Please check the box next to your answer or follow the directions included with the question. You may be asked to skip some questions that do not apply to you. BEFORE PREGNANCY	 6. Was the baby <i>just before</i> your new one born <i>earlier</i> than 3 weeks before his or her due date? No Yes
The first questions are about you.1. How tall are you without shoes?	The next questions are about the time <i>before</i> you got pregnant with your <i>new</i> baby.
Feet Inches OR Centimeters	7. At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? For each item, check No if you did not do it or Yes if you did it.
 2. Just before you got pregnant with your new baby, how much did you weigh? Pounds OR Kilos 3. What is <u>your</u> date of birth? Month Day Year 	No Yes a. I was dieting (changing my eating habits) to lose weight b. I was exercising 3 or more days of the week c. I was regularly taking prescription medicines other than birth control d. I visited a health care worker and was checked for diabetes e. I visited a health care worker and was
 4. Before you got pregnant with your new baby, did you ever have any other babies who were born alive? □ No → Go to Question 7 □ Yes 	 checked for high blood pressure f. I visited a health care worker and was checked for depression or anxiety g. I talked to a health care worker about my family medical history h. I had my teeth cleaned by a dentist or dental hygienist
 5. Did the baby born <i>just before</i> your new one weigh 5 pounds, 8 ounces (2.5 kilos) or <i>less</i> at birth? No Yes 	

8. During the *month before* you got pregnant with your new baby, what kind of *health* insurance did vou have? Check ALL that apply Private health insurance from my job or the job of my husband, partner, or parents □ Private health insurance purchased directly from an insurance company Medicaid or Medicaid Managed Care TRICARE or other military health care □ Indian Health Services or Tribal Clinic Some other kind of health insurance -→ Please tell us: □ I did not have any health insurance during the *month before* I got pregnant 9. During the *month before* you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin? I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin in the month before I got pregnant \Box 1 to 3 times a week 4 to 6 times a week Every day of the week 10. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk to you about how to improve your health before pregnancy? Go to Ouestion 12 🗆 No -**Ves** Go to Question 11

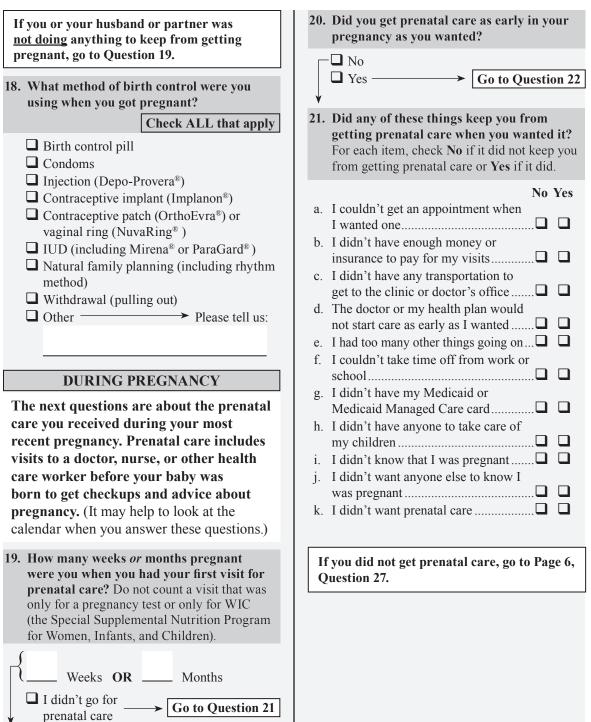
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11. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, check No if no one talked with you about it or Yes if someone talked with you about it.

		No	Yes
a.	Taking vitamins with folic acid		
	before pregnancy	🗖	
b.	Being a healthy weight before		
	pregnancy	🗖	
c.	Getting my vaccines updated		
	before pregnancy	🗖	
d.	Visiting a dentist or dental		
	hygienist before pregnancy	🗖	
e.	Getting counseling for any genetic		
	diseases that run in my family		
f.			
	such as diabetes and high blood		
	pressure	🗖	
g.	Getting counseling or treatment		
-	for depression or anxiety	🗖	
h.	The safety of using prescription or		
	over-the-counter medicines during		
	pregnancy		
i.	How smoking during pregnancy		
	can affect a baby		
j.	How drinking alcohol during		
5	pregnancy can affect a baby		
k.			
	pregnancy can affect a baby		

