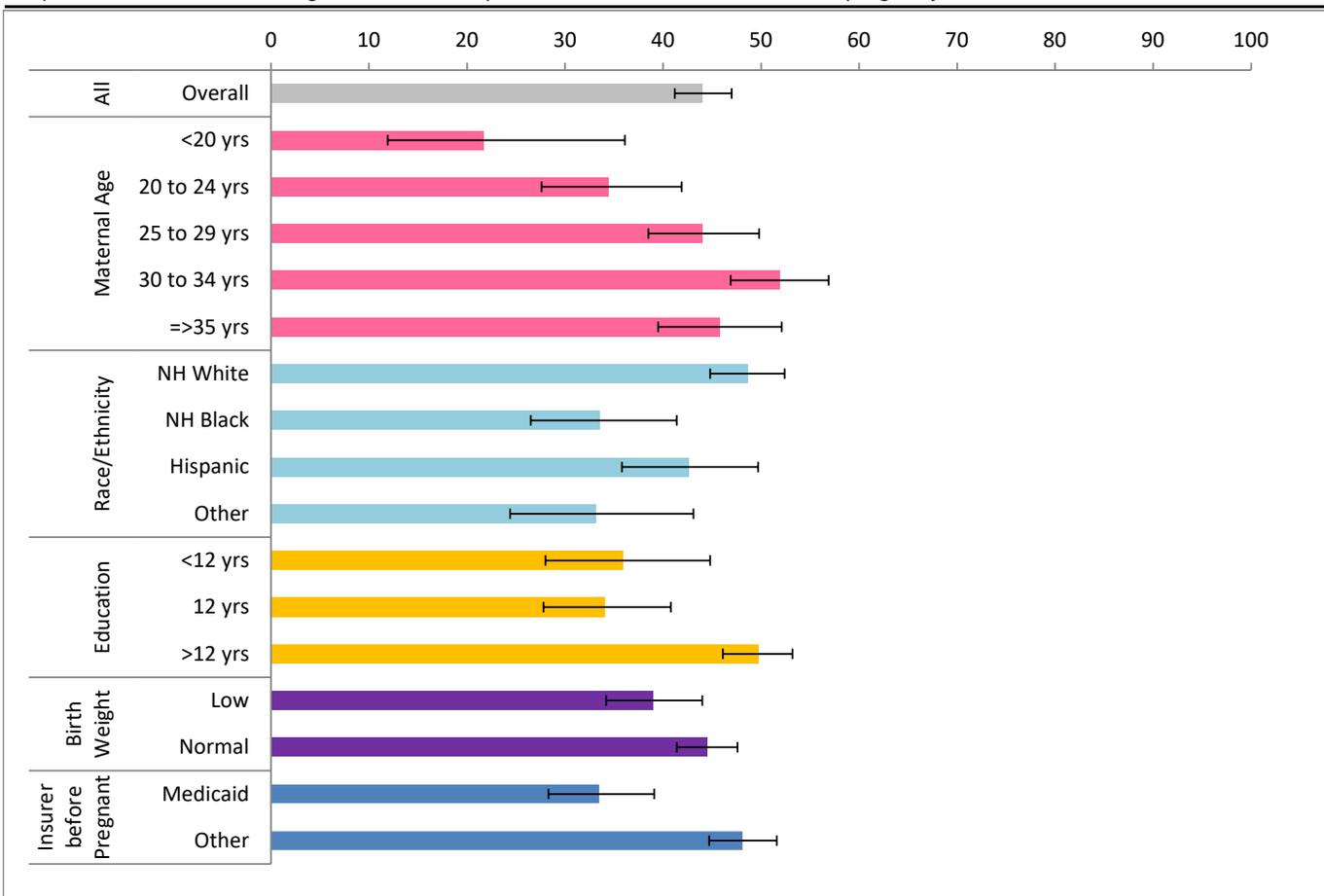


Health Behaviors

Percentage (%) of recent mothers in Illinois who reported exercising three or more times per week during the 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 B. I was exercising three or more days of the week for fitness outside of my regular job.



	Percentage ¹	95% CI ²		Respondents ³	Estimated Population Affected ⁴	
All	Overall	44.0	41.2	47.0	1,378	64,311
Maternal Age	<20 yrs	21.7	11.9	36.1	56	1,464
	20 to 24 yrs	34.4	27.6	41.9	214	8,679
	25 to 29 yrs	44.0	38.5	49.8	362	18,513
	30 to 34 yrs	51.9	46.9	56.9	458	22,905
	=>35 yrs	45.8	39.5	52.1	288	12,749
Race/Ethnicity	NH White	48.6	44.8	52.4	778	40,239
	NH Black	33.5	26.5	41.4	215	6,566
	Hispanic	42.6	35.8	49.7	244	12,955
	Other	33.1	24.4	43.1	119	3,685
Education	<12 yrs	35.9	28.0	44.8	165	6,792
	12 yrs	34.0	27.8	40.8	264	10,198
	>12 yrs	49.7	46.1	53.2	911	46,269
Birth Weight	Low	39.0	34.2	44.0	380	4,190
	Normal	44.5	41.4	47.6	998	60,121
Marital Status	Married	50.4	46.7	54.0	859	45,431
	Other	33.8	29.3	38.6	519	18,880
Insurer before Pregnant	Medicaid	33.5	28.3	39.1	381	13,670
	Other	48.1	44.7	51.6	997	50,641

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