

Nebraska Pregnancy Risk Assessment Monitoring System

A Survey of the Health of Mothers and Babies in Nebraska For further information, please call the PRAMS office at 471-8370 in the Lincoln area, or toll-free at 1-877-873-1876. Your experiences, thoughts and feelings are important! Please complete the survey and mail it in the enclosed postage paid envelope.

Your help is voluntary, and your answers are completely confidential.

Your answers will help us improve the health of mothers and babies in Nebraska.

For further information, please call the PRAMS office at 471-8370 in the Lincoln area, or toll-free at 1-877-873-1876. Please mark your answers. Follow the directions included with the questions. If no directions are presented, check the box next to your answer or fill in the blanks. Because not all questions will apply to everyone, you may be asked to skip certain questions.

# **BEFORE PREGNANCY**

First, we would like to ask a few questions about *you* and the time *before* you got pregnant with your new baby.

 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, circle Y (Yes) if you did it or circle N (No) if you did not.

		No	Yes
	a. I was dieting (changing my eating		
	habits) to lose weight	N	Y
1	b. I was exercising 3 or more days		
	of the week	N	Y
•	c. I was regularly taking prescription	L	
	medicines other than birth control	N	Y
•	d. I visited a health care worker to		
	be checked or treated for diabetes.	N	Y
•	e. I visited a health care worker to		
	be checked or treated for high		
	blood pressure	N	Y
	f. I visited a health care worker to		
	be checked or treated for depression	on	
	or anxiety	N	Y
	g. I talked to a health care worker		
	about my family medical history .	N	Y
]	h. I had my teeth cleaned by a dentis	t	
	or dental hygienist	N	Y

2. During the *month before* you got pregnant with your new baby, were you covered by any of these health insurance plans?

# Check <u>all</u> that apply

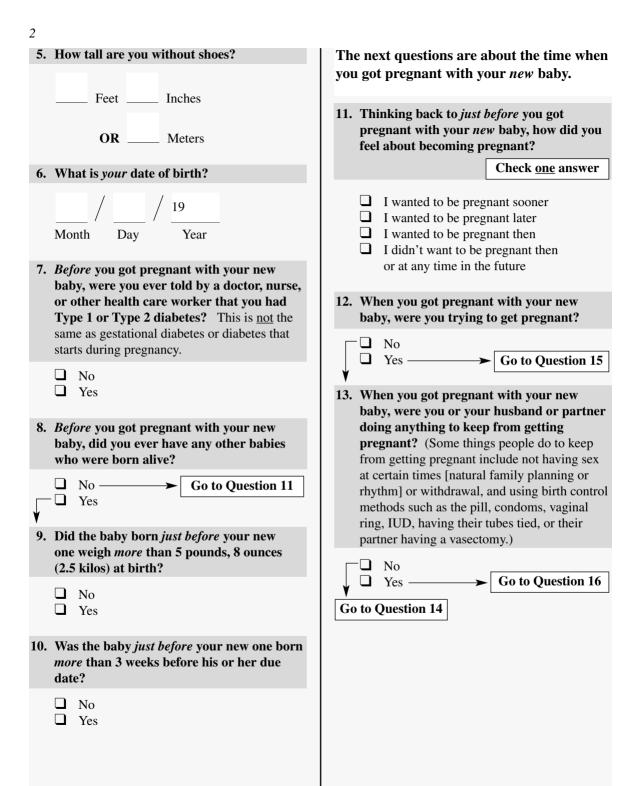
- Health insurance from your job or the job of your husband, partner, or parents
- Health insurance that you or someone else paid for (not from a job)
- Medicaid or Medicaid Managed Care (Wellness Option, Share Advantage, Primary Care+)
- TRICARE or other military health care
- Indian Health Services or Tribal Clinic
- □ I did not have any health insurance before I got pregnant

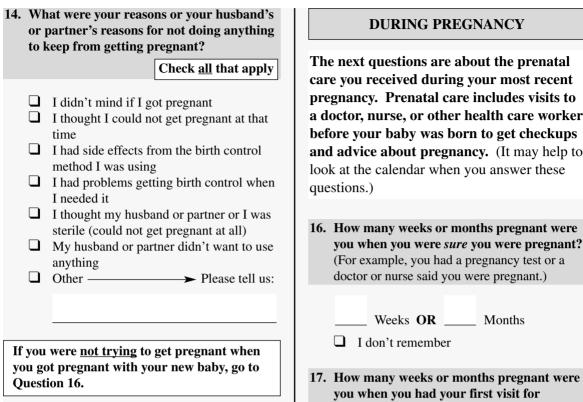
3. During the *month before* you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?