12. Before you got pregnant with your new 15. When you got pregnant with your new baby, did a doctor, nurse, or other health baby, were you trying to get pregnant? care worker tell you that you had any D No of the following health conditions? For Yes – → Go to Page 4, Question 19 each one, check No if you did not have the condition or Yes if you did. 16. When you got pregnant with your new baby, were you or your husband or partner No Yes doing anything to keep from getting a. Type 1 or Type 2 diabetes (NOT the same as gestational diabetes pregnant? Some things people do to keep from getting pregnant include using birth or diabetes that starts during pregnancy) control pills, condoms, withdrawal, or natural family planning. b. High blood pressure or hypertension.. \Box c. Depression · D No → Go to Page 4, Ouestion 18 🛛 Yes 🗕 17. What were your reasons or your husband's or partner's reasons for not doing anything The next questions are about the time to keep from getting pregnant? when you got pregnant with your new Check ALL that apply baby. □ I didn't mind if I got pregnant □ I thought I could not get pregnant at that 13. Thinking back to just before you got time pregnant with your new baby, how did you □ I had side effects from the birth control feel about becoming pregnant? method I was using **Check ONE answer** □ I had problems getting birth control when I wanted to be pregnant later I needed it □ I wanted to be pregnant sooner □ I thought my husband or partner or I was □ I wanted to be pregnant then sterile (could not get pregnant at all) I didn't want to be pregnant □ My husband or partner didn't want to use Go to then or at any time in the **Question 15** anything future □ I forgot to use a birth control method □ I wasn't sure what I wanted □ Other — Please tell us: 14. How much longer did you want to wait to become pregnant? Less than 1 year □ 1 year to less than 2 years \Box 2 years to less than 3 years □ 3 years to 5 years □ More than 5 years

3



Go to Question 20

22. Where did you go *most of the time* for your prenatal care visits? Do not include visits for WIC.

Check ONE answer

- Hospital clinic
- Health department clinic
- □ Private doctor's office
- □ Indian Health Service or Tribal Clinic
- Community health center
- □ Other Please tell us:
- 23. During *your most recent* pregnancy, what kind of *health insurance* did you have to pay for your *prenatal care*?

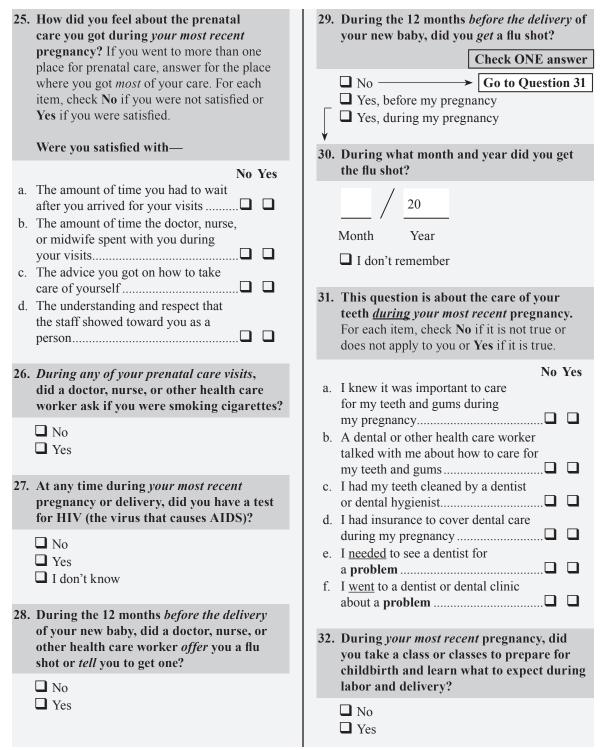
Check ALL that apply

- Private health insurance from my job or the job of my husband, partner, or parents
- Private health insurance purchased directly from an insurance company
- Medicaid or Medicaid Managed Care
- TRICARE or other military health care
- □ Indian Health Services or Tribal Clinic
- □ Some other kind of health insurance → Please tell us:
- □ I did not have any health insurance to pay for my *prenatal care*

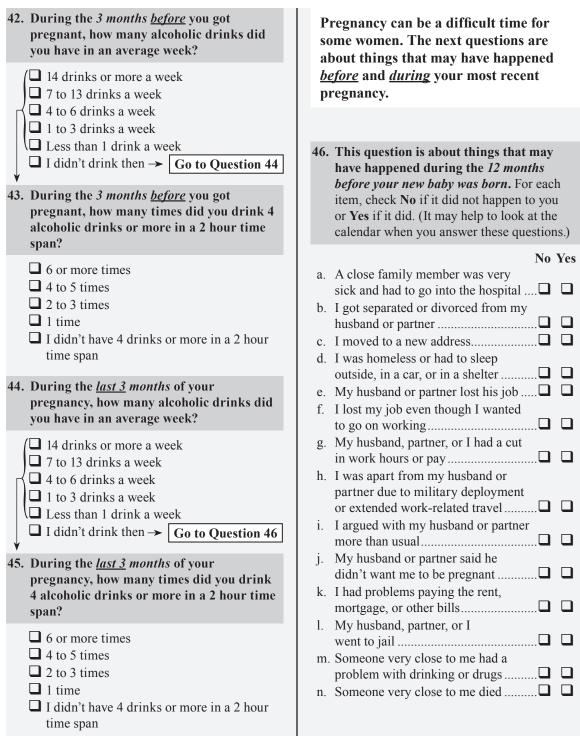
24. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, check No if no one talked with you about it or Yes if someone did.

