



Illinois PRAMS FACTS – 2020

Pregnancy Risk Assessment Monitoring System



The Illinois Pregnancy Risk Assessment Monitoring System (PRAMS) is an ongoing population-based survey of women who delivered live born infants in Illinois. The Illinois PRAMS project is part of a national initiative of the U.S. Centers for Disease Control and Prevention (CDC) to reduce infant morbidity and mortality. More Illinois PRAMS information and detailed data can be found at <http://www.dph.illinois.gov/data-statistics/prams>.

SELECTED INDICATORS	PERCENTAGE% ¹	95% CI ²	Respondents ³	Estimated Population Affected ⁴
Before Pregnancy				
During the 12 months before pregnancy				
• Exercised three or more days per week	43.0	39.9-46.0	531	54,140
• Dieted to lose weight	29.1	26.4-32.0	341	36,619
• Had teeth cleaned by a dentist or dental hygienist	62.3	58.8-65.7	578	57,978
• Had a health care visit with an OB/GYN	63.1	59.6-66.5	598	58,746
• Had health care visit for illness or chronic condition	13.6	11.3-16.2	133	12,612
• Had health care visit for family planning or birth control	19.0	16.4-22.0	184	17,696
• Had health care visit for depression or anxiety	12.1	9.9-14.6	116	11,235
• Checked for diabetes by health care worker	21.3	18.8-24.0	257	26,677
• Taking regular prescription medications, other than birth control	23.4	21.0-26.1	312	29,507
• Talked with a health care worker about their family history	43.8	40.7-46.9	546	55,122
During the 3 months before pregnancy				
• Diagnosed with diabetes	2.1	1.4-3.2	29	2,614
• Diagnosed with high blood pressure	4.5	3.4-6.0	62	5,715
• Diagnosed with depression	13.1	11.1-15.4	164	16,497
Took multivitamins, prenatal vitamins, or folic acid vitamins every day during the month before pregnancy	38.8	35.9-41.9	483	48,959
Pregnancy unintended – want to be pregnant later, not at all, or not sure	38.3	35.3-41.4	449	48,057
Smoked during the three months before pregnancy	13.8	11.7-16.1	166	17,197
Consumed alcoholic drinks during the three months before pregnancy	62.3	59.2-65.3	741	78,051
Were physically abused by current or ex-husbands/partners, a family member, or someone else during 12 months before pregnancy	3.1	2.1-4.4	35	3,783
Enrolled in Medicaid the month before pregnancy	27.4	24.6-30.4	308	33,788

SELECTED INDICATORS	PERCENTAGE% ¹	95% CI ²	Respondents ³	Estimated Population Affected ⁴
During Pregnancy				
Received prenatal care during the first trimester	88.0	85.7-90.0	1,062	110,061
Used WIC services during pregnancy	25.9	23.2-28.9	292	32,457
Had teeth cleaned by a dentist or dental hygienist	40.8	37.8-43.9	491	51,253
Diagnosed with depression	12.8	10.8-15.0	159	16,004
Received influenza immunization 12 months before or during pregnancy	64.6	61.6-67.6	774	81,180
Diagnosed with high blood pressure (starting in pregnancy) or (pre-)eclampsia	14.8	12.8-17.0	228	18,584
Diagnosed with gestational diabetes	11.0	9.2-13.0	139	13,789
Were physically abused by current or ex-husbands/partners, a family member, or someone else during pregnancy	2.2	1.4-3.3	26	2,684
Smoked last three months of pregnancy	5.4	4.1-7.0	69	6,677
Felt unsafe in the neighborhood where living	10.1	8.4-12.2	125	12,737
Enrolled in Medicaid for prenatal care	42.0	38.9-45.2	467	50,627
Postpartum Experiences and Infant Health				
Smoked after delivery	7.8	6.3-9.7	98	9,792
Diagnosed with depression	11.1	9.3-13.3	140	13,953
Had a postpartum checkup	91.4	89.4-93.1	1,093	114,218
Used postpartum birth control	75.3	72.5-77.9	906	94,271
Breastfed at least once after birth	89.5	87.4-91.3	1,050	110,610
Breastfed for at least 12 weeks after birth	63.3	60.2-66.4	720	76,397
Infant usual sleeping				
• Infant put to sleep on their backs most of the time	84.1	81.6-86.3	987	103,728
• Infant slept in crib/bassinet/play yard	93.0	91.2-94.5	1,078	114,305
• Infant slept with a blanket (not recommended)	40.2	37.1-43.4	444	48,299
Enrolled in Medicaid after delivery	41.1	38.1-44.3	474	50,799

¹Percentage = Weighted percentage of Illinois mothers who gave birth to live infants in 2020 and responded 'Yes' or as indicated to the question for the specified indicator.

²CI = Confidence Interval

³Respondents (N) = Total number of mothers who responded 'Yes' to the survey question for the specified indicator; <30 respondents results may be unreliable

⁴Estimated population affected = Estimated number of Illinois mothers who delivered live born infants in 2020 and who would respond 'Yes' or as indicated to the question for the specified indicator.

The 2020 Illinois PRAMS survey was sent to 1,994 recent mothers in Illinois who delivered live born infants. The number of mothers responding to the survey was 1,205 for an unweighted response rate of 60%. The overall weighted response rate was 61%. The weighted response rates were 58% for mothers of low birth weight infants and 61% for mothers of normal birth weight infants. (Source: Illinois 2020 Analysis Weights report.)