

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
Prenatal Care					
Entry into PNC After the 1st Trimester/ No PNC	356	19.2	1.3	16.8	21.9
(BC) Entry into PNC After the 1st Trimester/ No PNC	418	22.7	1.4	20.1	25.6
Did Not Get PNC as Early as Wanted	355	19.1	1.3	16.7	21.7
*Barriers to PNC (Among Women who Did Not Get PNC as Early as Wanted):					
Couldn't get earlier appointment	125	39.6	3.8	32.4	47.3
Not enough money/no insurance	155	47.6	3.8	40.2	55.1
No transportation	37	13.6	2.8	9.0	20.1
Couldn't take time off from work	28	8.7	2.2	5.2	14.2
MD/Health Plan would not start earlier	83	25.3	3.3	19.4	32.3
Didn't have Medicaid card	104	32.0	3.7	25.2	39.7
No one to take care of children	23	7.2	2.1	4.0	12.7
Too many other things going on	51	14.2	2.8	9.6	20.5
Didn't want anyone to know I was pregnant	36	9.6	2.4	5.8	15.4

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
					(95% Confidence Interval)
During PNC HCW Talked About					
How smoking could affect baby	1352	66.0	1.5	62.9	68.9
Breastfeeding	1634	82.2	1.2	79.6	84.5
How drinking alcohol could affect baby	1387	68.1	1.5	65.1	71.0
Using a seat belt during pregnancy	992	48.4	1.6	45.3	51.5
Medicines that are safe during pregnancy	1761	89.3	1.0	87.2	91.1
How using illegal drugs could affect baby	1207	58.8	1.6	55.7	61.8
Testing for birth defects	1720	87.8	1.1	85.6	89.7
Early labor	1584	82.4	1.2	79.9	84.7
HIV testing	1402	70.4	1.5	67.5	73.2
Depression during pregnancy or after birth	1395	72.6	1.4	69.7	75.3
Physical abuse by husband/partner	893	43.7	1.6	40.7	46.9
Asked if smoking cigarettes	1835	94.2	0.7	92.6	95.4
Advised not to drink alcohol during pregnancy	1638	83.8	1.2	81.3	86.0
Talk about how much weight to gain	1591	80.6	1.3	78.0	83.0
During Pregnancy, Tested For HIV?					
Yes	1181	59.8	1.6	56.8	62.8
No	505	26.0	1.4	23.4	28.8
Don't Know	275	14.2	1.1	12.1	16.6

*Question changed in 2009- only ask of women who did not get PNC as early as they wanted.

Colorado PRAMS Prevalence Estimates, 2009
n=1988

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
Sample Characteristics	(95% Confidence Interval)				
(BC) Marital Status					
Married	1514	76.0	1.4	73.2	78.5
Other	468	24.0	1.4	21.5	26.8
(BC) Birthweight					
Low (<2500 grams)	804	7.8	0.1	7.6	8.0
Adequate (>=2500 grams)	1184	92.2	0.1	92.0	92.4
(BC) Region of Residence					
Denver Metro	563	57.4	0.3	56.8	57.9
Other Metro	724	29.6	0.2	29.2	30.0
Rural	701	13.0	0.1	12.8	13.3
(BC) Race/Ethnicity					
White/Non-Hispanic	1281	61.5	1.6	58.4	64.6
White/Hispanic	443	27.4	1.5	24.6	30.5
Black	36	2.3	0.5	1.5	3.6
Asian/PI	46	3.1	0.6	2.1	4.5
American Indian	17	0.5	0.2	0.3	1.0
Other Non-White	120	5.1	0.7	4.0	6.6
(BC) Education					
<12 years	360	19.5	1.3	17.1	22.3
12 years	412	21.3	1.4	18.8	24.1
>12 years	1198	59.1	1.6	56.0	62.2

All Colorado

	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
	(95% Confidence Interval)				
(BC) Age					
15-19 years	188	10.1	1.0	8.3	12.2
20-24 years	430	19.4	1.2	17.1	22.0
25-34 years	1048	56.3	1.6	53.3	59.4
35+ years	322	14.2	1.1	12.2	16.4
Poverty Level					
>185% FPL	983	49.0	1.6	45.9	52.1
<=185% FPL	901	45.1	1.6	42.0	48.2
Unknown	104	5.9	0.8	4.5	7.7
Income					
0-14,999	500.0	24.2	1.4	21.6	26.9
15,000-24,999	267.0	14.7	1.2	12.5	17.1
25,000-34,999	174.0	7.1	0.8	5.8	8.7
35,000-49,999	214.0	9.9	0.9	8.3	11.9
50,000+	744.0	39.0	1.5	36.1	42.0
Unknown	89.0	5.1	0.8	3.8	6.8