No Yes

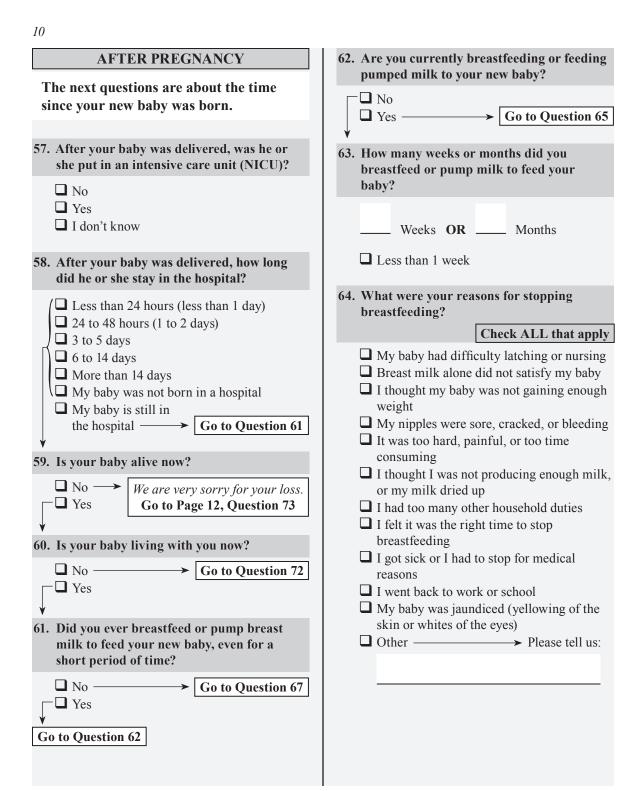
a.	How much weight I should gain		
	during my pregnancy]	
b.	could affect my baby]	
c.	Breastfeeding my baby]	
d.	How drinking alcohol during pregnancy could affect my baby]	
e.			
	pregnancy]	
f.	Medicines that are safe to take		
	during my pregnancy]	
g.	How using illegal drugs could affect my baby]	
h.			
	or diseases that run in my family]	
i.	The signs and symptoms of		
	preterm labor (labor more than		
	3 weeks before the baby is due)]	
j.	Getting tested for HIV		
	(the virus that causes AIDS)]	
k.	······		
	during my pregnancy or after my	_	_
	baby is born]	
1.	Physical abuse to women by their		
	husbands or partners		



