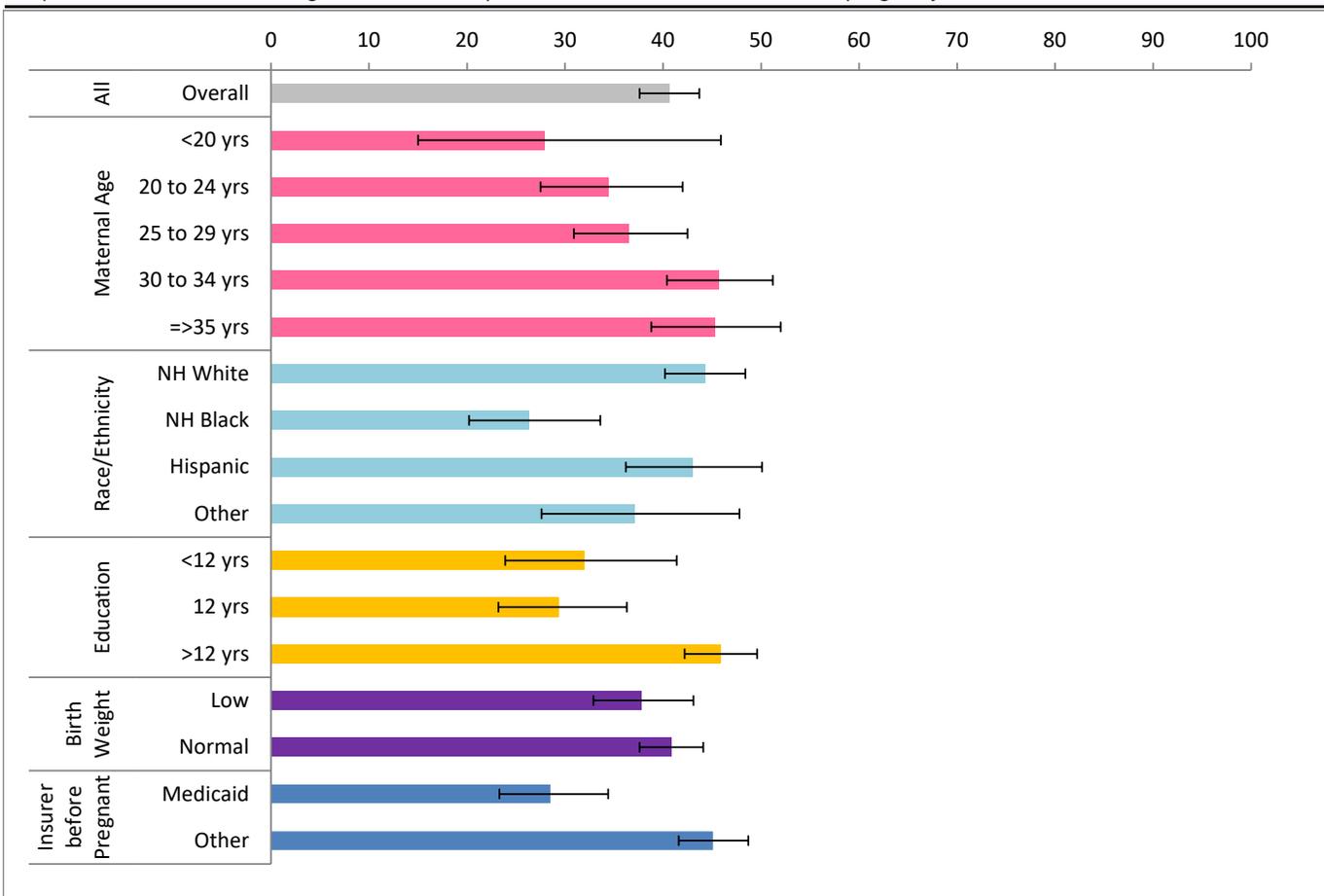


Health Behaviors

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	40.6	37.6	43.7	1,223	57,426
Maternal Age	<20 yrs	27.9	15.0	45.9	44	1,388
	20 to 24 yrs	34.4	27.5	42.0	207	8,477
	25 to 29 yrs	36.5	30.9	42.5	317	13,789
	30 to 34 yrs	45.7	40.4	51.2	396	20,114
	=>35 yrs	45.3	38.8	52.0	259	13,658
Race/Ethnicity	NH White	44.3	40.2	48.4	638	33,597
	NH Black	26.3	20.2	33.6	228	6,031
	Hispanic	43.0	36.2	50.1	241	12,788
	Other	37.1	27.6	47.8	103	4,175
Education	<12 yrs	32.0	23.9	41.4	144	5,599
	12 yrs	29.3	23.2	36.3	236	8,566
	>12 yrs	45.9	42.2	49.6	814	42,033
Birth Weight	Low	37.8	32.9	43.1	342	3,964
	Normal	40.8	37.6	44.1	881	53,462
Marital Status	Married	47.2	43.4	51.0	761	39,806
	Other	30.8	26.2	35.9	462	17,620
Insurer before Pregnant	Medicaid	28.5	23.3	34.4	336	11,041
	Other	45.1	41.6	48.7	887	46,385

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