



Prevalence of Selected Maternal and Child Health Indicators for New Mexico, Pregnancy Risk Assessment Monitoring System (PRAMS), 2016–2019

Health Indicator	2016		2017		2018		2019		Overall 2019 [§]
	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	% (95% CI) [¶]
Nutrition									
• Multivitamin use ≥4 times a week during the month before pregnancy	1177	40.4 (37.7-43.3)	1180	38.2 (35.5-41.0)	1212	40.1 (37.4-42.9)	1146	34.4 (31.8-37.2)	41.8 (41.0-42.5)
Pre-pregnancy Weight									
• Underweight (Body Mass Index [BMI]<18.5 kg/m ²)	1136	3.9 (2.9-5.1)	1136	4.4 (3.4-5.8)	1182	2.8 (2.0-4.0)	1123	3.5 (2.5-4.9)	3.3 (3.0-3.6)
• Overweight (BMI 25-29.9 kg/m ²)	1136	28.1 (25.5-30.8)	1136	28.2 (25.5-30.9)	1182	27.4 (24.9-30.0)	1123	29.9 (27.2-32.8)	26.2 (25.5-26.9)
• Obese (BMI≥30 kg/m ²)	1136	23.9 (21.5-26.6)	1136	26.4 (23.8-29.1)	1182	28.0 (25.5-30.7)	1123	28.6 (25.9-31.5)	27.1 (26.4-27.8)
Substance Use									
• Any cigarette smoking									
• During the 3 months before pregnancy	1164	17.4 (15.3-19.7)	1171	15.7 (13.7-18.0)	1200	15.0 (13.1-17.1)	1124	17.6 (15.3-20.1)	15.1 (14.6-15.7)
• During the last 3 months of pregnancy	1165	6.0 (4.8-7.6)	1170	5.8 (4.6-7.4)	1200	5.6 (4.4-7.0)	1125	7.4 (5.9-9.4)	6.8 (6.5-7.2)
• Postpartum	1165	8.9 (7.4-10.7)	1170	8.9 (7.4-10.7)	1200	8.1 (6.7-9.8)	1125	9.5 (7.8-11.6)	9.7 (9.2-10.1)
• Any e-cigarette use									
• During the 3 months before pregnancy	1160	5.3 (4.1-6.8)	1170	4.4 (3.3-5.8)	1200	4.1 (3.1-5.4)	1138	5.9 (4.6-7.6)	4.3 (4.0-4.6)
• During the last 3 months of pregnancy	1159	1.4 (0.9-2.3)	1170	1.2 (0.7-2.2)	1203	1.5 (0.9-2.4)	1137	1.0 (0.5-2.0)	1.3 (1.1-1.4)
• Hookah use in the last 2 years	1153	4.2 (3.2-5.5)	1168	3.2 (2.3-4.4)	1196	3.1 (2.2-4.5)	1134	1.8 (1.1-2.7)	4.7 (4.4-5.1)
• Heavy drinking (≥8 drinks a week) during the 3 months before pregnancy	1159	2.6 (1.8-3.8)	1168	3.1 (2.2-4.3)	1204	2.7 (1.9-3.8)	1132	3.4 (2.4-4.7)	2.9 (2.6-3.2)
Intimate Partner Violence (IPV)[‡]									
• Experienced IPV during the 12 months before pregnancy by a husband or partner and/or an ex-husband or partner	1161	3.0 (2.2-4.1)	1169	4.1 (3.0-5.4)	1202	3.5 (2.6-4.8)	1130	4.5 (3.3-6.0)	3.0 (2.8-3.3)
• Experienced IPV during pregnancy by a husband or partner and/or an ex-husband or partner	1161	2.4 (1.6-3.4)	1169	1.9 (1.3-2.9)	1203	2.4 (1.6-3.5)	1133	3.4 (2.4-4.8)	2.0 (1.8-2.2)
Depression									
• Self-reported depression in the 3 months before pregnancy	1177	10.7 (9.0-12.6)	1179	11.4 (9.6-13.4)	1210	12.8 (11.0-14.8)	1140	16.3 (14.1-18.7)	15.1 (14.5-15.7)
• Self-reported depression during pregnancy	1156	11.4 (9.7-13.4)	1168	10.8 (9.1-12.8)	1200	13.4 (11.5-15.5)	1135	15.8 (13.7-18.2)	14.8 (14.2-15.4)
• Self-reported postpartum depressive symptoms ^{**}	1156	14.4 (12.5-16.6)	1158	12.9 (11.0-15.0)	1194	15.3 (13.3-17.5)	1122	14.1 (12.0-16.4)	13.4 (12.9-14.0)
Health Care Services									
• Health care visit in the 12 months before pregnancy	1162	55.0 (52.2-57.8)	1176	54.5 (51.6-57.3)	1199	54.3 (51.5-57.0)	1143	60.5 (57.5-63.3)	68.0 (67.2-68.7)
• Began prenatal care in 1st trimester	1156	84.2 (82.0-86.2)	1152	82.3 (79.9-84.5)	1190	85.1 (82.9-87.0)	1128	85.8 (83.5-87.9)	87.7 (87.2-88.3)
• Had a flu shot in the 12 months before birth	1145	63.7 (60.8-66.5)	1151	63.9 (61.0-66.7)	1195	63.1 (60.3-65.9)	1131	66.5 (63.6-69.3)	60.8 (60.1-61.6)
• Had maternal postpartum checkup	1161	88.2 (86.2-89.9)	1166	86.6 (84.5-88.5)	1196	87.5 (85.5-89.2)	1128	87.5 (85.2-89.4)	90.7 (90.3-91.2)
Pregnancy Intention									
• Mistimed	1157	15.9 (13.9-18.1)	1160	19.0 (16.8-21.4)	1192	18.5 (16.4-20.9)	1142	16.0 (14.0-18.4)	19.3 (18.7-19.9)
• Unwanted pregnancy	1157	5.7 (4.4-7.2)	1160	6.6 (5.3-8.3)	1192	6.6 (5.3-8.2)	1142	5.9 (4.6-7.5)	6.5 (6.2-6.9)
• Unsure whether wanted pregnancy	1157	20.4 (18.2-22.9)	1160	19.8 (17.6-22.3)	1192	19.0 (16.9-21.4)	1142	17.9 (15.7-20.4)	15.7 (15.1-16.2)
• Intended pregnancy	1157	58.0 (55.2-60.9)	1160	54.5 (51.6-57.4)	1192	55.8 (52.9-58.6)	1142	60.1 (57.2-63.0)	58.5 (57.7-59.3)

