NEBRASKA PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS)

2019 Annual Report

Lifespan Health Services

Nebraska Department of Health and Human Services

Division of Public Health

301 Centennial Mall South

Lincoln, NE 68509-5026

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Acknowledgments

Nebraska Pregnancy Risk Assessment Monitoring System (NE PRAMS) has been collecting data from women with a recent live birth since 2000, within the Office of Maternal and Child Health (MCH) Epidemiology. While our program has endeavored to create an annual report in the past, it lacked the resources to sustain the work necessary to produce an annual report from year to year. With a recent increase in internal capacity within the Office of MCH Epidemiology, it is NE PRAMS' hope that the program will be able to release an annual report going forward.

For more information about the data included in this report, please contact NE PRAMS staff at: https://dhhs.ne.gov/Pages/Pregnancy-Risk-Assessment-Monitoring-System.aspx

The Office of MCH Epidemiology, in the Lifespan Health Services Unit, Division of Public Health, Nebraska Department of Health and Human Services (DHHS) has the defined mission to "generate high quality data to improve the health of families through partnerships." This mission is furthered by a vision of happy, healthy families, communities, and Nebraskans who are fulfilled and prosperous.

NE PRAMS would like to express gratitude to the survey participants across Nebraska who are willing to take the time to complete the survey. We would also like to thank DHHS Vital Records for providing data necessary for our sampling frame. NE PRAMS is managed by DHHS staff, telephone interview staff, and guided by the PRAMS Steering Committee.

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1 INTRODUCTION

The Nebraska Pregnancy Risk Assessment Monitoring System (PRAMS) is a collaborating member of the Centers for Disease Control and Prevention (CDC) initiative to reduce infant mortality and low birth weight. PRAMS is an ongoing, population-based surveillance system designed to identify, monitor, and provide high quality, timely data on selected maternal health behaviors and experiences before, during, and after pregnancy, among women who have had a live birth. PRAMS serves as a state-specific data source for maternal and child health (MCH) issues, and the dissemination of PRAMS data is an essential step in translating findings from PRAMS into public health action.

PRAMS was initiated by CDC in 1987 because infant mortality rates were no longer declining as rapidly as they had in prior years. In addition, the incidence of low birth weight infants had improved little in the previous 20 years. Research has indicated that maternal behaviors during pregnancy may influence infant birth weight and mortality. The goal of the PRAMS project is to improve the health of mothers and infants by reducing adverse outcomes such as low birth weight, infant mortality and morbidity, and maternal morbidity. PRAMS provides state-specific data for planning and assessing health programs and for describing maternal experiences that may contribute to maternal and infant health. Nebraska has participated in PRAMS since 2000 and has consistently met or exceeded the data quality standards set by the CDC. Nebraska is one of 50 jurisdictions that formally participated in the CDC PRAMS initiative in 2019.

The Nebraska PRAMS 2019 Annual Report is based on findings from a stratified random sample of 2,769 Nebraska resident women who had a live birth in 2019. The 2019 Nebraska PRAMS survey consisted of 96 questions covering a range of topics. These topics included:

- Pregnancy intention
- Contraceptive use
- Prenatal care
- Prenatal care counseling
- HIV Testing
- Alcohol and tobacco use
- Multivitamin use
- Participation in the U.S. Department of Agriculture (USDA) Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Insurance coverage
- Previous preterm and low birthweight births

- Pregnancy-related complications
- Maternal weight and weight gain
- Newborn health
- Breastfeeding
- Infant sleep position
- Infant exposure to secondhand smoke
- Well-baby checkups
- Maternal employment
- Sources of income
- Maternal stress and physical abuse
- Disability status

2 METHODOLOGY

Data in this report are from a monthly sampling of live births to Nebraska resident women that were recorded in the Nebraska Vital Records database for 2019; this includes births to Nebraska resident women that occurred out of state. Eligibility restrictions included the random selection of only one member of a twin or triplet pregnancy so as not to over-represent individual maternal experiences. Quadruplet and higher-order multiple births were excluded as maternal experiences and outcomes of these rare events are generally very different from those of the overall population. Infants known to have been adopted by the time of sampling (two to six months after the birth) are also excluded as a key portion of PRAMS results are related to maternal experiences during the pregnancy, which the adoptive parent would not necessarily be able to report. Births to military members or institutionalized women are eligible for sampling, as were those from repeat pregnancies within the calendar year, e.g., a woman who gave birth in January 2019 and again in November.

Following the exclusion process, approximately 98% of the resident Nebraska births in 2019 were eligible for sampling (Source: Table 4.2bv from Chapter 4 "Sampling" of the Nebraska PRAMS Protocol). Random samples were drawn separately from five strata based on maternal race and ethnicity as recorded on the birth certificate: Hispanic women of any race, White, Black, Native American, and Asian American women. Race/ethnicity groups are sampled intentionally to ensure that adequate data are available for analysis in these populations. Data by race/ethnicity is not presented in this report.

Data available for analysis are a combination of questionnaire results and additional information from the state birth certificate file obtained from DHHS Vital Records. CDC PRAMS processes these data and assigns a mathematical weight to each woman's response. Using these weights in the analyses (including for this report) provides results representative of the entire population of Nebraska resident live births for 2019, and not simply those selected for the PRAMS sample and responding to the survey.

The current report is based on completed surveys for 1,626 live births. Each year PRAMS samples roughly 10% of PRAMS-eligible live births. Data are suppressed for questions or categories for which there are fewer than 30 respondents, due to low statistical precision of the numbers and for privacy considerations. Typically, the annual sample is large enough for estimating percentages within +/-3.5% with 95% confidence. Data analysis was completed using SAS 9.4. Additional information on PRAMS methodology, stratification, weighting, and analysis procedures is available upon request.

Limitations: All survey results are based on self-report and may reflect an unknown degree of reporting bias. These data can only be generalized to Nebraska residents who delivered live infants in 2019.

3 EXECUTIVE SUMMARY

PRAMS data is a valuable source of state-specific data for maternal and child health (MCH) indicators. The current version of the PRAMS survey (Phase 8) was implemented in 2016. Phase 8 of the PRAMS survey expanded the survey into new terrain, including new questions about chronic conditions before and during pregnancy, safe sleep, e-cigarette and hookah use, sources of advice on breastfeeding and safe sleep practices, and tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis (Tdap) vaccination. Data from a few of these topic areas are summarized below.

Section 10 of this report includes data about relevant vaccinations for pregnant people. In 2019, 78.0% (95% Confidence Interval (CI) 75.1%-80.8%) of people with a recent live birth received the flu shot before or during pregnancy. This number has steadily increased in recent years. In 2019, 88.4% (95% CI 86.3%-90.6%) people with a recent live birth received the tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis (Tdap) vaccination during pregnancy. A greater percentage of people report receiving these vaccinations in Nebraska than the United States average. New supplemental data about COVID-19 and the COVID-19 vaccine will be available with 2020 PRAMS data. Additional demographic information about vaccinations during pregnancy in Nebraska can be found here: https://dhhs.ne.gov/PRAMS%20Documents/Are%20Pregnant%20Women%20Gettng%20Vaccinated.pdf.

Additional data is available about chronic health conditions that occur before, during, and after pregnancy. In 2019, 1.6% (95% CI 0.9%-2.3%) of people with a recent live birth had diabetes before pregnancy and 8.7% (95% CI 6.9%-10.6%) developed gestational diabetes during pregnancy. More people with a recent live birth had high blood pressure before pregnancy than pre-pregnancy diabetes. In 2019, 2.5% (95% CI 1.6%-3.5%) of people with a recent live birth had high blood pressure before pregnancy and 14.8% (95% CI 12.3%-17.4%) of people developed high blood pressure, pre-eclampsia, or eclampsia during pregnancy.

Data on depression is dispersed throughout this report. Reports of depression before and during pregnancy are increasing over time, while postpartum depression symptoms remain stable. In 2019, 17.2% (95% CI 14.4%-19.9%) of people with a recent live birth had depression before pregnancy. That same year 18.4% (95% CI 15.7%-21.2%) had depression during pregnancy and 12.3% (95% CI 10.1%-14.4%) had postpartum depression symptoms after pregnancy. Nebraska PRAMS has developed a fact sheet titled "Maternal Mental Health in Nebraska" that includes recent PRAMS data and action steps health care providers can take to provide services and referral resources to patients. That report can be found here: https://dhhs.ne.gov/PRAMS%20Documents/Maternal%20Mental%20Health%20Fact%20Sheet.pdf.

As e-cigarettes and hookah became popular across the United States, demand for data about the prevalence of use increased. In 2019, 6.9% (95% CI 5.1%-8.8%) of people with a recent live birth used e-cigarettes in the past two years and 2.2% (95% CI 1.2%-3.3%) used hookah in the past two years. A smaller percentage, 3.9% (95% CI 2.5%-5.3%) used e-cigarettes or other electronic nicotine products in the 3 months before pregnancy.