- □ I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin at all
- □ 1 to 3 times a week
- $\Box$  4 to 6 times a week
- Every day of the week

# 4. *Just before* you got pregnant with your new baby, how much did you weigh?

Pounds OR \_\_\_\_\_ Kilos





- 15. Did you take any fertility drugs or receive any medical procedures from a doctor. nurse, or other health care worker to help you get pregnant with your new baby? (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology.)
  - **No**
  - Yes

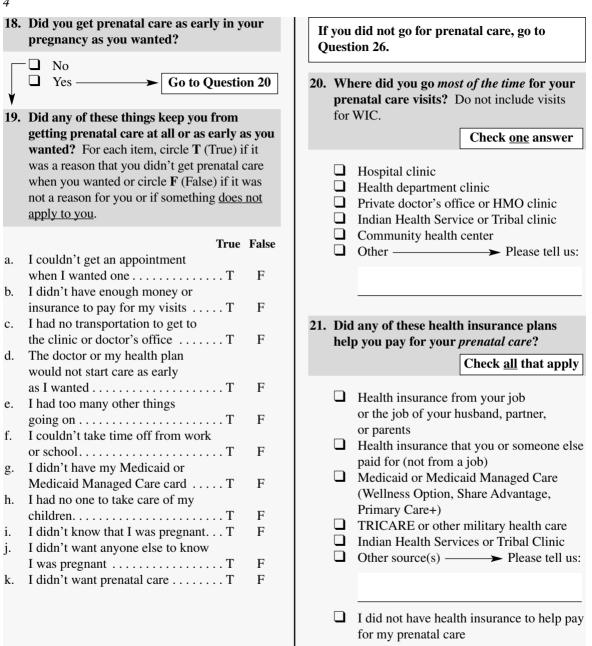
a doctor, nurse, or other health care worker and advice about pregnancy. (It may help to

you when you were sure you were pregnant?

prenatal care? Do not count a visit that was only for a pregnancy test or only for WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children).

Weeks **OR** Months I didn't go for prenatal Go to Page 4, Question 18





22. 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, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.

	No	Yes
a.	How smoking during pregnancy	
	could affect my babyN	Y
b.	Breastfeeding my baby N	Y
c.	How drinking alcohol during	
	pregnancy could affect my baby N	Y
d.	Using a seat belt during my	
	pregnancy N	Y
e.	Medicines that are safe to take	
	during my pregnancyN	Y
f.	How using illegal drugs could	
	affect my babyN	Y
g.	Doing tests to screen for birth defects	
	or diseases that run in my family N	Y
h.	The signs and symptoms of preterm	
	labor (labor more than 3 weeks before	
	the baby is due)N	Y
i.	What to do if my labor starts early N	Y
j.	Getting tested for HIV (the virus	
	that causes AIDS) N	Y
k.	What to do if I feel depressed during	
	my pregnancy or after my baby	
	is born N	Y
1.	Physical abuse to women by their	
	husbands or partners N	Y

23. We would like to know how you felt about the prenatal care you got during your most recent pregnancy. If you went to more than one place for prenatal care, answer for the place where you got most of your care. For each item, circle Y (Yes) if you were satisfied or circle N (No) if you were not satisfied.

#### Were you satisfied with-

		No	Yes		
a.	The amount of time you had				
	to wait after you arrived for				
	your visits	. N	Y		
b.	The amount of time the doctor,				
	nurse, or midwife spent with				
	you during your visits	. N	Y		
c.	The advice you got on how to				
_	take care of yourself	. N	Y		
d.	The understanding and respect				
	that the staff showed toward				
	you as a person	. N	Y		
• •					
24.	During any of your prenatal care vis				
a doctor, nurse, or other health care					
	ask if you were smoking cigarettes?	5			
	$\Box$ Yes				
	_ 105				
25	. During any of your prenatal care vis	site d	lid a		
	doctor, nurse, or other health care				
	talk with you about how much weig				
	should gain during your pregnancy				
	D No				
	☐ Yes				
26.	. At any time during your most recen				
	pregnancy or delivery, did you hav		est		
	for HIV (the virus that causes AID)	S)?			

