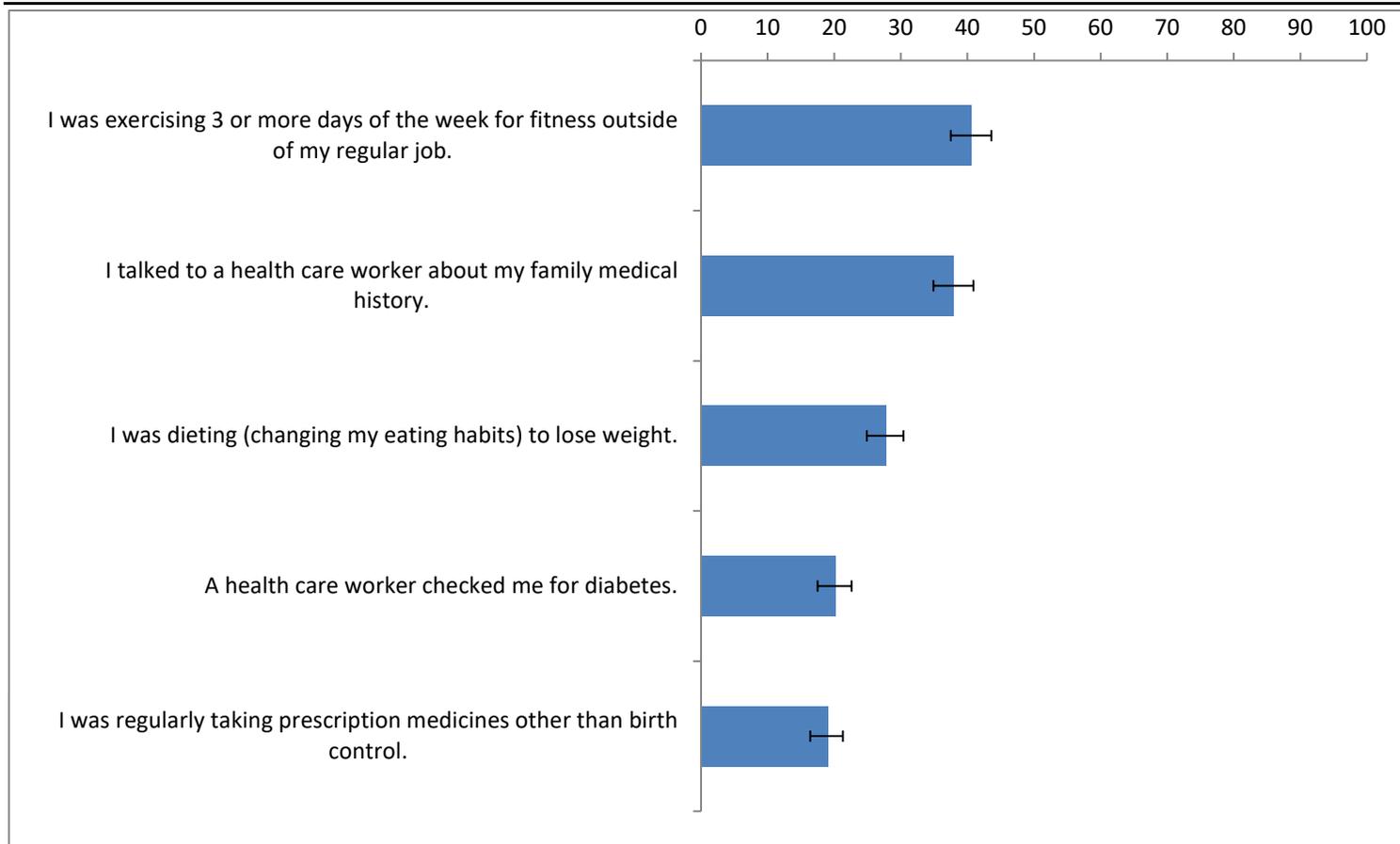


Health Behaviors

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.	40.6	37.6	43.7	1,223	57,426
I talked to a health care worker about my family medical history.	37.9	34.9	40.9	1,221	53,545
I was dieting (changing my eating habits) to lose weight.	27.7	25.0	30.5	1,221	39,105
A health care worker checked me for diabetes.	20.2	17.8	22.9	1,220	28,537
I was regularly taking prescription medicines other than birth control.	19.0	16.7	21.6	1,221	26,857

¹Percentage = Weighted percentage

²CI = Confidence interval lower/upper bounds -- 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