

**NEBRASKA PREGNANCY RISK ASSESSMENT MONITORING
SYSTEM (PRAMS)**

2023 Annual Report

Lifespan Health Services
Nebraska Department of Health and Human Services
Division of Public Health
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Published December 2025

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. For more information about the data included in this report, please contact NE PRAMS staff using the contact information found 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 a defined mission to “generate high quality data to improve the health of families through partnerships.” This mission is furthered by a vision of happy and 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 the DHHS Office of Vital Records for providing data necessary for our sampling frame. NE PRAMS is managed by DHHS staff and telephone interview staff, and is guided by the PRAMS Steering Committee.

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This publication was made possible by grant number 5U01DP006630-03-00 from the Centers for Disease Control and Prevention (CDC) for the grant period 2021-2026. The contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the authors’ affiliated institutions.

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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 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 only improved slightly in the previous 20 years. Research 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 2023. For births occurring in 2023, the new phase of PRAMS data collection (Phase 9) started. In some instances, questions in Phase 9 may differ from previous phases.

The 2023 Nebraska PRAMS survey consisted of 80 questions covering a range of topics. Some topics included in the Nebraska PRAMS survey are:

- Pregnancy intention
- Maternal disability
- Contraceptive use
- Prenatal care
- Prenatal care counseling
- Alcohol and tobacco use
- Vaccinations
- Insurance coverage
- Pregnancy-related complications
- Maternal mental health
- Social determinants of health
- Occupational status and workplace leave
- Maternal warning signs
- Oral health
- Infant morbidity and mortality
- Newborn health
- Breastfeeding
- Infant sleep position
- Food insecurity
- Well-baby checkups
- Discrimination
- Sources of income
- Maternal stress and physical abuse
- Emergency preparedness

2 METHODOLOGY

Data in this report are from a monthly sampling of live births to Nebraska resident women recorded in the Nebraska Vital Records birth certificate file for 2023; 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 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 2023 and again in November.

Following the exclusion process, approximately 98% of the resident Nebraska births in 2023 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 is available for analysis in these populations. Maternal experiences by race/ethnicity are not presented in this report.

Data available for analysis is a combination of questionnaire results and additional information from the state birth certificate file obtained from the Nebraska Department of Health and Human Services (DHHS) Office of 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 2023, and not simply those selected for the PRAMS sample and responding to the survey.

The 2023 Nebraska PRAMS Annual Report is based on findings from a stratified random sample of 2,586 Nebraska resident women who had a live birth in 2023. The current report is based on completed surveys for 1,322 live births. The weighted response rate for 2023 Nebraska PRAMS was 55.3%.

Each year PRAMS samples roughly 10% of PRAMS-eligible live births. Data is 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 2023. Data from Phase 9 may not be comparable to Phase 8 due to changes in question wording and/or options.

3 EXECUTIVE SUMMARY

Phase 9 of the PRAMS survey was implemented in 2023 and includes new questions about maternal disability; maternal anxiety; social determinants of health such as food insecurity, lack of transportation, and discrimination; and emergency preparedness. Data tables that are new in Phase 9 and those with changes from Phase 8 are noted throughout the report. Select data from 2023 are highlighted below.

- In 2023, 3.0% (95% confidence interval (CI) 1.8%-4.2%) of PRAMS respondents reported having serious difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional condition, making it the most common functional disability before pregnancy.
- Most (83.5% (95% CI 80.6%-86.2%)) women reported being screened for depression during/after pregnancy by a healthcare provider. While 17.7% (95% CI 14.7%-20.7%) and 11.3% (95% CI 8.9%-13.6%) of mothers reported having postpartum anxiety symptoms and postpartum depression symptoms, respectively, 70.4% (95% CI 63.1%-77.8%) of women who felt they needed mental health services were able to get them.
- Food insecurity was reported by 17.7% (95% CI 15.0%-20.4%) and a lack of transportation was reported by 8.0% (95% CI 6.4%-9.6%) of women in the 12 months before their baby was born.
- Most (80.5% (95% CI 77.7%-82.3%)) women reported receiving information on pregnancy warning signs during and after pregnancy. Nearly all (96.1%, 95% CI 94.5%-97.6%) women mentioned that a healthcare provider (such as a doctor, nurse, or midwife) was the main source of this information.
- The top two things mothers reported that their health care provider did to help them manage their high blood pressure during their pregnancy were their health care provider telling them to regularly check their blood pressure during (72.6%, 95% CI 64.2%-80.9%) and after pregnancy (66.3%, 95% CI 57.5%-75.1%).
- Over half (63.4%, 95% CI 59.8%-67.0%) of women reported having emergency supplies in their home such as enough extra water, food, and medicine to last for at least three days.
- There was a statistically significant (chi-squared test, $p < 0.05$) difference in the percentage of respondents who reported smoking e-cigarettes in the past two years, increasing from 9.1% (95% CI 6.6%-11.6%) in 2022 to 13.2% (95% CI 10.5%-16.0%) in 2023.

4 VITAL RECORDS DATA

4.1 GESTATIONAL AGE

Gestational age [^] , Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Less than or equal to 27 weeks	*	*	*	*
28-33 weeks	*	*	*	*
34-36 weeks	1,807	7.7	5.8	9.7
37-42 weeks	21,294	91.0	88.9	93.1
Greater than or equal to 43 weeks	*	*	*	*

Birth certificate data

Missing n=1

[^]Categories were created by CDC PRAMS

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

4.2 PREVIOUS LIVE BIRTH

Previous live birth ^{^~} , Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
0	7,991	34.1	30.6	37.7
1	7,046	30.1	26.7	33.5
2	4,590	19.6	16.6	22.6
3-5	*	*	*	*
More than 6	*	*	*	*

Birth certificate data

~ New table in Phase 9

Missing n=1

[^]Categories were created by CDC PRAMS

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

4.3 PRETERM BIRTH

Gestational age [^] , Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Preterm birth	2,112	9.0	6.9	11.1
Term birth	21,302	91.0	88.9	93.1

Birth certificate data

Missing n=1

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

4.4 PREVIOUS PRETERM BIRTH

Preterm birth [~] , Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Had a previous preterm birth	1,038	4.4	2.9	5.9
Didn't have a previous preterm birth	22,371	95.6	94.1	97.1

Birth certificate data

~ New table in Phase 9

Missing n=1

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

4.5 LOW BIRTH WEIGHT AND VERY LOW BIRTH WEIGHT

Birthweight ⁺ status, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Not low birthweight	22,058	94.2	92.5	95.9
Low birthweight	1,356	5.8	4.1	7.5
Very low birthweight	*	*	*	*

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

⁺Very low birthweight is a subset of low birthweight and is included in the low birthweight category

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalized.

4.6 MATERNAL EDUCATION

Maternal years of education, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Less than 8th grade	1,064	4.6	3.6	5.5
9-12 grade, no diploma	1,181	5.1	4.1	6.0
High school diploma / GED	4,377	18.7	16.0	21.4
Some college, no degree	6,494	27.8	24.3	31.2
Bachelor's degree or more	10,261	43.9	40.2	47.5

Birth certificate data

Missing n=4

4.7 MATERNAL PRE-PREGNANCY BMI

Maternal body mass index (BMI) ~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Underweight (<18.5 BMI)	416	1.8	0.8	2.7
Normal (18.5-24.9 BMI)	9,389	40.5	36.8	44.2
Overweight (25.0-29.9 BMI)	5,925	25.5	22.3	28.7
Obese (>=30 BMI)	7,480	32.2	28.7	35.8

Birth certificate data

~ New table in Phase 9

Missing n=15

4.8 MARITAL STATUS

Married at time of delivery, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Married	15,833	67.6	64.4	70.8
Not married	7,581	32.4	29.2	35.6

Birth certificate data

Missing n=0

4.9 PRENATAL CARE (PNC) ADEQUACY (KESSNER)

Prenatal care adequacy (Kessner Index [^]), Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Inadequate PNC	*	*	*	*
Intermediate PNC	4,118	17.6	14.9	20.3
Adequate PNC	17,722	75.7	72.7	78.7
Unknown PNC	*	*	*	*

Birth certificate data

Missing n=0

[^]Measurement categories are based on Kessner, D.M., Singer, J., and Kalk, C.W. (1973) Infant death: An analysis by maternal risk and health care. In: *Contrasts in Health Status, 1*, Institute of Medicine and National Academy of Sciences, Washington DC.

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable

4.10 PRENATAL CARE (PNC) ADEQUACY (KOTELCHUCK)

Prenatal care adequacy (Kotelchuck Index [^]), Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Inadequate PNC	2,403	10.5	8.5	12.4
Intermediate PNC	1,842	8.0	6.0	10.0
Adequate PNC	11,787	51.3	47.5	55.0
Adequate plus PNC	6,948	30.2	26.7	33.7

Birth certificate data

Missing n=27

[^]Measurement categories are based on Kotelchuck M. (1994). The Adequacy of Prenatal Care Utilization Index: its US distribution and association with low birthweight. American journal of public health, 84(9), 1486–1489. <https://doi.org/10.2105/ajph.84.9.1486>

4.11 LARGE FOR GESTATIONAL AGE AND SMALL FOR GESTATIONAL AGE

Large for gestational age [^] and small for gestational age [^] status, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Large for gestational age (based on 90th percentile)	2,618	11.4	9.0	13.8
Small for gestational age (based on 10th percentile)	1,900	8.3	6.2	10.3

Birth certificate data

Missing n=21

[^]Percentile estimates are based on national estimates for gestational age as in Duryea EL, Hawkins JS, McIntire DD, Casey BM, Leveno KJ. A revised birthweight reference for the United States. Obstet Gynecol 2014;124:16–22. doi: 10.1097/aog.0000000000000345.

