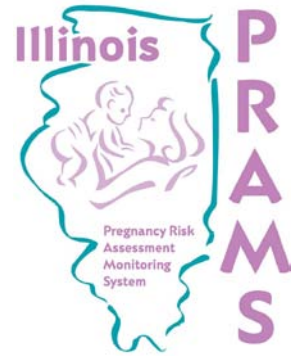


Illinois PRAMS FACTS For 2009

Pregnancy Risk Assessment Monitoring System



Pre-Pregnancy Health

- During the month before pregnancy 30 percent of women took a multivitamin, prenatal vitamin or folic acid vitamin every day of the week. 13 percent took a vitamin between 1 to 6 times per week, and 57 percent didn't take a vitamin at all.
- During the year prior to pregnancy:
 - 41 percent of women said they were exercising 3 or more days of the week and 27 percent were dieting to lose weight.
 - 52 percent of women had their teeth cleaned by a dentist or dental hygienist.
 - 11 percent of women visited a health care worker to be treated or checked for diabetes, depression or anxiety. 12 percent visited a health care worker to be checked for high blood pressure.
 - 28 percent of women talked with a health care worker about family medical history.

Family Planning

- 44 percent of pregnancies resulting in live births were reported as unintended.
- 50 percent of women not trying to get pregnant were not using birth control at the time of conception.

Prenatal Care

- 82 percent of women heard or read about the importance of taking folic acid to prevent some birth defects.
- 69 percent of women reported being tested for HIV during their pregnancy, while 14 percent did not know if they were tested.
- 44 percent of women went to a dentist or dental clinic during their pregnancy and 47 percent reported being counseled by a dental or other health care worker about care of teeth and gums.
- During pregnancy, 7 percent of women were told by a health care professional they had depression.
- 75 percent of women reported that a health care worker talked with them about what to do if they felt depressed during their pregnancy or after the baby was born.

Risk Factors

- 3 percent of women reported being physically abused by their husband or partner in the 12 months before their pregnancy; 2 percent reported abuse during pregnancy.
- 21 percent of women smoked cigarettes during the three months before they became pregnant, and 9 percent smoked during the last three months of pregnancy.
- 53 percent of women reported drinking alcoholic beverages on a weekly basis in the three months before becoming pregnant. That figure dropped to 7 percent during the last three months of pregnancy. During both time periods, most women reported drinking three or fewer drinks per week.
- Since their new baby was born, 8 percent of women reported they often or always felt down, depressed or sad. During the same time period, 9 percent of women were told by a health care professional they had depression.

Infant Health and Care

- When asked how they learned to install and use an infant car seat, 27 percent of women reported that a health or safety professional showed them. Many women indicated they read the instructions (55%) or they already knew how to install the seat because they have other children (49%).
- 72 percent of women reported they most often put their baby to sleep on his or her back.
- 80 percent of women reported breastfeeding their baby at least once after birth and 67 percent were still breastfeeding one month after delivery.
- Among women who did not breastfeed, the most common reasons for not doing so were that they did not like breastfeeding (46%) or didn't want to breastfeed (29%).