The Phase 8 safe sleep expansion was supported by funding from the Health Resources and Services Administration (HRSA) and came with a new national performance measure for the

Title V Maternal and Child Health Services State Block Grant Program.[1] Safe sleep data is presented in Section 17 and based on data from five safe sleep questions in the survey. PRAMS safe sleep data is not available for people with a recent live birth who are not living with their baby. In 2019, 86.8% (95% CI 84.6%-89.0%) of people with a recent live birth put their baby to sleep on their back and 77.8% (95% CI 75.0%-80.5%) of people with a recent live birth had their baby always or almost always sleep alone in their crib or bed. That same year, 74.9% (95% CI 71.6%-78.3%) of people with a recent live birth whose babies rarely, sometimes, often, or always slept alone slept with their baby in the mother's room. Finally, 43.7% (95% CI 40.1%-47.3%) of people with a recent live birth whose babies rarely, sometimes, often, or always slept alone usually had their baby sleep on a safe sleep surface. A safe sleep surface was defined as sleeping in a crib, bassinet, or pack n play and not on a twin or larger mattress or bed, on a couch, sofa, or armchair, or in an infant car seat or swing. Additional data on safe sleep in Nebraska, along with a call to action and supplemental demographic data can be found here: https://dhhs.ne.gov/PRAMS%20Documents/Safe%20Sleep%20Providers.pdf and here: https://dhhs.ne.gov/PRAMS%20Documents/Safe%20Sleep%20Supplemental%20Data.pdf.

In 2018, Nebraska PRAMS added six supplemental questions about disability status to the survey (Tables 19.5 and 19.6). In 2019, 42.1% (95% CI 38.7%-45.5%) of people with a recent live birth had a broadly defined disability. Using a more strict definition of disability, many fewer – only 5.7% (95% CI 4.1%-7.2%) of people with a recent live birth had a strict disability. Respondents who selected "some difficulty", "a lot of difficulty" or "I cannot do this at all" for any of the six questions about disability status were considered to have a broad disability but the definition for strict disability excluded "some difficulty" from the calculation. A newly released fact sheet about pregnant and parenting people with a disability is available here: https://dhhs.ne.gov/PRAMS%20Documents/Pregnant%20and%20Parenting%20People%20with%20Disabilities%20Fact%20Sheet.pdf.

In 2019, Nebraska PRAMS added two questions about tribal affiliation (Table 19.7). According to Nebraska PRAMS data, in 2019 1.9% (95% CI 1.4%-2.4%) of people with a live birth were a member of an American Indian tribe.

Nebraska PRAMS has also featured Phase 8 data in fact sheets and issue briefs. These data products have included national comparisons and a call for action based on evidence-based practices. Please visit the Nebraska PRAMS website to view the full list of resources: https://dhhs.ne.gov/Pages/PRAMS-Downloadable-Resources.aspx.

The data in this report is statewide summary level data. Following the release of this report, Nebraska PRAMS will begin examining survey responses by demographic group.

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[1] Hirai, A. H., Kortsmit, K., Kaplan, L., Reiney, E., Warner, L., Parks, S. E.,… Shapiro-Mendoza, C. K. (2019). Prevalence and Factors Associated With Safe Infant Sleep Practices. Pediatrics, 144(5). doi: 10.1542/peds.2019-1286

4 VITAL RECORDS DATA

4.1 GESTATIONAL AGE

Gestational age^, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Less than 27 weeks	169	0.7	0.1	1.3
28-33 weeks	396	1.6	0.8	2.5
34-36 weeks	1,589	6.6	4.9	8.3
37-42 weeks	21,862	91.0	89.1	93.0
43+ weeks	0	N/A	N/A	N/A

Birth certificate data

Missing n=1

^Categories were created by CDC PRAMS

4.2 PRETERM BIRTH

Preterm birth^, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Preterm birth	2,164	9.0	7.1	10.9
Term birth	21,862	91.0	89.1	92.9

Birth certificate data

Missing n=0

^Preterm birth= Birth occurred prior to 37 weeks gestational age

4.3 LOW BIRTH WEIGHT AND VERY LOW BIRTH WEIGHT

Birthweight^ status, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Not low birthweight	22,351	93.0	91.3	94.8
Low birthweight	1,675	7.0	5.2	8.7
Very low birthweight	300	1.3	0.5	2.0

Birth certificate data

Missing n=0

^Not low birthweight= Baby weighed 2,500 grams or more at birth; Low birthweight= Baby weighed less than 2,500 grams at birth; Very low birthweight= Baby weighed less than 1,500 grams at birth

4.4 MATERNAL EDUCATION

Maternal years of education, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Less than 8th grade	981	4.1	3.4	4.7
9-12 grade, no diploma	1,621	6.8	5.4	8.2
High school diploma / GED	4,827	20.1	17.3	22.9
Some college, no degree	7,226	30.1	27.0	33.2
Bachelor's degree or more	9,351	39.0	35.7	42.3

Birth certificate data

Missing n=2

4.5 MARITAL STATUS

Married at time of delivery, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Married	15,771	65.6	62.5	68.8
Not married	8,255	34.4	31.2	37.5

Birth certificate data

Missing n=0

4.6 PRENATAL CARE (PNC) ADEQUACY

Prenatal care adequacy (Kessner Index), Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Inadequate PNC	1,142	4.8	3.5	6.0
Intermediate PNC	3,847	16.0	13.7	18.4
Adequate PNC	16,260	67.7	64.6	70.8
Unknown PNC	2,777	11.6	9.3	13.8

Birth certificate data

Missing n=0

Prenatal care adequacy (Kotelchuck Index), Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Inadequate PNC	2,366	10.1	8.3	12.0
Intermediate PNC	1,868	8.0	6.2	9.9
Adequate PNC	11,025	47.2	43.8	50.7
Adequate plus PNC	8,080	34.6	31.3	38.0

Birth certificate data

Missing n=49

4.7 LARGE FOR GESTATIONAL AGE AND SMALL FOR GESTATIONAL AGE

Large for gestational age^ and small for gestational age^ status, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
Large for gestational age (based on 90th percentile)	1,920	8.2	6.4	10.0
Small for gestational age (based on 10th percentile)	1,896	8.1	6.2	10.0

Birth certificate data

Missing n=30

^Percentile estimates are based on national estimates for gestational age. [2]

4.8 MATERNAL AGE

Maternal age, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
17 or under	293	1.2	0.7	1.8
18-19	574	2.4	1.4	3.3
20-24	4,490	18.7	15.9	21.5
25-29	7,412	30.8	27.7	34.0
30-34	7,532	31.3	28.2	34.5
35-39	3,214	13.4	11.1	15.7
40 or higher	511	2.1	1.3	3.0

Birth certificate data

Missing n=0

4.9 MATERNAL RACE/ETHNICITY FOR PRAMS SAMPLING

Maternal race/ethnicity for PRAMS sampling^, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
White	16,488	68.6	68.2	69.0
Black	1,855	7.7	7.5	8.0
Native American	431	1.8	1.8	1.8
Asian / Pacific Islander	975	4.1	3.9	4.2
Hispanic	4,277	17.8	17.6	18.0

Birth certificate data

Missing n=0

^PRAMS recategorizes race/ethnicity data from the birth certificate into the categories in this table. PRAMS stratifies its sample by these race/ethnicity categories to provide generalizable results about recent live births statewide for these subpopulations. For this variable, any respondent who identifies as Hispanic is only included in the Hispanic category, regardless of race.

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[2] Duryea EL, Hawkins JS, McIntire DD, Casey BM, Leveno KJ. A revised birth weight reference for the United States. Obstet Gynecol 2014;124:16–22. doi: 10.1097/aog.0000000000000345

4.10 MATERNAL RACE

Maternal race, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
White	17,509	73.0	72.0	74.0
Other Race	2,790	11.6	10.8	12.5
Black	1,607	6.7	6.3	7.1
Mixed Race	952	4.0	3.2	4.7
Other Asian Race	667	2.8	2.6	3.0
American Indian	293	1.2	1.1	1.4
Alaska Native	*	*	*	*
Chinese	*	*	*	*
Filipino	*	*	*	*
Japanese	*	*	*	*

Birth certificate data

Missing n=1

*Data suppressed due to small numbers

4.11 MATERNAL ETHNICITY

Maternal ethnicity, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Non-Hispanic	19,749	82.2	82.0	82.4
Hispanic	4,277	17.8	17.6	18.0

Birth certificate data

Missing n=0

4.12 VAGINAL OR CESAREAN DELIVERY

Vaginal and cesarean delivery, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Cesarean delivery	7,233	30.1	27.0	33.2
Vaginal delivery	16,793	69.9	66.8	73.0

Birth certificate data

Missing n=0

5 MATERNAL HEALTH HISTORY

5.1 MATERNAL PRE-PREGNANCY BMI

Maternal body mass index (BMI), Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Underweight (<18.5 BMI)	517	2.2	1.1	3.3
Normal (18.5-24.9 BMI)	9,573	41.0	37.6	44.4
Overweight (25.0-29.9 BMI)	6,568	28.1	25.0	31.3
Obese (>=30 BMI)	6,694	28.7	25.5	31.8

Nebraska (NE) Phase 8 (P8) Questions 1 and 2

Missing n=68

5.2 PREVIOUS LIVE BIRTH

Had a previous live birth, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Had a previous live birth	15,077	63.0	59.6	66.3
Did not have a previous live birth	8,867	37.0	33.7	40.4

NE P8 Question 4

Missing n=9

5.3 PREVIOUS PRETERM BIRTH

Had previous preterm birth^ among respondents with a previous live birth, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Had a previous preterm birth	1,866	12.5	9.8	15.3
Had a previous term birth	13,041	87.5	84.7	90.2

NE P8 Question 6

Missing n=23

^Preterm birth=Birth occurred prior to 37 weeks gestational age

5.4 PREVIOUS LOW BIRTH WEIGHT BABY

Had a previous low birthweight^ birth among respondents with a previous live birth, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
Had a previous low birthweight birth	1,839	12.3	9.6	15.0
Had a previous birth that was not low birthweight	13,095	87.7	85.0	90.4

NE P8 Question 5

Missing n=24

^Low birthweight= Baby weighed less than 2,500 grams at birth

6 MATERNAL HEALTH BEHAVIORS PRIOR TO PREGNANCY

6.1 HEALTH BEHAVIOR IN THE 12 MONTHS BEFORE PREGNANCY

Health behavior in the 12 months before pregnancy, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence Limits	
a. Dieting (changing my eating habits) to lose weight	7,080	29.5	26.3	32.6
b. Exercising ≥3 days/week outside of my regular job	10,440	43.5	40.1	46.9
c. Regularly taking prescription medicines other than birth control	6,165	25.7	22.6	28.8
d. Checked for diabetes by a health care worker	4275	17.9	15.5	20.2
e. Talked with a health care worker about family medical history	9,154	38.2	34.9	41.5

NE P8 Question 7

Missing 7a. n=2   7b. n=7   7c. n=4   7d. n=10   7e. n=10

†Participants could select multiple responses, therefore this column may not total 100%.