- **Yes**
- I don't know

27. During *your most recent* pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?

- **Yes**
- 28. During *your most recent* pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during *this* pregnancy)?

  - **Yes**
- **29.** Did you have any of the following problems during *your most recent* pregnancy? For each item, circle **Y** (Yes) if you had the problem or circle **N** (No) if you did not.

#### No Yes

nal bleeding N	Y
ey or bladder (urinary tract)	
tion N	Y
<i>re</i> nausea, vomiting, or	
dration N	Y
ix had to be sewn shut	
lage for incompetent cervix)N	Y
blood pressure, hypertension	
uding pregnancy-induced	
rtension [PIH]), preeclampsia,	
xemia	Y
lems with the placenta (such as	
ptio placentae or	
enta previa)N	Y
or pains more than 3 weeks	
re my baby was due (preterm	
rly labor) N	Y
er broke more than 3 weeks	
re my baby was due (premature	
re of membranes [PROM])N	Y
to have a blood transfusion N	Y
s hurt in a car accident N	Y
	ey or bladder (urinary tract) tionN re nausea, vomiting, or drationN ix had to be sewn shut lage for incompetent cervix)N blood pressure, hypertension uding pregnancy-induced rtension [PIH]), preeclampsia, xemiaN lems with the placenta (such as ptio placentae or enta previa)N or pains more than 3 weeks re my baby was due (preterm rly labor)N er broke more than 3 weeks re my baby was due (premature ure of membranes [PROM])N

The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).

30. Have you smoked any cigarettes in the *past* 2 years?



- **31.** In the *3 months before* you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)
  - □ 41 cigarettes or more
  - □ 21 to 40 cigarettes
  - □ 11 to 20 cigarettes
  - **6** to 10 cigarettes
  - □ 1 to 5 cigarettes
  - Less than 1 cigarette
  - I didn't smoke then

#### 32. In the *last 3 months* of your pregnancy, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)

- □ 41 cigarettes or more
- $\Box$  21 to 40 cigarettes
- $\Box$  11 to 20 cigarettes
- $\Box$  6 to 10 cigarettes
- $\Box$  1 to 5 cigarettes
- Less than 1 cigarette
- I didn't smoke then
- **33. How many cigarettes do you smoke on an** average day *now*? (A pack has 20 cigarettes.)
  - □ 41 cigarettes or more
  - □ 21 to 40 cigarettes
  - □ 11 to 20 cigarettes
  - $\Box$  6 to 10 cigarettes
  - $\Box$  1 to 5 cigarettes
  - Less than 1 cigarette
  - □ I don't smoke now

34. Which of the following statements best describes the rules about smoking *inside* your home *now*?

#### Check <u>one</u> answer

- No one is allowed to smoke anywhere inside my home
- Smoking is allowed in some rooms or at some times
- Smoking is permitted anywhere inside my home

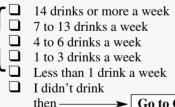
## The next questions are about drinking alcohol around the time of pregnancy (before, during, and after).

**35.** Have you had any alcoholic drinks in the *past 2 years*? A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.

```
No –
Ves
```

→ Go to Page 8, Question 38

36a. During the *3 months before* you got pregnant, how many alcoholic drinks did you have in an average week?



- Go to Question 37a

36b. During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.

- $\Box$  6 or more times
- $\Box$  4 to 5 times
- $\Box$  2 to 3 times
- □ 1 time
- □ I didn't have 4 drinks or more in 1 sitting

- 37a. During the *last 3 months* of your pregnancy, how many alcoholic drinks did you have in an average week?
  - 14 drinks or more a week
    7 to 13 drinks a week
    4 to 6 drinks a week
    1 to 3 drinks a week
    Less than 1 drink a week
    I didn't drink
    then → Go to Page 8, Question 38
- **37b.** During the *last 3 months* of your pregnancy, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.
  - □ 6 or more times
  - $\Box 4 \text{ to 5 times}$
  - $\Box$  2 to 3 times
  - $\Box$  1 time
  - ☐ I didn't have 4 drinks or more in 1 sitting

Pregnancy can be a difficult time for some women. The next questions are about things that may have happened <u>before</u> and <u>during</u> your most recent pregnancy.

