

West Virginia PRAMS 2006 Surveillance Report

Pregnancy Risk Assessment Monitoring System

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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 indicated 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 of mothers and infants. PRAMS information is also used by state and local governments to plan and review programs and policies aimed at reducing health problems among mothers and babies.

West Virginia PRAMS Responder Highlights*—2006

Family Planning

- 43% of women responded their pregnancy was unintended.
- 42% 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.
- 84% 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 yet”.

Risk Factors

- Among mothers who reported they were smokers, 29% smoked during the last three months of pregnancy.
- Among women who said they drank alcohol, 4% drank during the last three months of pregnancy.

Infant Health and Care

- 56% of mothers initiated breastfeeding.
- 98% of WIC participants received breastfeeding information during WIC visits.
- The most common reason reported for not breastfeeding was – “I didn’t like it”.
- 68% of infants are placed on their backs when sleeping.
- 34% of babies *never* sleep with someone else.
- 88% 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 are the most commonly used methods reported.
- 72% of mothers said they heard about postpartum depression from a health care professional.
- 88% of women received a postpartum checkup.

*PRAMS data given on this page are self-reported by survey participants.

PRAMS Maternal Demographics

Characteristic	PRAMS Eligible Population*		PRAMS Respondents
	Estimated Population**	Percent	Sample Size
Age (yrs.)			
<20	2,400	13	594
20-25	7,183	39	530
>25	8,760	48	609
Race			
White	17,782	97	1,666
Black	459	3	57
Other	102	<1	10
Mother's BMI			
Underweight (<19.8)	2,790	16	363
Normal (19.8-26)	7,713	43	739
Overweight (26-29)	2,365	13	192
Obese (>29)	5,059	28	400
Education (yrs.)			
<12	3,587	20	543
12	7,236	40	658
>12	7,361	40	516
Marital Status			
Married	11,246	61	870
Unmarried	7,092	39	862
Birthweight***			
<2,500 g	1,620	9	777
≥2,500 g	16,723	91	956

Characteristic	PRAMS Eligible Population*		PRAMS Respondents
	Estimated Population**	Percent	
Prenatal Care Payment Methods			
Medicaid	10,470	58	1,151
Health Insurance or HMO	7,698	42	552
Personal Income	2,256	12	185
State Maternal and Child Health	625	3	55
Other	370	2	47
Delivery Payment Methods			
Medicaid	10,846	59	1,194
Health Insurance or HMO	7,377	40	526
Personal Income	2,661	15	188
State Maternal and Child Health	562	3	52
Other	457	3	46
WIC Participation			
During Pregnancy	11,080	61	1,169
After Pregnancy	12,232	68	1,261
Previous Live Birth			
No	7,578	41	951
Yes (1 or more)	10,765	59	782

*PRAMS Eligible Population = all West Virginia women who gave birth to a live-born infant in 2006.

**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.

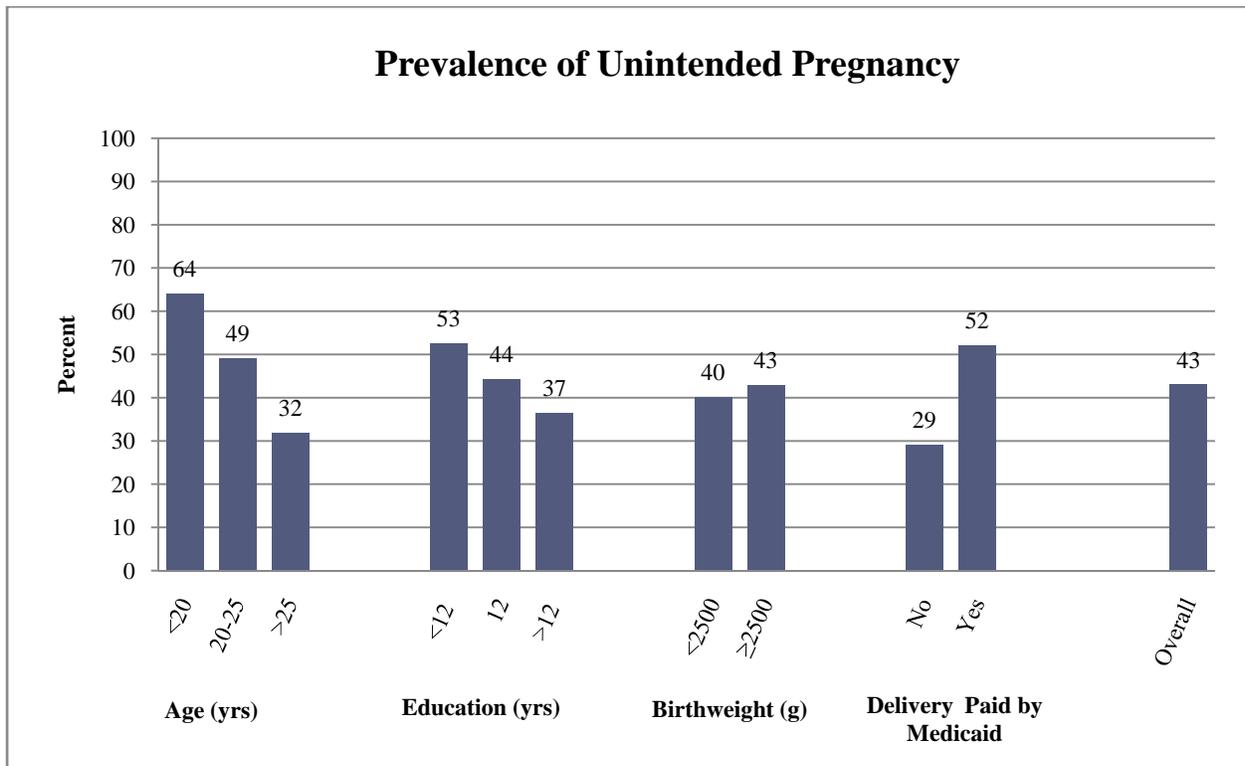
***Low Birthweight is considered a baby born weighing less than 5.5 pounds or 2,500 grams.

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.

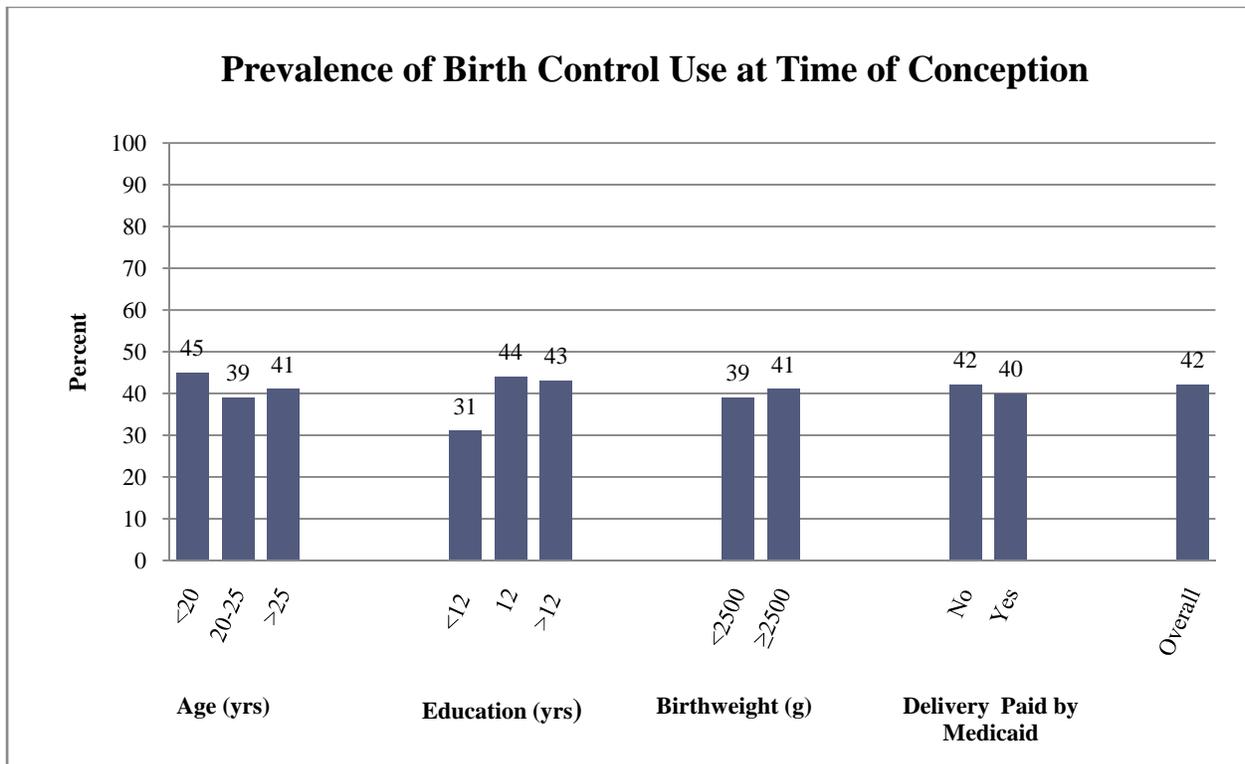
The Healthy People 2010 goal is to increase the rate of intended pregnancies to 70%. West Virginia’s overall rate of intended pregnancy was 57%, or 43% for unintended pregnancy (unintended rate is reported for easier comparison with other PRAMS data, see chart below). The prevalence of unintended pregnancies was highest among those mothers who were less than 20 years old, had less than a high school education, and were on Medicaid at the time of delivery.

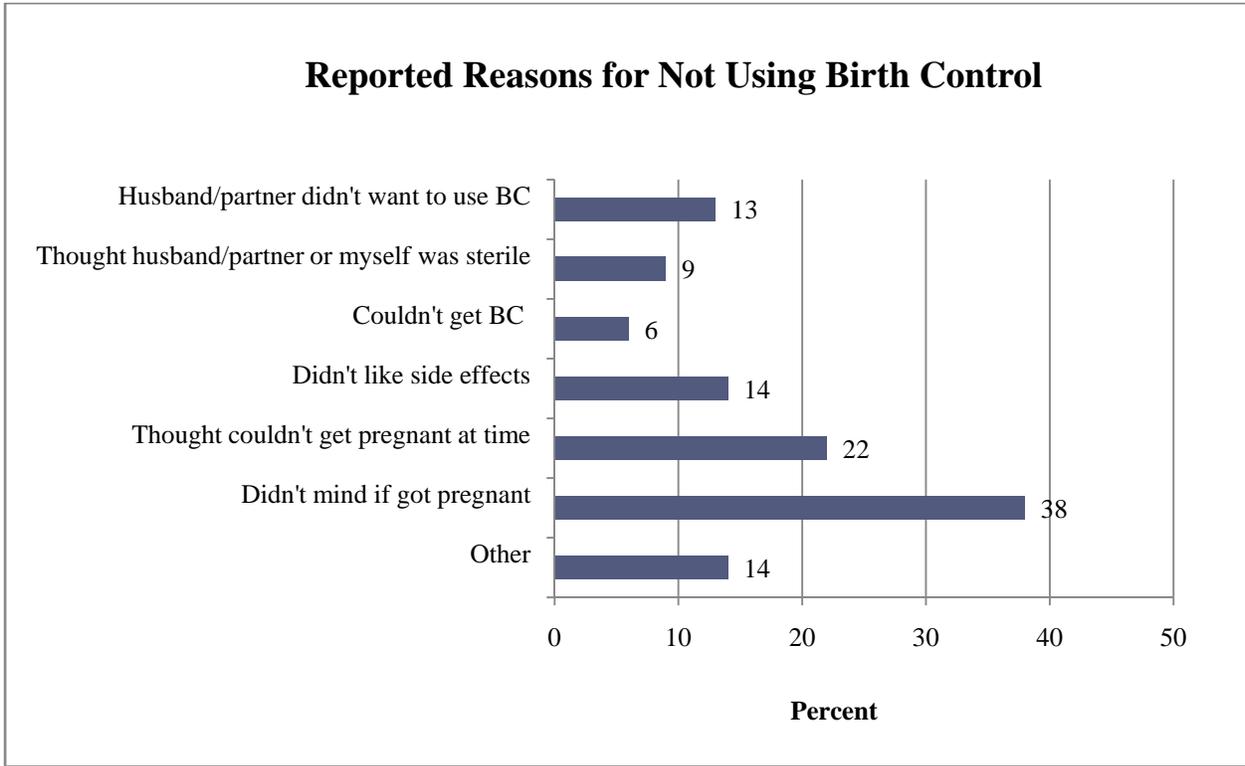


Pre-pregnancy Birth Control Use

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, 42% 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, 38% reported that they did not mind if they became pregnant (this is despite the fact they had also reported they were not trying to get pregnant).