4.12 MATERNAL AGE

Maternal age, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
17 or under	*	*	*	*
18-19	*	*	*	*
20-24	3,789	16.2	13.6	18.8
25-29	6,811	29.1	25.7	32.5
30-34	7,895	33.7	30.1	37.3
35-39	3,582	15.3	12.6	18.0
40 or higher	673	2.9	1.7	4.0

Birth certificate data

Missing n=0

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

4.13 MATERNAL RACE/ETHNICITY FOR PRAMS SAMPLING

Maternal race/ethnicity for PRAMS sampling [^] , Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Non-Hispanic White	15,431	65.9	65.5	66.3
Non-Hispanic Black	1,759	7.5	7.2	7.8
Non-Hispanic Native American	453	1.9	1.8	2.0
Non-Hispanic Asian / Pacific Islander	1,000	4.3	4.2	4.4
Hispanic	4,770	20.4	20.1	20.6

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.

4.14 MATERNAL RACE

Maternal race, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
White	16,720	71.6	70.4	72.8
Other Race	2,969	12.7	11.5	13.9
Black	1,416	6.1	5.5	6.6
Mixed Race	1,071	4.6	3.9	5.3
Other Asian Race	738	3.2	2.9	3.4
American Indian	259	1.1	0.8	1.4
Hawaiian	*	*	*	*
Chinese	*	*	*	*
Filipino	*	*	*	*
Japanese	*	*	*	*

Birth certificate data

Missing n=6

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

4.15 MATERNAL ETHNICITY

Maternal ethnicity, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Non-Hispanic	18,644	79.6	79.4	79.9
Hispanic	4,770	20.4	20.1	20.6

Birth certificate data

Missing n=0

4.16 VAGINAL OR CESAREAN DELIVERY

Vaginal and cesarean delivery, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Cesarean delivery	6,462	27.6	24.2	31.0
Vaginal delivery	16,952	72.4	69.0	75.8

Birth certificate data

Missing n=0

5 MATERNAL HEALTH HISTORY

5.1 MATERNAL FUNCTIONAL DIFFICULTIES PRIOR TO PREGNANCY

Maternal functional difficulties prior to pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Has serious difficulty hearing or is deaf	*	*	*	*
b. Has serious difficulty seeing, even when wearing glasses, or is blind	559	2.4	1.4	3.4
c. Has serious difficulty walking or climbing stairs	*	*	*	*
d. Has serious difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional condition	698	3.0	1.8	4.2
e. Has difficulty with dressing or bathing self	*	*	*	*
f. Has difficulty doing errands alone, such as visiting a doctor's office or shopping because of a physical, mental, or emotional condition	566	2.4	1.3	3.6

Nebraska (NE) Phase 9 (P9) Question 2

~ New question in Phase 9

Missing 2a n=5; 2b n=4; 2c n=13; 2d n=4; 2e n=5; 2f n=5

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

6 MATERNAL HEALTH BEHAVIORS PRIOR TO PREGNANCY

6.1 HEALTH CONDITIONS PRIOR TO PREGNANCY

Pre-pregnancy health conditions, Nebraska PRAMS, 2022				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Diabetes	580	2.5	1.4	3.6
b. Hypertension	1,101	4.7	3.1	6.3
c. Depression	4,035	17.3	14.4	20.2
d. Anxiety~	6,727	28.8	25.3	32.3
e. Didn't report having diabetes, hypertension, depression, or anxiety pre-pregnancy	15,318	65.4	61.8	69.1

NE P9 Question 3

~ New measure in Phase 9

Missing 3a n=6; 3b n=6; 3c n=3; 3d n=2; 3e n=0

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

7 MATERNAL HEALTH CARE

7.1 VISIT INFORMATION

7.1.1 Types of health care visits prior to pregnancy

Type of health care visit in 12 months prior to pregnancy, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Checkup with family doctor	12,009	51.4	47.7	55.2
b. Checkup with OB/GYN	13,892	59.7	56.2	63.3
c. Visit for an injury, illness, or chronic condition	4,113	17.6	14.6	20.6
d. Visit to urgent care or the emergency room~	4,385	18.8	15.9	21.7
e. Visit for family planning or to get birth control	4,749	20.3	17.3	23.4
f. Visit for depression or anxiety	3,450	14.8	12.0	17.6
g. Visit to have teeth cleaned	13,821	59.4	55.9	62.9
h. Other	1,501	8.2	5.8	10.7

NE P9 Question 4

~New measure in Phase 9

Missing 4a n=4; 4b n=11; 4c n=6; 4d n=9; 4e n=4; 4f n=7; 4g n=9; 4h n=259

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

7.1.2 Conversation topics covered by a health care provider prior to pregnancy

Conversations with a healthcare provider at health care visits in the 12 months prior to pregnancy among respondents with any visits prior to pregnancy, Nebraska PRAMS, 2023

	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Talked to me about my weight	7,984	39.9	35.9	43.9
b. Talked to me about regularly checking my blood pressure	8,987	45.1	41.0	49.2
c. Talked to me about my desire to have or not have children	8,159	40.9	36.8	44.9
d. Talked to me about birth control methods	10,441	52.4	48.2	56.5
e. Talked to me about how I could improve health before a pregnancy	5,991	30.1	26.3	33.8
f. Talked to me about sexually transmitted infections such as chlamydia, gonorrhea, syphilis, or HIV	4,884	24.4	21.0	27.8
g. Asked me if I smoked cigarettes or used e-cigarettes (“vapes”) or other smokeless tobacco	14,390	72.2	68.5	75.8
h. Asked me if someone was hurting me emotionally or physically	10,973	55.1	51.0	59.3
i. Asked me if I felt depressed or anxious	12,550	63.1	59.1	67.1

NE P9 Question 5

Missing 5a n=35; 5b n=37; 5c n=38; 5d n=36; 5e n=38; 5f n=34; 5g n=35; 5h n=35; 5i n=38

[†]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, 2023

	Weighted Frequency	Percent [†]	95% Confidence Intervals	
Private or other [~]	14,999	64.4	61.2	67.7
Medicaid	5,787	24.9	21.8	27.9
Indian Health Service	*	*	*	*
None	2,413	10.4	8.6	12.1

NE P9 Question 6

[~]New measure in Phase 9

Missing n=12

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

Private or other[~]: “Private health insurance (paid for by me, someone else, or through a job)”, “Private health insurance from the Nebraska Health Insurance Marketplace or marketplacenebraska.com or HealthCare.gov”, and “TRICARE or other military healthcare”

^{*}NE PRAMS measurement for this variable changed for the 2023 report, thus annual report data from 2019, 2020, 2021, 2022 are not comparable to annual report data for 2023.

7.2.2 Health insurance during pregnancy

Prenatal care insurance type ^{^*} , Nebraska PRAMS, 2023				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
Private or other [~]	13,445	57.9	54.5	61.3
Medicaid	9,219	39.7	36.3	43.1
Indian Health Service	*	*	*	*
None	529	2.3	1.4	3.2

NE P9 Question 7

[~]New measure in Phase 9

Missing n=18

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

Private or other[~]: “Private health insurance (paid for by me, someone else, or through a job)”, “Private health insurance from the Nebraska Health Insurance Marketplace or marketplacenebraska.com or HealthCare.gov”, and “TRICARE or other military healthcare”

*NE PRAMS measurement for this variable changed for the 2023 report, thus annual report data from 2019, 2020, 2021, 2022 are not comparable to annual report data for 2023.

7.2.3 Health insurance postpartum

Postpartum insurance type ^{^*} , Nebraska PRAMS, 2022				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
Private or other [~]	13,337	57.3	53.9	60.7
Medicaid	8,172	35.1	31.8	38.5
Indian Health Service	*	*	*	*
None	1,716	7.4	5.9	8.9

NE P9 Question 8

[~]New measure in Phase 9

Missing n=15

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

Private or other[~]: “Private health insurance (paid for by me, someone else, or through a job)”, “Private health insurance from the Nebraska Health Insurance Marketplace or marketplacenebraska.com or HealthCare.gov”, and “TRICARE or other military healthcare”.