- 38. This question is about things that may have happened during the 12 months before your new baby was born. For each item, circle Y (Yes) if it happened to you or circle N (No) if it did not. (It may help to look at the calendar when you answer these questions.)
  - No Yes

a.	A close family member was very sick	
	and had to go into the hospital N	Y
b.	I got separated or divorced from my	
	husband or partnerN	Y
c.	I moved to a new address N	Y
d.	I was homelessN	Y
e.	My husband or partner lost his job N	Y
f.	I lost my job even though I wanted	
	to go on workingN	Y
g.	I argued with my husband or partner	
-	more than usualN	Y
h.	My husband or partner said he	
	didn't want me to be pregnantN	Y
i.	I had a lot of bills I couldn't payN	Y
j.	I was in a physical fightN	Y
k.	My husband or partner or I	
	went to jailN	Y
1.	Someone very close to me had a	
	problem with drinking or drugs N	Y
m.	Someone very close to me died N	Y

- **39.** During the *12 months before* you got pregnant with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?
  - □ No □ Yes

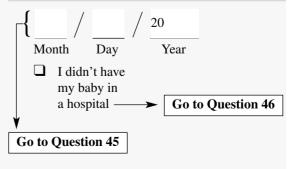
- 40. During the *12 months before* you got pregnant with your new baby, did anyone else physically hurt you in any way?
  - NoYes
- 41. During *your most recent* pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?
  - NoYes
- 42. During *your most recent* pregnancy, did anyone else physically hurt you in any way?
  - NoYes

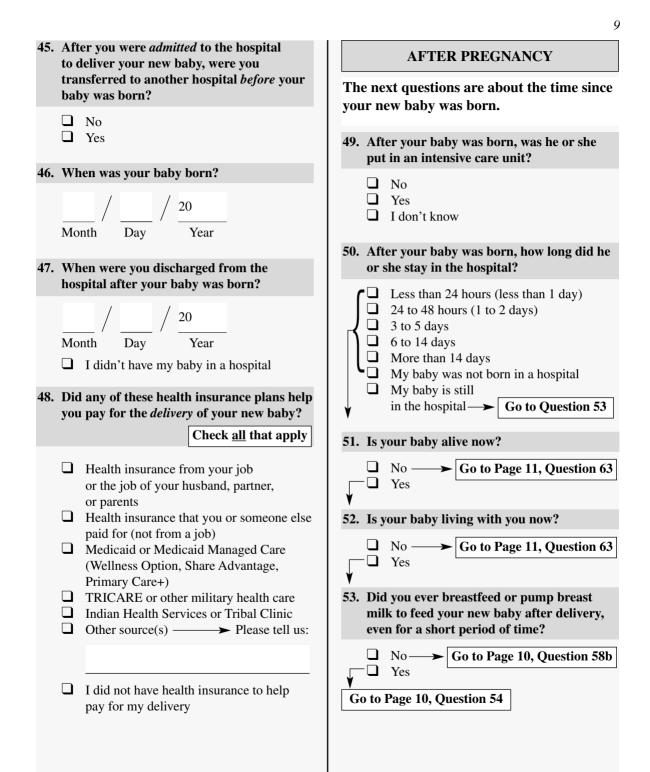
The next questions are about your labor and delivery. (It may help to look at the calendar when you answer these questions.)

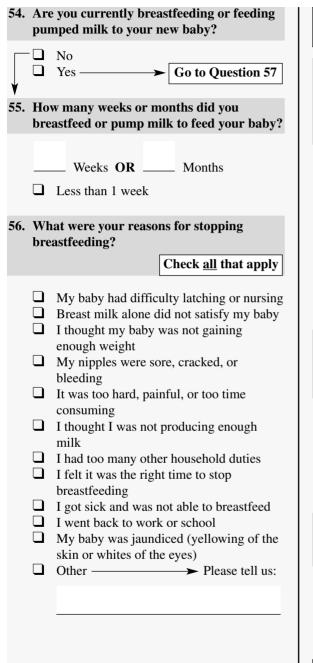
43. When was your baby due?

$$\frac{1}{\text{Month}} / \frac{1}{\text{Day}} / \frac{20}{\text{Year}}$$

44. When did you go into the hospital to have your baby?







10

If your baby was not born in a hospital, go to Question 58a.

