



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