6.2 HEALTH CONDITIONS PRIOR TO PREGNANCY

Pre-pregnancy health conditions, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence Limits	
a. Diabetes	383	1.6	0.9	2.3
b. Hypertension	605	2.5	1.6	3.5
c. Depression	4,119	17.2	14.4	19.9
d. Did not report having diabetes, hypertension, or depression pre-pregnancy	19,400	80.7	77.9	83.6

NE P8 Question 8

Missing 8a n=3;   8b n=4;   8c n=4;   8d n=0

†Participants could select multiple responses, therefore this column may not total 100%.

6.3 VITAMIN USE PRIOR TO PREGNANCY

Vitamin use during the month before pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Didn't take vitamin	11,132	46.4	43.0	49.8
1-3 times/week	1,709	7.1	5.4	8.8
4-6 times/week	1,431	6.0	4.3	7.6
Every day of the week	9,724	40.5	37.2	43.9

NE P8 Question 9

Missing n=4

7 MATERNAL HEALTH CARE

7.1 VISIT INFORMATION

7.1.1 Had any health care visits before pregnancy

Reported any health care visits in the 12 months prior to pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Had health care visits before pregnancy	16,880	70.4	67.5	73.3
Had no health care visits before pregnancy	7,098	29.6	26.7	32.5

NE P8 Question 10

Missing n=6

7.1.2 Types of health care visits prior to pregnancy

Type of health care visit in 12 months prior to pregnancy among respondents with any visits prior to pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence Limits	
a. Checkup with doctor	6,582	39.0	35.0	43.0
b. Checkup with OB/GYN	9,586	56.8	52.6	61.0
c. Visit for illness	3,376	20.0	16.6	23.5
d. Visit for injury	804	4.8	3.0	6.6
e. Visit for family planning / birth control	3,427	20.3	17.0	23.6
f. Visit for depression or anxiety	2,652	15.7	12.6	18.9
g. Visit with dentist	11,776	69.8	65.9	73.6
h. Other visit	2,937	17.4	14.2	20.6

NE P8 Question 11

Missing 11a n=0;   11b n=2;   11c n=1;   11d n=0;   11e n=0;   11f n=0;   11g n=0;   11h n=1

†Participants could select multiple responses, therefore this column may not total 100%.

7.1.3 Conversation topics covered by a health care worker prior to pregnancy

Conversations at health care visits in the 12 months prior to pregnancy among respondents with any visits prior to pregnancy, Nebraska PRAMS, 2019			
	Weighted Frequency	Percent†	95% Confidence Limits
a. Tell me to take a vitamin with folic acid	6,433	38.5	34.4	42.7
b. Talk to me about maintaining a healthy weight	5,600	33.6	29.6	37.5
c. Talk to me about controlling any medical conditions such as diabetes or high blood pressure	1,569	9.4	7.2	11.6
d. Talk to me about my desire to have or not have children	7,476	44.8	40.6	49.0
e. Talk to me about using birth control to prevent pregnancy	6,685	40.0	35.9	44.1
f. Talk to me about how I could improve my health before a pregnancy	5,000	30.0	26.1	33.9
g. Talk to me about sexually transmitted infections such as chlamydia, gonorrhea, or syphilis	3,636	21.8	18.5	25.2
h. Ask me if I was smoking cigarettes	12,058	72.1	68.2	76.0
i. Ask me if someone was hurting me emotionally or physically	8,549	51.4	47.2	55.7
j. Ask me if I was feeling down or depressed	9,785	58.7	54.5	63.0
k. Ask me about the kind of work I do	10,732	64.4	60.3	68.5
l. Test me for HIV (the virus that causes AIDS)	3,455	20.9	17.6	24.1

NE P8 Question 12

Missing 12a n=17; 12b n=17; 12c n=20; 12d n=18; 12e n=18; 12f n=23; 12g n=20; 12h n=15; 12i n=21; 12j n=20; 12k n=19; 12l n=30

†Participants could select multiple responses, therefore this column may not total 100%.

7.1.4 Had a health care conversation about planning for pregnancy

Had a health care conversation about preparing for pregnancy prior to pregnancy, Nebraska PRAMS, 2019			
	Weighted Frequency	Percent	95% Confidence Limits
Had conversation about preparing for pregnancy	7,257	30.2	27.1	33.4
Had no conversation about preparing for pregnancy	16,754	69.8	66.6	72.9

NE P8 Question 13

Missing n=3

7.1.5 Conversation topics covered before pregnancy with health care worker

Conversation topics covered with health care worker among respondents who had a health care conversation about preparing for pregnancy prior to pregnancy, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence Limits	
a. Getting my vaccines updated before pregnancy	3,690	51.2	44.9	57.5
b. Visiting a dentist or dental hygienist before pregnancy	2,758	38.3	32.3	44.4
c. Getting counseling for any genetic diseases that run in my family	1,712	23.9	18.9	28.9
d. Getting counseling or treatment for depression or anxiety	1,838	25.6	20.2	30.9
e. The safety of using prescription or over-the-counter medicines during pregnancy	3,908	54.3	47.9	60.6
f. How smoking during pregnancy can affect a baby	3,446	47.8	41.6	54.0
g. How drinking alcohol during pregnancy can affect a baby	3,700	51.3	45.0	57.5
h. How using illegal drugs during pregnancy can affect a baby	3,304	45.8	39.7	51.9

NE P8 Question 14

Missing 14a n=3;   14b n=5;   14c n=9;   14d n=4;   14e n=3;   14f n=3;   14g n=2;   14h n=2

†Participants could select multiple responses, therefore this column may not total 100%.

7.2 HEALTH INSURANCE

7.2.1 Health insurance before pregnancy

Pre-pregnancy insurance type^, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence Limits	
Private or other	16,228	67.7	64.8	70.6
Medicaid or Indian Health Service	3,893	16.2	13.8	18.6
None	3,851	16.1	13.9	18.3

NE P8 Question 15

Missing n=8

†Participants could select multiple responses, therefore this column may not total 100%.

^ Categories were created for this variable that combined response options from the original question.

7.2.2 Health insurance during pregnancy

Prenatal care insurance type^, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence	Limits
Private or other	13,689	61.8	58.5	65.0
Medicaid or Indian Health Service	8,167	36.8	33.6	40.1
None	310	1.4	0.8	2.0

NE P8 Question 16

Missing n=169

†Participants could select multiple responses, therefore this column may not total 100%.

^ Categories were created for this variable that combined response options from the original question.

7.2.3 Health insurance for delivery

Delivery insurance type^, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence	Limits
Private or other	14,186	59.2	56.1	62.4
Medicaid or Indian Health Service	9,333	39.0	35.9	42.1
None	429	1.8	1.0	2.5

NE P8 Question 17

Missing n=10

†Participants could select multiple responses, therefore this column may not total 100%.

^ Categories were created for this variable that combined response options from the original question.

7.2.4 Health insurance postpartum

Postpartum insurance type^, Nebraska PRAMS, 2019			
	Weighted Frequency	Percent†	95% Confidence Limits
Private or other	15,277	63.9	60.8	66.9
Medicaid or Indian Health Service	5,258	22.0	19.2	24.7
None	3,377	14.1	12.1	16.1

NE P8 Question 18

Missing n=11

†Participants could select multiple responses, therefore this column may not total 100%.

^ Categories were created for this variable that combined response options from the original question.