*NE PRAMS measurement for this variable changed for the 2023 report, thus annual report data from 2019, 2020, 2021, 2022 are not comparable to annual report data for 2023

7.2.4 Reasons for no postpartum insurance

Reasons for not having any postpartum insurance among those who didn't have any health insurance after pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Health insurance is too expensive	818	47.7	36.4	59.0
b. I can't get health insurance from my job or the job of my spouse or partner	*	*	*	*
c. I applied for health insurance, but I'm still waiting to get it	*	*	*	*
d. I had problems with the health insurance application or website	*	*	*	*
e. My income was too high to qualify for Medicaid	*	*	*	*
f. My income was too high to qualify for a tax credit from the Nebraska Health Insurance Marketplace or HealthCare.gov	*	*	*	*
g. I don't know how to get health insurance	*	*	*	*
h. Other	529	30.8	20.3	41.4

NE P9 Question 9

~ New question in Phase 9

Missing 9a n=4; 9b n=4; 9c n=4; 9d n=4; 9e n=4; 9f n=4; 9g n=4; 9h n=4

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

8 PREGNANCY INTENTION

8.1 PREGNANCY TIMING INTENTION

When mother intended to become pregnant, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Later	3,385	14.6	12.1	17.0
Sooner	4,161	17.9	15.0	20.9
When it happened	10,663	45.9	42.2	49.7
Didn't want to be pregnant then or any time in the future	1,201	5.2	3.6	6.7
Wasn't sure	3,801	16.4	13.6	19.2

NE P9 Question 10

Missing n=14

8.2 PREGNANCY INTENTION

Unintended pregnancy^ (recoded), Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Unintended pregnancy	4,585	19.8	17.0	22.5
Intended pregnancy	14,824	63.9	60.3	67.4
Not sure	3,801	16.4	13.6	19.2

NE P9 Question 10

Missing n=14

^Unintended pregnancy= "Later", "Didn't want to be pregnant then or any time in the future";

Intended pregnancy= "Sooner", "When it happened"

9 PRENATAL CARE

9.1 RECEIVED PRENATAL CARE DURING PREGNANCY

Received prenatal care during pregnancy, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Received prenatal care during pregnancy	22,539	96.7	95.6	97.9
Didn't receive prenatal care during pregnancy	762	3.3	2.1	4.4

NE P9 Question 11

Missing n=11

9.2 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 during pregnancy, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Talked to me about how much weight I should gain during pregnancy	15,118	67.5	63.8	71.1
b. Talked to me about doing tests to screen for birth defects or diseases that run in my family	17,947	80.0	77.0	83.1
c. Talked to me about the signs and symptoms of preterm labor (labor more than 3 weeks before the baby is due)	17,853	79.7	76.7	82.7
d. Talked to me about what to do if I feel depressed or anxious during my pregnancy or after my baby is born	17,925	80.1	77.1	83.2
e. Asked me if I planned to breastfeed my new baby	20,605	91.9	89.7	94.1
f. Asked me if I planned to use birth control after my baby was born.	18,601	83.0	80.0	85.9
g. Asked me if I was taking any prescription medication	21,512	95.9	94.8	97.1
h. Asked me if I smoked cigarettes or used e-cigarettes (“vapes”) or other smokeless tobacco	20,711	92.3	90.5	94.1
i. Asked me if I was drinking alcohol	20,461	91.4	89.4	93.5
j. Asked me if someone was hurting me emotionally or physically	17,811	79.5	76.3	82.6
k. Asked me if I was using illegal drugs	17,050	76.0	72.7	79.3
l. Asked me if I was using marijuana	16,358	73.0	69.6	76.4
m. Asked me if I wanted to be tested for HIV	12,215	54.6	50.8	58.4

NE P9 Question 12

Missing 12a n=18; 12b n=16; 12c n=17; 12d n=19; 12e n=16; 12f n=14; 12g n=14; 12h n=13; 12i n=16; 12j n=16; 12k n=14; 12l n=17; 12m n=21

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

10 INFECTIOUS DISEASE

10.1 SHOTS OR VACCINATIONS OFFERED BEFORE/DURING PREGNANCY

Shots or vaccinations offered by a health care provider in the 12 months before baby was born, Nebraska PRAMS, 2023

	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Flu shot	19,032	82.6	79.7	85.5
b. Tdap shot~	18,346	79.8	76.9	82.7
c. COVID-19 shot~	14,288	62.2	58.5	65.9

NE P9 Question 13

~ New measures in Phase 9

Missing 13a n=28; 13b n=42; 13c n=33

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

10.2 FLU SHOT RECEIVED BEFORE/DURING PREGNANCY

Flu shot received in the 3 months before or during pregnancy, Nebraska PRAMS, 2023

	Weighted Frequency	Percent†	95% Confidence Intervals	
Yes, flu shot received before pregnancy	3,075	13.3	10.8	15.8
Yes, flu shot received during pregnancy	11,276	48.8	45.0	52.5
No, didn't receive a flu shot before or during pregnancy	9,290	40.2	36.5	43.9

NE P9 Question 14

Missing n=25

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

10.3 FLU SHOT RECEIVED BEFORE/DURING PREGNANCY (COMBINED)

Flu shot received in the 3 months before or during pregnancy, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Yes, flu shot received before or during pregnancy	13,832	59.8	56.1	63.5
No, flu shot received before or during pregnancy	9,290	40.2	36.5	43.9

NE P9 Question 14

Missing n=25

10.4 TETANUS TOXOID, REDUCED DIPHTHERIA TOXOID, AND ACELLULAR PERTUSSIS (TDAP) SHOT RECEIVED BEFORE/DURING PREGNANCY

Tdap shot received in the 3 months before or during pregnancy, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
Yes, Tdap shot received before pregnancy	1,343	5.9	4.2	7.6
Yes, Tdap shot received during pregnancy	16,367	71.8	68.5	75.0
No, didn't receive a Tdap shot before or during pregnancy	5,429	23.8	20.8	26.8

NE P9 Question 14

Missing n=49

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

10.5 TETANUS TOXOID, REDUCED DIPHTHERIA TOXOID, AND ACELLULAR PERTUSSIS (TDAP) SHOT RECEIVED BEFORE/DURING PREGNANCY (COMBINED)

Tdap shot received in the 3 months before or during pregnancy, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
Yes, Tdap shot received before or during pregnancy	17,381	76.2	73.2	79.2
No, Tdap shot received before or during pregnancy	5,429	23.8	20.8	26.8

NE P9 Question 14

Missing n=49

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

10.6 COVID-19 SHOT RECEIVED BEFORE/DURING PREGNANCY

COVID-19 shot received in the 3 months before or during pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
Yes, COVID-19 shot received before pregnancy	5,482	23.8	20.7	26.9
Yes, COVID-19 shot received during pregnancy	1,930	8.4	6.3	10.4
No, didn't receive a COVID-19 shot before or during pregnancy	15,855	68.9	65.5	72.3

NE P9 Question 14

~ New measures in Phase 9

Missing 14 n=29

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

10.7 COVID-19 SHOT RECEIVED BEFORE/DURING PREGNANCY (COMBINED)

COVID-19 shot received in the 3 months before or during pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
Yes, COVID-19 shot received before or during pregnancy	7,165	31.1	27.7	34.5
No, COVID-19 shot received during pregnancy	15,855	68.9	65.5	72.3

NE P9 Question 14

~ New measures in Phase 9

Missing 14 n=29

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

11 ORAL HEALTH

11.1 TEETH CLEANED DURING PREGNANCY

Teeth cleaned during pregnancy, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Teeth cleaned during pregnancy	12,003	51.8	48.1	55.5
Teeth were not cleaned during pregnancy	11,166	48.2	44.5	51.9

NE P9 Question 15

Missing n=17

12 PREGNANCY SUPPORT

12.1 HEALTH CONDITIONS DURING PREGNANCY

Health conditions during pregnancy, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Gestational diabetes	3,042	13.1	10.7	15.6
b. High blood pressure, pre-eclampsia, or eclampsia	3,529	15.2	12.5	18.0
c. Depression	2,966	12.8	10.2	15.5
d. Anxiety~	4,226	18.3	15.2	21.3
e. Didn't report having gestational diabetes, high blood pressure, pre-eclampsia, or eclampsia, depression, or anxiety during pregnancy	14,492	62.6	58.9	66.3

NE P9 Question 16

~ New measure in Phase 9

Missing 16a n=17; 16b n=18; 16c n=20; 16d n=19

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

12.2 HIGH BLOOD PRESSURE MANAGEMENT FROM HEALTHCARE PROVIDER BEFORE/DURING PREGNANCY

High blood pressure management from healthcare provider before/during pregnancy among those who reported high blood pressure before or during pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Referred me to different healthcare provider	897	23.0	14.9	31.0
b. Told me to regularly check my blood pressure during pregnancy	2,837	72.6	64.2	80.9
c. Talked to me about getting to a healthy weight after pregnancy	1,162	29.8	21.2	38.5
d. Talked to me about regularly checking my blood pressure after pregnancy	2,591	66.3	57.5	75.1
e. Talked to me about the risk of having high blood pressure (chronic hypertension) and heart disease after pregnancy	2,506	64.1	55.4	72.8

NE P9 Question 17

~ New question in Phase 9

Missing 17a n=16; 17b n=15; 17c n=16; 17d n=15; 17e n=14

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable

12.3 INFORMATION ON PREGNANCY WARNING SIGNS DURING PREGNANCY

Received information during pregnancy on warning signs during or after pregnancy that required immediate medical attention~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Received information on pregnancy warning signs during and after pregnancy	18,427	80.5	77.7	83.2
Didn't receive information on pregnancy warning signs during and after pregnancy	4,474	19.5	16.8	22.3