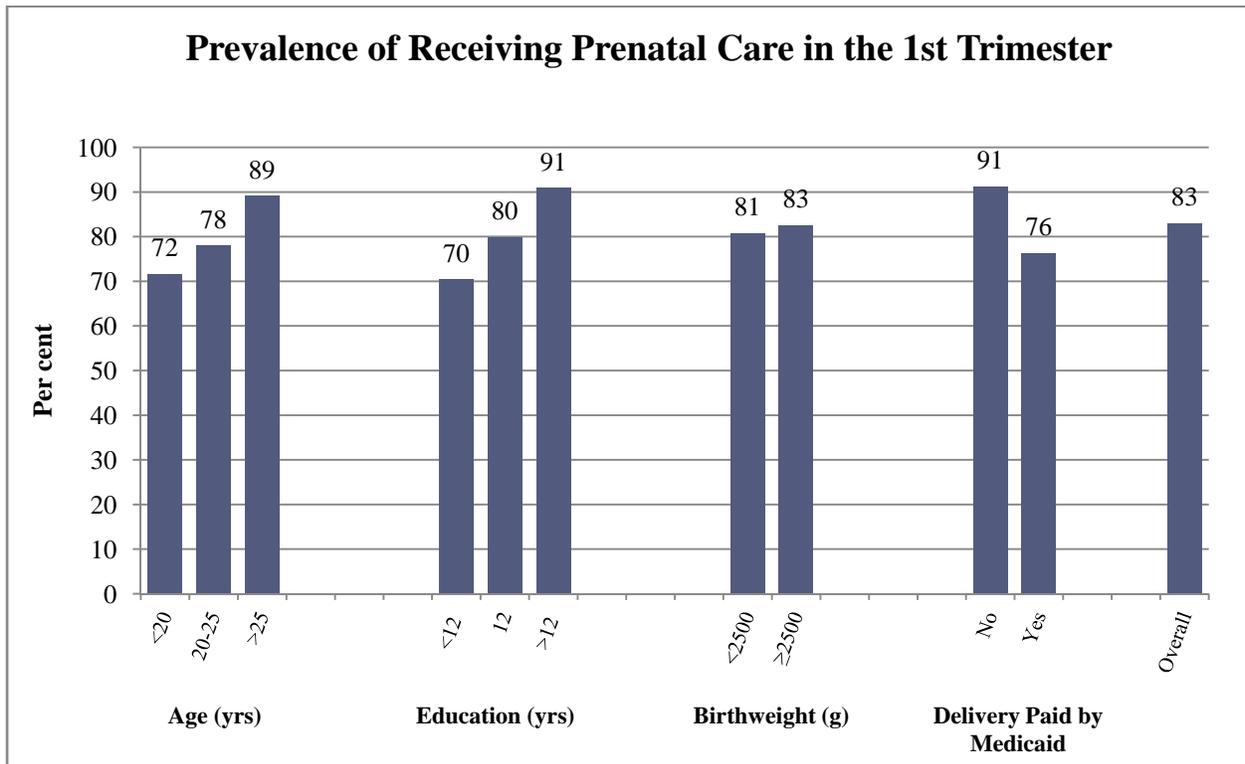


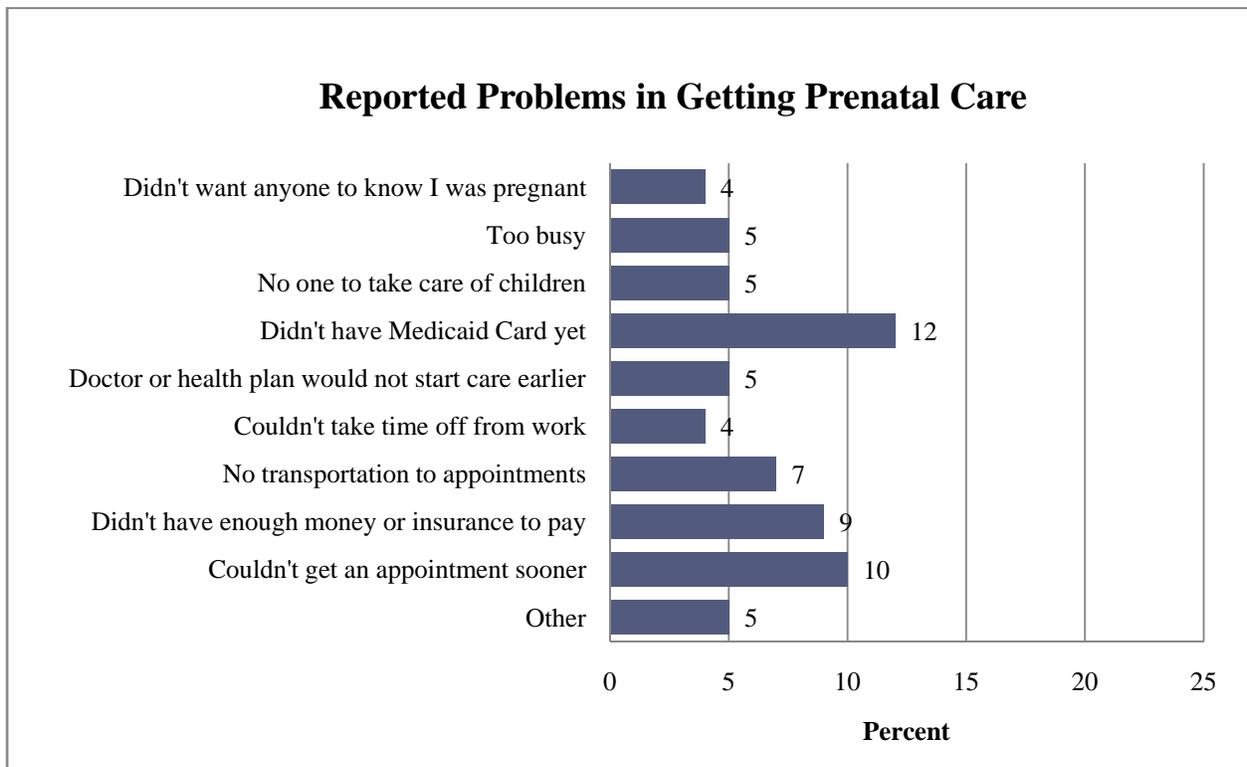
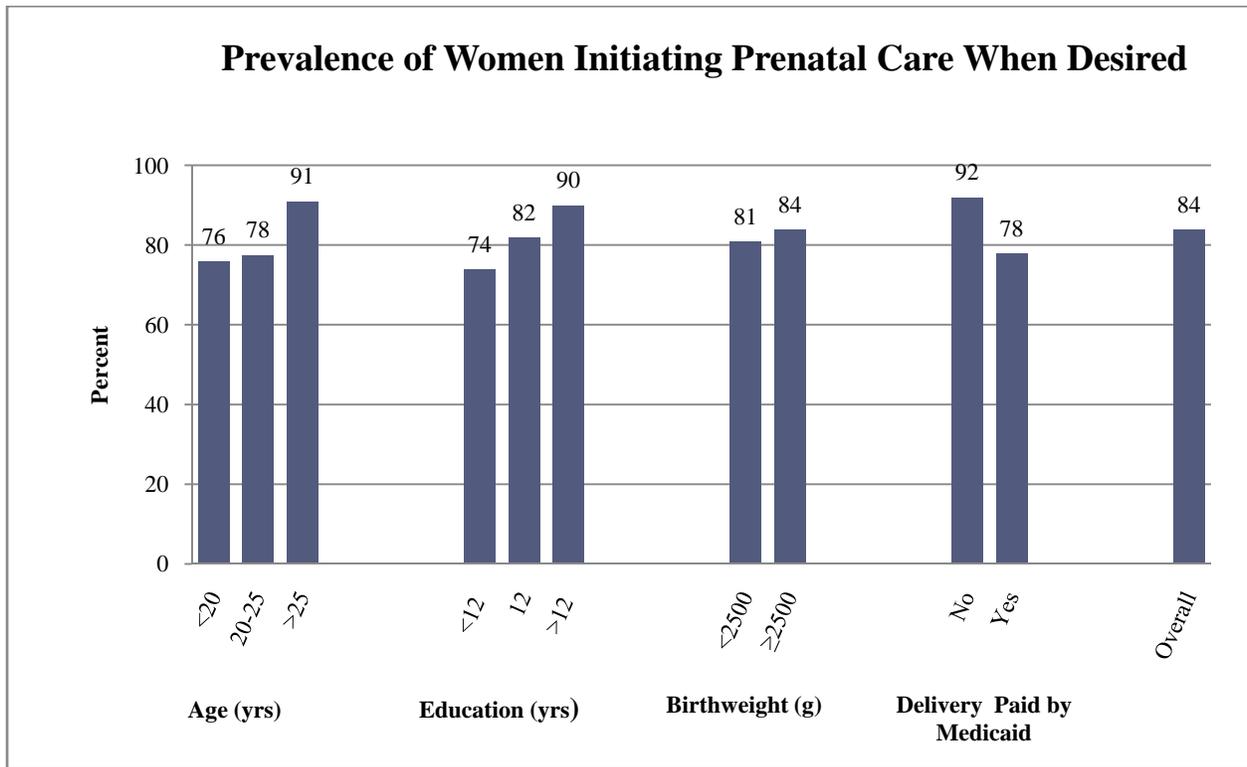
Section 2: Prenatal Care

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 yet”.

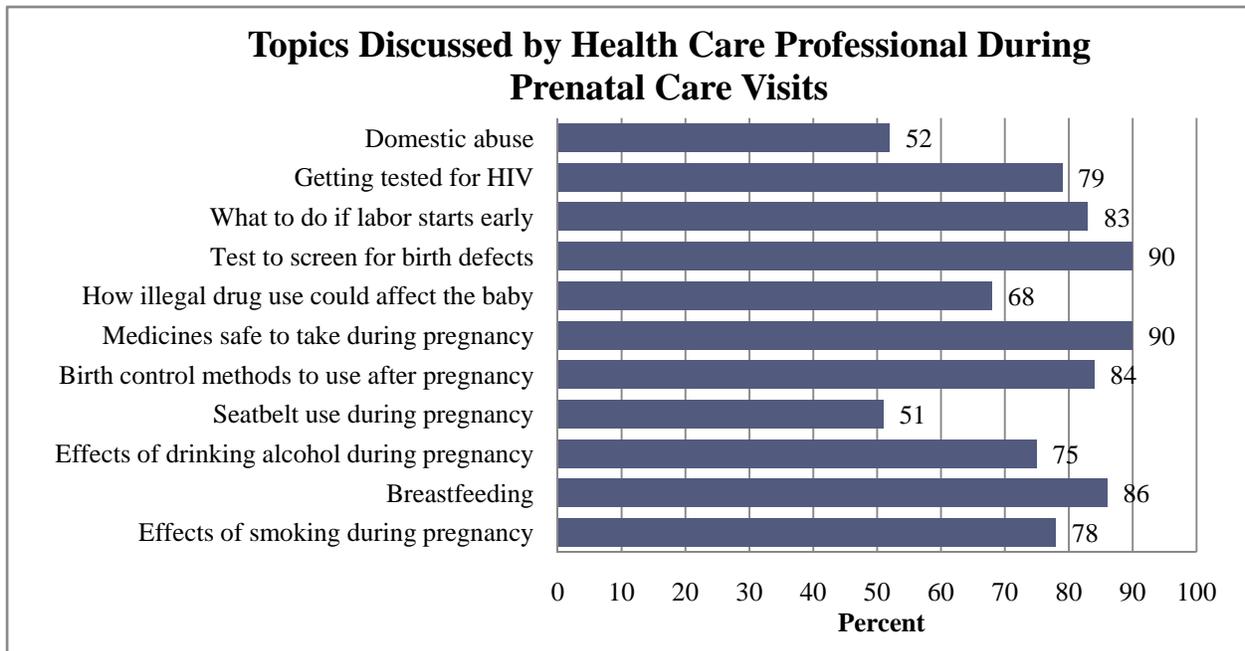




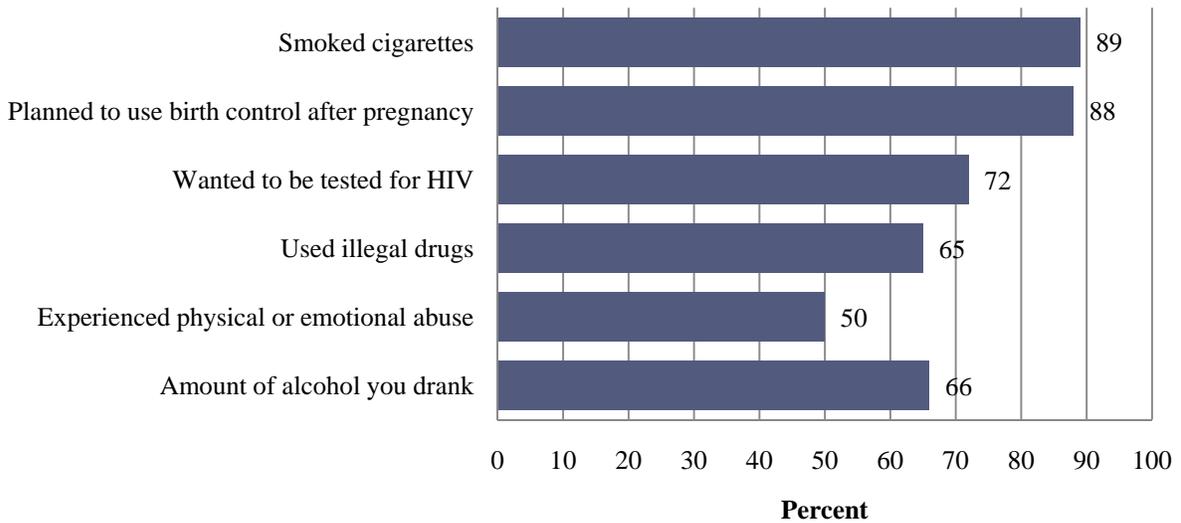
Prenatal Care Education

PRAMS asked mothers about various topics and questions discussed during their prenatal visits. Most women reported (>80%) 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 a little more than 50% of mothers reported getting information about domestic abuse and wearing a seatbelt during pregnancy.

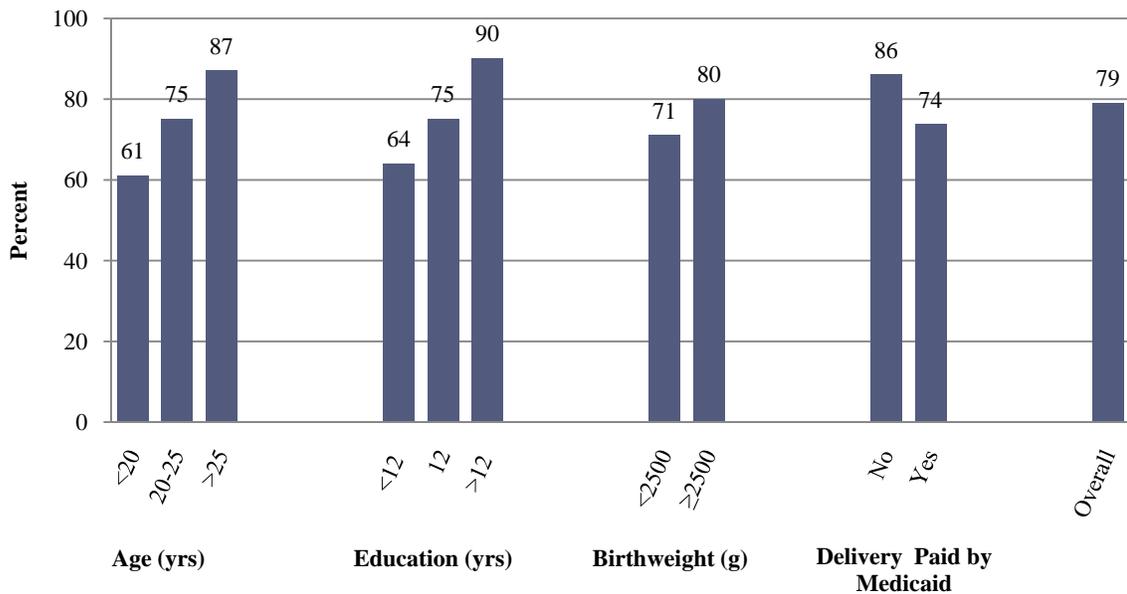
Mothers were also asked if they had heard or read that taking the vitamin folic acid can help prevent some birth defects. The Healthy People 2010 goal is to increase the number of pregnancies begun with a sufficient level of folic acid. This goal was set to help reduce the rate of neural tube defects. PRAMS wanted to know how aware women are of the benefits of folic acid. Among all respondents, 79% 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.



Topics Asked About by Health Care Professionals During Prenatal Care Visits



Prevalence of Folic Acid Awareness

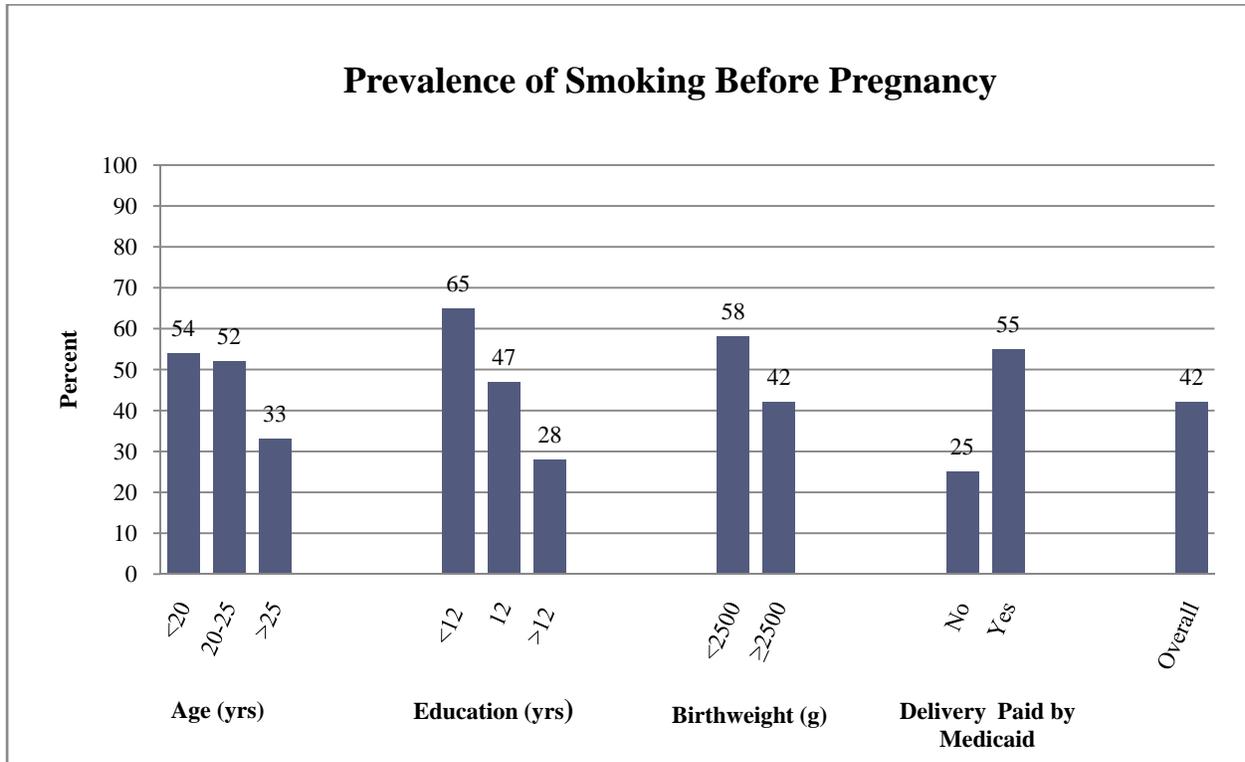


Section 3: Risk Factors

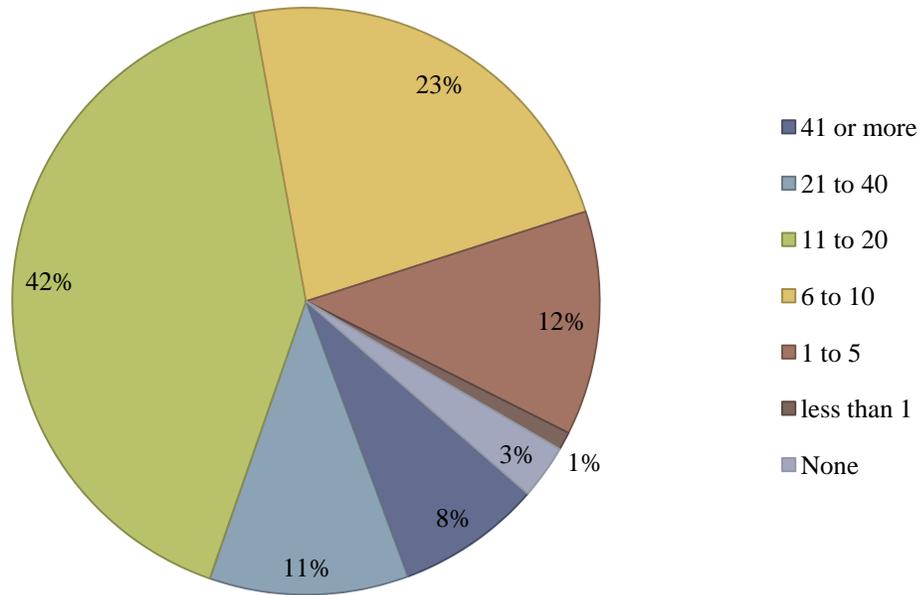
Pregnancy Smoking Habits

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.