8 PREGNANCY INTENTION

8.1 PREGNANCY TIMING INTENTION

When mother intended to become pregnant, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Later	3,860	16.2	13.8	18.6
Sooner	4,116	17.3	14.7	19.9
When it happened	10,990	46.1	42.7	49.6
Did not want to be pregnant then or any time in the future	1,426	6.0	4.4	7.6
Was not sure	3,423	14.4	12.1	16.6

NE P8 Question 19

Missing n=14

8.2 PREGNANCY INTENTION

Unintended pregnancy^ (recoded), Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Unintended pregnancy	5,286	22.2	19.4	25.0
Intended pregnancy	15,107	63.4	60.2	66.6
Not sure	3,423	14.4	12.1	16.6

NE P8 Question 19

Missing n=14

^Unintended pregnancy= "Later", "Did not want to be pregnant then or any time in the future";
Intended pregnancy= "Sooner", "When it happened"

8.3 WAS TRYING TO GET PREGNANT

Was trying to get pregnant with new baby, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Was trying to get pregnant	13,813	57.8	54.5	61.1
Was not trying to get pregnant	10,077	42.2	38.9	45.5

NE P8 Question 20

Missing n=16

8.4 WAS TRYING TO KEEP FROM GETTING PREGNANT

Was doing something to keep from getting pregnant among respondents who were not trying to get pregnant, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
Tried to keep from getting pregnant	4,201	42.1	37.0	47.2
Did not try to keep from getting pregnant	5,774	57.9	52.7	63.0

NE P8 Question 21

Missing n=27

8.5 REASON FOR NOT DOING ANYTHING TO KEEP FROM GETTING PREGNANT FOR MOST RECENT PREGNANCY

Reasons for not doing anything to keep from getting pregnant among respondents who were not trying to get pregnant and were not doing something to prevent pregnancy, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence Limits	
a. I didn't mind if I got pregnant	3,178	54.0	47.3	60.7
b. I thought I couldn't get pregnant at that time	1,762	29.7	23.7	35.6
c. I had side effects from birth control	479	8.1	5.0	11.1
d. I had problems getting birth control	282	4.7	2.1	7.4
e. I thought my partner or I was sterile	461	7.8	4.2	11.3
f. My partner didn't want to use anything	962	16.4	11.5	21.2
g. I forgot to use birth control	327	5.5	3.0	8.0
h. Other	880	14.8	9.6	20.0

NE P8 Question 22

Missing 22a n=13;   22b n=10;   22c n=11;   22d n=10;   22e n=10;   22f n=14;   22g n=11;   22h n=11

†Participants could select multiple responses, therefore this column may not total 100%.

8.6 METHOD OF PREVENTING MOST RECENT PREGNANCY

Method of preventing most recent pregnancy among respondents who were not trying to get pregnant and were doing something to prevent pregnancy, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence Limits	
a. Birth control pills	1,082	24.6	17.6	31.6
b. Condom	2,084	47.4	39.6	55.3
c. Shot or injections (Depo-Provera)	*	*	*	*
d. Contraceptive implant in the arm (Nexplanon or Implanon)	*	*	*	*
e. Contraceptive patch (OrthoEvra) or vaginal ring (NuvaRing)	*	*	*	*
f. Intrauterine device (IUD) (including Mirena, ParaGard, Liletta, or Skyla)	*	*	*	*
g. Natural family planning (including rhythm method)	704	16.0	9.9	22.1
h. Withdrawal (pulling out)	1,722	39.2	31.3	47.1
i. Other	*	*	*	*

NE P8 Question 23

Missing 23a n=7; 23b n=7; 23c n=8; 23d n=7; 23e n=7; 23f n=7; 23g n=7; 23h n=7; 23i n=7

*Data suppressed due to small numbers

†Participants could select multiple responses, therefore this column may not total 100%.

9 PRENATAL CARE

9.1 TIMING OF FIRST PRENATAL CARE VISIT

Timing of first prenatal care visit, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
During first trimester	21,270	89.9	88.1	91.8
After first trimester	*	*	*	*
Did not have prenatal care	*	*	*	*

NE P8 Question 24

Missing n=36

*Data suppressed due to small numbers

9.2 RECEIVED PRENATAL CARE AS EARLY AS WANTED

Received prenatal care as early as wanted among those who received prenatal care, Nebraska PRAMS, 2019			
	Weighted Frequency	Percent	95% Confidence Limits
Received prenatal care as early as wanted	21,390	89.9	87.9	91.8
Didn't receive prenatal care as early as wanted	2,408	10.1	8.2	12.1

NE P8 Question 25

Missing n=23

9.3 BARRIERS TO GETTING PRENATAL CARE AS EARLY AS WANTED

Barriers to receiving prenatal care as early as wanted among those who received prenatal care, Nebraska PRAMS, 2019			
	Weighted Frequency	Percent†	95% Confidence Limits
a. Couldn't get an appointment when I wanted one	761	33.0	22.6	43.3
b. Didn't have enough money or insurance to pay for visits	749	33.3	22.7	43.9
c. Didn't have transportation	*	*	*	*
d. Doctor or health plan would not start care earlier	686	30.6	20.4	40.8
e. Too many other things going on	392	17.5	9.1	25.9
f. Couldn't take time off from work or school	290	13.2	6.2	20.2
g. Didn't have Medicaid or Medicaid Managed Care card	578	26.2	16.3	36.2
h. Didn't have anyone to take care of my children	*	*	*	*
i. Didn't know that I was pregnant	1,048	46.0	35.4	56.5
j. Didn't want anyone else to know I was pregnant	*	*	*	*
k. Didn't want prenatal care	*	*	*	*

NE P8 Question 26

Missing 26a n=40; 26b n=43; 26c n=49; 26d n=48; 26e n=49; 26f n=51; 26g n=50; 26h n=50; 26i n=44; 26j n=49; 26k n=52

*Data suppressed due to small numbers

†Participants could select multiple responses, therefore this column may not total 100%.

9.4 LOCATION AT WHICH MOST PRENATAL CARE WAS RECEIVED

Location at which most prenatal care was received among those who received prenatal care, Nebraska PRAMS, 2019			
	Weighted Frequency	Percent	95% Confidence Limits
Private doctor's office	12,229	52.4	49.0	55.8
Hospital clinic	7,590	32.5	29.3	35.7
Health department clinic	965	4.1	2.9	5.4
Indian Health Service or Tribal Clinic	236	1.0	0.5	1.6
Community health center	1,053	4.5	3.3	5.7
Other	1,278	5.5	3.9	7.0

NE P8 Question 27

Missing n=56

9.5 CONVERSATION TOPICS COVERED WITH HEALTH CARE WORKERS DURING PRENATAL CARE

Conversation topics covered with health care workers during prenatal care visits among those who received prenatal care, Nebraska PRAMS, 2019			
	Weighted Frequency	Percent†	95% Confidence Limits
a. Weight gain	13,017	55.2	51.7	58.6
b. Prescription medication	23,038	97.2	96.2	98.2
c. Tobacco use	22,765	96.1	94.8	97.4
d. Alcohol use	22,706	95.9	94.6	97.2
e. Emotional or physical abuse	18,159	76.9	73.8	79.9
f. Depression	20,127	84.9	82.3	87.4
g. Illicit drug use	19,472	82.1	79.4	84.8
h. HIV testing	13,860	59.2	55.8	62.7
i. Breastfeeding	21,893	92.3	90.4	94.2
j. Birth control	19,195	80.9	78.1	83.7

NE P8 Question 28

Missing 28a n=44;   28b n=35;   28c n=34;   28d n=40;   28e n=42;   28f n=35;   28g n=35;   28h n=53;   28i n=34; 28j n=34

†Participants could select multiple responses, therefore this column may not total 100%.

9.6 PRENATAL CARE SATISFACTION

Prenatal care satisfaction among those who received prenatal care, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†		95% Confidence Limits
a. Satisfied with wait time	21,140	90.0	88.0	92.0
b. Satisfied with time spent with doctor, nurse, or midwife	21,737	92.6	90.8	94.4
c. Satisfied with advice on how to take care of myself	21,643	91.9	89.9	93.9
d. Satisfied with the understanding and respect shown toward me as a person	22,699	96.3	95.0	97.6

NE P8 Question 29

Missing 29a n=60;   29b n=60;   29c n=50;   29d n=47

†Participants could select multiple responses, therefore this column may not total 100%.

10 INFECTIOUS DISEASE

10.1 HIV TEST COMPLETED DURING PRENATAL CARE OR DELIVERY

HIV test completed during prenatal care or delivery, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
HIV test completed	9,372	53.2	49.3	57.1
No HIV test completed	8,237	46.8	42.9	50.7

NE P8 Question 30

Missing n=359

10.2 FLU SHOT ADVISED BEFORE/DURING PREGNANCY

Flu shot advised before/during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Yes, flu shot advised	21,919	92.4	90.6	94.2
No, flu shot was not advised	1,811	7.6	5.8	9.4

NE P8 Question 31

Missing n=25

10.3 Flu Shot Received Before/During Pregnancy

Flu shot received before or during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Yes, flu shot received before pregnancy	3,303	14.0	11.7	16.3
Yes, flu shot received during pregnancy	15,081	64.0	60.7	67.3
No, did not receive a flu shot before or during pregnancy	5,190	22.0	19.2	24.9

NE P8 Question 32

Missing n=39

10.4 Flu Shot Received Before/During Pregnancy (Combined)

Flu shot received before or during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Yes, flu shot received before or during pregnancy	18,384	78.0	75.1	80.8
No, flu shot received before or during pregnancy	5,190	22.0	19.2	24.9

NE P8 Question 32

Missing n=39

10.5 Tetanus Toxoid, Reduced Diphtheria Toxoid, and Acellular Pertussis (Tdap) Shot Received During Pregnancy

Tdap shot received during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Tdap shot received	19,772	88.4	86.3	90.6
Tdap shot not received	2,583	11.6	9.4	13.7

NE P8 Question 33

Missing n=177

11 ORAL HEALTH

11.1 TEETH CLEANED DURING PREGNANCY

Teeth cleaned during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Teeth cleaned during pregnancy	13,088	55.2	51.9	58.6
Teeth were not cleaned during pregnancy	10,601	44.8	41.4	48.1

NE P8 Question 34

Missing n=21

11.2 ORAL HEALTH CARE EXPERIENCE DURING PREGNANCY

Oral health care experience during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence	Limits
a. Had knowledge of importance of caring for teeth and gums during pregnancy	21,142	89.3	87.4	91.3
b. A health care professional provided oral health education	13,686	58.0	54.6	61.4
c. Had oral health insurance coverage during pregnancy	19,122	81.4	78.8	83.9
d. Had a need for dentist visit for problem during pregnancy	4,206	17.8	15.2	20.4
e. Completed visit to dental clinic for problem during pregnancy	3,589	15.2	12.8	17.7

NE P8 Question 35

Missing 35a n=28;   35b n=33;   35c n=44;   35d n=38;   35e n=40

†Participants could select multiple responses, therefore this column may not total 100%.