NE P9 Question 18

~ New question in Phase 9

Missing n=33

12.4 SOURCES OF WARNING SIGNS INFORMATION RECEIVED DURING PREGNANCY

Sources of information received during pregnancy about warning signs among those who received information about warning signs during or after pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. A healthcare provider (such as a doctor, nurse, or midwife)	17,705	96.1	94.5	97.6
b. Websites or social media (such as Facebook, Instagram, or Twitter)	9,543	53.3	48.9	57.7
c. Any source of information that used the slogan “Hear Her” (such as websites, social media, or paper handouts)	2,744	15.4	12.6	18.3
d. Family or friends	10,355	58.0	53.6	62.3

NE P9 Question 19

~ New question in Phase 9

Missing 19a n=29; 19b n=59; 19c n=66; 19d n=58

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

12.5 HEALTH PROBLEMS DURING PREGNANCY

Health problems during pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Vaginal bleeding	3,434	14.9	12.2	17.5
b. Kidney or bladder (urinary tract) infection (UTI)	2,817	12.2	9.8	14.6
c. Severe nausea, vomiting, or dehydration that sent me to the doctor or hospital	3,327	14.4	11.9	17.0
d. Cervix had to be sewn shut (cerclage for incompetent cervix)	*	*	*	*
e. Problems with the placenta (such as abruptio placentae or placenta previa)	1,459	6.3	4.4	8.3
f. Labor pains more than 3 weeks before my baby was due (preterm or early labor)	3,146	13.7	11.1	16.2
g. Water broke more than 3 weeks before my baby was due (preterm premature rupture of membranes [PPROM])	885	3.8	2.5	5.2
h. I had to have a blood transfusion	*	*	*	*
i. I was hurt in a car accident	*	*	*	*

NE P9 Question 20

~ New question in Phase 9

Missing 20a n=24; 20b n=24; 20c n=24; 20d n=25; 20e n=25; 20f n=29; 20g n=24; 20h n=26; 20i n=25

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

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, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes in past 2 years	2,933	12.7	10.0	15.4
Didn't smoke cigarettes in past 2 years	20,160	87.3	84.6	90.0

NE P9 Question 21

Missing n=20

13.1.2 Smoking behavior three months before pregnancy among all respondents

Smoked cigarettes in the 3 months before pregnancy among all respondents, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes in the 3 months before pregnancy	1,953	8.5	6.2	10.7
Didn't smoke cigarettes in the 3 months before pregnancy	21,140	91.6	89.3	93.8

NE P9 Question 21& 22

Missing n=20

13.1.3 Smoking behavior three months before pregnancy

Smoked cigarettes in the 3 months before pregnancy among those who smoked cigarettes in the past two years~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes in the 3 months before pregnancy	1,953	66.6	55.7	77.4
Didn't smoke cigarettes in the 3 months before pregnancy	981	33.4	22.6	44.3

NE P9 Question 21& 22

~New measure in Phase 9. This measure is not comparable with the measure in Phase 8.

Missing n=20

13.1.4 Smoking behavior in the last three months of pregnancy among all respondents

Smoked cigarettes in the last 3 months of pregnancy among all respondents, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes in the last 3 months of pregnancy	737	3.2	1.8	4.6
Didn't smoke cigarettes in the last 3 months of pregnancy	22,362	96.8	95.4	98.2

NE P9 Question 21 & 23

Missing n=20

13.1.5 Smoking behavior in the last three months of pregnancy

Smoked cigarettes in the last 3 months of pregnancy among those who smoked cigarettes in the past two years~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes in the last 3 months of pregnancy	737	25.1	14.9	35.2
Didn't smoke cigarettes in the last 3 months of pregnancy	2,202	74.9	64.8	85.1

NE P9 Question 21 & 23

~New measure in Phase 9. This measure is not comparable with the measure in Phase 8.

Missing n=20

13.1.6 Smoking behavior after pregnancy among all respondents

Smoked cigarettes after pregnancy among all respondents, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes after pregnancy	859	3.7	2.2	5.2
Didn't smoke cigarettes after pregnancy	22,240	96.3	94.8	97.8

NE P9 Question 21 & 24

Missing n=20

13.1.7 Smoking behavior after pregnancy

Smoked cigarettes after pregnancy among those who smoked cigarettes in the past two years, Nebraska PRAMS~, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes after pregnancy	859	29.2	18.8	39.6
Didn't smoke cigarettes after pregnancy	2,080	70.8	60.4	81.2

NE P9 Question 21 & 24

~New measure in Phase 9. This measure is not comparable with the measure in Phase 8.

Missing n=20

13.1.8 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, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Quit smoking during pregnancy	1,255	64.5	50.5	78.5
Didn't quit smoking during pregnancy	691	35.3	21.6	49.5

NE P9 Question 21, 23 & 24

Missing n=46

13.1.9 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, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Relapsed smoking after pregnancy	*	*	*	*
Didn't relapse smoking after pregnancy	*	*	*	*

NE P9 Question 21, 23 & 24

Missing n=104

13.2 E-CIGARETTES

13.2.1 Used e-cigarettes (“vapes”) or other nicotine products in past two years

Smoked e-cigarettes (“vapes”) or other nicotine product in the past 2 years, Nebraska PRAMS, 2023

	Weighted Frequency	Percent†	95% Confidence Intervals	
Smoked e-cigarettes in past 2 years	3,059	13.2	10.5	16.0
Didn't smoke e-cigarettes in past 2 years	20,039	86.8	84.0	89.5

NE P9 Question 25

Missing n=20

13.2.2 E-cigarette (“vapes”) or other nicotine products use three months before pregnancy among all respondents

Smoked e-cigarettes (“vapes”) or other nicotine products in the 3 months before pregnancy among all respondents, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked e-cigarettes before pregnancy	2,377	10.3	7.9	12.8
Didn't smoke e-cigarettes before pregnancy	20,665	89.7	87.2	92.2

NE P9 Questions 25 & 26

Missing n=22

13.2.3 E-cigarette (“vapes”) or other nicotine products use three months before pregnancy

Smoked e-cigarettes (“vapes”) or other nicotine products in the 3 months before pregnancy among respondents who used e-cigarette (“vapes”) or other nicotine products in the past two years, Nebraska PRAMS~, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked e-cigarettes before pregnancy	2,377	79.2	70.1	88.2
Didn’t smoke e-cigarettes before pregnancy	626	20.8	11.8	29.9

NE P9 Question 25 & 26

~New measure in Phase 9. This measure is not comparable with the measure in Phase 8.

Missing n=22

13.2.4 E-cigarette (“vapes”) or other nicotine products use last three months of pregnancy among all respondents

Smoked e-cigarettes (“vapes”) or other nicotine products in the last 3 months of pregnancy among all respondents, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked e-cigarettes during pregnancy	843	3.7	2.1	5.2
Didn’t smoke e-cigarettes during pregnancy	22,211	96.3	94.8	97.9

NE P9 Question 25 & 27

Missing n=21

13.2.5 E-cigarette (“vapes”) or other nicotine products use last three months of pregnancy

Smoked e-cigarettes (“vapes”) or other nicotine products in the last 3 months of pregnancy among respondents who used e-cigarette (“vapes”) or other nicotine products in the past two years, Nebraska PRAMS~, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked e-cigarettes during pregnancy	843	28.0	17.5	38.5
Didn’t smoke e-cigarettes during pregnancy	2,171	72.0	61.5	82.5

NE P9 Question 25 & 27

~New measure in Phase 9. This measure is not comparable with the measure in Phase 8.

Missing n=21

13.2.6 Used e-cigarette (“vapes”) or other e-nicotine products to cut down/stop smoking cigarette in past two years

Used e-cigarettes (“vapes”) or other e-nicotine products as a way of cutting down or stopping cigarette smoking in past two years among respondents who used E-cigarette (“vapes”) or other nicotine products in the past two years~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Used e-cigarettes or other e-nicotine products to stop smoking	1,334	44.4	32.9	55.9
Didn’t use e-cigarettes or other e-nicotine products to stop smoking	1,669	55.6	44.1	67.1

NE P9 Question 28

~ New question in Phase 9

Missing n=22

13.3 ALCOHOL USE

13.3.1 Used alcohol during 1st, 2nd, and 3rd trimesters of pregnancy

Used alcohol during 1st, 2nd, and 3rd trimesters of pregnancy~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Drank alcohol during the 1 st trimester (this includes the time before knowing you were pregnant)	6,123	26.6	23.2	30.1
Didn’t drink alcohol during the 1 st trimester (this includes the time before knowing you were pregnant)	16,879	73.4	69.9	76.8
b. Drank alcohol during the 2 nd trimester	*	*	*	*
Didn’t drink alcohol during the 2 nd trimester	*	*	*	*
c. Drank alcohol during the 3 rd trimester	*	*	*	*
Didn’t drink alcohol during the 3 rd trimester	*	*	*	*

NE P9 Question 29

~ New question in Phase 9

Missing 29a n=24; 29b n=29; 29c n=28

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

13.3.2 Any alcoholic drinks during 1st, 2nd, and 3rd trimesters of pregnancy

Any alcoholic drinks during 1 st , 2 nd , and 3 rd trimesters of pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Drank any alcohol during pregnancy	6,433	28.0	24.5	31.5
b. Didn't drink any alcohol during pregnancy	16,517	72.0	68.5	75.5