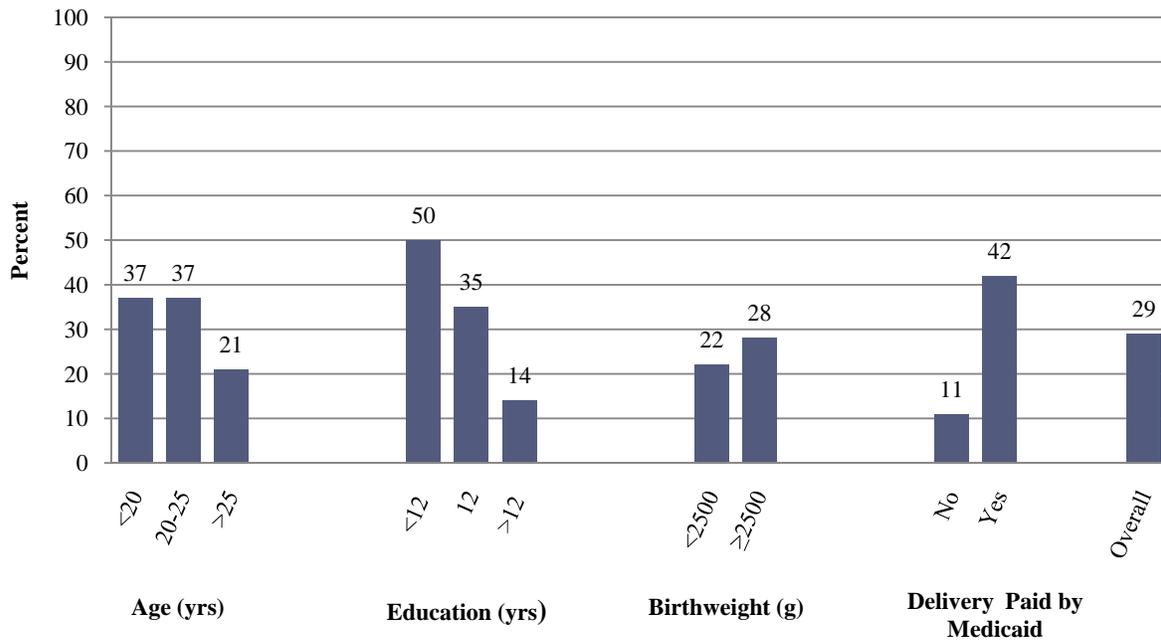
West Virginia falls far short of the Healthy People 2010 goal to reduce cigarette smoking to a rate of 1% or less among pregnant women. West Virginia's prevalence rate was 29%. Mothers with less than a high school education had a 50% chance of smoking during pregnancy.



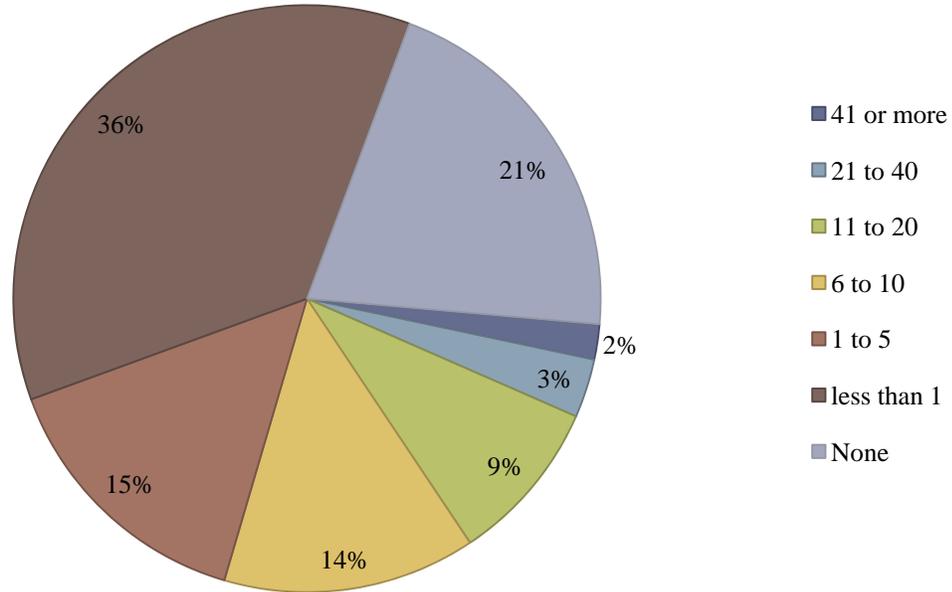
Reported Number of Cigarettes Smoked Daily by Women Who Smoked (3 Months before Pregnancy)



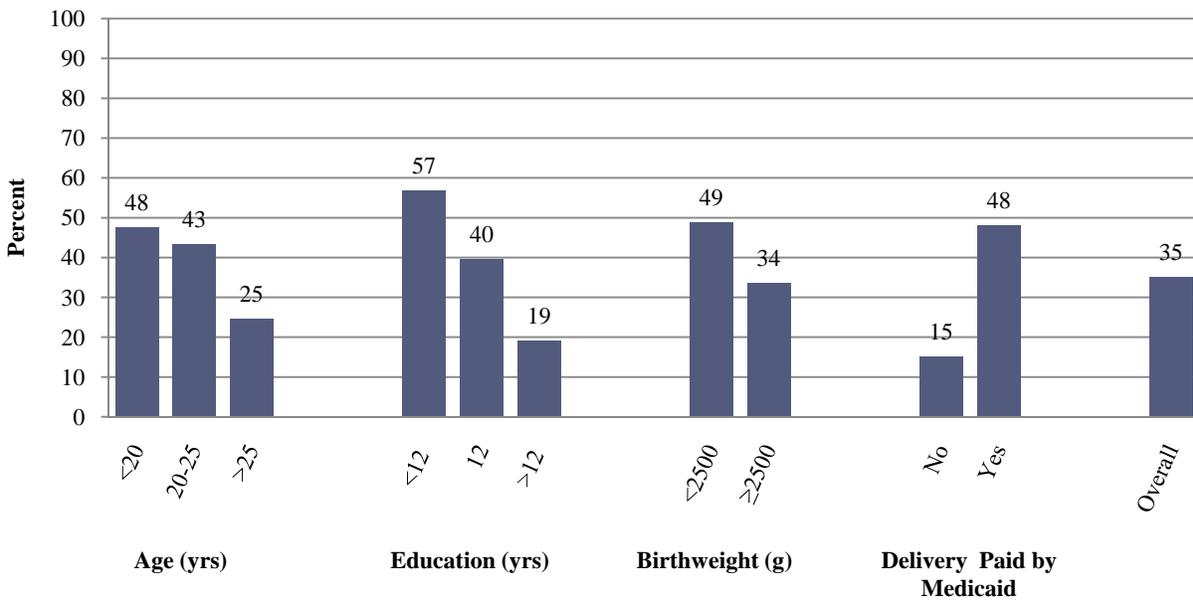
Prevalence of Smoking Last 3 Months of Pregnancy



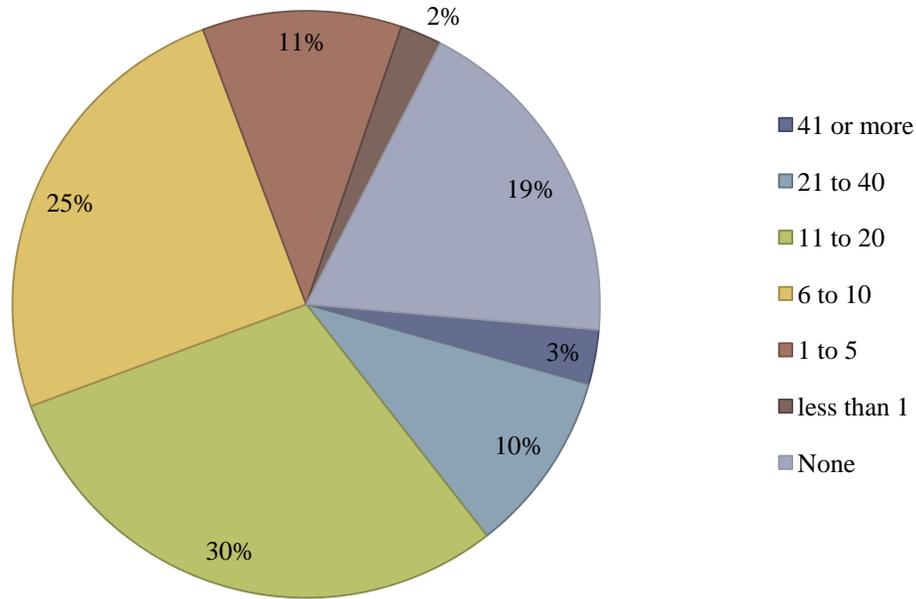
Reported Number of Cigarettes Smoked Daily by Women Who Smoked (Last 3 Months of Pregnancy)



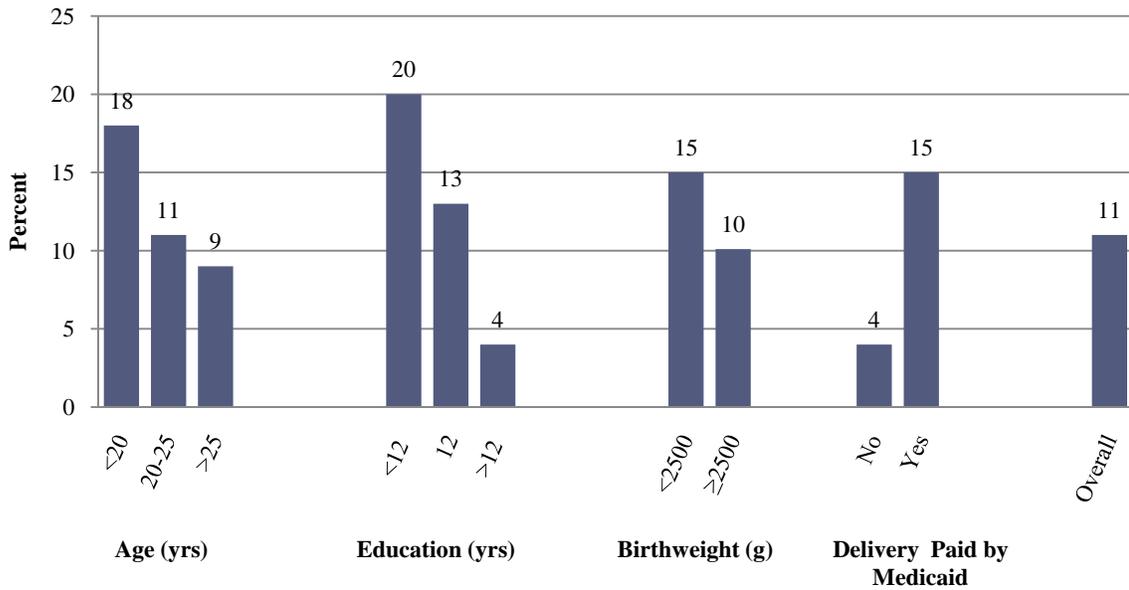
Prevalence of Smoking Now (At Time Surveyed)