12 PREGNANCY SUPPORT

12.1 ATTENDED A CHILDBIRTH CLASS DURING PREGNANCY

Attended a childbirth class during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Attended a childbirth class during pregnancy	5,706	24.0	21.0	27.1
Did not attend a childbirth class during pregnancy	18,046	76.0	72.9	79.0

NE P8 Question 36

Missing n=21

12.2 HAD A HOME VISITOR DURING PREGNANCY

Had a home visitor^ during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Had a home visitor during pregnancy	1,049	4.4	3.1	5.7
Did not have a home visitor during pregnancy	22,683	95.6	94.3	96.9

NE P8 Question 37

Missing n=24

^A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps pregnant women.

12.3 TYPE OF HOME VISITOR DURING PREGNANCY

Type of home visitor during pregnancy among respondents who had a home visitor during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Nurse or nurse's aide	341	35.5	20.7	50.2
Teacher or health educator	*	*	*	*
Doula or midwife	*	*	*	*
Someone else	*	*	*	*

NE P8 Question 38

Missing n=35

Data suppressed due to small numbers

12.4 USED WIC DURING PREGNANCY

Was on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Used WIC during pregnancy	6,657	28.1	25.3	30.8
Did not use WIC during pregnancy	17,054	71.9	69.2	74.7

NE P8 Question 39

Missing n=24

12.5 HEALTH CONDITIONS DURING PREGNANCY

Health conditions during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence	Limits
a. Gestational diabetes	2,069	8.7	6.9	10.6
b. High blood pressure, pre-eclampsia, or eclampsia	3,500	14.8	12.3	17.4
c. Depression	4,353	18.4	15.7	21.2
d. Did not report having gestational diabetes, high blood pressure, pre-eclampsia, or eclampsia, or depression during pregnancy	15,615	65.0	61.7	68.3

NE P8 Question 40

Missing 40a n=26;   40b n=34;   40c n=33;   40d n=0

†Participants could select multiple responses, therefore this column may not total 100%.

12.6 ASKED FOR HELP FOR DEPRESSION DURING PREGNANCY

Asked a health care worker for help for depression during pregnancy among those with diagnosed depression during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Asked for help for depression during pregnancy	2,596	59.6	51.2	68.0
Did not ask for help for depression during pregnancy	1,763	40.4	32.0	48.8

NE P8 Question 41

Missing n=32

13 TOBACCO AND ALCOHOL USE

13.1 TOBACCO USE

13.1.1 Smoked cigarettes in the past two years

Smoked cigarettes in the past 2 years, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Smoked cigarettes in past 2 years	4,688	19.7	16.8	22.6
Did not smoke cigarettes in past 2 years	19,107	80.3	77.4	83.2

NE P8 Question 42

Missing n=21

13.1.2 Smoking behavior three months before pregnancy

Smoked cigarettes in the 3 months before pregnancy among all respondents, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Smoked cigarettes in the 3 months before pregnancy	3,984	16.8	14.1	19.4
Did not smoke cigarettes in the 3 months before pregnancy	19,804	83.3	80.6	85.9

NE P8 Question 43

Missing n=24

13.1.3 Smoking behavior in the last three months of pregnancy

Smoked cigarettes in the last 3 months of pregnancy among all respondents, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Smoked cigarettes in the last 3 months of pregnancy	1,608	6.8	5.0	8.5
Did not smoke cigarettes in the last 3 months of pregnancy	22,185	83.2	91.5	95.0

NE P8 Question 44

Missing n=22

13.1.4 Smoking behavior after pregnancy

Smoked cigarettes after pregnancy among all respondents, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Smoked cigarettes after pregnancy	2,453	10.3	8.1	12.5
Did not smoke cigarettes after pregnancy	21,350	89.7	87.5	91.9

NE P8 Question 45

Missing n=21

13.1.5 Change in smoking behavior from before pregnancy to during pregnancy

Quit smoking cigarettes during pregnancy among respondents who smoked cigarettes in the past two years, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Quit smoking during pregnancy	2,388	59.9	51.1	68.8
Did not quit smoking during pregnancy	1,596	40.1	31.2	48.9

NE P8 Questions 43 and 44

Missing n=59

13.1.6 Change in smoking behavior from before pregnancy to after pregnancy

Began smoking cigarettes again after pregnancy among respondents who smoked cigarettes in the past two years and quit smoking cigarettes during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Relapsed smoking after pregnancy	943	40.4	28.4	52.3
Did not relapse smoking after pregnancy	1,393	59.6	47.7	71.6

NE P8 Questions 43 and 45

Missing n=174

13.1.7 Rules for smoking behavior in home after delivery

Rules about smoking inside mother's home after pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
No one is allowed to smoke anywhere inside home	23,485	98.8	98.2	99.4
Smoking is allowed in some rooms or at some times	*	*	*	*
Smoking is permitted anywhere inside my home	*	*	*	*

NE P8 Question 46

Missing n=26

*Data suppressed due to small numbers

13.2 HOOKAH AND E-CIGARETTES

13.2.1 Used hookah or e-cigarettes in past two years

Smoked e-cigarettes or hookah in the past 2 years, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence	Limits
a. Smoked e-cigarettes in past 2 years	1,650	6.9	5.1	8.8
Didn't smoke e-cigarettes in past 2 years	22,149	93.1	91.2	94.9
b. Smoked hookah in past 2 years	528	2.2	1.2	3.3
Didn't smoke hookah in past 2 years	23,037	97.8	96.7	98.8

NE P8 Question 47

Missing 47a n=26;   47b n=34

†Participants could select multiple responses, therefore this column may not total 100%.

13.2.2 E-cigarette use three months before pregnancy

Smoked e-cigarettes in the 3 months before pregnancy, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence	Limits
Smoked e-cigarettes before pregnancy	926	3.9	2.5	5.3
Didn't smoke e-cigarettes before pregnancy	22,805	96.1	94.7	97.5

NE P8 Question 48

Missing n=28

13.2.3 E-cigarette use last three months of pregnancy

Smoked e-cigarettes in the last 3 months of pregnancy, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence	Limits
Smoked e-cigarettes during pregnancy	*	*	*	*
Didn't smoke e-cigarettes during pregnancy	*	*	*	*

NE P8 Question 49

Missing n=29

*Data suppressed due to small numbers

13.3 ALCOHOL USE

13.3.1 Alcohol use in the past two years

Drank alcohol in the past 2 years, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Drank alcohol in past 2 years	17,629	74.1	71.5	76.6
Did not drink alcohol in past 2 years	6,175	25.9	23.4	28.5

NE P8 Question 50

Missing n=22

13.3.2 Alcohol use in the three months before pregnancy

Frequency of alcohol use in the 3 months before pregnancy among respondents who drank alcohol in the past 2 years, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
I didn't drink then	2,072	11.7	9.1	14.3
Less than 1 drink/week	6,899	39.0	34.9	43.1
1 to 3 drinks/week	5,638	31.9	28.0	35.8
4 to 7 drinks/week	2,192	12.4	9.5	15.3
8 to 13 drinks/week	*	*	*	*
14 or more drinks/week	*	*	*	*

NE P8 Question 51

Missing n=22

*Data suppressed due to small numbers

13.3.3 Alcohol use in the last three months of pregnancy

Frequency of alcohol use in the last 3 months of pregnancy among respondents who drank alcohol in the past 2 years, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
I didn't drink then	454	2.6	1.3	3.8
Less than 1 drink/week	1,541	8.7	6.5	10.9
1 or more drinks/week	15,682	88.7	86.2	91.2

NE P8 Question 53

Missing n=24

13.3.4 Alcohol use after pregnancy

Frequency of alcohol use after pregnancy among all respondents, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
I didn't drink then	10,589	44.6	41.3	47.9
Less than 1 drink/week	7,514	31.7	28.4	34.9
1 to 3 drinks/week	4,482	18.9	16.1	21.7
4 to 7 drinks/week	983	4.1	2.7	5.6
8 to 13 drinks/week	*	*	*	*
14 or more drinks/week	*	*	*	*

NE P8 Question 83

Missing n=37

*Data suppressed due to small numbers

13.3.5 Change in alcohol use from before pregnancy to after pregnancy

Quit drinking alcohol during pregnancy among respondents who drank alcohol in the past 2 years, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Quit drinking during pregnancy	13,689	90.3	87.8	92.8
Did not quit drinking during pregnancy	1,471	9.7	7.2	12.2

NE P8 Questions 51 and 53

Missing n=206

13.3.6 Binge drank before pregnancy

Binge drank alcohol before pregnancy among respondents who drank alcohol in the past 2 years, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Binge drank before pregnancy	5,498	30.8	26.9	34.7
Did not binge drink before pregnancy	10,034	56.2	52.1	60.4