NE P9 Question 29

~ New question in Phase 9

Missing 29 n=30

13.3.3 Alcohol use timing during 1st, 2nd, and 3rd trimesters of pregnancy

Drank 4 or more alcoholic drinks in a 2-hour time span during 1 st , 2 nd , or 3 rd trimesters of pregnancy among those who had any alcohol drinks during pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. First trimester (this includes the time before knowing you were pregnant)	1,774	27.8	20.8	34.8
b. Second trimester	*	*	*	*
c. Third trimester	*	*	*	*

NE P9 Question 30

~ New question in Phase 9

Missing 30a n=5; 30b n=5; 30c n=5

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

14 STRESSFUL LIFE EVENTS

14.1 STRESSFUL LIFE EVENTS IN THE 12 MONTHS BEFORE DELIVERY

Stressful life events in the 12 months before delivery~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. I got separated or divorced	977	4.2	2.7	5.7
b. I was evicted or forced to move	574	2.5	1.3	3.6
c. I didn't have a regular place to sleep	868	3.8	2.5	5.0
d. I was homeless or had to sleep outside, in a car, or in a shelter	*	*	*	*
e. My spouse, partner, or I lost a job	2,278	9.9	7.7	12.0
f. My spouse, partner, or I had a cut in work hours or pay	2,871	12.4	10.0	14.8
g. I had problems paying the rent, mortgage, or other bills	2,711	11.7	9.4	14.0
h. My spouse or partner went to jail/prison	*	*	*	*
i. I went to jail/prison	*	*	*	*
j. Someone close to me had a problem with drinking or drugs	2,125	9.2	6.9	11.4
k. Someone close to me was very sick or died	3,305	14.3	11.6	17.0

NE P9 Question 31

~ New measures in Phase 9

Missing 31a n=18; 31b n=19; 31c n=21; 31d n=19; 31e n=22; 31f n=20; 31g n=22; 31h n=20; 31i n=21; 31j n=20; 31k n=20

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

14.2 FELT UNSAFE IN THE NEIGHBORHOOD IN LAST 12 MONTHS BEFORE PREGNANCY

Mother felt unsafe in the neighborhood in the last 12 months before pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Always	*	*	*	*
Often	*	*	*	*
Sometimes	1,022	4.4	3.0	5.9
Rarely	2,330	10.1	7.9	12.3
Never	19,077	82.4	79.7	85.1

NE P9 Question 32

~ New question in Phase 9

Missing 32 n=18

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

14.3 ABUSE BEFORE PREGNANCY

Intimate partner violence before pregnancy, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Yes, from spouse or partner	*	*	*	*
No, not from spouse or partner	*	*	*	*
b. Yes, from ex-spouse or ex-partner	*	*	*	*
No, not from ex-spouse or ex-partner	*	*	*	*

NE P9 Question 34

Missing 34a n=24; 34b n=34

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

*All data for this question is suppressed due to <30 responses in at least one category requiring suppressing all question options, because estimates based on this sample size may not be generalizable.

14.4 ABUSE DURING PREGNANCY

Intimate partner violence during pregnancy, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Yes, from spouse or partner	*	*	*	*
No, not from spouse or partner	*	*	*	*
b. Yes, from ex-spouse or ex-partner	*	*	*	*
No, not from ex-spouse or ex-partner	*	*	*	*

NE P9 Question 35

Missing 35a n=27; 35b n=43

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

*All data for this question is suppressed due to <30 responses in at least one category requiring suppressing all question options, because estimates based on this sample size may not be generalizable.

14.5 COMBINED PARTNER ABUSE BEFORE AND DURING PREGNANCY

Intimate partner violence before and during pregnancy, Nebraska PRAMS, 2022				
	Weighted Frequency	Percent	95% Confidence Intervals	
Yes, from current/ex-spouse or partner	749	3.2	2.0	4.5
No abuse from current/ex-spouse or partner	22,376	96.8	95.5	98.0

NE P9 Questions 34 & 35

Missing n=21

15 LABOR AND DELIVERY

15.1 HEALTHCARE PROVIDER INDUCED LABOR

Healthcare provider tried to induce labor to start contractions~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Yes, healthcare provider tried to induce labor to start contractions	12,099	53.5	49.7	57.3
b. No, healthcare provider did not try to induce labor to start contractions	10,515	46.5	42.7	50.3

NE P9 Question 36

~ New question in Phase 9

Missing n=78

15.2 REASONS WHY HEALTHCARE PROVIDER INDUCED LABOR

Reasons why healthcare providers tried to induce labor among those whose healthcare provider tried to induce labor to start contractions~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. My water broke, and there was a fear of infection	665	5.5	3.2	7.8
b. I was past my due date	2,431	20.1	15.7	24.5
c. My healthcare provider worried about the size of the baby	2,269	18.8	14.6	22.9
d. My baby was not doing well and needed to be born	337	2.8	1.5	4.1
e. I had a complication in my pregnancy (such as low amniotic fluid or pre-eclampsia)	2,552	21.1	16.6	25.6
f. I wanted to schedule my delivery	3,212	26.5	21.8	31.3
g. I wanted to give birth with a specific healthcare provider	1,504	12.4	9.0	15.9
h. Other reasons	3,015	24.9	20.2	29.6

NE P9 Question 37

~ New question in Phase 9

Missing 37a n=0; 37b n=0; 37c n=0; 37d n=0; 37e n=0; 37f n=0; 37g n=0; 37h n=0

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

15.3 DELIVERY METHOD

Delivery method ~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Vaginal	16,310	70.9	67.4	74.3
b. Cesarean section	6,698	29.1	25.7	32.6

NE P9 Question 38

~ New question in Phase 9

Missing 38 n=27

15.4 REASONS WHY BABY WAS BORN BY CESAREAN DELIVERY

Reasons why baby was born by cesarean delivery (c-section) ~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. I had a previous cesarean delivery (c-section)	2,802	41.3	34.3	48.3
b. My baby was in the wrong position (such as breech)	1,299	19.2	13.4	24.9
c. I was past my due date	*	*	*	*
d. My healthcare provider worried that my baby was too big	847	12.5	8.0	17.0
e. I had a medical condition that made labor dangerous for me (such as a heart condition or physical disability)	*	*	*	*
f. I had a complication in my pregnancy (such as pre-eclampsia, placental problems, infection, preterm labor)	1,775	26.2	19.8	32.5
g. My healthcare provider tried to induce my labor, but it didn't work	1,084	16.0	10.9	21.1
h. Labor was taking too long	1,104	16.3	11.3	21.2
i. The fetal monitor showed that my baby was having problems before or during labor (fetal distress)	1,147	16.9	11.5	22.3
j. I wanted to schedule my delivery	357	5.3	3.3	7.2
k. I didn't want to have my baby vaginally	*	*	*	*
l. Other reasons	1,059	15.6	10.5	20.7

NE P9 Question 39

~ New question in Phase 9

Missing 39a n=20; 39b n=20; 39c n=20; 39d n=20; 39e n=20; 39f n=20; 39g n=20; 39h n=20; 39i n=20; 39j n=20; 39k n=20; 39l n=20

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

15.5 WHOSE IDEA WAS TO GET CESAREAN DELIVERY

Whose idea was for mom to get cesarean delivery~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
My healthcare provider recommended a cesarean delivery before I went into labor	2,875	44.3	37.0	51.5
My healthcare provider recommended a cesarean delivery while I was in labor	2,579	39.7	32.5	46.9
I asked for the cesarean delivery	1,042	16.0	11.1	21.0

NE P9 Question 40

~ New question in Phase 9

Missing 40 n=35

16 BABY'S HEALTH

16.1 BABY'S LENGTH OF HOSPITAL STAY

Length of baby's hospital stay~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
<3 days	15,972	69.4	65.9	72.9
3-5 days	4,985	21.7	18.6	24.8
6-14 days	1,041	4.5	3.0	6.1
More than 14 days	893	3.9	2.4	5.4
Not born in hospital	*	*	*	*
Still in hospital when surveyed	*	*	*	*

NE P9 Question 41

~ New measures in Phase 9

Missing n=29

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

16.2 BABY'S VITAL STATUS AT TIME OF SURVEY

Baby was alive when surveyed, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Baby was alive	*	*	*	*
Baby was deceased	*	*	*	*

NE P9 Question 42

Missing n=28

*All data for this question is suppressed due to <30 responses in at least one category requiring suppressing all question options, because estimates based on this sample size may not be generalizable.

16.3 BABY IS LIVING WITH MOTHER NOW

Baby lived with mother when surveyed, among those with live babies, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Baby lived with mother	*	*	*	*
Baby didn't live with mother	*	*	*	*

NE P9 Question 43

Missing n=31

*All data for this question is suppressed due to <30 responses in at least one category requiring suppressing all question options, because estimates based on this sample size may not be generalizable.

