Table 2

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 0.0 10.0 20.0 30.0 40.0 50.0 60.0 I was dieting (changing my eating habits) to lose weight. 26.9 I was exercising 3 or more days of the week. 47.0 I was regularly taking prescription medicines other than birth 16.9 control. I visited a health care worker and was checked for diabetes. 18.6 I visited a health care worker and was checked for high blood 25.4 pressure. I visited a health care worker and was checked for depression 17.7 or anxiety. I talked to a health care worker about my family medical 34.0 history. I had my teeth cleaned by a dentist or dental hygienist. 56.1

	Percentage ¹	95% CI ²	Respondents ³	Estimated Population Affected ⁴
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

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

²**CI** = confidence interval

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

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