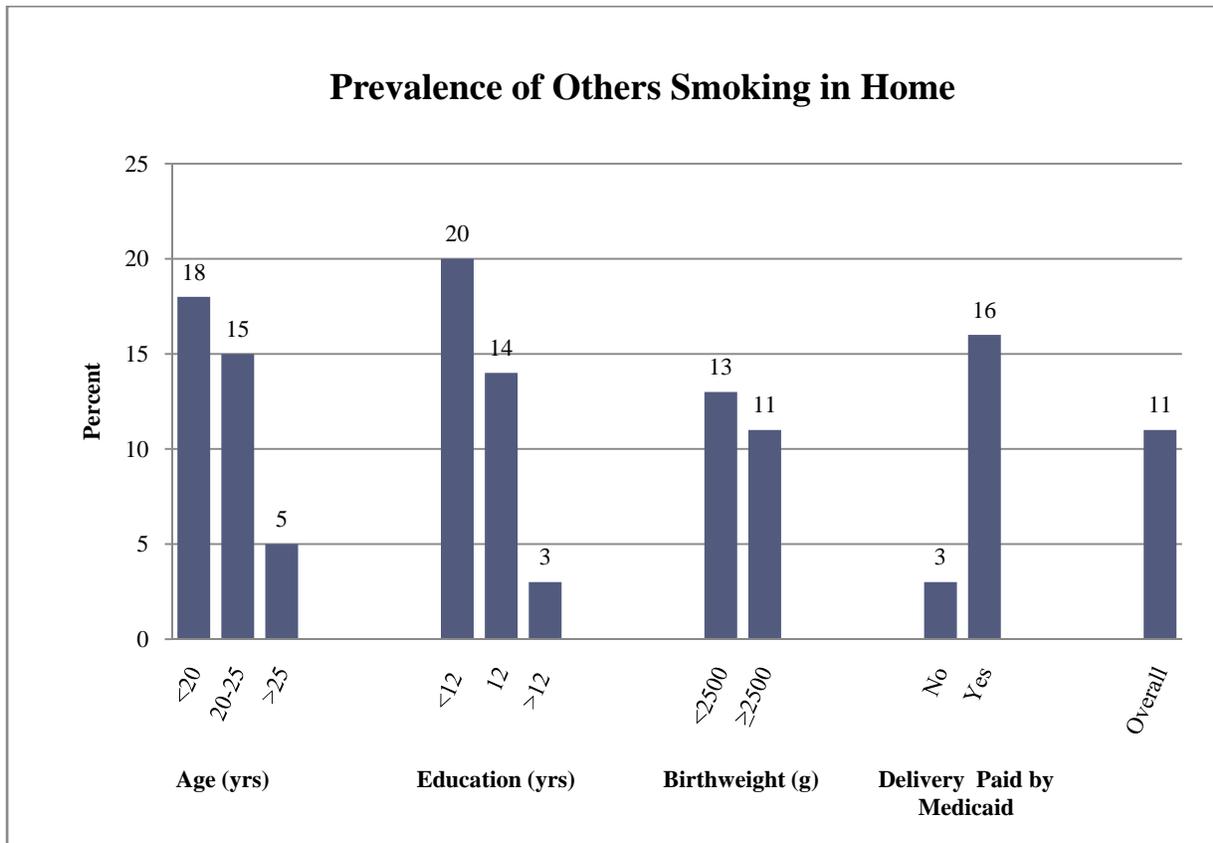


Reported Number of Cigarettes Smoked Daily Now by Women Who Smoked



Prevalence of Husband/Partner Smoking in Home

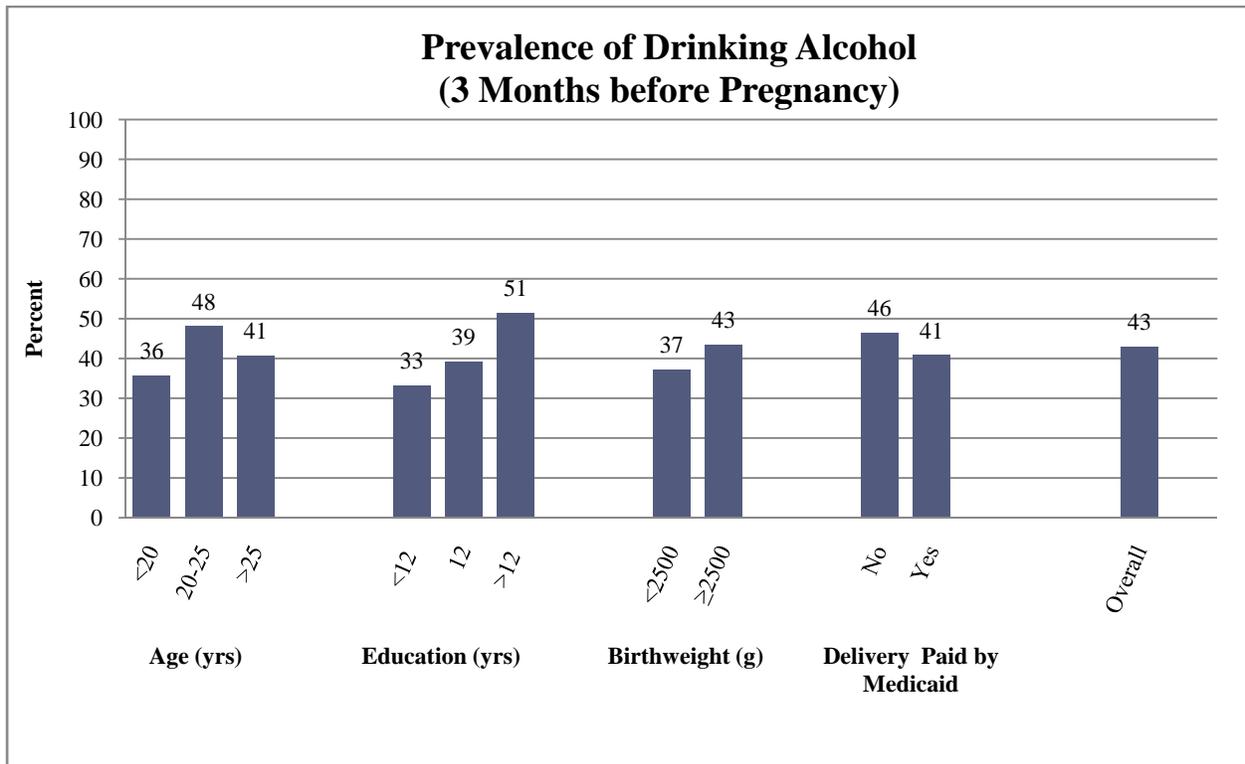




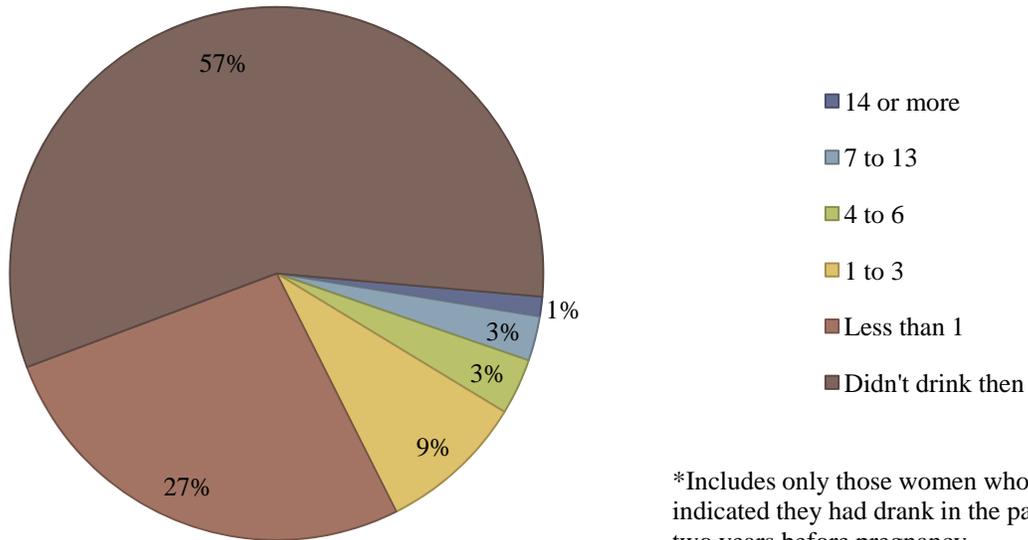
Pregnancy Drinking Habits

PRAMS asked participants if they had consumed any alcoholic beverages over the past two years. Those mothers who reported they had drunk 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 consumed per sitting in order to establish binge-drinking habits (consuming five or more drinks in one sitting) during pregnancy.

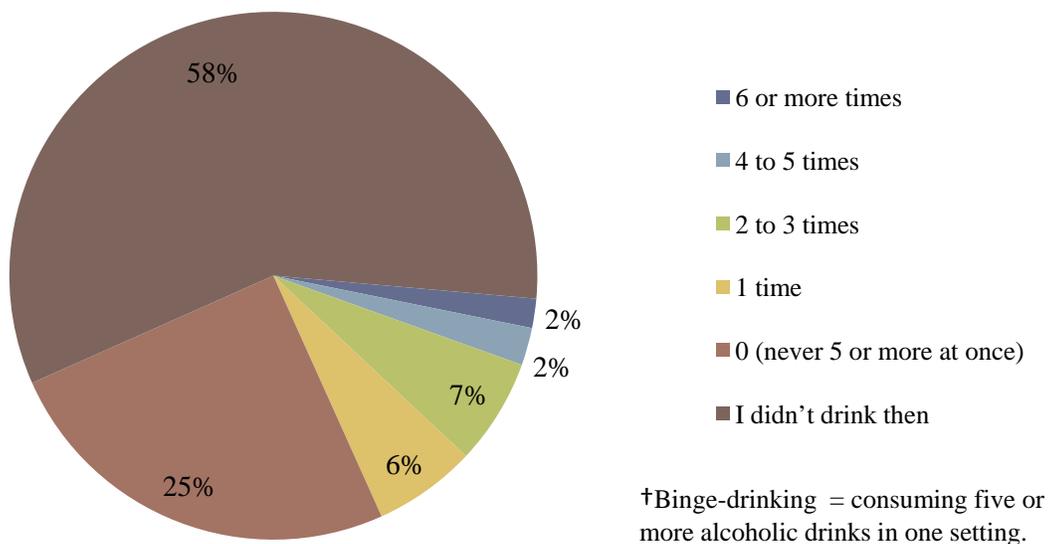
The Healthy People 2010 goal is to increase the prevalence of alcohol abstinence during pregnancy to 94% and eliminate the prevalence of binge-drinking during pregnancy. Among West Virginia women, 43% responded that they had consumed some quantity of alcohol three months before their pregnancy. However, this rate had reduced to 5% during the last three months of pregnancy. Likewise, the prevalence of binge-drinking reduced during pregnancy. The survey indicated that 17% 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.



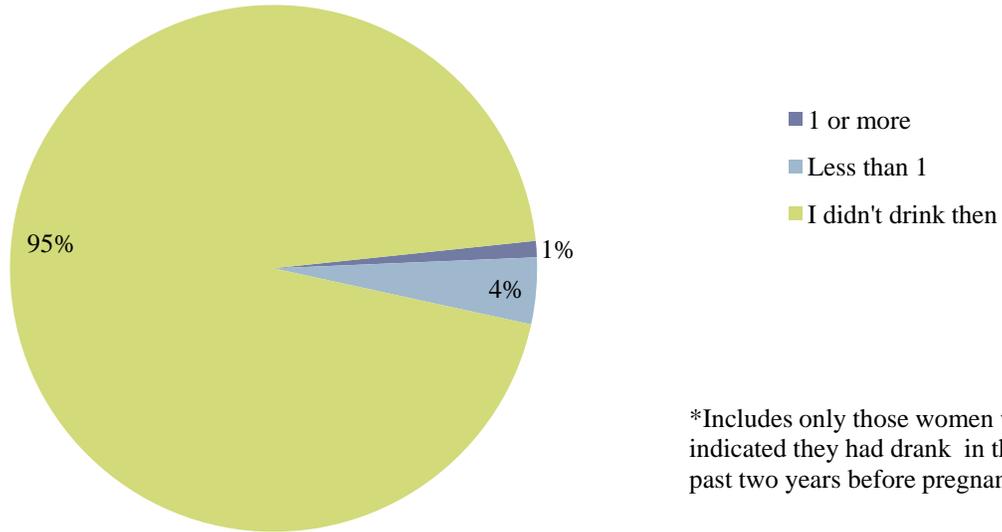
**Reported Number of Drinks Consumed Weekly*
(3 Months before Pregnancy)**



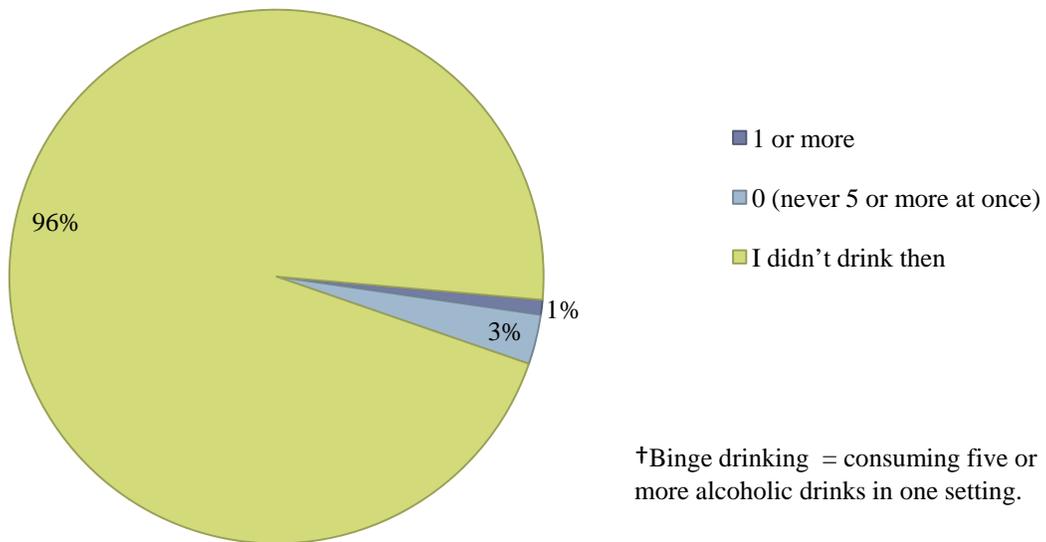
**Prevalence of Binge-Drinking†
(3 Months before Pregnancy)**



Reported Number of Drinks Consumed Weekly* (Last 3 Months of Pregnancy)

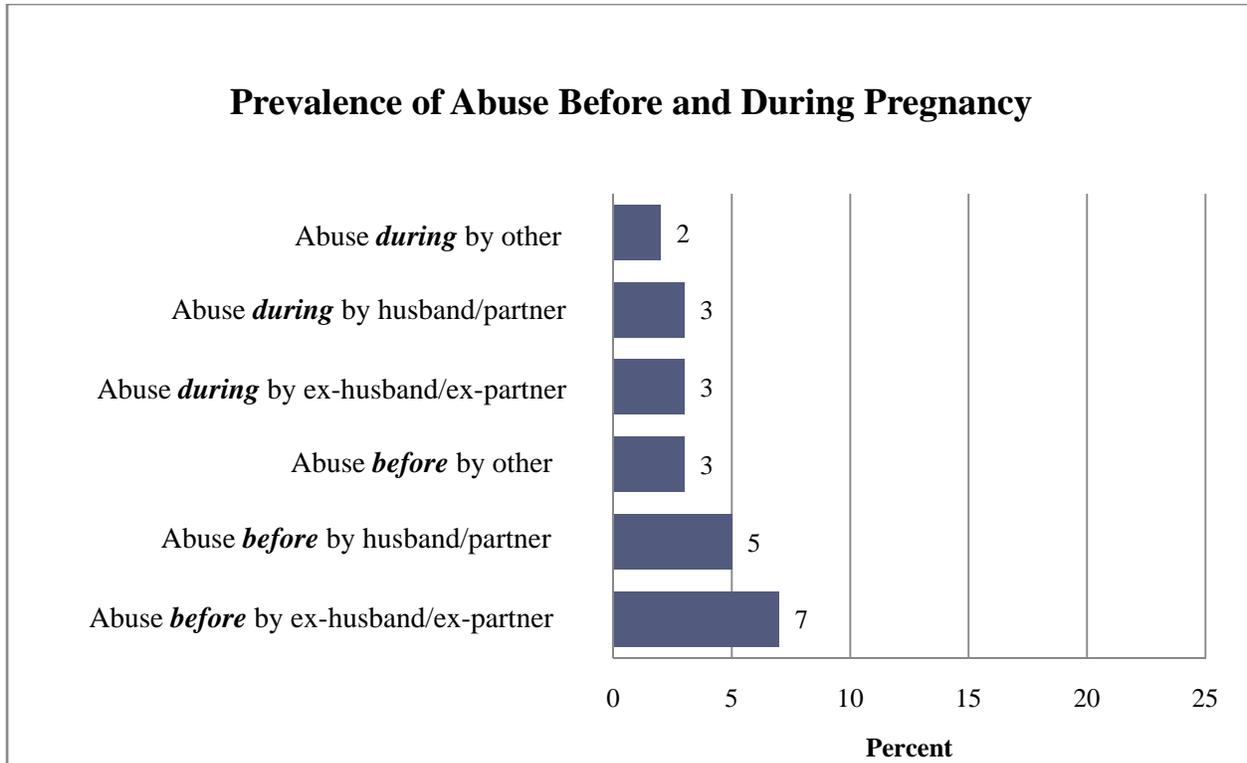


Prevalence of Binge-Drinking† (Last 3 Months of Pregnancy)



Physical Abuse

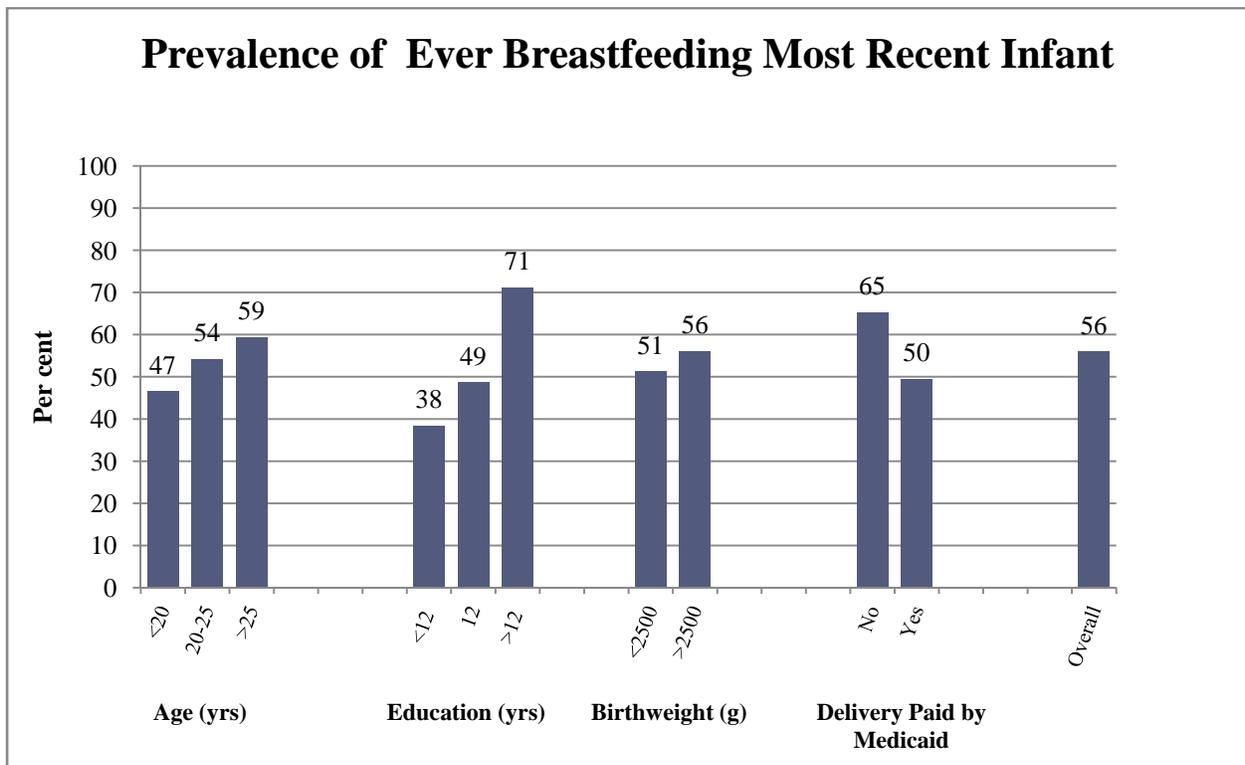
The survey included questions pertaining to physical abuse one year before and during a woman's pregnancy. PRAMS asked mothers if they had been pushed, hit, slapped, kicked, choked or physically hurt in any way by a husband/partner, ex-husband/partner or anyone else before or during their most recent pregnancy. Respondents indicated that most abuse (7%) encountered before pregnancy was from an ex-husband or ex-partner and 5% of abuse was from a current husband or partner. The prevalence of abuse during pregnancy reduced slightly to 3% or less among all given abusers.