17 BABY FEEDING

17.1 EVER BREASTFED

Breastfeeding initiation among respondents living with their babies~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Initiated breastfeeding	20,495	90.4	88.2	92.6
Didn't initiate breastfeeding	2,174	9.6	7.4	11.8

NE P9 Question 44

~ New measures in Phase 9

Missing n=35

17.2 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, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Still breastfeeding at 4 weeks	18,463	81.4	78.5	84.4
Still breastfeeding at 8 weeks	17,030	75.1	71.9	78.4
Still breastfeeding at 13 weeks	15,764	69.5	66.1	73.0
Still breastfeeding at 16 weeks	15,034	66.3	62.8	69.9

NE P9 Questions 44

~ New measures in Phase 9

Missing n=35

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

17.3 REASON FOR NO LONGER BREASTFEEDING

Reasons why people stopped breastfeeding among respondents who breastfed, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. My baby had difficulty latching or nursing	2,047	34.3	27.4	41.1
b. Breast milk alone didn't satisfy my baby	2,173	36.2	29.5	43.0
c. I thought my baby wasn't gaining enough weight	1,180	19.8	14.1	25.5
d. My nipples were sore, cracked, or bleeding, or it was too painful	899	15.1	10.4	19.7
e. I thought I wasn't producing enough milk, or my milk dried up	3,521	58.5	51.6	65.5
f. I had too many other things going on	1,826	30.6	24.0	37.3
g. I felt it was the right time to stop breastfeeding	1,111	18.7	13.2	24.1
h. I got sick or had to stop for medical reasons	*	*	*	*
i. I went back to work	1,254	21.1	15.6	26.6
j. I went back to school	*	*	*	*
k. My spouse or partner didn't support breastfeeding	*	*	*	*
l. My baby was jaundiced (yellowing of the skin or whites of the eyes)	*	*	*	*
m. Other	1,141	18.7	13.1	24.3

NE P9 Question 45

Missing 45a n=928; 45b n=924; 45c n=929; 45d n=928; 45e n=924; 45f n=928; 45g n=930; 45h n=928; 45i n=930; 45j n=930; 45k n=930; 45l n=930; 45m n=92

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

18 BABY SLEEPING

18.1 HOW BABY WAS PUT TO SLEEP IN THE PAST 2 WEEKS

How baby was put to sleep at night and during naps in the past 2 weeks among respondents living with their babies, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Side	4,174	19.4	16.7	22.1
b. Back	21,929	97.4	96.5	98.3
c. Stomach	2,186	10.2	8.0	12.4

NE P9 Question 46

~New question format in Phase 9

Missing 46a n=113; 46b n=47; 46c n=127

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

18.2 BABY SLEEPS ALONE

How often baby sleeps alone in their own crib or bed[^] among respondents living with their babies, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Always / Often	17,820	79.0	76.1	81.9
Sometimes / Rarely	3,186	14.1	11.6	16.6
Never	1,542	6.8	5.2	8.5

NE P9 Question 47

Missing n=38

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

18.3 BABY SLEEPS IN MOTHER'S ROOM OR ANOTHER ADULT'S ROOM

Baby sleeps in mother's room or another adult'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, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Baby sleeps in mother's room or another adults' room	16,952	80.5	77.1	83.8
Baby doesn't sleep in mother's room or another adults' room	4,113	19.5	16.2	22.9

NE P9 Question 48

Missing n=42

18.4 HOW BABY SLEEPS (ON WHAT)

How baby sleeps (on what) among respondents living with their babies[~], Nebraska PRAMS, 2023

	Weighted Frequency	Percent ⁺	95% Confidence Intervals	
a. In a crib, portable crib, or bassinet	21,201	94.0	92.4	95.7
b. On a twin or larger mattress or bed	5,960	27.2	24.0	30.4
c. On a couch, sofa, or armchair	2,287	10.4	8.1	12.8
d. In an infant car seat	4,028	18.5	15.6	21.5
e. In a swing, rocker, or other inclined sleeper	9,228	42.2	38.3	46.1
f. In an in-bed sleeper	1,680	7.8	6.0	9.5
g. In a baby board or cradleboard	349	1.6	1.2	2.1
h. Other	1,624	9.5	6.7	12.2

NE P9 Question 49

[~] New question in Phase 9

Missing 49a n=45; 49b n=92; 49c n=99; 49d n=105; 49e n=97; 49f n=108; 49g n=114; 49h n=321

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

18.5 HOW BABY SLEEPS (WITH WHAT)

How baby sleeps (with what) among respondents living with their babies~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent+	95% Confidence Intervals	
a. In a sleeping sack or wearable blanket	13,687	61.0	57.5	64.5
b. In a swaddled blanket	9,637	43.1	39.3	46.9
c. Comforters, quilts, blankets, or non-fitted sheets	4,106	18.5	15.7	21.3
d. Soft toys, cushions, or pillows, including nursing pillows	1,566	7.1	5.4	8.8
e. Crib bumper pads (mesh or non-mesh)	1,426	6.4	4.9	8.0
h. Other	445	2.6	1.3	3.9

NE P9 Question 50

~ New question in Phase 9

Missing 50a n=65; 50b n=63; 50c n=83; 50d n=83; 50e n=84; 50f n=320

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

19 POSTPARTUM HEALTH

19.1 MATERNAL PREGNANCY PREVENTION AFTER DELIVERY

Mother/partner are preventing pregnancy after delivery, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Is preventing pregnancy after delivery	16,291	71.2	67.8	74.7
Isn't preventing pregnancy after delivery	*	*	*	*
Is pregnant now	*	*	*	*

NE P9 Question 51

Missing n=37

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

19.2 REASONS FOR NO MATERNAL PREGNANCY PREVENTION AFTER DELIVERY

Reasons mother/partner are not preventing pregnancy after delivery among those who are not preventing from pregnancy, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. I want to get pregnant or don't mind if I do	2,420	37.0	30.0	44.0
b. I had my tubes tied or blocked	*	*	*	*
c. My spouse or partner had a vasectomy	*	*	*	*
d. I don't want to use birth control	3,545	54.2	47.2	61.2
e. I'm worried about side effects from birth control	2,466	37.7	30.7	44.7
f. My spouse or partner doesn't want to use condoms	960	14.7	9.3	20.0
g. My spouse or partner doesn't want me to use birth control	*	*	*	*
h. We are same-sex spouses/partners	*	*	*	*
i. I have problems getting birth control I want	*	*	*	*
j. I don't think I can get pregnant because I'm breastfeeding	355	5.4	2.8	8.0
k. I'm not having sex	1,774	27.1	20.9	33.3
l. Other	771	11.8	7.0	16.6

NE P9 Question 52

Missing 52a n=31; 52b n=1; 52c n=1; 52d n=1; 52e n=1; 52f n=1; 52f n=1; 52g n=1; 52h n=1; 52i n=1; 52j n=1; 52k n=1; 52l n=1

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

19.3 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, 2023				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Tubes tied or blocked	1,496	9.0	6.5	11.5
b. My spouse or partner had a vasectomy	965	5.9	3.6	8.1
c. Birth control pills	3,614	22.0	18.1	25.9
d. Condoms	5,453	33.0	28.8	37.3
e. Shots or injections	*	*	*	*
f. Contraceptive patch or vaginal ring	*	*	*	*
g. IUD	2,543	15.5	12.4	18.6
h. Contraceptive implant in the arm	1,040	6.3	4.6	8.0
i. Withdrawal (pulling out)	3,247	19.5	15.8	23.1
j. Natural family planning or fertility awareness methods (such as rhythm or calendar method or fertility apps)	2,689	16.1	12.7	19.5
k. Breastfeeding for birth control (Lactational Amenorrhea Method or LAM)	2,716	16.3	12.8	19.7
l. Others	814	4.9	3.0	6.9

NE P9 Question 53

Missing 52a n=1; 52b n=410; 52c n=410; 52d n=406; 52e n=410; 52f n=410; 52g n=410; 52h n=409; 52i n=395; 52j n=401; 52k n=399; 52l n=401

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

19.4 MATERNAL POSTPARTUM HEALTHCARE VISIT

Maternal postpartum visit, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Mother had postpartum healthcare visit	21,370	93.0	91.5	94.5
Mother didn't have postpartum healthcare visit	1,609	7.0	5.5	8.5

NE P9 Question 54

Missing n=34

19.5 BARRIERS TO POSTPARTUM HEALTHCARE VISITS

Reasons for not having a maternal postpartum visit among those without a postpartum visit~, Nebraska PRAMS~, 2023				
	Weighted Frequency	Percent+	95% Confidence Intervals	
a. I didn't know I needed one	410	25.5	14.3	36.7
b. I didn't have enough money or insurance to pay for the visit	*	*	*	*
c. I felt fine and didn't think I needed to have a visit	805	50.0	38.5	61.6
d. I couldn't get an appointment when I wanted one	*	*	*	*
e. I didn't have any transportation to get to the clinic or doctor's office	*	*	*	*
f. I had too many other things going on	355	22.0	12.7	31.4
g. I couldn't take time off from work or school	*	*	*	*
h. I didn't have anyone to take care of my children	*	*	*	*
i. The doctor's office was too far away	*	*	*	*
j. Other	*	*	*	*