NE P8 Question 52

Missing n= 25

13.3.7 Frequency of binge drinking in the three months before pregnancy

Frequency of binge drinking in the 3 months before pregnancy among respondents who drank alcohol in the past 2 years, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
0 times	10,034	64.6	60.2	69.0
1 time	2,486	16.0	12.7	19.3
2 to 3 times	2,048	13.2	10.1	16.3
4 to 5 times	*	*	*	*
6 or more times	*	*	*	*

NE P8 Question 52

Missing n=176

*Data suppressed due to small numbers

14 STRESSFUL LIFE EVENTS

14.1 STRESSFUL LIFE EVENTS

14.1.1 Individual stressful life event counts

Stressful live events in the 12 months before delivery, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence	Limits
a. Husband/partner or self in jail during pregnancy	589	2.5	1.5	3.4
b. Someone close to me had problem with drinking/drugs during pregnancy	2,159	9.1	7.1	11.1
c. Homeless during pregnancy	352	1.5	0.8	2.2
d. Argued with husband/partner more than usual during pregnancy	3,991	16.8	14.2	19.4
e. Husband/partner said they didn't want me to be pregnant	1,305	5.5	3.9	7.1
f. Problems paying rent, mortgage, or other bills during pregnancy	3,506	14.7	12.2	17.2
g. Husband/partner or self had cut in work hours or pay during pregnancy	2,940	12.4	10.1	14.7
h. Lost job unwillingly during pregnancy	2,115	8.9	6.9	10.9
i. Separated/divorced during pregnancy	1,231	5.2	3.8	6.6
j. Someone close to me died during pregnancy	3,416	14.4	12.0	16.8
k. A close family member was sick and had to go to the hospital during pregnancy	4,600	19.3	16.5	22.1
l. Moved during pregnancy	7,809	32.8	29.6	36.1
m. Away from husband/partner due to work during pregnancy	1,035	4.4	3.0	5.8
n. Husband/partner lost job during pregnancy	1,655	7.0	5.2	8.7

NE P8 Question 54

Missing 54a n=34; 54b n=28; 54c n=28; 54d n=32; 54e n=33; 54f n=29; 54g n=39; 54h n=32; 54i n=29; 54j n=28; 54k n=27; 54l n=28; 54m n=35; 54n n=42

†Participants could select multiple responses, therefore this column may not total 100%.

14.1.2 Four yes/no stressful life event categories

Stressful life events in the 12 months before delivery can be combined into 4 distinct categories. Each category of stress includes the following subset of variables

Traumatic stress	Respondent experienced any abuse before or during pregnancy (Y to any of Q55 or 56) or said yes to "Husband/partner or self in jail during pregnancy" or "Someone close to me had problem with drinking/drugs during pregnancy" or "Homeless during pregnancy."
Financial stress	Respondent said yes to "Problems paying rent, mortgage, or other bills during pregnancy" or "Husband/partner or self had cut in work hours or pay during pregnancy" or "Lost job unwillingly during pregnancy" or "Husband/partner lost job during pregnancy."
Partner-related stress	Respondent said yes to "Separated/divorced during pregnancy" or "Argued with husband/partner more than usual during pregnancy" or "Husband/partner said they didn't want me to be pregnant."
Emotional stress	Respondent said yes to "Someone close to me died during pregnancy" or "A close family member was sick and had to go to the hospital during pregnancy."

Stressful life event in the 12 months before delivery (4 category Y/N variable), Nebraska PRAMS, 2019				
	Weighted Frequency	**Percent†**	**95% Confidence**	**Limits**
a. Traumatic stress	3,177	13.5	11.2	15.8
b. Financial stress	6,343	26.8	23.7	29.8
c. Partner-related stress	4,943	20.8	18.0	23.6
d. Emotional stress	6,081	25.6	22.5	28.6
e. No stressors	10,993	46.5	43.0	49.9

NE P8 Question 54

Missing 54a n=48;   54b n=40;   54c n=33;   54d n=29;   54e n=41

†Participants could select multiple responses, therefore this column may not total 100%.

14.1.3 Four count stressful life event categories

Stressful life event in the 12 months before delivery (4 category count variable): Traumatic stress, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
0 traumatic stressors	20,849	86.8	84.5	89.0
1 traumatic stressor	2,470	10.3	8.2	12.3
2 or more traumatic stressors	707	2.9	1.9	4.0

NE P8 Question 54

Missing n=0

Stressful life event in the 12 months before delivery (4 category count variable): Financial stress, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
0 financial stressors	19,082	79.4	76.7	82.2
1 financial stressor	3,402	14.2	11.8	16.5
2 or more financial stressors	1,542	6.4	4.7	8.1

NE P8 Question 54

Missing n=0

Stressful life event in the 12 months before delivery (4 category count variable): Partner-related stress, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
0 partner-related stressors	17,497	72.8	69.7	75.9
1 partner-related stressor	4,685	19.5	16.7	22.3
2 or more partner-related stressors	1,844	7.7	5.9	9.5

NE P8 Question 54

Missing n=0

Stressful life event in the 12 months before delivery (4 category count variable): Emotional stress, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
0 emotional stressors	17,945	74.7	71.6	77.7
1 emotional stressor	4,146	17.3	14.6	19.9
2 emotional stressors	1,935	8.1	6.2	9.9

NE P8 Question 54

Missing n=0

14.2 ABUSE BEFORE PREGNANCY

Intimate partner violence before pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence	Limits
a. Yes, from husband or partner	346	1.5	0.8	2.1
No, not from husband or partner	23,410	98.5	97.9	99.2
b. Yes, from ex-husband or ex-partner	500	2.1	1.1	3.1
No, not from ex-husband or ex-partner	23,227	97.9	96.9	98.9
c. Yes, from someone else	*	*	*	*
No, not from someone else	*	*	*	*

NE P8 Question 55

Missing 55a n=28;   55b n=39;   55c n=39

*Data suppressed due to small numbers

†Participants could select multiple responses, therefore this column may not total 100%.

14.3 ABUSE DURING PREGNANCY

Intimate partner violence during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence	Limits
a. Yes, from husband or partner	359	1.5	0.8	2.2
No, not from husband or partner	23,436	98.5	97.8	99.2
b. Yes, from ex-husband or ex-partner	*	*	*	*
No, not from ex-husband or ex-partner	*	*	*	*
c. Yes, from someone else	*	*	*	*
No, not from someone else	*	*	*	*

NE P8 Question 56

Missing 56a n=29;   56b n=40;   56c n=41

*Data suppressed due to small numbers

†Participants could select multiple responses, therefore this column may not total 100%.

14.4 COMBINED PARTNER ABUSE BEFORE AND DURING PREGNANCY

Intimate partner violence before and during pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Yes, from current/ex-husband or partner	874	3.7	2.4	4.9
No abuse from current/ex-husband or partner	22,950	96.3	95.1	97.6

NE P8 Questions 55 and 56

Missing n=25

15 BABY'S HEALTH

15.1 BABY'S LENGTH OF HOSPITAL STAY

Length of baby's hospital stay, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
<1 day	480	2.0	1.1	2.9
1-2 days	14,152	60.0	56.6	63.3
3-5 days	6,877	29.1	26.1	32.2
6-14 days	931	3.9	2.7	5.2
More than 14 days	1,062	4.5	3.0	6.0
Not born in hospital	*	*	*	*
Still in hospital when surveyed	*	*	*	*

NE P8 Question 58

Missing n=37

*Data suppressed due to small numbers

15.2 BABY'S VITAL STATUS AT TIME OF SURVEY

Baby was alive when surveyed, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Baby was alive	*	*	*	*
Baby was deceased	*	*	*	*

NE P8 Question 59

Missing n=26

*Data suppressed due to small numbers

15.3 BABY IS LIVING WITH MOTHER NOW

Baby lived with mother when surveyed among those with live babies, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence Limits	
Baby lived with mother	*	*	*	*
Baby did not live with mother	*	*	*	*

NE P8 Question 60

Missing n=25

*Data suppressed due to small numbers

16 BABY FEEDING

16.1 RECEIVED INFORMATION ABOUT BREASTFEEDING FROM SOURCES

Received information about breastfeeding from source before delivery among respondents living with their babies, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence	Limits
a. My doctor	18,636	80.0	77.1	82.8
b. Nurse, midwife, or doula	15,781	69.1	65.8	72.4
c. Breastfeeding or lactation specialist	17,965	78.0	75.1	80.9
d. Baby's doctor or health care provider	17,234	75.3	72.2	78.4
e. Breastfeeding support group	5,904	26.2	23.1	29.3
f. Breastfeeding hotline or toll-free number	1,852	8.2	6.5	9.9
g. Family or friends	14,168	62.2	58.7	65.6
h. Other	1,860	10.4	8.1	12.7

NE P8 Question 61

Missing 61a n=61;   61b n=98;   61c n=92;   61d n=94;   61e n=135;   61f n=139;   61g n=112;   61h n=429

†Participants could select multiple responses, therefore this column may not total 100%.