Health Indicator	2016		2017		2018		2019		Overall 2019 [§]
	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	N [#]	% (95% CI) [¶]	% (95% CI) [¶]
Postpartum^{††} Family Planning									
• Use of any postpartum contraception ^{†††}	1155	83.2 (80.9-85.3)	1161	82.5 (80.2-84.6)	1193	80.5 (78.1-82.7)	1116	80.9 (78.3-83.2)	76.4 (75.7-77.0)
• Highly effective contraceptive methods									
• Male or female sterilization	1155	13.5 (11.6-15.6)	1161	12.1 (10.2-14.2)	1193	13.4 (11.6-15.5)	1116	13.7 (11.8-16.0)	11.5 (11.0-12.0)
• Long acting reversible contraceptive method ^{§§}	1155	28.9 (26.3-31.6)	1161	25.6 (23.1-28.3)	1193	25.5 (23.0-28.1)	1116	25.7 (23.1-28.5)	17.3 (16.7-17.9)
• Moderately effective contraceptive methods ^{§§}	1155	23.5 (21.2-26.1)	1161	25.2 (22.7-27.8)	1193	22.8 (20.5-25.4)	1116	24.1 (21.6-26.8)	24.6 (23.9-25.3)
• Least effective contraceptive methods ^{§§}	1155	17.3 (15.2-19.6)	1161	19.7 (17.4-22.1)	1193	18.8 (16.7-21.1)	1116	17.3 (15.2-19.6)	23.0 (22.4-23.7)
Oral Health									
• Teeth cleaned during pregnancy by a dentist or dental hygienist	1160	44.0 (41.2-46.8)	1169	43.1 (40.3-46.0)	1204	44.7 (41.9-47.6)	1134	45.7 (42.8-48.7)	45.9 (45.1-46.7)
Health Insurance Status One Month Before Pregnancy^{¶¶}									
• Private insurance	1140	45.0 (42.3-47.7)	1138	42.4 (39.8-45.1)	1173	43.3 (40.7-46.0)	1126	44.9 (42.3-47.6)	62.7 (62.0-63.5)
• Medicaid	1140	40.1 (37.3-42.8)	1138	44.3 (41.5-47.1)	1173	43.0 (40.3-45.8)	1126	43.4 (40.5-46.3)	22.6 (22.0-23.3)
• No insurance	1140	14.1 (12.2-16.2)	1138	12.4 (10.6-14.5)	1173	12.6 (10.9-14.6)	1126	10.5 (8.7-12.7)	13.8 (13.2-14.4)
Health Insurance Status for Prenatal Care^{¶¶}									
• Private insurance	1124	38.8 (36.2-41.4)	1120	38.4 (35.8-41.0)	1154	40.2 (37.6-42.9)	1082	42.4 (39.7-45.1)	59.8 (59.1-60.6)
• Medicaid	1124	54.6 (51.9-57.3)	1120	55.5 (52.7-58.2)	1154	54.0 (51.2-56.7)	1082	51.6 (48.7-54.5)	36.2 (35.5-37.0)
• No insurance	1124	2.4 (1.7-3.4)	1120	2.0 (1.4-3.0)	1154	2.1 (1.4-3.2)	1082	4.0 (2.8-5.6)	2.8 (2.5-3.1)
Health Insurance Status Postpartum^{††¶¶}									
• Private insurance	1133	36.0 (33.5-38.6)	1136	36.7 (34.2-39.3)	1170	37.0 (34.4-39.6)	1106	40.0 (37.5-42.6)	57.7 (56.9-58.4)
• Medicaid	1133	52.6 (49.9-55.4)	1136	53.2 (50.4-56.0)	1170	52.0 (49.2-54.7)	1106	52.4 (49.6-55.2)	29.9 (29.2-30.6)
• No insurance	1133	11.1 (9.4-13.0)	1136	9.3 (7.7-11.2)	1170	10.4 (8.7-12.3)	1106	6.8 (5.2-8.7)	11.5 (11.0-12.0)
Infant Sleep Practices									
• Baby most often laid on back to sleep	1153	80.0 (77.5-82.2)	1163	79.2 (76.7-81.5)	1190	80.6 (78.2-82.8)	1110	80.7 (78.2-83.1)	79.6 (78.9-80.2)
Breastfeeding Practices									
• Ever breastfed	1163	88.9 (87.0-90.5)	1161	89.2 (87.3-90.9)	1192	88.8 (87.0-90.4)	1116	89.5 (87.3-91.3)	87.9 (87.4-88.4)
• Any breastfeeding at 8 weeks	1161	68.9 (66.2-71.4)	1161	71.8 (69.1-74.3)	1191	71.2 (68.6-73.7)	1098	69.5 (66.6-72.2)	67.7 (67.0-68.4)