57.	This question asks about things that may			
	have happened at the hospital where your			
	new baby was born. For each item, circle			
	Y (Yes) if it happened or circle N (No) if it did			
	not happen.			

#### No Yes

a.	Hospital staff gave me	
	information about breastfeeding N	Y
b.	I breastfed my baby in the hospitalN	Y
c.	Hospital staff helped me learn	
	how to breastfeedN	Y
d.	My baby was fed only	
	breast milk at the hospital N	Y
e.	The hospital gave me a gift pack	
	with formulaN	Y

58a. How old was your new baby the first time he or she drank liquids other than breast milk (such as formula, water, juice, tea, or cow's milk)?

Weeks **OR** \_\_\_\_\_ Months

□ My baby was less than 1 week old

My baby has not had any liquids other than breast milk

58b. How old was your new baby the first time he or she ate food (such as baby cereal, baby food, or any other food)?

Weeks **OR** Months

My baby was less than 1 week old

□ My baby has not eaten any foods

If your baby is still in the hospital, go to Question 63.

# 59. In which one position do you most often lay your baby down to sleep now? Check one answer • On his or her side I am not having sex • On his or her back I want to get pregnant • On his or her stomach I don't want to use birth control 60. How often does your new baby sleep in the use anything same bed with you or anyone else? □ Always Often □ Sometimes □ Rarely Never 61. Was your new baby seen by a doctor, nurse, or other health care worker for a *one week* check-up after he or she was born? □ Yes 62. Has your new baby had a well-baby checkup? (A well-baby checkup is a regular health visit for your baby usually at 1, 2, 4, and 6 months of age.) D Pill Condoms □ No □ Yes 63. Are you or your husband or partner doing

anything now to keep from getting pregnant? (Some things people do to keep from getting pregnant include not having sex at certain times [natural family planning or rhythm] or withdrawal, and using birth control methods such as the pill, condoms, vaginal ring, IUD, having their tubes tied, or their partner having a vasectomy.)



64. What are your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant now?

#### Check all that apply

- □ My husband or partner doesn't want to □ I don't think I can get pregnant (sterile) □ I can't pay for birth control I am pregnant now Other ——— Please tell us: If you or your husband or partner is not doing anything to keep from getting pregnant now, go to Page 12, Ouestion 66. 65. What kind of birth control are you or your husband or partner using now to keep from getting pregnant? Check all that apply
  - Tubes tied or closed (female sterilization)
  - □ Vasectomy (male sterilization)
  - □ Injection once every 3 months (Depo-Provera<sup>®</sup>)
  - $\Box$  Contraceptive implant (Implanon<sup>®</sup>)
  - $\Box$  Contraceptive patch (OrthoEvra<sup>®</sup>)
  - Diaphragm, cervical cap, or sponge
  - □ Vaginal ring (NuvaRing<sup>®</sup>)
  - $\Box$  IUD (including Mirena<sup>®</sup>)
  - **C** Rhythm method or natural family planning
  - Withdrawal (pulling out)
  - □ Not having sex (abstinence)
  - **Emergency contraception** (The "morning-after" pill)

 $\Box$  Other  $\longrightarrow$  Please tell us:

66. Below is a list of feelings and experiences that women sometimes have after childbirth. Read each item to determine how well it describes your feelings and experiences. Then, write on the line the number of the choice that best describes <u>how often</u> you have felt or experienced things this way *since your new baby was born*. Use the scale when answering:

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

- a. I felt down, depressed, or sad. . . \_\_\_\_
- b. I felt hopeless .....
- c. I felt slowed down .....

### **OTHER EXPERIENCES**

The next questions are on a variety of topics.

67. *When you got pregnant*, how old was your new baby's father?