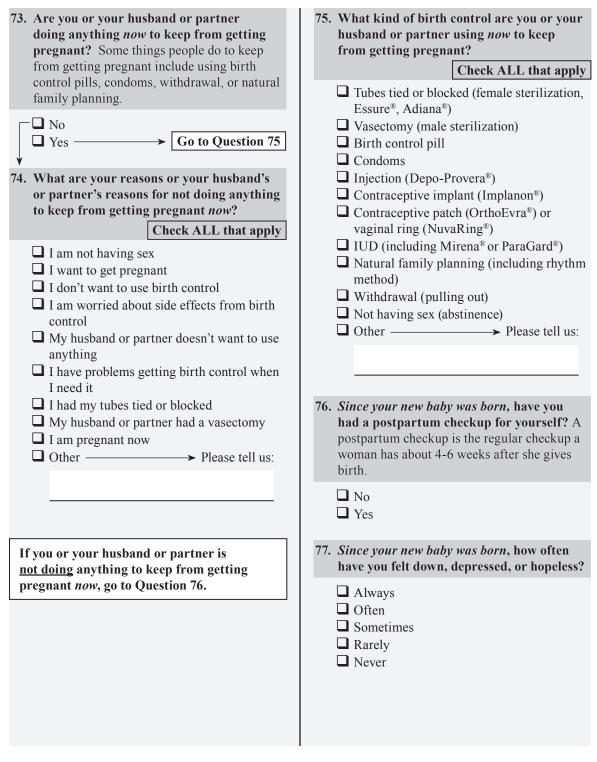
33. During <i>your most recent</i> pregnancy, did a home visitor come to your home to help you prepare for your new baby? A home	38. In the <u>last 3</u> months of your pregnancy, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.		
visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps pregnant women.	 41 cigarettes or more 21 to 40 cigarettes 11 to 20 cigarettes 		
□ No □ Yes	 6 to 10 cigarettes 1 to 5 cigarettes 		
During <i>your most recent</i> pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?	 Less than 1 cigarette I didn't smoke then 		
	39. How many cigarettes do you smoke on an average day <i>now</i> ? A pack has 20 cigarettes.		
□ No □ Yes	 41 cigarettes or more 21 to 40 cigarettes 		
35. During <i>your most recent</i> pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during <i>this</i> pregnancy)?	 11 to 20 cigarettes 6 to 10 cigarettes 1 to 5 cigarettes Less than 1 cigarette I don't smoke now 		
□ No □ Yes	40. Which of the following statements best describes the rules about smoking <i>inside</i> your home <i>now</i> , even if no one who lives in		
The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).	your home is a smoker? Check ONE answer No one is allowed to smoke anywhere		
36. Have you smoked any cigarettes in the <i>past 2 years</i> ?	 It is allowed to shoke any where inside my home Smoking is allowed in some rooms or at some times 		
$\Box \text{ No} \longrightarrow \textbf{Go to Question 40}$ $\Box \text{ Yes}$	Smoking is permitted anywhere inside my home		
 37. In the 3 months <u>before</u> you got pregnant, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes. 	The next questions are about drinking alcohol around the time of pregnancy (before and during).		
 41 cigarettes or more 21 to 40 cigarettes 11 to 20 cigarettes 6 to 10 cigarettes 	41. Have you had any alcoholic drinks in the <i>past 2 years</i> ? A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.		
 I to 5 cigarettes Less than 1 cigarette I didn't smoke then 	Go to Page 8, Question 46 Go to Page 8, Question 42		



47. During the 12 months before you got	53. When was your new baby born?		
<i>pregnant</i> with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?	$\frac{1}{Month} / \frac{1}{Day} / \frac{20}{Year}$		
NoYes	54. When were you discharged from the hospital after your baby was born?		
48. During the 12 months before you got pregnant with your new baby, did anyone else physically hurt you in any way?	$\frac{1}{Month} \frac{1}{Day} \frac{20}{Year}$		
□ No □ Yes	I didn't have my baby in a hospital		
	55. By the end of <i>your most recent</i> pregnancy,		
49. During <i>your most recent</i> pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?	how much weight had you gained? Check ONE answer and fill in blank if needed		
NoYes	 I gained pounds I didn't gain any weight, but I lost pounds 		
50. During your most recent pregnancy, did anyone else physically hurt you in any way?	 My weight didn't change during my pregnancy I don't know 		
NoYes	56. What kind of <i>health insurance</i> did you have to pay for your <i>delivery</i> ?		
The next questions are about your labor and delivery.	Check ALL that apply Private health insurance from my job or the		
and deriver y.	job of my husband, partner, or parents		
51. When was your baby due?	Private health insurance purchased directly		
S1. When was your baby due:	from an insurance company Medicaid or Medicaid Managed Care		
/ 20	TRICARE or other military health care		
Month Day Year	 Indian Health Services or Tribal Clinic Some other kind of 		
52. After you were <i>admitted</i> to the hospital to deliver your new baby, were you transferred to another hospital <i>before</i> your baby was born?	 I did not have any health insurance to pay for my <i>delivery</i> 		
 No Yes I didn't have my baby in the hospital 			



68. In which *one* position do you *most often* lay If your baby was not born in a hospital, go to your baby down to sleep now? **Ouestion 66. Check ONE answer** • On his or her side 65. This question asks about things that may • On his or her back have happened at the hospital where your new baby was born. For each item, check No • On his or her stomach if it did not happen or Yes if it did happen. 69. How often does your new baby sleep in the No Yes same bed with you or anyone else? a. Hospital staff gave me information about breastfeeding Always b. Hospital staff helped me learn how Often to breastfeed..... □ Sometimes c. I breastfed my baby in the hospital..... \Box **Rarely** d. My baby was fed only breast milk □ Never at the hospital e. The hospital gave me a gift pack 70. Was your new baby seen by a doctor, with formula nurse, or other health care worker for a one week checkup after he or she was 66. How old was your new baby the first time born? he or she drank liquids other than breast D No milk (such as formula, water, juice, tea, or **V**es cow's milk)? • My baby was still in the hospital at that time Weeks **OR** Months □ My baby was less than 1 week old 71. Has your new baby had a well-baby □ My baby has not had any liquids other than **checkup?** A well-baby checkup is a regular health visit for your baby usually at 1, 2, 4, breast milk and 6 months of age. 67. How old was your new baby the first time D No he or she ate food (such as baby cereal, **V**es baby food, or any other food)? 72. Since your new baby was born, has a home visitor come to your home to help you Weeks **OR** _____ Months learn how to take care of yourself or your □ My baby was less than 1 week old **new baby?** A home visitor is a nurse, a health □ My baby has not eaten any foods care worker, a social worker, or other person who works for a program that helps mothers of newborns If your baby is still in the hospital, go to **No Ouestion 72. Y**es



