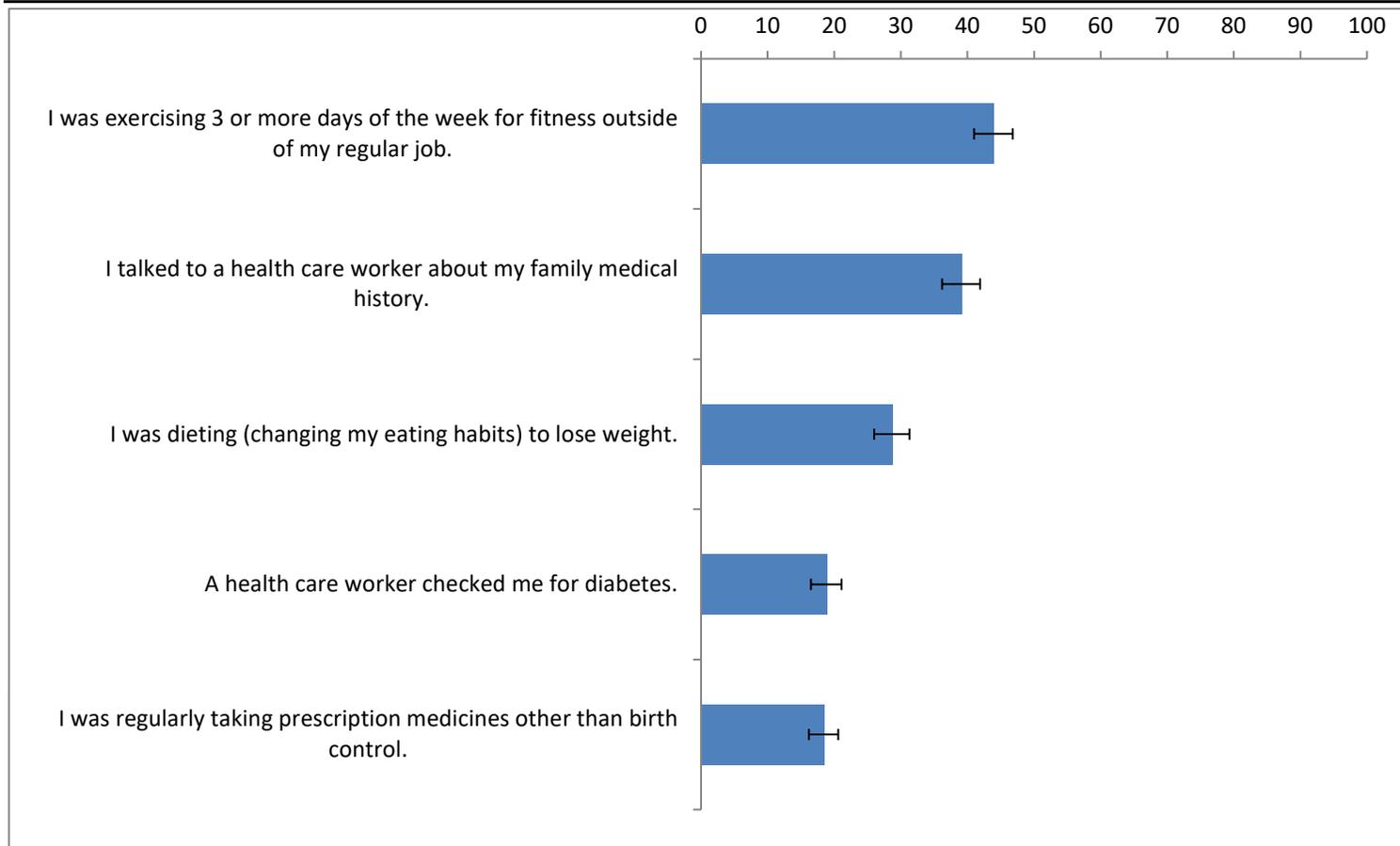


Health Behaviors

Percentage (%) of recent mothers in Illinois who reported doing the following activities 12 months before pregnancy

Survey Question 4: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? Response: Yes



	Percentage ¹	95% CI ²		Respondents ³	Estimated Population Affected ⁴
I was exercising 3 or more days of the week for fitness outside of my regular job.	44.0	41.2	47.0	1,378	64,311
I talked to a health care worker about my family medical history.	39.1	36.3	42.0	1,376	57,124
I was dieting (changing my eating habits) to lose weight.	28.7	26.1	31.4	1,372	41,767
A health care worker checked me for diabetes.	18.9	16.7	21.3	1,374	27,606
I was regularly taking prescription medicines other than birth control.	18.5	16.4	20.8	1,375	26,986

¹Percentage = Weighted percentage

²CI = confidence interval

-- Indicates denominator <30 respondents

³Respondents = The total number who responded to the survey question

⁴Estimated population affected = Estimated number of Illinois mothers/infants with characteristic or condition