16.2 EVER BREASTFED

Breastfeeding initiation among respondents living with their babies, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence	Limits
Initiated breastfeeding	21,359	90.5	88.4	92.5
Did not initiate breastfeeding	2,245	9.5	7.5	11.6

NE P8 Question 62

Missing n=26

16.3 STILL BREASTFEEDING AT 4, 8, 13, AND 16 WEEKS

Still breastfeeding^ at 4, 8, 13, and 16 weeks among respondents living with their babies who ever breastfed, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence	Limits
Still breastfeeding at 4 weeks	18,705	79.9	77.1	82.7
Still breastfeeding at 8 weeks	16,799	71.8	68.7	74.9
Still breastfeeding at 13 weeks	15,214	65.0	61.7	68.3
Still breastfeeding at 16 weeks	14,225	60.8	57.4	64.1

NE P8 Questions 63 and 64

Missing n=40

^ Categories were created for this variable based on the number of weeks and months of breastfeeding reported

16.4 REASON FOR NO LONGER BREASTFEEDING

Reasons why people stopped breastfeeding among respondents who breastfed, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence	Limits
a. Thought she was not producing enough milk, or milk dried up	4,622	60.6	54.8	66.5
b. Breast milk alone did not satisfy baby	2,739	36.1	30.3	41.8
c. Baby had difficulty latching or nursing	2,548	33.4	27.7	39.1
d. Nipples were sore, cracked, or bleeding or it was too painful	1,822	23.9	18.8	29.0
e. Went back to work	1,412	18.5	13.9	23.1
f. Thought baby was not gaining enough weight	1,372	18.0	13.4	22.6
g. Had too many other household duties	1,272	16.7	12.2	21.2
h. Felt it was the right time to stop breastfeeding	1,262	16.7	12.2	21.1
i. Mother got sick or had to stop for medical reasons	799	10.5	6.7	14.4
j. Baby was jaundiced	561	7.4	4.2	10.5
k. Went back to school	*	*	*	*
l. Partner did not support breastfeeding	*	*	*	*
m. Other	1,632	21.4	16.3	26.5

NE P8 Question 65

Missing 65a n=22; 65b n=26; 65c n=22; 65d n=22; 65e n=22; 65f n=22; 65g n=22; 65h n=23; 65i n=23; 65j n=22; 65k n=22; 65l n=23; 65m n=22

Data suppressed due to small numbers

†Participants could select multiple responses, therefore this column may not total 100%.

16.5 HOSPITAL SUPPORT FOR BREASTFEEDING

Hospital support for breastfeeding among respondents who breastfed, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence Limits	
a. Baby was breastfed in the hospital	20,427	97.2	96.1	98.2
b. Hospital gave out a telephone number to call for help with breastfeeding	17,705	84.4	81.7	87.0
c. Hospital gave mother a gift pack with formula	7,575	36.1	32.6	39.6
d. Hospital staff helped learn how to breastfeed	18,102	86.2	83.7	88.8
e. Breastfed in the first hour after baby was born	17,120	81.5	78.7	84.4
f. Hospital staff gave out information about breastfeeding	20,385	96.9	95.8	98.1
g. Baby was fed only breast milk at the hospital	15,455	73.8	70.6	76.9
h. Baby was placed in skin-to-skin contact within the first hour of life	18,717	89.1	86.8	91.5

NE P8 Question 66

Missing 66a n=56; 66b n=62; 66c n=60; 66d n=60; 66e n=58; 66f n=55; 66g n=61; 66h n=60

†Participants could select multiple responses, therefore this column may not total 100%.

16.6 EXCLUSIVELY BREASTFED AT 4, 8, AND 13 WEEKS

Exclusive breastfeeding^ at 4, 8, and 13 weeks among respondents who breastfed, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
a. Exclusive breastfeeding at 4 weeks	12,696	60.5	56.9	64.0
b. Exclusive breastfeeding at 8 weeks	11,209	53.3	49.7	57.0
c. Exclusive breastfeeding at 13 weeks	9,740	46.2	42.5	49.8

NE P8 Questions 63, 64, 67 and 68

Missing EBa n=54; EBb n=51; EBc n=45

^ Categories were created for this variable based on the number of weeks and months of breastfeeding reported and the timing of first liquids and solids other than breastmilk reported

16.7 WHEN BABY FIRST ATE SOLID FOOD

Age baby first had solid food^ among respondents living with their babies, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence	Limits
Less than 2 months	*	*	*	*
2-3 months	3,434	14.6	12.2	17.1
4-5 months	*	*	*	*
6 months or more	17,299	73.7	70.8	76.7

NE P8 Question 68

Missing n=39

*Data suppressed due to small numbers

^Categories were created for this variable based on the number of weeks and months reported before eating solid food

17 BABY SLEEPING

17.1 HOW BABY IS PUT TO SLEEP MOST OFTEN

How baby is put to sleep most often among respondents living with their babies, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence	Limits
Side	1,457	6.2	4.7	7.7
Back	20,367	86.8	84.6	89.0
Stomach	1,028	4.4	3.0	5.8
Side or back	448	1.9	1.1	2.7
Stomach or back	*	*	*	*
Side or stomach	*	*	*	*
All three	*	*	*	*

NE P8 Question 69

Missing n=36

*Data suppressed due to small numbers

17.2 BABY SLEEPS ALONE

How often baby sleeps alone in their own crib or bed^ among respondents living with their babies, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Always / Often	18,214	77.8	75.0	80.5
Sometimes / Rarely	3,175	13.6	11.3	15.8
Never	2,034	8.7	6.8	10.6

NE P8 Question 70

Missing n=45

^Categories of responses for this question were combined. The original question had five possible response choices.

17.3 BABY SLEEPS IN MOTHER'S ROOM

Baby sleeps in mother's room among respondents living with their babies whose babies rarely, sometimes, often, or always sleep alone in their own crib or bed, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Baby sleeps in mother's room	15,949	74.9	71.6	78.3
Baby does not sleep in mother's room	5,331	25.1	21.7	28.4

NE P8 Question 71

Missing n=50

17.4 HOW BABY SLEEPS (ON WHAT, WITH WHAT)

How baby sleeps (on what, with what) among respondents living with their babies, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence	Limits
a. In a crib, bassinet, or pack and play	19,990	93.7	92.0	95.5
b. On a twin or larger mattress or bed	4,397	21.3	18.6	24.0
c. On a couch, sofa, or armchair	1,957	9.5	7.4	11.7
d. In an infant car seat or swing	8,831	42.6	38.9	46.3
e. In a sleeping sack or wearable blanket	10,407	50.2	46.5	53.9
f. With a blanket	7,830	38.0	34.5	41.6
g. With toys, cushions, or pillows, including nursing pillows	1,135	5.5	4.1	6.9
h. With crib bumper pads (mesh or non-mesh)	2,030	9.9	7.8	12.0

NE P8 Question 72

Missing 72a n=45;   72b n=97;   72c n=108;   72d n=94;   72e n=100;   72f n=101;   72g n=101;   72h n=110

†Participants could select multiple responses, therefore this column may not total 100%.

17.5 BABY SLEEPS ALONE ON A SAFE SLEEP SURFACE

Baby usually sleeps alone on a safe sleep surface^ among respondents living with their babies whose babies rarely, sometimes, often, or always sleep alone in their own crib or bed , Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
Baby usually sleeps alone on a safe sleep surface	9,483	43.7	40.1	47.3
Baby does not usually sleep alone on a safe sleep surface	12,239	56.3	52.7	59.9

NE P8 Question 72

Missing n=0

^Sleep alone on a safe sleep surface= Yes to usually sleeps "In a crib, bassinet, or pack and play" and No to "On a twin or larger mattress or bed", "On a couch, sofa, or armchair", and "In an infant car seat or swing." This measure excluded respondents who reported their baby "Never" slept alone in their crib or bed in the past two weeks

17.6 BABY DOES NOT SLEEP WITH SOFT OBJECTS OR LOOSE BEDDING

Baby does not sleep with soft objects or loose bedding^ among respondents living with their babies, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
Baby does not sleep with soft objects or loose bedding	12,710	53.5	50.1	56.9
Baby does sleep with soft objects or loose bedding	11,046	46.5	43.1	49.9

NE P8 Question 72

Missing n=0

^Soft objects or loose bedding= "With a blanket", "With toys, cushions, or pillows, including nursing pillows", "with crib bumper pads (mesh or non-mesh)"

17.7 HEALTH CARE WORKER ADVISED ON SAFE SLEEP PRACTICES

Health care worker advised on safe sleep practices among respondents living with their babies, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence Limits	
a. Place baby on their back to sleep	20,823	97.6	96.8	98.5
b. Place baby to sleep in crib, bassinet, or pack and play	19,792	93.0	91.3	94.7
c. Place baby's crib or bed in mother's room	12,544	59.2	55.6	62.9
d. What things should and should not go in bed with baby	19,842	93.1	91.3	94.9

NE P8 Question 73

Missing 73a n=40;   73b n=48;   73c n=56;   73d n=49

†Participants could select multiple responses, therefore this column may not total 100%.

