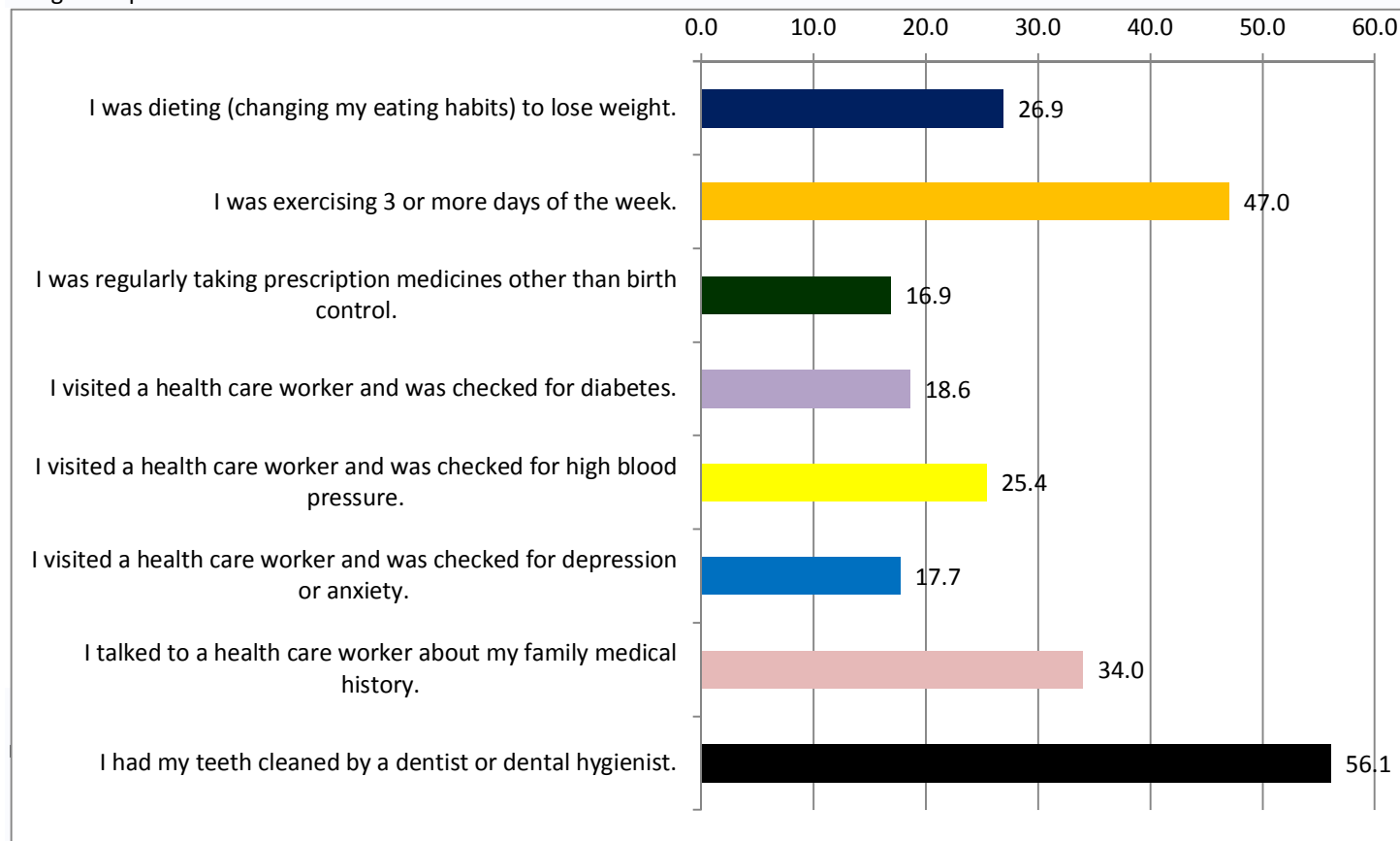


## Health Behaviors

**Percentage (%) of new mothers in Illinois who reported doing the following activities 12 months before pregnancy**

**Survey Question 7:** 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



	Percentage <sup>1</sup>	95% CI <sup>2</sup>	Respondents <sup>3</sup>	Estimated Population Affected <sup>4</sup>
I was dieting (changing my eating habits) to lose weight.	26.9	24.4 - 29.4	362	40,245
I was exercising 3 or more days of the week.	47.0	44.2 - 49.8	667	70,597
I was regularly taking prescription medicines other than birth control.	16.9	14.9 - 19.1	254	25,384
I visited a health care worker and was checked for diabetes.	18.6	16.5 - 20.9	273	27,805
I visited a health care worker and was checked for high blood pressure.	25.4	23.0 - 27.9	375	37,987
I visited a health care worker and was checked for depression or anxiety.	17.7	15.7 - 20.0	260	26,478
I talked to a health care worker about my family medical history.	34.0	31.4 - 36.7	493	50,776
I had my teeth cleaned by a dentist or dental hygienist.	56.1	53.3 - 58.9	783	84,153

<sup>1</sup>**Percentage** = Weighted percentage of Illinois mothers giving birth to live infants in 2014 who responded Yes to the survey question for the specified indicator

<sup>2</sup>**CI** = confidence interval

<sup>3</sup>**Respondents (N)** = Total number of mothers who responded Yes to the survey question for the specified indicator

<sup>4</sup>**Estimated population affected** = Estimated number of Illinois mothers giving birth in 2014 who would respond Yes to the survey question for the specified indicator