Illinois PRAMS FACTS – 2011
Pregnancy Risk Assessment Monitoring System

Pre-Pregnancy Health
• During the month before pregnancy, 34% of women took a multivitamin, prenatal vitamin or folic acid vitamin every day of the week. Twelve percent took a vitamin between 1 to 6 times per week, and 54% didn’t take a vitamin at all.
• During the year prior to pregnancy:
  o 47% of women said they were exercising three or more days of the week and 28 percent were dieting to lose weight.
  o 52% of women had their teeth cleaned by a dentist or dental hygienist.
  o 11% of women visited a health care worker to be treated or checked for diabetes and 12% were treated or checked for high blood pressure. 12% were treated or checked for depression/anxiety.
  o 29% of women talked with a health care worker about family medical history.

Family Planning
• 42% of pregnancies resulting in live births were reported as unintended.
• Highest rates of reported unintended pregnancies occurred in age group: <20 yrs. (81%), race: black (67%), education: <12 yrs. (61%), and marital status: other (67%).

Prenatal Care
• 84% of women reported that they received prenatal care in the first trimester of pregnancy.
• Of those not receiving prenatal care in the first trimester, the most common reasons were “I couldn’t get an appointment when I wanted one” at 40% and, “I didn’t know that I was pregnant” at 38%.
• 47% of women reported using WIC services during pregnancy.
• 47% of women went to a dentist or dental clinic during pregnancies, and 47% reported being counseled by a dental or other health care worker about care of teeth and gums. 21% reported teeth problems during pregnancy.
• 77% of women reported a doctor, nurse, or other health care worker talked with them about what to do if they felt depressed during their pregnancies or after the birth of their babies. During pregnancy, 9% of women were told by a health care professional that they had depression.

Risk Factors
• 3% of women reported being physically abused by their husbands/partners in the 12 months before pregnancy; 3% also reported abuse during pregnancy.
• 22% of women smoked cigarettes during the three months before they became pregnant and 10% smoked during the last three months of pregnancy.
• 57% of women reported drinking alcoholic beverages on a weekly basis in the three months before becoming pregnant. That figure dropped to 7% during the last three months of pregnancy.
• Since their new baby was born, 11% of women were told by a health care professional they had depression.

**Infant Health and Care**

• 99% of women reported that their babies had a well-baby checkup with 96% occurring in the first week after birth. 63% of these checkups occurred at a private doctor’s office or HMO clinic.

• 75% of women reported they most often put their babies to sleep on his or her back. 88% of women reported that their babies slept in a crib, 87% of babies slept on a firm mattress, and 30% slept with crib bumpers.

• 81% of women reported breastfeeding their babies at least once after birth and 68% were still breastfeeding one month after delivery.

• Among women who did not breastfeed, the most common reasons for not doing so were they did not like breastfeeding (40%) or didn’t want to breastfeed (32%).