[§]PRAMS site aggregate for 2019: Alabama, Alaska, Arkansas, Colorado, Connecticut, Delaware, District of Columbia, Florida, Georgia, Hawaii, Illinois, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, New Hampshire, New Jersey, New Mexico, New York City, New York State, North Carolina, North Dakota, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Dakota, Tennessee, Utah, Vermont, Virginia, Washington, Wisconsin, and Wyoming met the required 50% response rate threshold for inclusion.

[#]Unweighted sample size

[¶]Weighted percent (95% Confidence Interval)

[†]Defined as being pushed, hit, slapped, kicked, choked, or physically hurt in any way by a husband/partner and/or an ex-husband/ex-partner. In 2016 (Phase 8), the question response options were expanded to include “my ex-husband or ex-partner” in addition to “my husband or partner”

^{††}Defined as “always” or “often” feeling down, depressed, or hopeless or having little interest or little pleasure in doing things she usually enjoyed since delivery.

^{†††}Postpartum is defined as the time the PRAMS survey was completed

^{§§}Defined as using any kind of birth control postpartum (female or male sterilization; intrauterine device (IUD); contraceptive implant; birth control pills; shots or injections; contraceptive patch; vaginal ring; condoms; rhythm method/natural family planning; withdrawal).

^{§§§}Long-acting reversible contraception (LARC) methods include Intrauterine Device (IUD) or contraceptive implant. Moderately effective methods include birth control pills, shots or injections (e.g., Depo-Provera), contraceptive patch, and vaginal ring. Least effective methods include condom, rhythm method/natural family planning, and withdrawal. Women who selected the “other” write-in option were excluded from the analysis.

^{¶¶}Insurance is coded as Medicaid (Medicaid or state-named Medicaid program); Private (Private only, any other insurance in combination with private, TRICARE or other military insurance); No insurance (no insurance or Indian Health Service (IHS) only; in Alaska this also includes Alaska Tribal Health System that are part of the IHS response option); other state-specific government plans or programs such as SCHIP/CHIP are excluded from estimates.