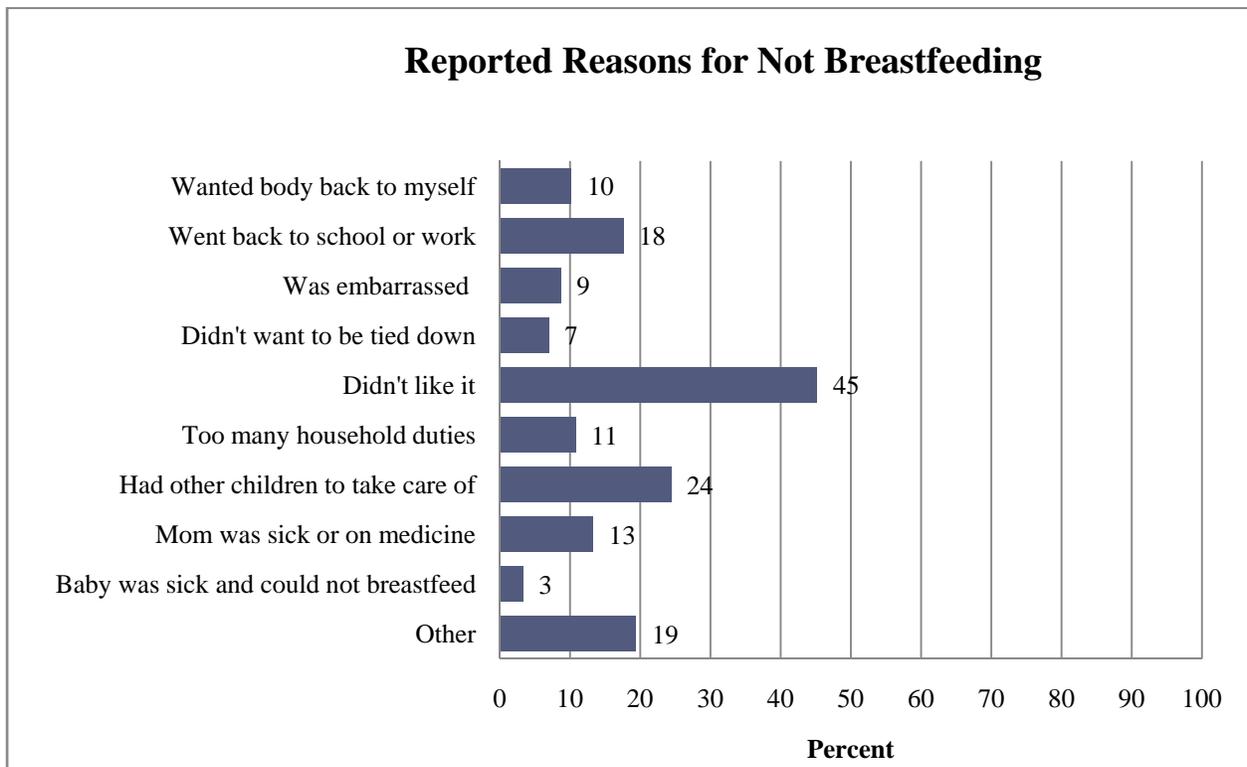
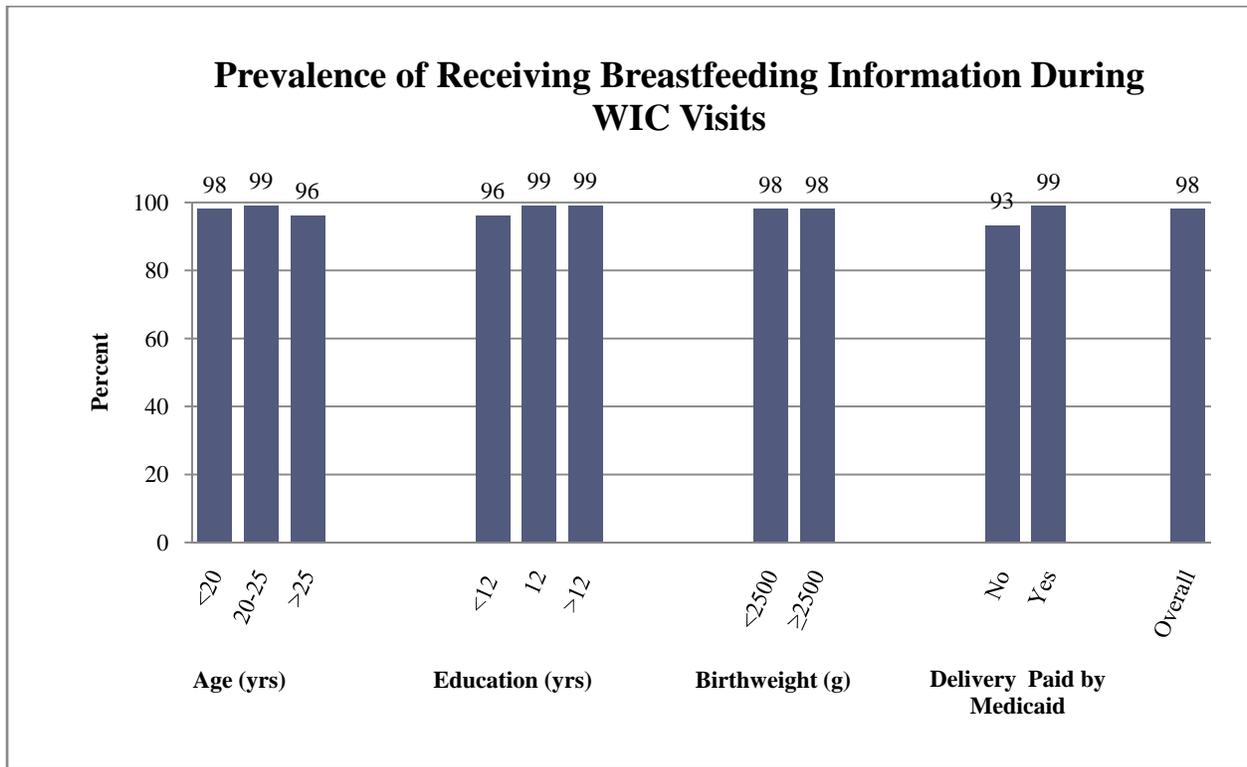


Section 4: Infant Health and Care

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, 56% 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 71% breastfeeding rate. The survey showed that women who participated in WIC during pregnancy had a high prevalence (93% or greater) of receiving information about breastfeeding during their visits. For those mothers who reported they never initiated breastfeeding, the overwhelming reason (45%) was because they did not like it.



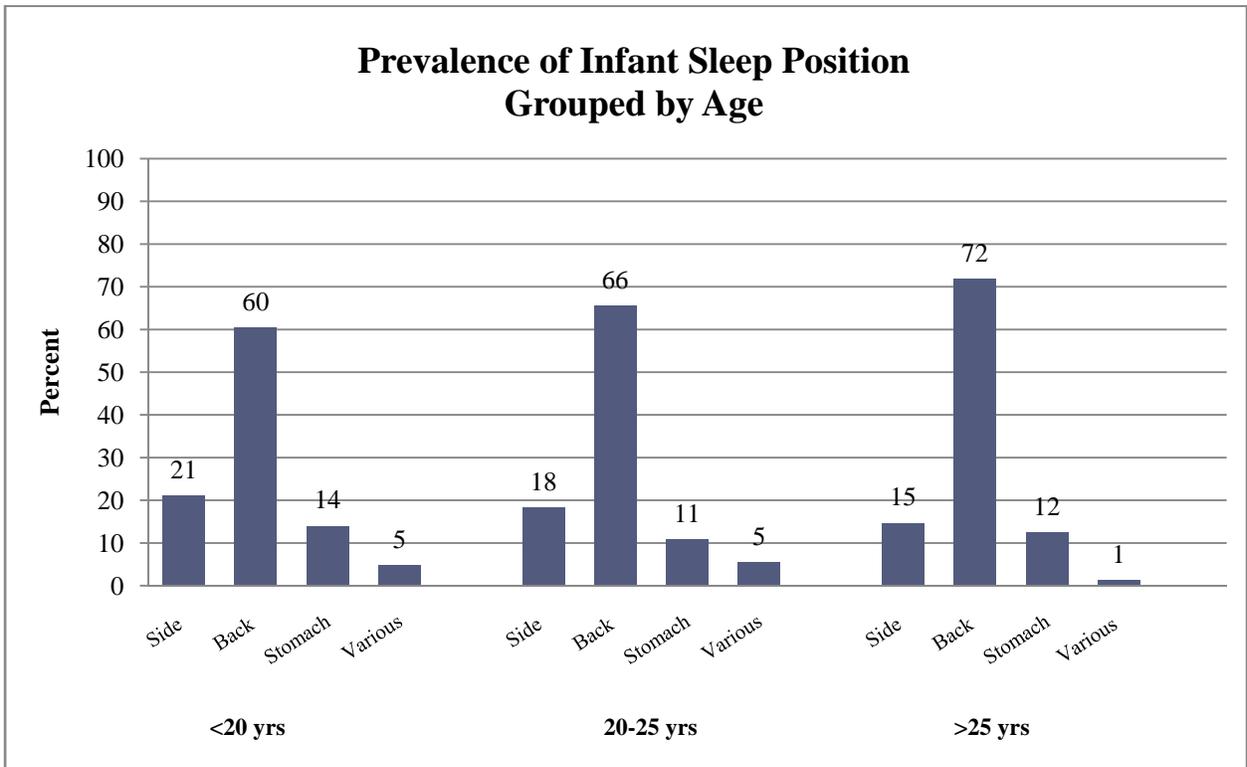
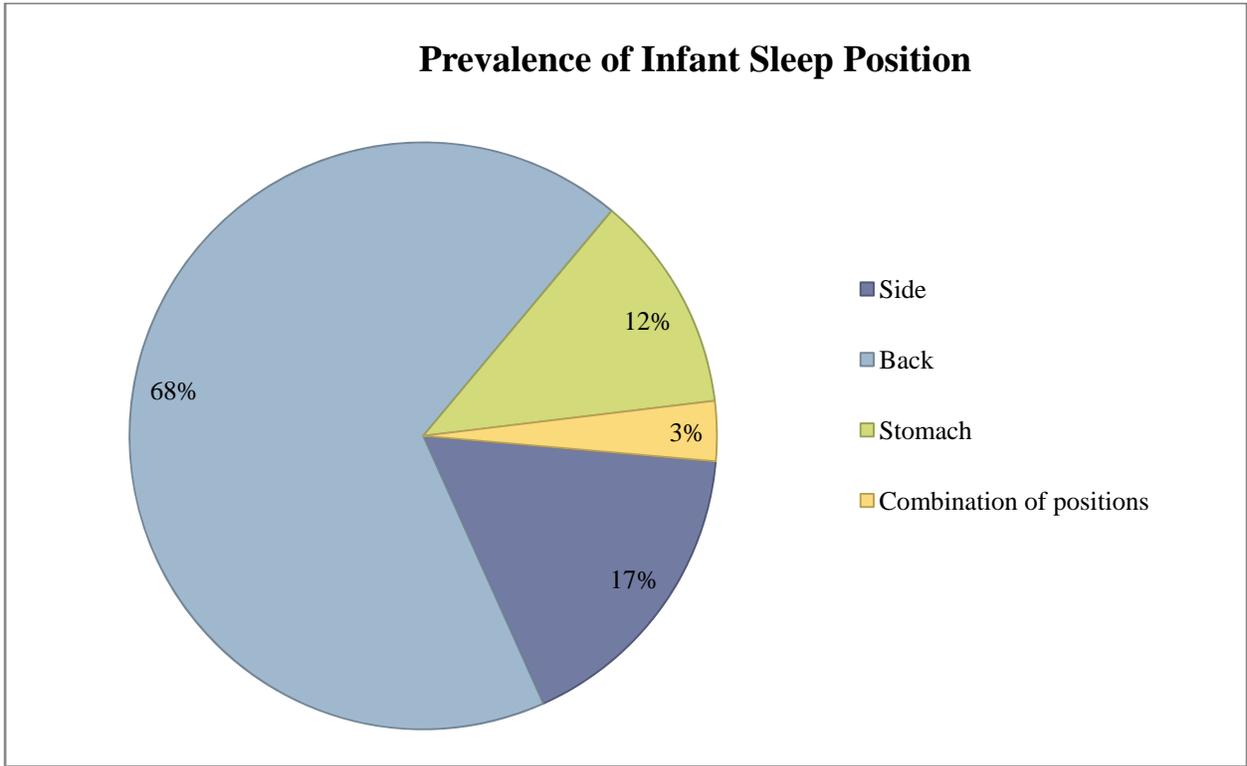


