



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

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

During Pregnancy	Total	Marital Status		Mother's Age				
		Not Married	Married	18-19	20-24	25-29	30-34	35+
Percentage of Idaho Mothers...								
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 ⁴	83.5	82.4	83.9	64.0	79.2	84.1	87.3	87.3
who exercised one or more days per week ⁵	58.4	55.6	59.4	49.7	59.9	55.5	62.6	57.4
who were tested for HIV	44.4	61.6	38.3	52.0	48.6	42.1	42.8	44.4
who did not receive routine dental care	43.7	55.1	39.7	56.7	52.4	45.2	35.7	39.2
who used Medicaid as a payment source ⁶	42.1	80.2	28.7	82.2	66.1	39.5	28.0	28.7
who experienced 3 or more stressful events ⁷	22.4	46.8	13.9	54.5	28.6	23.7	13.9	17.5
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 experienced physical abuse	3.3	10.0	1.0	5.9	4.9	2.4	2.5	4.1

After Pregnancy	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
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 were breastfeeding at six months	61.7	38.2	69.1	25.6	54.6	63.7	67.8	63.4
who took their baby to day care ⁸	38.8	35.2	40.6	38.3	26.2	41.6	41.3	46.5
who were moderately or severely depressed ⁹	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

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

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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