NE P9 Question 55

~ New question in Phase 9

Missing n=0

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

19.6 THINGS HEALTHCARE PROVIDERS DID FOR MOTHER DURING POSTPARTUM VISIT

Things healthcare providers did for mothers during maternal postpartum visit among those with a postpartum visit, Nebraska PRAMS, 2022				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Talked to me about healthy eating, exercise, and losing weight gained during pregnancy	9,587	45.0	41.0	48.9
b. Talked to me about how long to wait before getting pregnant again	10,998	51.8	47.8	55.8
c. Talked to me about birth control methods	18,812	88.4	85.9	90.9
d. Talked to me about warning signs of medical problems I might be at risk for due to my pregnancy	10,623	49.9	45.9	53.9
e. Talked to me about regularly checking my blood pressure	10,659	50.0	46.0	54.0
f. Talked to me about what to do if I feel depressed or anxious	16,394	77.0	73.6	80.3
g. Asked me if I was smoking cigarettes or using e-cigarettes (“vapes”) or other smokeless tobacco	12,852	60.4	56.5	64.4
h. Asked me if someone was hurting me emotionally or physically	13,409	63.0	59.1	66.9
i. Tested me for diabetes	4,726	22.3	19.3	25.2
j. Prescribed me medication for depression or anxiety	3,881	18.3	15.2	21.4

NE P9 Question 56

Missing 56a n=40; 56b n=48; 56c n=42; 56d n=46; 56e n=43; 56f n=43; 56g n=43; 56h n=47; 56i n=47; 56j n=47

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

19.7 RECEIVED FOLLOW-UP CARE FOR DIABETES SINCE BABY WAS BORN

If mother received follow-up care for diabetes since the new baby was born~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Received follow up care for diabetes	1,226	5.3	3.8	6.9
b. Didn't receive follow up care for diabetes	14,162	61.6	57.9	65.3
c. Didn't have diabetes	7,613	33.1	29.5	36.7

NE P9 Question 57

~ New question in Phase 9

Missing 57 n=31

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

19.8 RECEIVED FOLLOW-UP CARE FOR HYPERTENSION SINCE BABY WAS BORN

If mother received follow-up care for hypertension since the new baby was born~, Nebraska PRAMS~, 2023

	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Received follow up care for hypertension	2,538	11.1	8.7	13.4
b. Didn't receive follow up care for hypertension	13,331	58.1	54.3	61.8
c. Didn't have hypertension	7,095	30.9	27.4	34.4

NE P9 Question 57

~ New question in Phase 9

Missing 57 n=34

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

19.9 RECEIVED FOLLOW-UP CARE FOR DEPRESSION SINCE BABY WAS BORN

If mother received follow-up care for depression since the new baby was born~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Received follow up care for depression	3,454	15.0	12.2	17.9
b. Didn't receive follow up care for depression	13,384	58.3	54.6	62.1
c. Didn't have depression	6,117	26.6	23.3	30.0

NE P9 Question 57

~ New question in Phase 9

Missing 57 n=36

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

19.10 RECEIVED FOLLOW-UP CARE FOR ANXIETY SINCE BABY WAS BORN

If mother received follow-up care for anxiety since the new baby was born~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Received follow up care for anxiety	4,503	19.6	16.5	22.8
b. Didn't receive follow up care for anxiety	12,631	55.1	51.3	58.9
c. Didn't have anxiety	5,796	25.3	21.9	28.6

NE P9 Question 57

~ New question in Phase 9

Missing 57 n=39

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

19.11 RECEIVED FOLLOW-UP CARE FOR HEART CONDITIONS SINCE BABY WAS BORN

If mother received follow-up care for heart conditions (e.g., birth defects of the heart, fast or skipped heartbeat, heart failure, enlarged heart, heart attack, chest pain, heart transplant, pacemaker) since the new baby was born~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Received follow up care for heart conditions	*	*	*	*
b. Didn't receive follow up care for heart conditions	14,553	63.6	59.9	67.3
c. Didn't have heart conditions	*	*	*	*

NE P9 Question 57

~ New question in Phase 9

Missing 57 n=40

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

19.12 POSTPARTUM DEPRESSION

19.12.1 Postpartum depression symptoms

Maternal postpartum depression symptoms, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Had postpartum depression symptoms	2,577	11.3	8.9	13.6
Didn't have postpartum depression symptoms	20,297	88.7	86.4	91.1

NE P9 Questions 58 & 59

Missing n=33

19.12.2 Postpartum anxiety symptoms

Maternal postpartum anxiety symptoms~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Had postpartum anxiety symptoms	4,030	17.7	14.7	20.7
Didn't have postpartum anxiety symptoms	18,794	82.3	79.3	85.4

NE P9 Questions 60 & 61

~ New question in Phase 9

Missing n=39

19.12.3 Health care provider screened mother for depression or anxiety during/after pregnancy

Screened for depression or anxiety during/after pregnancy by healthcare provider~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Screened for depression or anxiety during most recent pregnancy	19,101	83.5	80.8	86.2
b. Screened for depression or anxiety since baby was born	18,950	83.2	80.6	85.9

NE P9 Questions 62

~ New question in Phase 9

Missing 62a n= 38; 62b n=44

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

19.12.4 Needed mental health services since baby was born

Mother felt that she needed mental health services such as counseling, medications, or support groups to help with feeling of anxiety, depression, grief, or other issues since baby was born~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Yes, mother felt she needed mental health services	5,908	25.7	22.3	29.1
No, mother didn't feel she needed mental health services	17,049	74.3	70.9	77.7

NE P9 Questions 63

~ New question in Phase 9

Missing n= 36

19.12.5 Able to get mental health services needed since baby was born

Mother was able to get mental health services she needed since baby was born among those who felt they needed mental health services~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
a. Was able to get needed mental health services	4,117	70.4	63.1	77.8
b. Wasn't able to get needed mental health services	1,729	29.6	22.2	36.9

NE P9 Questions 64

~ New question in Phase 9

Missing 64a n= 36; 64b n=39

19.12.6 Barriers to get postpartum mental health services

Reasons why mother wasn't able to get the mental health services she needed among those who weren't able to get those services that she needed since baby was born~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent†	95% Confidence Intervals	
a. I couldn't afford the cost	*	*	*	*
b. I couldn't get an appointment as soon as I needed	*	*	*	*
c. My health insurance doesn't cover any type of mental health services	*	*	*	*
d. My health insurance doesn't pay enough for mental health services	*	*	*	*
e. I didn't know where to go to get services	681	37.0	23.4	50.6
f. I was concerned that the information I shared might not be kept confidential	*	*	*	*
g. I didn't want others to find out that I needed treatment	*	*	*	*
h. I was concerned that I might be committed to a psychiatric hospital	*	*	*	*
i. I was concerned that I might have to take medicine	685	37.3	23.2	51.5
j. I had no transportation, treatment was too far away, or the hours were not convenient	*	*	*	*
k. I didn't have time (because of a job, childcare, or other commitments)	1,114	60.7	46.8	74.7
l. Other	*	*	*	*

NE P9 Questions 65

~ New question in Phase 9

Missing 65a n= 1029; 65b n=1031; 65c n=1030; 65d n=1031; 65e n=1030; 65f n=1031; 65g n=1031; 65h n=1031; 65i n=1031; 65j n=1030; 65k n=1031; 65 l n=1026

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable

19.12.7 Overall feeling about postpartum care

How mother felt since baby was born~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Comfortable asking questions about the postpartum care that I received	20,843	91.4	89.5	93.3
b. Comfortable declining care if I didn't want it	20,609	90.5	88.8	92.2
c. Comfortable accepting the options for care that my provider recommended	21,627	95.1	93.8	96.5
d. I was able to choose the care options that I received	21,475	94.5	92.9	96.0
e. My providers treated me with respect	22,422	98.2	97.5	99.0
f. Satisfied with the postpartum care that I received	20,962	91.8	89.7	93.9

NE P9 Question 66

~ New question in Phase 9

Missing 66a n=48; 66b n=54; 66c n=55; 66d n=58; 66e n=47; 66f n=46

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

20 MATERNAL EMPLOYMENT, SOCIOECONOMIC TOPICS

20.1 FOOD INSECURITY IN THE 12 MONTHS BEFORE BABY WAS BORN

How mother felt about food insecurity during the 12 months before baby was born~, Nebraska PRAMS~, 2023					
		Weighted Frequency	Percent	95% Confidence Intervals	
a. I worried whether my food would run out before I got money to buy more	Often	863	3.8	2.3	5.3
	Sometimes	2,747	12.0	9.8	14.2
	Never	19,289	84.2	81.7	86.8
b. The food that I bought just didn't last, and I didn't have money to get more	Often	749	3.3	2.0	4.6
	Sometimes	2,577	11.3	9.1	13.5
	Never	19,539	85.5	83.0	87.9

NE P9 Question 67

~ New question in Phase 9

Missing 67a n=39; 67b n=38

20.2 FOOD INSECURITY IN THE 12 MONTHS BEFORE BABY WAS BORN (YES/NO)

Food insecurity during the 12 months before baby was born [^] , Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Mother experienced food insecurity	4,042	17.7	15.0	20.4
Mother didn't experience food insecurity	18,802	82.3	79.6	85.0

NE P9 Questions 67

~ New question in Phase 9

Missing n= 41

[^]Categories of responses for this question were combined. "Mother experienced food insecurity" includes responses of often or sometimes to either of the two food insecurity options in question 67. "Mother didn't experience food insecurity" includes responses of never to both.