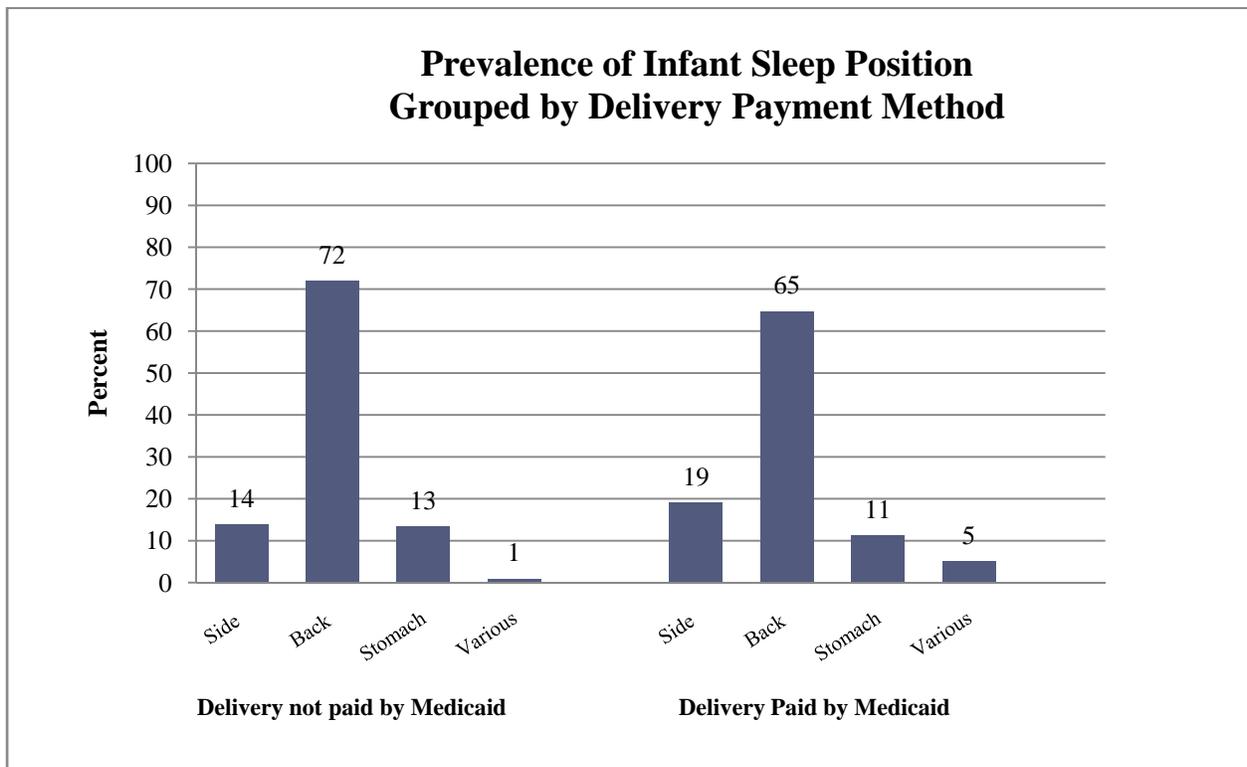
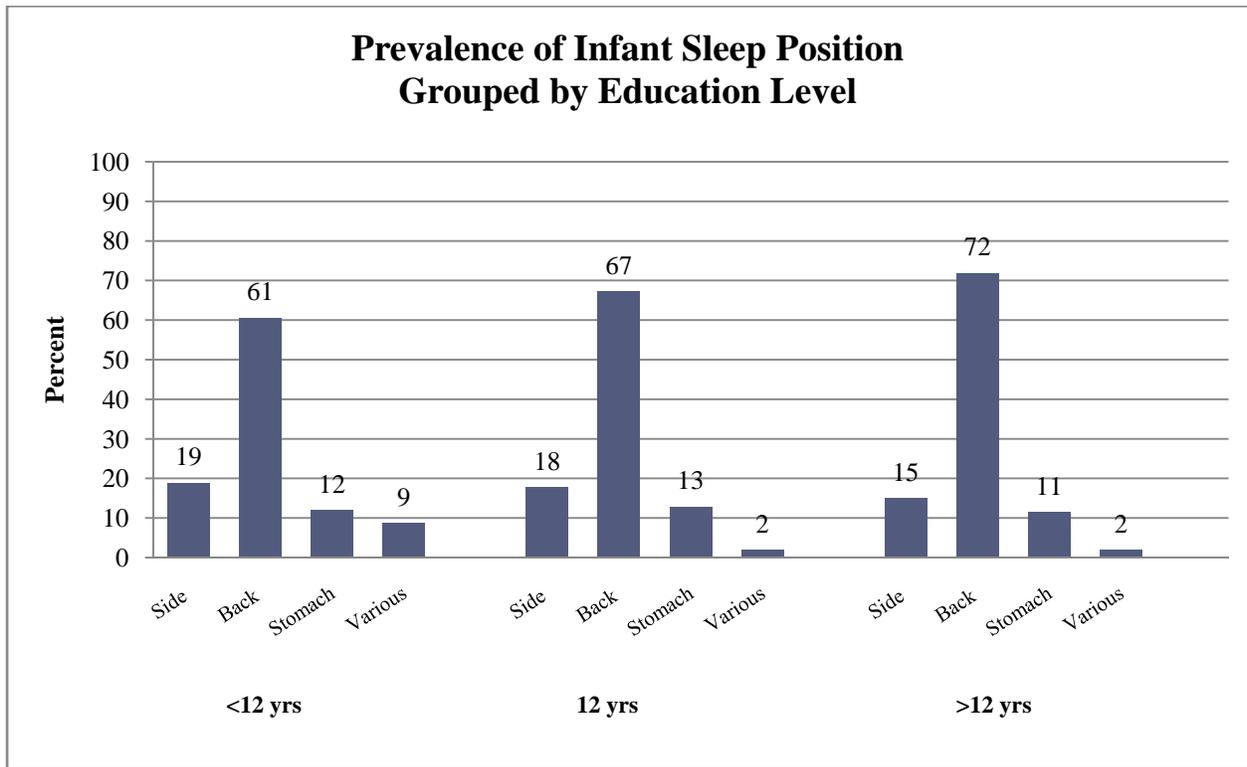
Infant Sleep Behavior

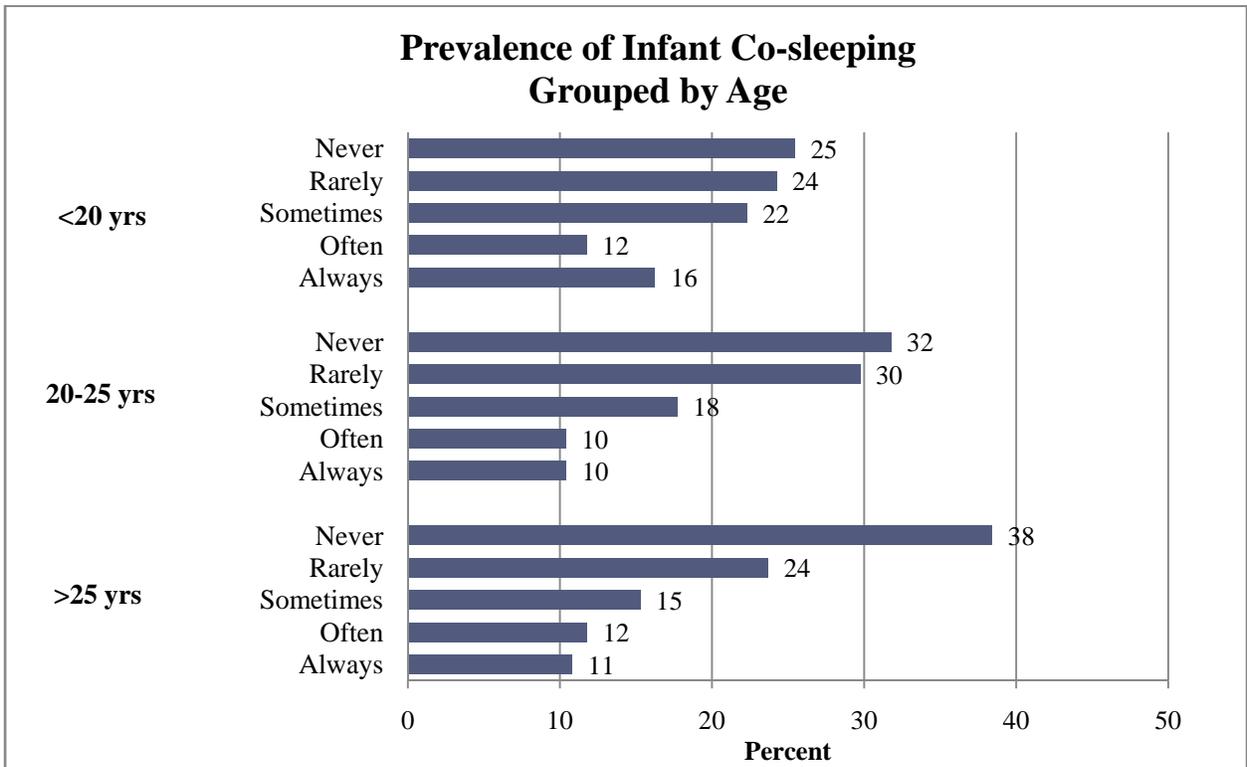
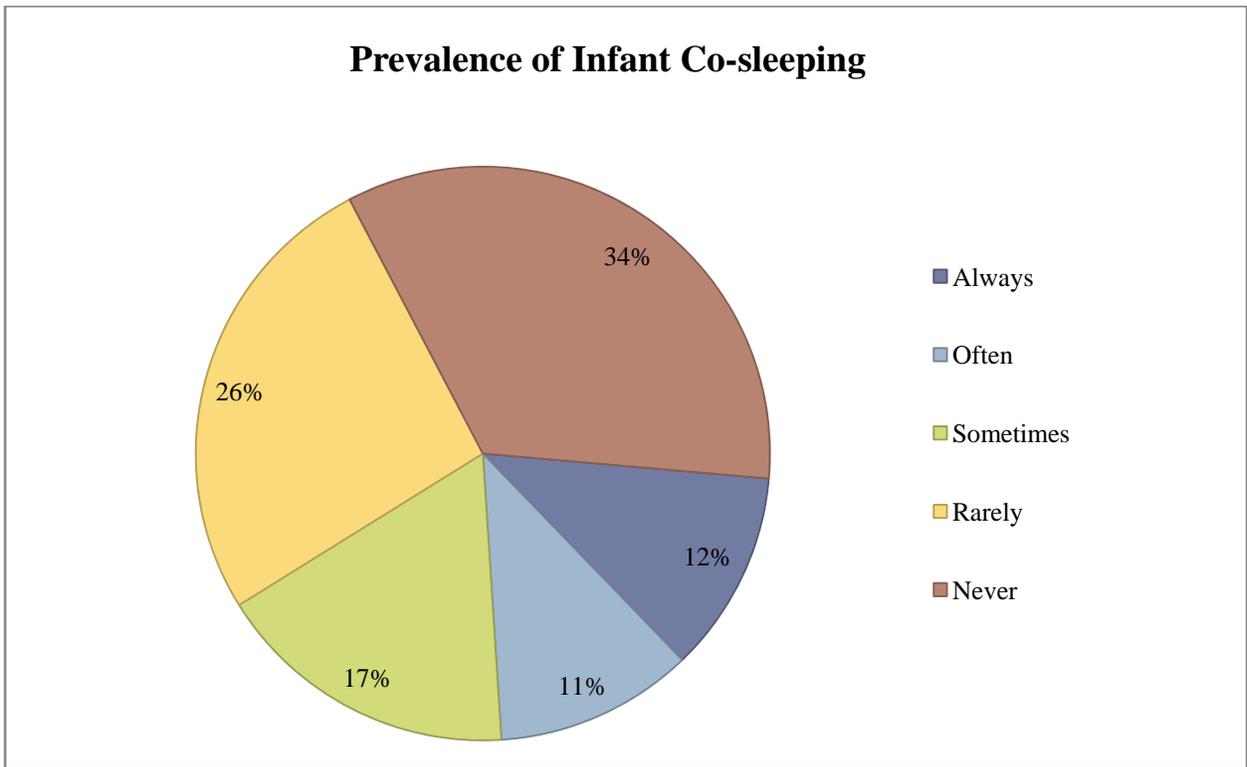
Mothers were asked about their new baby's sleeping behavior. PRAMS wanted to know how infants were most often put to sleep (i.e., side, stomach, back, etc.) and how often the baby slept in the same bed with the mother or someone else. The Healthy People 2010 objective is to increase the rate of healthy, 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.

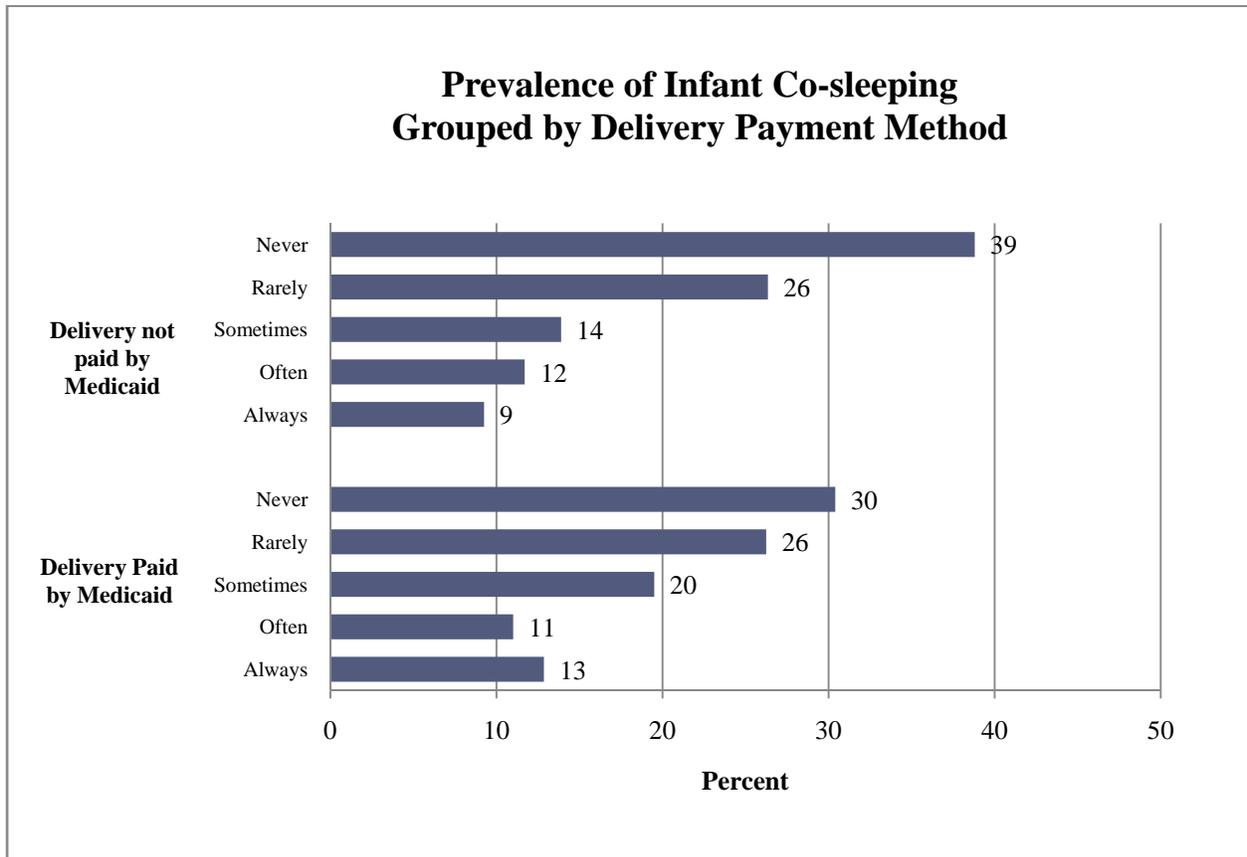
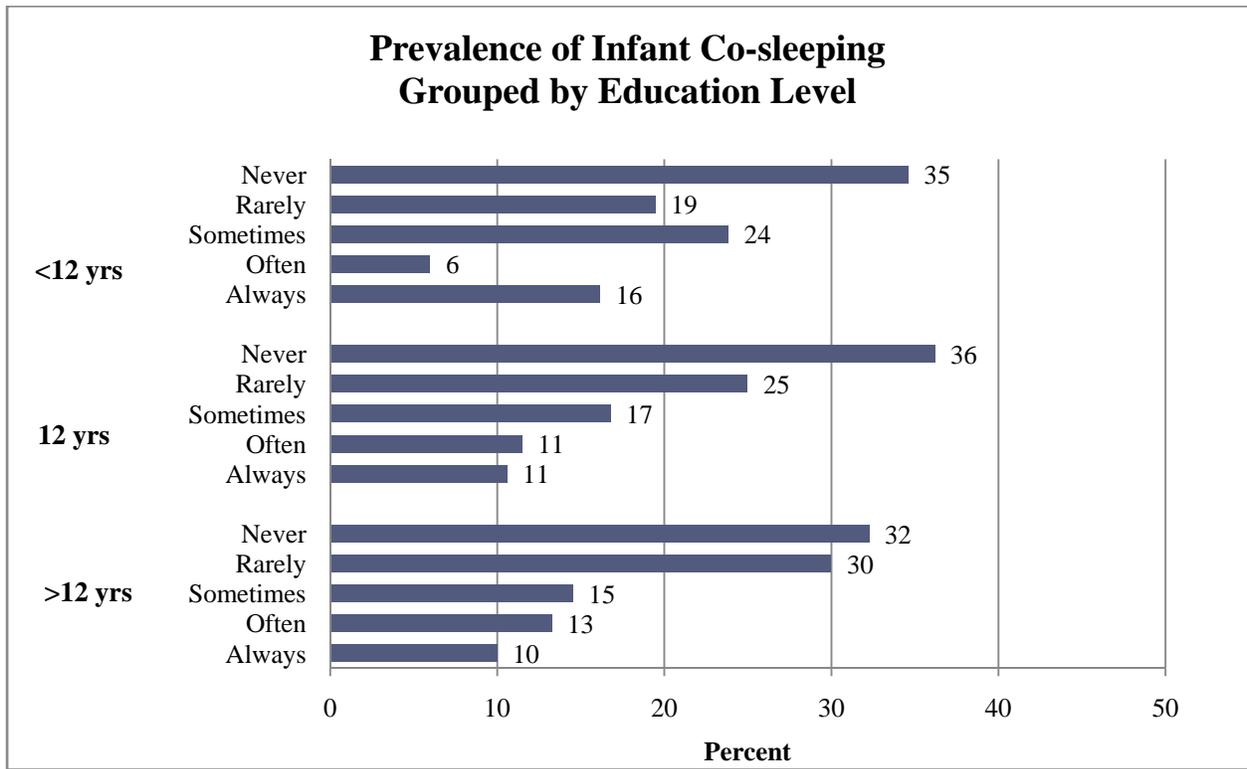
Overall, West Virginia infants are placed on their backs when sleeping at a rate of 68%. However, when examined by different maternal characteristics, 60% of infants with mothers less than 20 years old, and 61% of infants with mothers with less than a high school education are placed to sleep on their backs. Infants of women over the age of 25, 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 72% prevalence rate.