78. <i>Since your new baby was born</i> , how often have you had little interest or little pleasure in doing things?	81. Which <i>one</i> of the following people spends the most time taking care of your new baby when you are at school or work?		
 Always Often Sometimes Rarely Never 79. What kind of <i>health insurance</i> do you have	Check ONE answer My husband or partner Baby's grandparent Other close family member or relative Friend or neighbor Babysitter, nanny, or other child care		
 <i>now</i>? Check ALL that apply Private health insurance from my job or the job of my husband, partner, or parents Private health insurance purchased directly 	provider ☐ Staff at day care center ☐ Other → Please tell us: ☐ The baby is with me while I am at school		
 from an insurance company Medicaid or Medicaid Managed Care TRICARE or other military health care Indian Health Services or Tribal Clinic Some other kind of health insurance	or work If you were not on Medicaid or Medicaid Managed Care a month before your pregnancy, during your pregnancy, or for the delivery of your baby, go to Page 14, Question 83.		
□ I do not have health insurance <i>now</i>	82. Which of these things happened while you were on Medicaid or Medicaid Managed Care? Check ALL that apply		
OTHER EXPERIENCES The next questions are on a variety of topics.	 I had a hard time getting help from the Medicaid or Medicaid Managed Care staff I did not understand how to use my Medicaid or Medicaid Managed Care card or what was covered I did not get all the Medicaid or Medicaid Managed Care services I needed 		
If your baby is not alive, is not living with you, or is still in the hospital, go to Question 82.	☐ I had problems finding a doctor who would accept me as a Medicaid or Medicaid Managed Care patient		
 80. Are you currently in school or working? No, I don't go to school or work → Go to Question 82 Yes, I go to school or work outside the home Yes, I go to school or work from home Go to Question 81 	 I was assigned to a doctor that I did not choose I had problems with Medicaid's or Medicaid Managed Care's transportation service My doctor or nurse treated me differently from other patients I did not have any problems with Medicaid or Medicaid Managed Care 		

- **83.** Since your new baby was born, how many alcoholic drinks do you have in an average week? (A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.)
 - □ 14 or more drinks a week
 - $\Box 7 \text{ to } 13 \text{ drinks a week}$
 - 4 to 6 drinks a week
 - 1 to 3 drinks a week
 - Less than 1 drink a week
 - I don't drink
- 84. At any time during *your most recent* pregnancy, did you *ask for help* for depression from a doctor, nurse, or other health care worker?
 - 🗖 No
 - **Y**es
- 85. *Since your new baby was born*, have you *asked for help* for depression from a doctor, nurse, or other health care worker?
 - 🗖 No
 - **Y**es
- 86. Counting yourself, how many people live in your house, apartment, or trailer?
 - Adults (people aged 18 years or older)
 - Babies, children, or teenagers (people aged 17 years or younger)

The last questions are about the time during the *12 months before* your new baby was born.

- 87. During the 12 months before your new baby was born, what was your yearly total household income before taxes? Include your income, your husband's or partner's income, and any other income you may have received. All information will be kept private and will not affect any services you are now getting.
 - \$0 to \$15,000
 \$15,001 to \$19,000
 \$19,001 to \$22,000
 \$22,001 to \$26,000
 \$22,001 to \$29,000
 \$29,001 to \$37,000
 \$37,001 to \$44,000
 \$44,001 to \$52,000
 \$52,001 to \$56,000
 \$56,001 to \$67,000
 \$67,001 to \$79,000
 \$79,001 or more
- 88. During the *12 months before* your new baby was born, how many people, *including yourself*, depended on this income?
 - People
- 89. What is today's date?



Please use this space for any additional comments you would like to make about your experiences around the time of your pregnancy or the health of mothers and babies in Nebraska.

Thanks for answering our questions!

Your answers will help us work to make Nebraska mothers and babies healthier.