\_\_\_\_ Years old

□ I don't know

If you were <u>not</u> on Medicaid or Medicaid Managed Care a month before your pregnancy, during your pregnancy, or for the delivery of your baby, go to Question 69.

# 68. Which of these things happened while you were on Medicaid or Medicaid Managed Care?

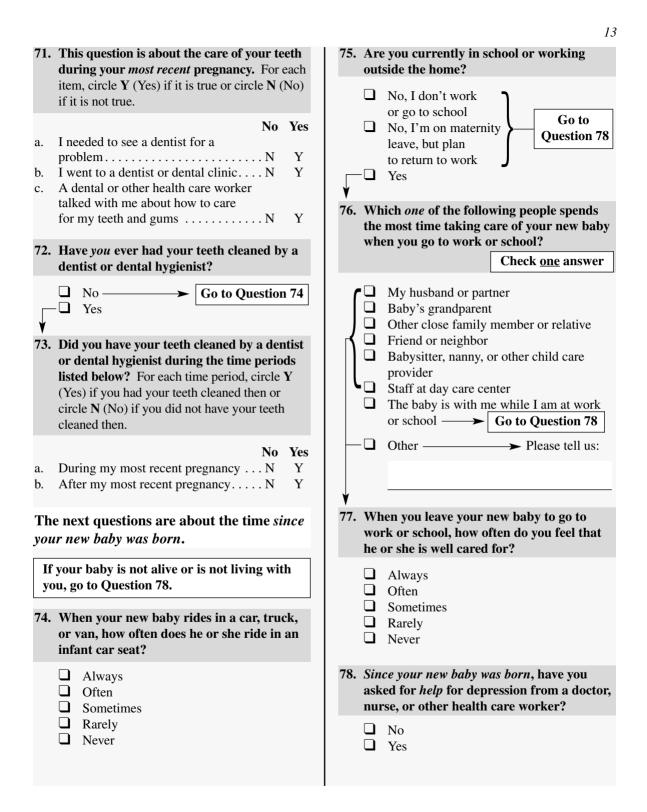
#### Check <u>all</u> that apply

- □ 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
- I had problems finding a doctor who would accept me as a Medicaid or Medicaid Managed Care patient
- □ 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

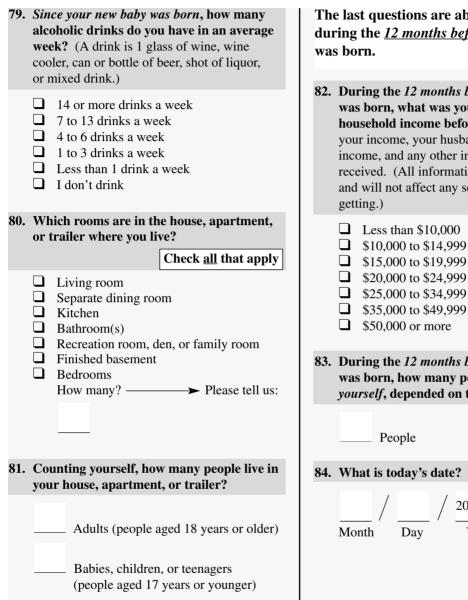
# The next questions are about the time during *your most recent pregnancy*.

- 69. At any time during *your most recent* pregnancy, did you *ask for help* for depression from a doctor, nurse, or other health care worker?
  - NoYes
- 70. During your *most recent* pregnancy, did you get any of these services? For each one, circle Y (Yes) if you got the service or circle N (No) if you did not get it.

		No	Yes
a.	Childbirth classes	. N	Y
b.	Parenting classes	. N	Y
	Visits to your home by a nurse		
	or other health care worker	. N	Y
d.	Counseling for depression		
	or anxiety	. N	Y



14



The last questions are about the time during the 12 months before your new baby

- 82. 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
  - Less than \$10,000

  - □ \$15,000 to \$19,999
- 83. During the 12 months before your new baby was born, how many people, *including* yourself, depended on this income?
- 84. What is today's date?



Please use this space for any additional comments you would like to make about 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.

PRAMS

The Nebraska Department of Health and Human Services is committed to Affirmative Action/Equal Employment Opportunities and does not discriminate in delivering benefits or services. AA/E0E/ADA



Nebraska Department of Health and Human Services

Phase VI 4/09