The prevalence of infants never sleeping in the same bed with someone else is 34%. Twelve 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 are less than 20 years old. Mothers in this age group reported that their babies always sleep with someone at a rate of 16%; and only 25% of these mothers reported they never allowed their infants to co-sleep with them or someone else.



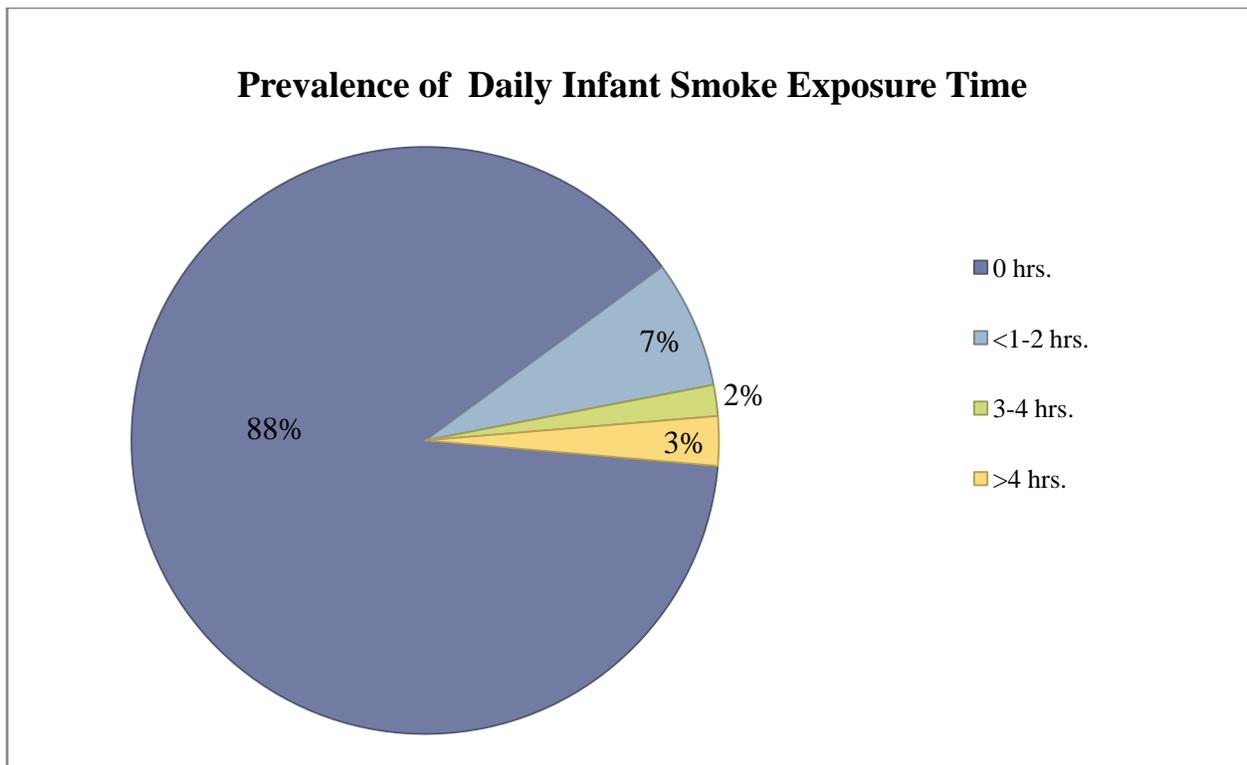






Infant Smoke Exposure

PRAMS wanted to know the amount of time mothers estimated their babies were exposed to cigarette smoke on an average day. In West Virginia, 88% of women reported that their babies were not exposed to smoke in a given day. However, respondents reported that 7% of infants were exposed to smoke at least one hour per day.

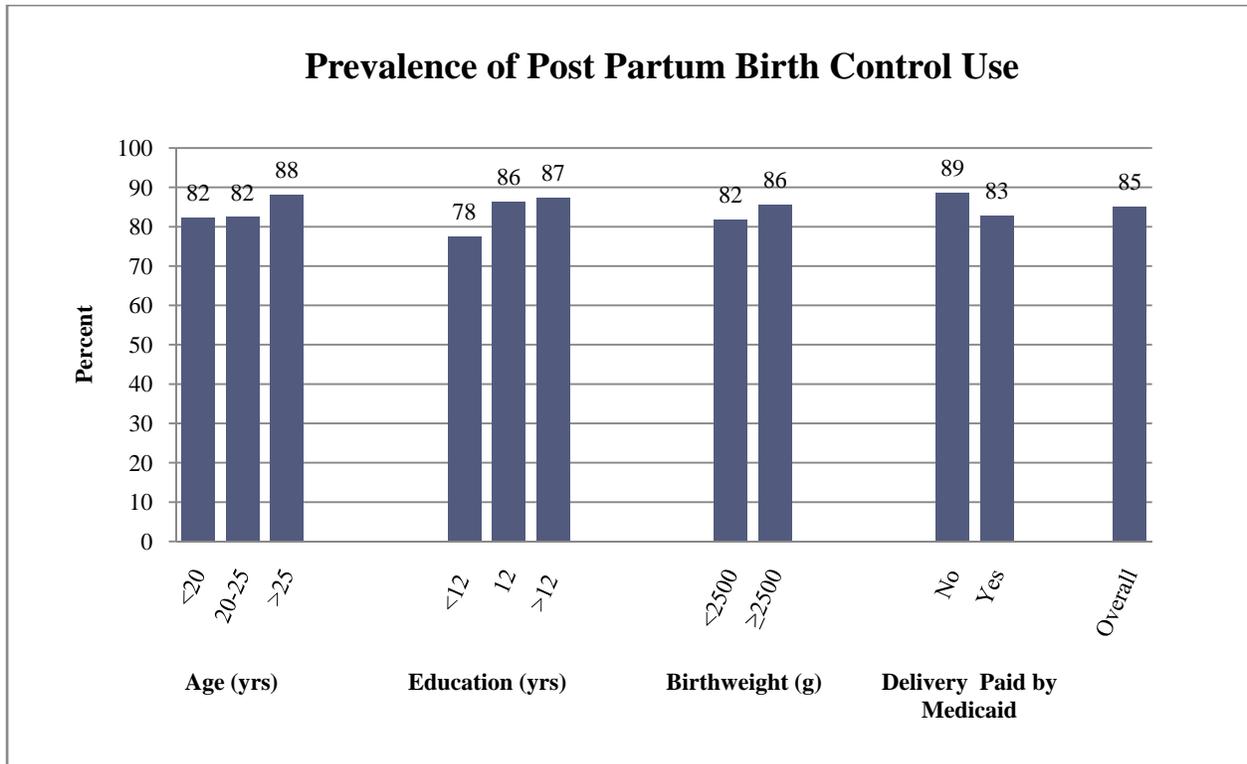


Section 5: Maternal Health and Care

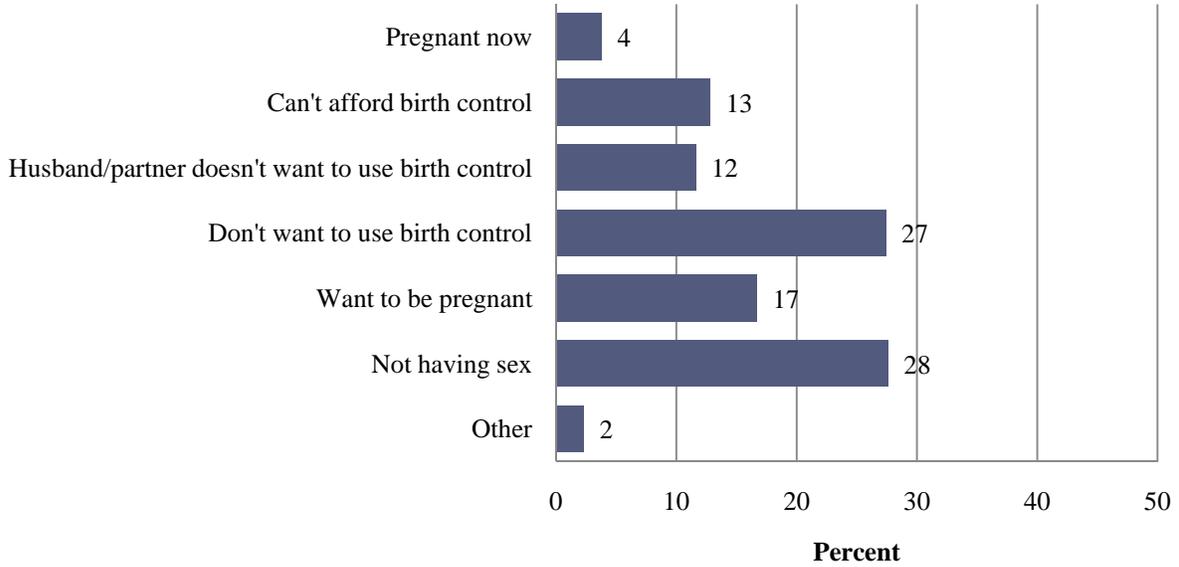
Postpartum Birth Control Use

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.

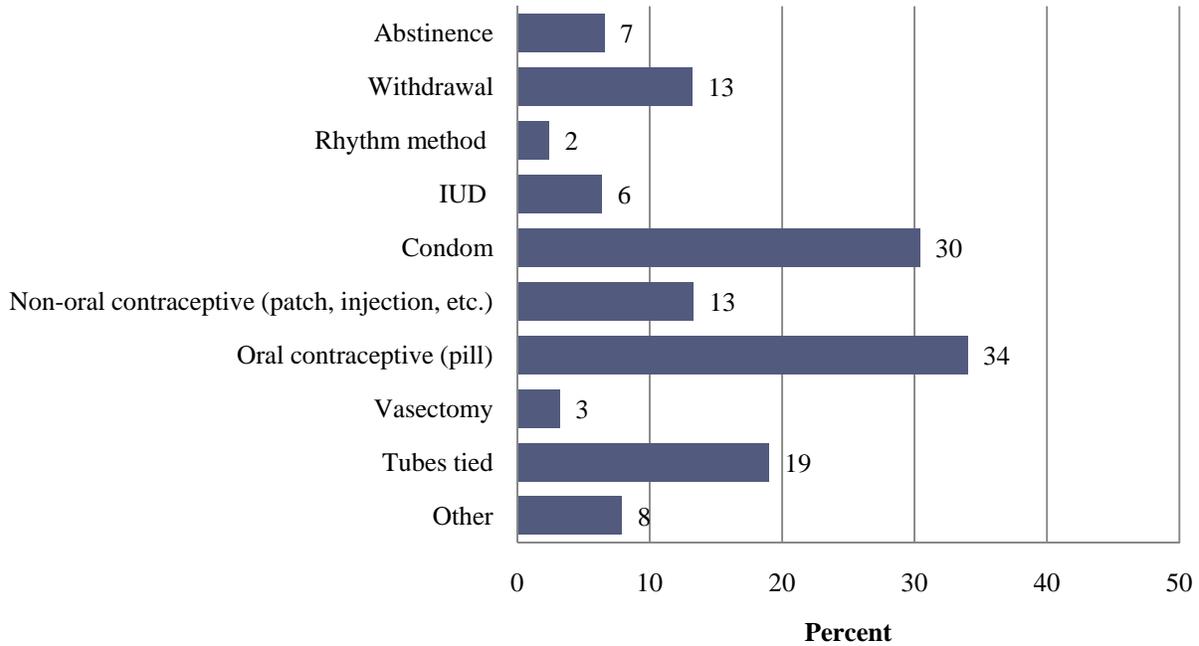
The Healthy People 2010 goal is to reduce the rate of births occurring within 24 months of a previous birth to 6%. Achieving this objective will help reduce the percentage of negative pregnancy outcomes. An important component in reaching this goal is increasing the prevalence of women using postpartum birth control. West Virginia's rate of postpartum birth control use is 85%. The lowest rate of usage (78%) is among women who have less than a high school education. Mothers responded that the most common reasons for not using birth control was "not having sex" (28%), and "don't want to use birth control" (27%). The highest rate of using birth control is among women whose deliveries were not paid by Medicaid (89%) and women 25 years and older (88%). Among those women using birth control, the most common methods used were oral contraceptives (34%) and condoms (30%).



