Illinois PRAMS FACTS – 2012
Pregnancy Risk Assessment Monitoring System

Pre-Pregnancy Health
- During the month before pregnancy:
  - 36% of women reported taking multivitamins, prenatal vitamins, or folic acid vitamins every day of the week
  - 13% reported taking vitamins between 1 to 6 times per week
  - 51% reported that they didn’t take vitamins at all
- During the 12 months before pregnancy:
  - 47% of women reported they were exercising three or more days of the week and 27% were dieting to lose weight
  - 58% of women reported having their teeth cleaned by dentists or dental hygienists
  - 18% of women reported being checked for diabetes by health care workers, and 25% reported being checked for high blood pressure
  - 16% reported being checked for depression or anxiety
  - 34% reported talking with health care workers about their family medical history.
  - When asked about pre-pregnancy health:
    - 3% of the women reported health care workers told them that they had diabetes
    - 4% were told that they had high blood pressure
    - 6% were told that they had depression

Family Planning
- 41% of pregnancies resulting in live births were unintended (based on women’s responses when asked how they felt about becoming pregnant)
- Women who reported that they wanted to be pregnant later were asked how much longer they wanted to wait.
  - 43% reported that they wanted to wait 2 years or less
  - 57% reported that they wanted to wait more than two years
- Highest rates of reported unintended pregnancies:
  - <20 yrs. (72 percent),
  - Race: black (68 percent),
  - Education: <12 yrs. (58 percent), and
  - Marital status: other (63 percent).

Prenatal Care
- 88% of women reported that they received prenatal care in the first trimester of pregnancy
- 43% of women reported using WIC services during pregnancy
- When asked about care of their teeth during pregnancy
  - 46% reported that they had their teeth cleaned
  - 18% reported that they needed to see dentists for problems
  - 20% said that they saw dentists for problems
- Depression
77% of women reported that doctors, nurses, or other health care workers talked to them about what to do if they felt depressed during pregnancies or after their babies were born. During pregnancy, 7% of women reported they were told by health care professionals that they had depression. 10% of women reported being told that they had depression after the birth of their babies. When asked about the time period 12 months before delivery of their new babies, 49% of women reported that they had received influenza immunizations.

**Risk Factors**

- **Abuse**
  - 4% of women reported being physically abused by their husbands/partners in the 12 months before pregnancy
  - 2% reported abuse during pregnancy

- **Smoking**
  - 21% of women reported smoking during the three months before they became pregnant
  - 9% of women reported smoking during the last three months of pregnancy

- **Alcohol**
  - 58% of women reported drinking alcoholic beverages on a weekly basis in the three months before becoming pregnant
  - Only 7% of women reported drinking alcoholic beverages during the last 3 months of pregnancy

- Doctors, nurses, or health care workers told 12% of women that the woman had gestational diabetes.

**Infant Health and Care**

- 98% of women reported that their babies had well-baby checkups.
- 18% of women reported that they were visited by home visitors (nurses, health care workers, social workers, or others who work for programs that helps mothers of newborns)

- **Sleeping**
  - 78% of women reported they most often put their babies to sleep on their backs
  - 90% of women reported that their babies slept in cribs
  - 86% of babies slept on firm mattresses
  - 27% slept with crib bumpers

- **Breastfeeding**
  - 84% of women reported breastfeeding their babies at least once after birth
  - 72% were still breastfeeding one month after delivery
  - 50% reported they were still breastfeeding at the time they completed the survey