63  Did you ever breastfeed or pump breast milk to feed your new baby after delivery, even for a short period of time?	58. 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.
55.	No Yes ────────────────────────────────────	a. Hospital staff gave me information about breastfeeding
	☐ I didn't want to ☐ I was embarrassed to breastfeed ☐ I went back to work or school ☐ I wanted my body back to myself ☐ Other → Please tell us:	

59a. How old was your new baby the first time he or she drank liquids other than breast milk (such as formula, water, juice, tea, or	62. Was your new baby seen by a doctor, nurse, or other health care worker for a <i>one week check-up</i> after he or she was born?	
cow's milk)?  Weeks OR Months	□ No □ Yes	
<ul><li>My baby was less than 1 week old</li><li>My baby has not had any liquids other than breast milk</li></ul>	63. 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	
59b. How old was your new baby the first time he or she ate food (such as baby cereal, baby food, or any other food)?	at certain times [natural family planning or rhythm] or withdrawal, and using birth control methods such as the pill, condoms, vaginal ring, IUD, having their tubes tied, or their partner having a vasectomy.)	
<ul> <li>Weeks OR Months</li> <li>□ My baby was less than 1 week old</li> <li>□ My baby has not eaten any foods</li> </ul>	Partitle intving a vascetomy.)  ☐ No ☐ Yes	
If your baby is still in the hospital, go to Question 63.	64. What are your reasons or your husband or partner's reasons for not doing anyth to keep from getting pregnant now?	
In which <i>one</i> position do you <u>most often</u> lay your baby down to sleep now?  Check <u>one</u> answer	Check <u>all</u> that apply  ☐ I am not having sex ☐ I want to get pregnant ☐ I don't want to use birth control	
<ul> <li>□ On his or her side</li> <li>□ On his or her back</li> <li>□ On his or her stomach</li> </ul>	<ul> <li>□ My husband or partner doesn't want to use anything</li> <li>□ I don't think I can get pregnant (sterile)</li> <li>□ I can't pay for birth control</li> <li>□ I am pregnant now</li> </ul>	
61. How often does your new baby sleep in the same bed with you or anyone else?	Other Please tell us:	
☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never	65. Since your new baby was born, have you had a postpartum checkup for yourself?  (A postpartum checkup is the regular checkup a woman has about 6 weeks after she gives birth.)  No Yes	

66. Below is a list of feelings and experiences that women sometimes have after childbirth. Read each item to determine how well it describes your feelings and experiences. Then, write on the line the number of the choice that best describes how often you have felt or experienced things this way since your new baby was born. Use the scale when answering:

1 Never	2 Rarely	3 Sometimes	4 Often	5 Always	
a.	I felt dov	vn, depressed,	or sad		
b.	I felt hop	eless			
c.	c. I felt slowed down				
	ОТНІ	ER EXPERI	ENCES		
The next questions are on a variety of topics.					
pre nu you	egnancy of rse, or oth	during your m r after deliver er health care paby blues" or	y, did a d worker	loctor, talk with	
	No Yes				
1 -		moke during t pregnant, go t		nths	
	, ,	p. 08, 80 t	o Questi	on 69.	

Question 69.

68. Listed below are some things about quitting smoking that a doctor, nurse, or other health care worker might have done during any of your prenatal care visits. For each thing, circle Y (Yes) if it applied to you during any of your prenatal care visits or circle N (No) if it did not.

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

	No	Yes
a.	Spend time with you discussing	
	how to quit smoking N	Y
b.	Suggest that you set a specific date	
	to stop smokingN	Y
c.	Suggest you attend a class or	
	program to stop smokingN	Y
d.	Provide you with booklets, videos,	
	or other materials to help you quit	
	smoking on your own N	Y
e.	Refer you to counseling for help	
	with quitting N	Y
f.	Ask if a family member or friend	
	would support your decision to quit N	Y
g.	Refer you to a national or state	
	quit line	Y
h.	Recommend using nicotine gum N	Y
i.	Recommend using a nicotine patch N	Y
j.	Prescribe a nicotine nasal spray	
	or nicotine inhalerN	Y
k.	Prescribe a pill like Zyban®	
	(also known as Wellbutrin <sup>®</sup> or	
	Bupropion <sup>®</sup> ) or Chantix <sup>®</sup>	
	(also known as Varenicline)	
	to help you quit N	Y

69.	<b>During</b> <i>your most recent</i> <b>pregnancy</b> , <b>did</b> <i>you receive</i> <b>any of the following services?</b> For each one, circle <b>Y</b> (Yes) if you received the service or circle <b>N</b> (No) if you did not receive the service.	72.	About how many hours a day, on average your new baby in the same room or veh with someone who is smoking?	
	Did you receive—		Hours	
a. b. c. d.	Food stamps, WIC vouchers, or money to buy food	73.	Less than 1 hour a day  My baby is never in the same room of vehicle with someone who is smoking.  Since your new baby was born, did any doctor, nurse, or other health care work talk with you about any of the things list below? Please count only discussions, no 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 we you about it.	er eted ot on,
			No	Yes
	your baby is not alive or is not living with ou, go to Page 14, Question 74.	a. b.	Help with or information about breastfeeding	Y
70.	Have you ever heard or read about what can happen if a baby is shaken?	c.	pregnant again	Y
	□ No □ Yes	d. e. f.	Postpartum depression N Support groups for new parents N Resources in my community such as nurse home visitation programs,	Y Y
71.	Did a doctor, nurse or other health care worker talk with you about how to lay your	g.	telephone hotlines, counseling, etcN Getting to and staying at a healthy weight after deliveryN	Y Y
	new baby down to sleep?  No Yes			

14		
74.	Have you ever had your teeth cleaned by a dentist or dental hygienist?	The last questions are about the time during the <u>12 months before</u> your new baby
	□ No ———— Go to Question 76 □ Yes	was born.
<b>75.</b>	Did you have your teeth cleaned by a dentist or dental hygienist during the time periods listed below? For each time period, circle Y (Yes) if you had your teeth cleaned then or circle N (No) if you did not have your teeth cleaned then.	77. During the 12 months before your new bab was born, what was your yearly total household income before taxes? Include your income, your husband's or partner's income, and any other income you may have received. (All information will be kept private and will not affect any services you are now getting.)
a. b.	During my most recent pregnancy N Y  After my most recent pregnancy N Y	☐ Less than \$10,000 ☐ \$10,000 to \$14,999 ☐ \$15,000 to \$19,999
76.	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 circle	\$20,000 to \$24,999 \$25,000 to \$34,999 \$35,000 to \$49,999 \$50,000 or more
a. b. c. d.	N (No) if no one talked to you about it.  No Yes  High Risk Birth Score Program N Y	78. During the 12 months before your new bab was born, how many people, including yourself, depended on this income?
	Right from the Start Program N Y Immunization (shots) for my baby N Y Diabetes (how it may affect me	People
٠.	and my baby) N Y	79. 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.