



# 2013 RESULTS SUMMARY

## PREGNANCY RISK ASSESSMENT TRACKING SYSTEM

A Survey of the Health of Mothers and Babies in Idaho

State of Idaho—Department of Health and Welfare—Division of Public Health

<b>Before Pregnancy</b>	Total	Marital Status		Mother's Age				
		Not Married	Married	18-19	20-24	25-29	30-34	35+
Percentage of Idaho Mothers...								
whose pregnancy was unintended	31.5	62.0	20.9	73.4	45.5	28.1	22.4	24.5
who were overweight/obese <sup>1</sup>	42.4	46.5	41.0	24.5	39.4	43.4	45.4	44.3
who did not have health insurance <sup>2</sup>	35.1	65.1	24.6	64.8	41.8	36.0	28.6	26.6
who did not use birth control <sup>3</sup>	65.6	67.1	64.1	65.4	68.6	63.2	67.0	61.3

<b>During Pregnancy</b>	Total	Marital Status		Mother's Age				
		Not Married	Married	18-19	20-24	25-29	30-34	35+
Percentage of Idaho Mothers...								
who used Medicaid as a payment source <sup>4</sup>	42.1	80.2	28.7	82.2	66.1	39.5	28.0	28.7
who began prenatal care in the first trimester	91.6	89.6	92.3	88.7	92.8	92.1	91.8	89.1
who regularly took a multivitamin <sup>5</sup>	83.5	82.4	83.9	64.0	79.2	84.1	87.3	87.3
who did not receive routine dental care	43.7	55.1	39.7	56.7	52.4	45.2	35.7	39.2
who experienced physical abuse	3.3	10.0	1.0	5.9	4.9	2.4	2.5	4.1
who smoked during the last trimester	5.9	15.9	2.3	16.5	9.3	6.2	2.7	2.8
who drank alcohol during the last trimester	3.8	2.9	4.1	0.0	3.2	2.5	5.5	5.8
who were tested for HIV	44.4	61.6	38.3	52.0	48.6	42.1	42.8	44.4
who experienced 3 or more stressful events <sup>6</sup>	64.4	78.5	59.5	80.2	78.9	65.2	56.2	53.0
who exercised one or more days per week <sup>7</sup>	58.4	55.6	59.4	49.7	59.9	55.5	62.6	57.4

<b>After Pregnancy</b>	Total	Marital Status		Mother's Age				
		Not Married	Married	18-19	20-24	25-29	30-34	35+
Percentage of Idaho Mothers...								
who ever breastfed	94.5	92.0	95.4	91.9	95.6	93.4	95.1	95.3
who were breastfeeding at six months	61.7	38.2	69.1	25.6	54.6	63.7	67.8	63.4
who were moderately or severely depressed <sup>8</sup>	16.7	19.4	15.8	18.7	19.5	18.0	12.7	16.8
who never took baby for routine well-baby care	1.2	0.6	1.4	0.0	1.6	0.5	1.2	2.5
whose baby's immunizations were up-to-date	88.5	92.7	87.1	97.1	89.6	89.6	87.5	83.6
who lay their baby on his or her back to sleep	81.5	77.3	82.9	81.1	84.7	80.2	81.9	79.0
who took their baby to day care <sup>9</sup>	38.8	35.2	40.6	38.3	26.2	41.6	41.3	46.5

\*See Reverse Side for Summary Data Notes

# PRATS Overview

## Sample Questionnaire Data Elements

Health Insurance  
Medicaid Utilization  
Pre-Pregnancy BMI  
Mother's Preconception Health  
Prenatal Care  
Dental Care  
Exercise/Physical Activity Before and During Pregnancy  
Maternal Stress and Social Support  
Postpartum Depression (Self-Reported)  
Breastfeeding  
Immunizations  
Type of Baby's Health Coverage  
Mother's Student/Employment Status  
Day Care Use and Quality of Day Care

## Maternal Characteristics

Age  
Ethnicity  
Marital Status  
Household Income  
Educational Attainment

## Medical Data from Birth Certificate

Length of Gestation  
Birth Weight  
Pregnancy Complications  
Labor and Delivery  
Infant Abnormal Conditions and Congenital Anomalies  
Maternal Risk Factors and Infections

For more details on the PRATS project or any of the survey results, please contact the PRATS Program Director, Idaho Bureau of Vital Records and Health Statistics, at **(208) 332-7366**.

## SUMMARY DATA NOTES

Note: The term "mothers" refers to Idaho resident adult mothers (18 and older) who gave birth in Idaho.

1. Body Mass Index (BMI) of 25 or above.
2. Excludes women who were on Medicaid prior to pregnancy.
3. Excludes women who were trying to get pregnant.
4. For prenatal care and/or delivery.
5. Four or more times per week during the last trimester.
6. 3 or more stressful life events (SLE) during the 12 months prior to delivery.
7. During the last trimester.
8. Self-reported postpartum depression during 3 months following delivery.
9. Among mothers who were working or attending school.

## What is PRATS?

The Pregnancy Risk Assessment Tracking System (PRATS) is an annual survey of new mothers in Idaho. It is a population-based tracking system that identifies and examines maternal experiences and health practices associated with pregnancy which may affect pregnancy outcomes and infant health. PRATS was first conducted in Idaho in 1999, and has been conducted annually since 2001\*. PRATS is modeled after the Centers for Disease Control and Prevention (CDC) Pregnancy Risk Assessment Monitoring System (PRAMS).

This fact sheet summarizes major maternal health and behavior risk factors associated with maternal, fetal, and infant health outcomes. Results presented in this fact sheet are not inclusive of all data that may be provided by PRATS.

\*Except 2012

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