20.3 ISSUES THAT LACK OF TRANSPORTATION CAUSED FOR MOTHERS DURING THE 12 MONTHS BEFORE BABY WAS BORN

What did lack of transportation keep mother from doing in the 12 months before baby was born [~] , Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
A. Going to medical appointments	1,535	6.7	5.1	8.3
b. Going to non-medical appointments, meetings, or work	1,149	5.1	3.7	6.4
c. Doing errands	1,425	6.3	4.8	7.7

NE P9 Question 68

~ New question in Phase 9

Missing 68a n=40; 68b n=50; 68c n=49

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

20.4 LACKED TRANSPORTATION DURING THE 12 MONTHS BEFORE BABY WAS BORN

Lacked transportation during the 12 months before baby was born~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Yes, mother lacked transportation before baby was born	1,819	8.0	6.4	9.6
No, mother didn't lack transportation before baby was born	20,926	92.0	90.4	93.6

NE P9 Questions 68

~ New question in Phase 9

Missing n= 47

^Categories of responses for this question were combined. "Mother lacked transportation before baby was born" includes responses of Yes or Blank to any of the transportation-related issues in Question 68. "Mother didn't lack transportation" includes responses of No to all listed issues.

20.5 WORKED AT A JOB FOR PAY AT ANY TIME DURING PREGNANCY

Mother worked at a job for pay at any time during pregnancy~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Yes, Mother worked at a job for pay during pregnancy	17,250	75.6	72.7	78.4
No, Mother didn't work at a job for pay during pregnancy	5,577	24.4	21.6	27.3

NE P9 Question 69

~ New question in Phase 9

Missing 69 n=41

20.6 FATHER/OTHER PARENT CONTRIBUTES TO BASIC NEEDS SINCE BABY BORN (COMBINED)

How often does father or other parent contributes things such as money, food, clothing, shelter, or healthcare to provide for baby's basic needs since baby was born [^] , Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Always/often	19,782	88.3	86.1	90.5
b. Sometimes/rarely	1,303	5.8	4.2	7.4
c. Never	1,317	5.9	4.2	7.5

NE P9 Question 70

~ New question in Phase 9

Missing 70 n=51

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

20.7 ANNUAL HOUSEHOLD INCOME

Annual household income, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
\$0 to \$18,000	3,670	16.5	14.0	18.9
\$18,001 to \$23,000	1,194	5.4	3.9	6.8
\$23,001 to \$27,000	949	4.3	2.7	5.8
\$27,001 to \$32,000	1,026	4.6	3.1	6.1
\$32,001 to \$37,000	849	3.8	2.4	5.2
\$37,001 to \$42,000	891	4.0	2.6	5.4
\$42,001 to \$48,000	822	3.7	2.3	5.1
\$48,001 to \$60,000	1,908	8.6	6.4	10.8
\$60,001 to \$85,000	2,773	12.4	9.8	15.1
\$85,001 or more	8,207	30.8	33.1	40.5

NE P9 Questions 78 & 79

Missing n=91

20.8 POVERTY LEVEL BELOW 194% FEDERAL POVERTY LEVEL

Household below 194% of the federal poverty level [^] , Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Below 194% of federal poverty level	11,509	52.0	48.3	55.7
At or above 194% of federal poverty level	10,628	48.0	44.3	51.7

NE P9 Questions 78 & 79

Missing n=108

[^]Income, household size and 2023 Federal Poverty Guidelines were used to create this variable. Office of the Assistant Secretary for Planning and Evaluation. (2023) 2023 Poverty Guidelines. Office of the Assistant Secretary for Planning and Evaluation.

<https://www.govinfo.gov/content/pkg/FR-2023-01-19/pdf/2023-00885.pdf>

21 DISCRIMINATION

21.1 FELT EMOTIONALLY UPSET LAST 12 MONTHS BEFORE PREGNANCY

Mother felt emotionally upset because of how they were treated based on their race, ethnicity, or skin color during the last 12 months before pregnancy~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Very often/Somewhat often	1,282	5.6	4.2	6.9
Not very often	2,687	11.7	9.6	13.8
Never	19,063	82.8	80.3	85.2

NE P9 Question 33

~ New question in Phase 9

Missing 33 n=22

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

21.2 DISCRIMINATION WHILE GETTING HEALTHCARE DURING, AT DELIVERY OR AFTER PREGNANCY

While getting healthcare, mother experienced discrimination or was being prevented from doing something, hassled, or made to feel inferior during pregnancy, at delivery or after pregnancy~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. My race, ethnicity, or skin color	325	1.4	0.8	2.1
b. My disability status	*	*	*	*
c. My immigration status	*	*	*	*
d. My age	509	2.2	1.2	3.3
e. My weight	*	*	*	*
f. My income	*	*	*	*
g. My sexual orientation	*	*	*	*
h. My religion	*	*	*	*
i. My language or accent	*	*	*	*
j. My type or lack of health insurance	*	*	*	*
k. My use of substances (alcohol, tobacco, or other drugs)	*	*	*	*
l. My involvement with the justice system (jail or prison)	*	*	*	*
m. Another reason	*	*	*	*

NE P9 Question 71

~ New question in Phase 9

Missing 71a n=60; 71b n=60; 71c n=59; 71d n=60; 71e n=50; 71f n=59; 71g n=59; 71h n=59; 71i n=59; 71j n=59; 71k n=61; 71l n=62; 71m n=163

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

21.3 DISCRIMINATION AGAINST BECAUSE OF RACE/ETHNICITY/SKIN COLOR THROUGHOUT LIFE

How often mother was discriminated against, prevented from doing something, hassled, or made to feel inferior because of her race, ethnicity, or skin color throughout life~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Very often/Somewhat often	740	3.2	2.5	4.0
Not very often	3,749	16.4	13.9	18.8
Never	18,428	80.4	77.9	82.9

NE P9 Question 72

~ New question in Phase 9

Missing 72 n=37

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

21.4 WORRIED ABOUT BEING TREATED/JUDGED UNFAIRLY BECAUSE OF RACE/ETHNICITY/SKIN COLOR THROUGHOUT LIFE

How often mother was worried that she might be treated or judged unfairly because of her race, ethnicity, or skin color throughout life~, Nebraska PRAMS, 2023

	Weighted Frequency	Percent	95% Confidence Intervals	
Very often/Somewhat often	1,449	6.3	5.3	7.4
Not very often	3,322	14.5	12.2	16.9
Never	18,100	79.1	76.7	81.6

NE P9 Question 73

~ New question in Phase 9

Missing 73 n=38

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

21.5 EVER TREATED UNFAIRLY DUE TO RACE/ETHNICITY/SKIN COLOR

Mother has ever been treated unfairly due to her race, ethnicity, or skin color in different situations, Nebraska PRAMS~, 2023

	Weighted Frequency	Percent ⁺	95% Confidence Intervals	
a. Job (hiring, promotion, firing)	1,175	5.1	4.0	6.3
b. Housing (renting, buying, mortgage)	*	*	*	*
c. Police (stopped, searched, threatened)	834	3.7	2.9	4.4
d. In the courts	*	*	*	*
e. At school or my child's school	991	4.3	3.3	5.4
f. Getting medical care	627	2.7	2.0	3.5

NE P9 Question 74

~ New question in Phase 9

Missing 74a n=42; 74b n=44; 74c n=45; 75d n=47; 74e n=46; 74f n=45

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

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

21.6 RECEIVED SOCIAL AND EMOTIONAL SUPPORT NEEDED DURING THE LAST 12 MONTHS

How often mother received the social and emotional support she needed~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
Always/often	17,801	77.9	74.9	80.8
Sometimes/rarely	3,749	16.4	13.7	19.1
Never	1,308	5.7	4.3	7.1

NE P9 Question 75

~ New question in Phase 9

Missing 75 n=41

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

21.7 LIVING SITUATION NOW

Mother's current living situation, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. I have a steady place to live	21,893	96.1	95.1	97.1
b. I have a place to live today, but I'm worried about losing it in the future	*	*	*	*
c. I don't have a steady place to live (I'm temporarily staying with others, in a hotel, in a shelter, living outside on the street, on a beach, in a car, abandoned building, bus or train station, or in a park)	*	*	*	*

NE P9 Question 76

Missing 76 n=44

*Data suppressed due to <30 responses, because estimates based on this sample size may not be generalizable.

22 EMERGENCY PREPAREDNESS

22.1 EMERGENCY/DISASTER PREPARATION

Things that mother does for an emergency disaster~, Nebraska PRAMS, 2023				
	Weighted Frequency	Percent+	95% Confidence Intervals	
a. I have an emergency meeting place for family members (other than my home)	9,437	41.5	37.7	45.2
b. My family and I have practiced what to do in case of a disaster	7,950	35.0	31.4	38.6
c. I have a plan for how my family and I would keep in touch if we were separated	8,194	36.1	32.5	39.8
d. I have an evacuation plan if I need to leave my home and community	7,200	31.7	28.2	35.3
e. I have an evacuation plan for my children in case of a disaster (permission for day care or school to release my child to another adult)	10,935	48.2	44.4	52.1
f. I have copies of important documents like birth certificates and insurance policies in a safe place outside my home	6,568	28.9	25.5	32.3
g. I have emergency supplies in my home for my family such as enough extra water, food, and medicine to last for at least three days	14,349	63.4	59.8	67.0
h. I have emergency supplies that I keep in my car, at work, or at home to take with me if I have to leave quickly	8,291	36.5	32.9	40.2

NE P9 Question 77

~ New question in Phase 9

Missing 77a n=52; 77b n=57; 77c n=62; 77d n=58; 77e n=59; 77f n=55; 77g n=56; 77h n=55

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