18 POSTPARTUM HEALTH AND WELL BABY VISITS

18.1 BABY HAD WELL BABY CHECKUP

Baby has had a well baby checkup among respondents living with their babies, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
Baby had well baby checkup	*	*	*	*
Baby has not had well baby checkup	*	*	*	*

NE P8 Question 74

Missing n=41

*Data suppressed due to small numbers

18.2 MATERNAL PREGNANCY PREVENTION AFTER DELIVERY

Mother/partner are preventing pregnancy after delivery, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
Is preventing pregnancy after delivery	18,669	78.7	75.9	81.4
Is not preventing pregnancy after delivery	5,067	21.3	18.6	24.1

NE P8 Question 75

Missing n=36

18.3 REASON FOR NO MATERNAL PREGNANCY PREVENTION AFTER DELIVERY

Reason mother/partner are not preventing pregnancy after delivery among those who are not preventing pregnancy, Nebraska PRAMS, 2019	Weighted Frequency	Percent†	95% Confidence Limits	
a. Wants to get pregnant	561	11.0	6.3	15.7
b. Is pregnant now	*	*	*	*
c. Had tubes tied or blocked	*	*	*	*
d. Doesn't want to use birth control	2,457	48.1	40.8	55.4
e. Is worried about side effects from birth control	1,739	34.3	27.5	41.2
f. Is not having sex	1,368	26.9	20.4	33.3
g. Husband or partner doesn't want to use anything	608	11.9	7.0	16.9
h. Has problems paying for birth control	*	*	*	*
i. Other	966	18.9	12.9	25.0

NE P8 Question 76

Missing 76a n=31;   76b n=32;   76c n=32;   76d n=32;   76e n=33;   76f n=33;   76g n=34;   76h n=32;   76i n=33

*Data suppressed due to small numbers

†Participants could select multiple responses, therefore this column may not total 100%.

18.4 METHOD OF MATERNAL PREGNANCY PREVENTION IN USE AFTER DELIVERY

Method of birth control mother/partner is using to prevent pregnancy after delivery among those who are preventing pregnancy, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent†	95% Confidence	Limits
a. Tubes tied or blocked (female sterilization or Essure)	1,516	8.1	6.0	10.3
b. Vasectomy (male sterilization)	573	3.1	1.7	4.4
c. Birth control pills	4,374	23.4	20.0	26.7
d. Condom	5,627	30.1	26.5	33.7
e. Shot or injections (Depo-Provera)	986	5.3	3.6	6.9
f. Contraceptive patch (OrthoEvra) or vaginal ring (NuvaRing)	*	*	*	*
g. Intrauterine device (IUD) (including Mirena, ParaGard, Liletta, or Skyla)	3,564	19.0	15.9	22.1
h. Contraceptive implant in the arm (Nexplanon or Implanon)	1,573	8.4	6.3	10.5
i. Natural family planning (including rhythm method)	1,466	7.8	5.7	10.0
j. Withdrawal (pulling out)	3,453	18.5	15.4	21.6
k. Not having sex	2,259	12.1	9.4	14.7
l. Other	*	*	*	*

NE P8 Question 77

Missing 77a n=37; 77b n=32; 77c n=30; 77d n=30; 77e n=30; 77f n=30; 77g n=30; 77h n=30; 77i n=30; 77j n=31; 77k n=30; 77l n=30

*Data suppressed due to small numbers

†Participants could select multiple responses, therefore this column may not total 100%.

18.5 MATERNAL POSTPARTUM VISIT

Maternal postpartum visit, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Mother has had postpartum visit	21,950	92.4	90.7	94.0
Mother has not had postpartum visit	1,816	7.6	6.0	9.3

NE P8 Question 78

Missing n=32

18.6 CONVERSATION TROPICS COVERED WITH HEALTH CARE WORKERS DURING POSTPARTUM VISIT

Conversation topics covered at maternal postpartum visit among those with a postpartum visit, Nebraska PRAMS, 2019				
	Weighted Frequency	**Percent†**	**95% Confidence**	**Limits**
a. Told to take a vitamin with folic acid	12,372	56.9	53.3	60.6
b. Talked about healthy eating, exercise, and losing weight gained during pregnancy	11,643	53.3	49.6	56.9
c. Talked about how long to wait before getting pregnant again	10,736	49.2	45.5	52.8
d. Talked about birth control methods to use after giving birth	18,982	87.0	84.5	89.4
e. Gave or prescribed a contraceptive method	9,006	41.4	37.9	45.0
f. Inserted an intrauterine device (IUD) or contraceptive implant	5,247	24.3	21.2	27.3
g. Asked if mother was smoking cigarettes	13,786	63.1	59.6	66.6
h. Asked if someone was hurting mother emotionally or physically	14,087	64.6	61.1	68.2
i. Asked if mother was feeling down or depressed	19,976	91.3	89.3	93.4
j. Tested mother for diabetes	4,202	19.4	17.0	21.8

NE P8 Question 79

Missing 79a n=51; 79b n=42; 79c n=45; 79d n=42; 79e n=53; 79f n=59; 79g n=45; 79h n=49; 79i n=42; 79j n=55

†Participants could select multiple responses, therefore this column may not total 100%.

18.7 POSTPARTUM DEPRESSION

18.7.1 Postpartum depression symptoms

Maternal postpartum depression symptoms, Nebraska PRAMS, 2019				
	Weighted Frequency	**Percent**	**95% Confidence**	**Limits**
Had postpartum depression symptoms	2,903	12.3	10.1	14.4
Did not have postpartum depression symptoms	20,760	87.7	85.6	89.9

NE P8 Questions 80 and 81

Missing n=41

18.7.2 Asked for help for depression since delivery

Mother asked for help for depression since delivery, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
Asked for help for depression after delivery	4,440	18.71	15.94	21.48
Did not ask for help for depression after delivery	19,290	81.3	78.5	84.0

NE P8 Question 82

Missing n=37

19 MATERNAL EMPLOYMENT, SOCIOECONOMIC TOPICS

19.1 MOTHER IS CURRENTLY WORKING OR IN SCHOOL

Mother currently works or attends school among respondents living with their babies, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
Works or attends school outside home	13,646	59.2	55.8	62.5
Works or attends school from home	1,367	5.9	4.3	7.6
Does not work or attend school	8,057	34.9	31.7	38.1

NE P8 Question 84

Missing n=61

19.2 WHO CARES FOR BABY WHEN MOTHER IS WORKING OR IN SCHOOL

Person who cares for baby when mother works or attends school among respondents living with their babies, Nebraska PRAMS, 2019	Weighted Frequency	Percent	95% Confidence Limits	
Husband or partner	2,372	16.4	13.2	19.6
Baby's grandparent	3,499	24.2	20.2	28.1
Other close family member or relative	906	6.3	4.2	8.4
Friend or neighbor	*	*	*	*
Babysitter, nanny, or other child care provider	3,213	22.2	18.3	26.2
Staff at day care center	3,454	23.9	19.9	27.8
The baby is with the mother while at school or work	667	4.6	2.7	6.5
Other	*	*	*	*

NE P8 Question 85

Missing n= 105

*Data suppressed due to small numbers

19.3 ANNUAL HOUSEHOLD INCOME

Annual household income, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
$0 to $16,000	3,303	14.6	12.3	16.9
$16,001 to $20,000	1,272	5.6	4.1	7.1
$20,001 to $24,000	756	3.3	2.2	4.5
$24,001 to $28,000	777	3.4	2.3	4.6
$28,001 to $32,000	1,215	5.4	3.8	6.9
$32,001 to $40,000	1,383	6.1	4.4	7.8
$40,001 to $48,000	1,318	5.8	4.2	7.5
$48,001 to $57,000	1,241	5.5	3.9	7.1
$57,001 to $60,000	1,032	4.6	3.0	6.1
$60,001 to $73,000	1,659	7.3	5.4	9.3
$73,001 to $85,000	1,654	7.3	5.4	9.2
$85,001 or more	7,029	31.0	27.7	34.4

NE P8 Questions 86 and 87

Missing n=140

19.4 POVERTY LEVEL BELOW 194% FEDERAL POVERTY LEVEL

Household below 194% of the federal poverty level^, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Below 194% of federal poverty level	10,392	46.3	42.9	49.8
At or above 194% of federal poverty level	12,029	53.7	50.2	57.1

NE P8 Questions 86 and 87

Missing n=160

^Income, household size and 2019 Federal Poverty Guidelines[3] were used to create this variable.

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[3] Assistant Secretary for Planning and Evaluation. (2019) *2019 Poverty Guidelines.* Office of the Assistant Secretary for Planning and Evaluation. https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines/prior-hhs-poverty-guidelines-federal-register-references/2019-poverty-guidelines

19.5 MATERNAL DISABILITY (BROADLY DEFINED)

Mother has a broad disability^, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Has a broad disability	9,998	42.1	38.7	45.5
Does not have a broad disability	13,744	57.9	54.5	61.3

NE P8 Questions D1-D6

Missing n=36

^Broad disability="Some difficulty", "A little difficulty", or "I cannot do this at all" for difficulty seeing, hearing, walking or climbing steps, remembering or concentrating, with self care, or communicating in your usual language

19.6 MATERNAL DISABILITY (STRICTLY DEFINED)

Mother has a strict disability^, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Has a strict disability	1,342	5.7	4.1	7.2
Does not have a strict disability	22,348	94.3	92.8	95.9

NE P8 Questions D1-D6

Missing n=39

^Strict disability="A little difficulty" or "I cannot do this at all" for difficulty seeing, hearing, walking or climbing steps, remembering or concentrating, with self care, or communicating in your usual language

19.7 MATERNAL TRIBAL AFFILIATION

Mother is a member of an American Indian tribe, Nebraska PRAMS, 2019				
	Weighted Frequency	Percent	95% Confidence	Limits
Mother is a American Indian tribal member	457	1.9	1.4	2.4
Mother is not an American Indian tribal member	23,147	98.1	97.6	98.6

NE P8 Question QT1

Missing n=49