Reported Reasons for Not Using Birth Control Now

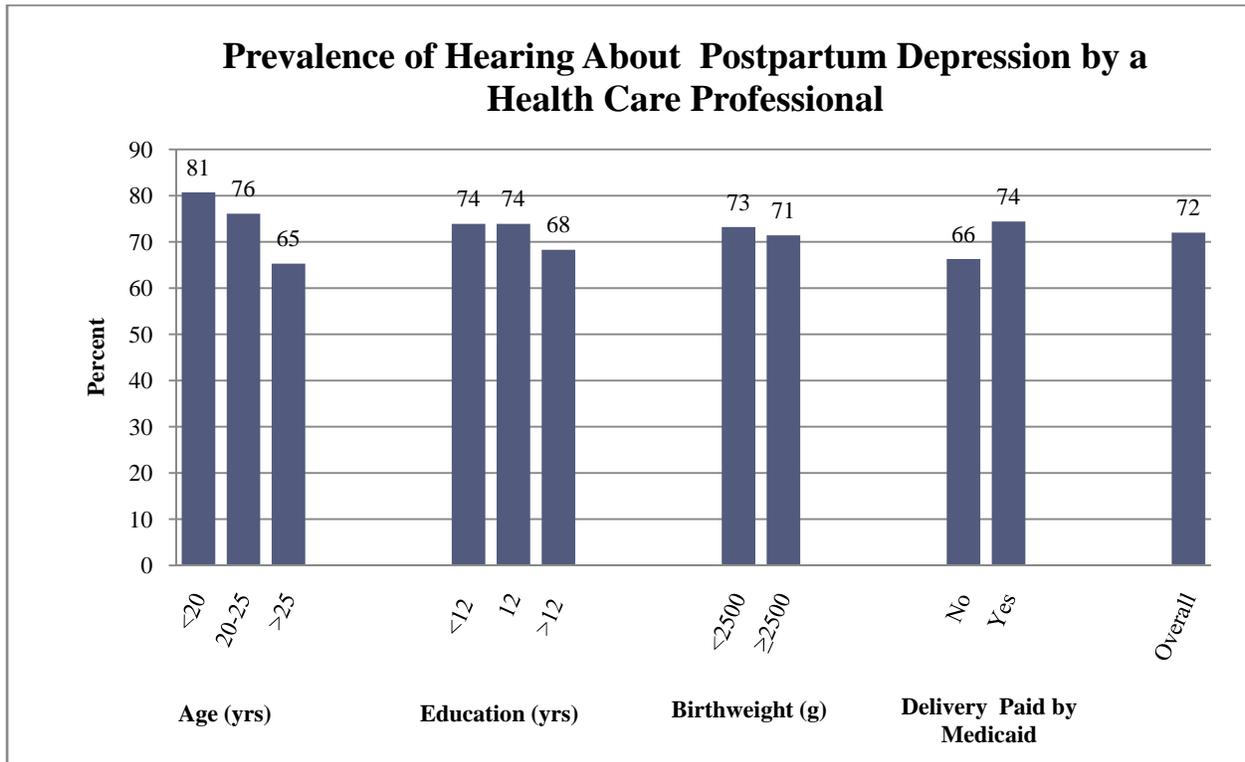


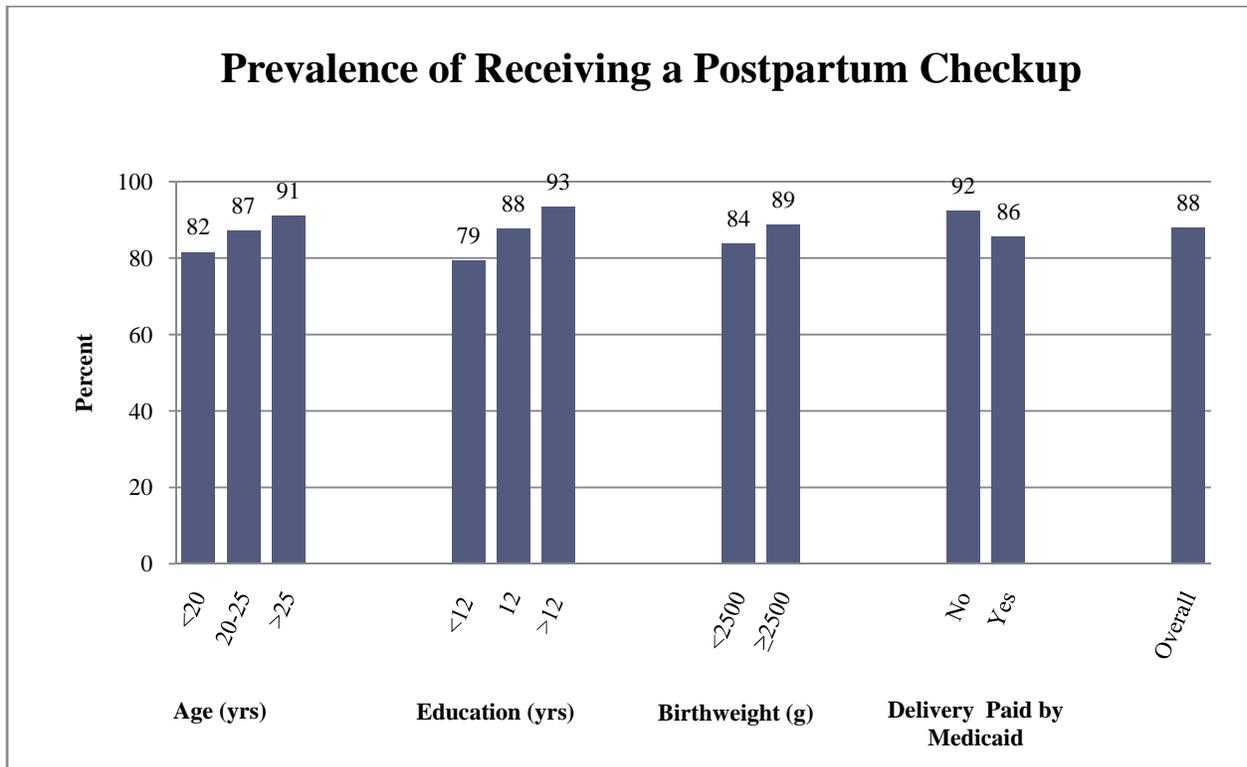
Postpartum Birth Control Methods



Postpartum Checkups

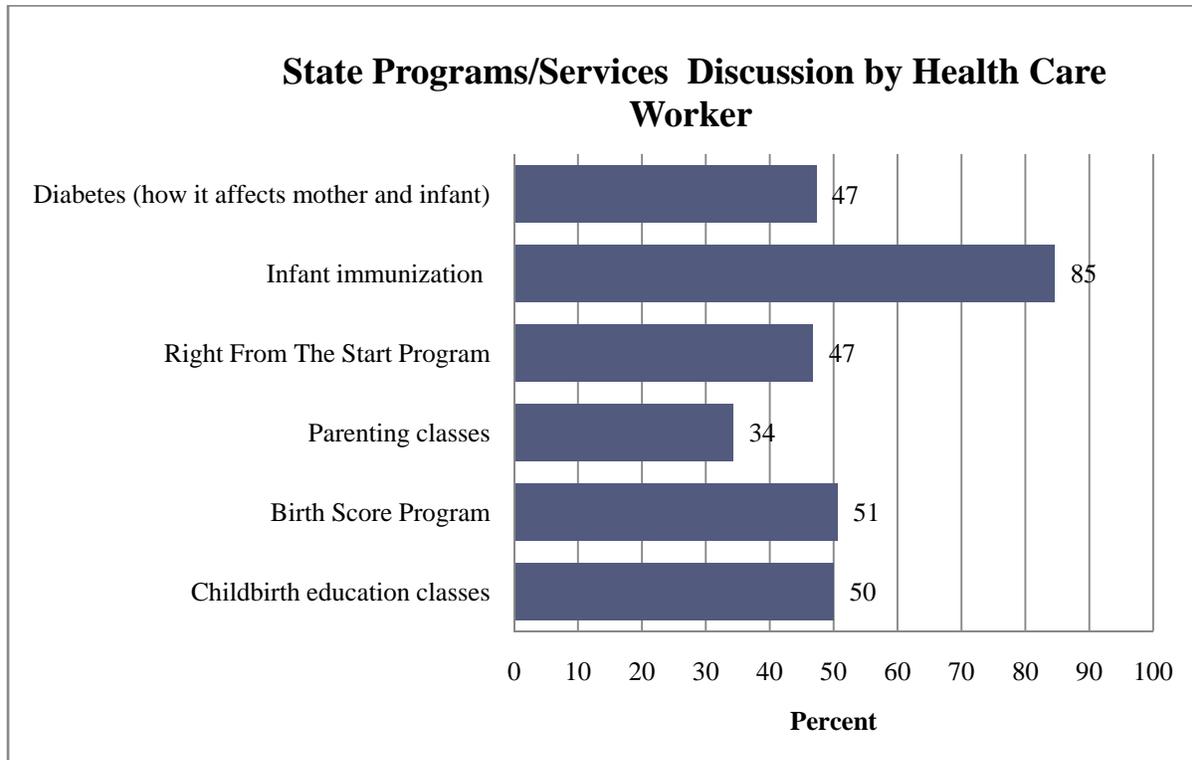
Women were asked if -- “at any time during your most recent pregnancy or after your delivery did a health care professional talk with you about “baby blues” or postpartum depression?” Women were also asked if they have had a postpartum checkup since their new baby was born. Overall, 72% of women indicated that a professional had talked to them about postpartum depression. Mothers over the age of 25, and those women whose deliveries were not paid by Medicaid were less likely to have had a postpartum depression discussion. Most women (88%) reported they had received a post partum checkup. Mothers with less than a high school education had the lowest prevalence rate (79%) of receiving a checkup.





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 (85%) reported they had heard about the immunizations their baby would need. However, about 50% 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 50% 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

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 *before* 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 | Yes |
|--|----|-----|
| a. I was dieting (changing my eating habits) to lose weight | N | Y |
| b. I was exercising 3 or more days of the week | N | 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 pressure. | N | Y |
| f. I visited a health care worker to be checked or treated for depression or anxiety | N | 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 hygienist. | N | Y |

2. During the *month before* you got pregnant with your new baby, were you covered by any of these health insurance plans?

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
- Other source(s) —————> Please tell us:

- I did not have any health insurance before I got pregnant

3. During the *month before* you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal 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. *Just before* you got pregnant with your new baby, how much did you weigh?

_____ Pounds **OR** _____ Kilos

5. How tall are you without shoes?

_____ Feet _____ Inches
OR _____ Meters

6. What is your date of birth?

/ / 19
 Month Day Year

7. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk with you about how to prepare for a healthy pregnancy and baby?

- No
- Yes

8. Before you got pregnant with your new baby, were you ever told by a doctor, nurse, or other health care worker that you had Type 1 or Type 2 diabetes? This is not the same as gestational diabetes or diabetes that starts during pregnancy.

- No
- Yes

9. 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. Anemia (poor blood, low iron)	N	Y
d. Heart problems	N	Y
e. Epilepsy (seizures)	N	Y
f. Thyroid problems	N	Y
g. Depression	N	Y
h. Anxiety	N	Y

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

- No → Go to Question 13
- 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 *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

Go to Question 15

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 anything
- 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).

{ Weeks **OR** Months

I didn't go for prenatal care → **Go to Page 4, Question 20**

Go to Page 4, Question 19

4

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

- No
 Yes → **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	T	F
e. I had too many other things going on	T	F
f. I couldn't take time off from work or school.	T	F
g. I didn't have my Medicaid or Medical card.	T	F
h. I had no one to take care of my children.	T	F
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
- Other source(s) → Please tell us:
- I did not have health insurance to help pay for my prenatal care

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 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 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 |
| l. Physical abuse to women by their husbands or partners | N | Y |

23. During any of your prenatal care visits, did a doctor, nurse, or other health care worker ask if you were smoking cigarettes?

- No
- Yes

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

- | | No | Yes |
|---|----|-----|
| a. How much alcohol you were drinking. | N | Y |
| b. If someone was hurting you emotionally or physically | N | Y |
| c. If you were using illegal drugs (marijuana or hash, cocaine, crack, etc.). | N | Y |
| d. If you wanted to be tested for HIV (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 a test for HIV (the virus that causes AIDS)?

- No
- Yes
- I don't know

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

- No
- Yes

27. 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 29
- Yes

28. During your most recent pregnancy, when you went for your WIC visits, did you speak with a breastfeeding peer counselor or another WIC staff person about breastfeeding?

- No
- Yes

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)?

- No
- Yes

30. Did you have any of the following 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. Vaginal bleeding	N	Y
b. Kidney or bladder (urinary tract) infection	N	Y
c. <i>Severe</i> nausea, vomiting, or dehydration	N	Y
d. Cervix had to be sewn shut (cerclage for incompetent cervix)	N	Y
e. High blood pressure, hypertension (including pregnancy-induced hypertension [PIH]), preeclampsia, or toxemia	N	Y
f. Problems with the placenta (such as abruptio placentae or placenta previa)	N	Y
g. Labor pains more than 3 weeks before my baby was due (preterm or early labor)	N	Y
h. Water broke more than 3 weeks before my baby was due (premature rupture of membranes [PROM])	N	Y
i. I had to have a blood transfusion	N	Y
j. I was hurt in a car accident	N	Y

The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).

31. Have you smoked any cigarettes in the past 2 years?

- No → Go to Question 36
- Yes

32. 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
- I didn't smoke then

33. 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
- I didn't smoke then

If you did not smoke during the 3 months 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?

- No
- Yes
- I had quit smoking before my first prenatal care visit
- I didn't go for prenatal care

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
- I don't smoke now

36. Which of the following statements best describes the rules about smoking *inside* your home now?

Check one answer

- No one is allowed to smoke anywhere inside my home
- Smoking is allowed in some rooms or at some times
- Smoking is permitted anywhere inside my home

Go to Question 39

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

The next questions are about drinking alcohol around the time of pregnancy (before, during, and after).

39. 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
- Yes

Go to Page 8, Question 42

40a. 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

Go to Page 8, Question 41a

40b. During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.

- 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

41a. 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
- Go to Question 42**

41b. During the *last 3 months* of your pregnancy, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.

- 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

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

42. 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 look at the calendar when you answer these questions.)

- | | 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 problem with drinking or drugs | N | Y |
| m. Someone very close to me died | N | Y |

43. During the 12 months before you got pregnant with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?

- No
 Yes

44. During your most recent pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other 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.)

45. When was your baby due?

/ / 20
 Month Day Year

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

/ / 20
 Month Day Year

- I didn't have my baby in a hospital

47. When was your baby born?

/ / 20
 Month Day Year

48. When were you discharged from the hospital after your baby was born?

/ / 20
 Month Day Year

- I didn't have my baby in a hospital

49. Did any of these health insurance plans help you pay for the *delivery* of your new baby?

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
 Other source(s) —————> Please tell us:

- I did not have health insurance to help pay for my delivery

AFTER PREGNANCY

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

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

- No
 Yes
 I don't know

51. 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 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**

52. Is your baby alive now?

- No → **Go to Question 63**
- Yes

53. Is your baby living with you now?

- No → **Go to Question 63**
- Yes

54. Did you ever breastfeed or pump breast milk to feed your new baby after delivery, even for a short period of time?

- No
- Yes → **Go to Question 56**

55. What were your reasons for not breastfeeding your new baby?

Check all that apply

- My baby was sick and was not able to 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 tried but it was too hard
- 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:

If you did not breastfeed your new baby, go to Question 59b.

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?

_____ Weeks OR _____ Months

Less than 1 week

If your baby was not born in a hospital, go to Question 59a.

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.

	No	Yes
a. Hospital staff gave me information about breastfeeding	N	Y
b. My baby stayed in the same room with me at the hospital	N	Y
c. I breastfed my baby in the hospital	N	Y
d. The hospital gave me a breast pump to use	N	Y
e. The hospital gave me a gift pack with formula	N	Y
f. The hospital gave me a telephone number to call for help with breastfeeding	N	Y
g. My baby used a pacifier in the hospital	N	Y

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 cow's milk)?

Weeks **OR** Months

- My baby was less than 1 week old
- My baby has not had any liquids other than breast milk

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)?

Weeks **OR** Months

- My baby was less than 1 week old
- My baby has not eaten any foods

If your baby is still in the hospital, go to Question 63.

60. In which *one* position 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

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

- Always
- Often
- Sometimes
- Rarely
- Never

62. Was your new baby seen by a doctor, nurse, or other health care worker for a *one week check-up* after he or she was born?

- No
- Yes

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 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 65

64. What are your reasons 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:

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 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Always |
- a. I felt down, depressed, or sad.
- b. I felt hopeless.
- c. I felt slowed down

OTHER EXPERIENCES

The next questions are on a variety of topics.

67. 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

If you did not smoke during the 3 months before you got pregnant, go to Question 69.

If you did not get prenatal care, go to 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 smoking. | N | Y |
| c. Suggest you attend a class or program to stop smoking | N | 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 | N | Y |
| h. Recommend using nicotine gum. . . . | N | Y |
| i. Recommend using a nicotine patch . . | N | Y |
| j. Prescribe a nicotine nasal spray or nicotine inhaler | N | Y |
| k. Prescribe a pill like Zyban [®] (also known as Wellbutrin [®] or Bupropion [®]) or Chantix [®] (also known as Varenicline) to help you quit | N | Y |

69. During your most recent pregnancy, did you receive any of the following services? For each one, circle **Y** (Yes) if you received the service or circle **N** (No) if you did not receive the service.

Did you receive—

- | | No | Yes |
|--|----|-----|
| a. Food stamps, WIC vouchers, or money to buy food | N | Y |
| b. Counseling information for family and personal problems | N | Y |
| c. Help to quit smoking. | N | Y |
| d. Help to reduce violence in your home | N | Y |
| e. Other | N | Y |
- Please tell us:

If your baby is not alive or is not living with you, go to Page 14, Question 74.

70. Have you ever heard or read about what can happen if a baby is shaken?

- No
- Yes

71. Did a doctor, nurse or other health care worker talk with you about how to lay your new baby down to sleep?

- No
- Yes

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

Hours

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

73. Since your new baby was born, did any 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. Help with or information about breastfeeding. | N | Y |
| b. How long to wait before getting pregnant again. | N | Y |
| c. Birth control methods that I can use after giving birth | N | Y |
| d. Postpartum depression | N | Y |
| e. Support groups for new parents | N | Y |
| f. Resources in my community such as nurse home visitation programs, telephone hotlines, counseling, etc | N | Y |
| g. Getting to and staying at a healthy weight after delivery | N | Y |

74. Have you ever had your teeth cleaned by a dentist or dental hygienist?

- No → Go to Question 76
 Yes

75. 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.

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

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 **N** (No) if no one talked to you about it.

- | | No | Yes |
|--|----|-----|
| a. High Risk Birth Score Program | N | Y |
| b. Right from the Start Program | N | Y |
| c. Immunization (shots) for my baby . . . | N | Y |
| d. Diabetes (how it may affect me and my baby) | N | Y |

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

77. During the 12 months before your new baby 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.)

- 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?

People

79. What is today's date?

/ / 20
 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.***

December 8, 2008