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado			(Lower CI)	(Upper CI)
	(n)	(Percent)	(SE)	(95% Confidence Interval)	
Preconception					
During the 12 months before pregnancy did you do:					
Dieting to lose weight	500	25.8	1.4	23.2	28.5
Exercise 3+ days/wk	1004	48.0	1.6	44.9	51.1
Taking prescrip meds	397	17.2	1.2	15.1	19.6
Pre-pregnancy ck/tx for diabetes	140	6.4	0.7	5.1	8.0
HCW ck/tx for high blood pressure	141	6.4	0.8	5.0	8.0
HCW ck/tx for depression	230	9.9	0.9	8.2	11.8
HCW talked about family med history	485	22.0	1.3	19.6	24.6
Teeth cleaned	1024	53.4	1.6	50.3	56.5

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
Unintended Pregnancy and Birth Control Use					
Unintended Pregnancy (later, never)	760	39.5	1.6	36.5	42.7
Mistimed Pregnancy (later)	589	30.7	1.5	27.9	33.7
Unwanted Pregnancy (never)	171	8.8	0.9	7.2	10.8
Trying to Get Pregnant?					
No	933	48.2	1.6	45.1	51.3
Yes	1036	51.8	1.6	48.7	54.9
Using Birth Control at Time of Pregnancy (Among women not trying to get pregnant)					
No	431	47.8	2.3	43.2	52.4
Yes	486	52.2	2.3	47.6	56.8
Reasons For Not Doing Anything to Keep From Getting Pregnant (No BC): (Can Select More Than One)					
Didn't Mind Getting Pregnant	230	49.7	3.2	43.4	56.0
Thought I Could Not Get Pregnant	124	28.3	2.9	23.0	34.4
Side Effects From Birth Control	43	7.9	1.7	5.1	12.0
Problems Obtaining Birth Control	42	10.6	2.1	7.1	15.5
Thought Husband/Partner/I was sterile	42	9.1	1.9	6.0	13.4
Husband/Partner Didn't Want to Use Anything	91	20.9	2.6	16.2	26.6
Other	54	9.3	1.7	6.5	13.2

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
(95% Confidence Interval)					
What Were You Doing to Keep From Getting Pregnant? (Among Those Using BC and Not Trying to Get Pregnant): (Can Select More Than One)					
Tubes Tied	2	0.3	0.2	0.1	1.5
Vasectomy	4	1.0	0.6	0.3	3.4
Pill	134	23.9	2.7	19.0	29.7
Condoms	248	47.2	3.2	41.1	53.4
Shot Once Every 3 Months (Depo-Provera)	30	6.1	1.5	3.7	9.9
Contraceptive Implant	1	0.0	0.0	0.0	0.1
Contraceptive Patch	4	1.0	0.7	0.2	3.8
Diaphragm, Cervical Cup, or Sponge	2	0.1	0.1	0.0	0.5
Vaginal Ring	16	4.2	1.4	2.2	7.9
IUD	9	0.8	0.4	0.3	2.2
Rhythm Method or Natural Family Planning	82	16.4	2.3	12.4	21.5
Withdrawal	185	33.9	3.0	28.3	40.0
Not Having Sex	29	5.5	1.4	3.3	9.0
Emergency Contraception	22	5.0	1.4	2.8	8.7
Other	21	2.6	0.9	1.3	5.2
Husband or Partner Didn't Want Pregnancy	149	7.6	0.9	6.1	9.5
Using Birth Control Now	1714	87.7	1.0	85.6	89.6
What Are You Doing Now to Keep From Getting Pregnant? (Among Those Not Using BC): (Can Select More Than One)					
Not Having Sex	81	33.4	3.9	26.2	41.5
Want to Get Pregnant	49	18.2	3.3	12.6	25.6
Don't want to Use Birth Control	66	29.1	3.8	22.2	37.2
Husband/Partner Doesn't Want to Use Anything	25	9.7	2.6	5.7	16.1
Don't Think I Can Get Pregnant	16	2.7	0.9	1.4	5.0
Can't Pay For Birth Control	22	8.4	2.4	4.8	14.4
Pregnant Now	11	1.1	0.6	0.4	3.2
Other	67	22.2	3.4	16.3	29.5

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado			(Lower CI)	(Upper CI)
	(n)	(Percent)	(SE)		
Medicaid Coverage and WIC Participation					
Participation in WIC During Pregnancy	788	38.7	1.6	35.7	41.8
Insurance Coverage Before Pregnancy					
Insurance paid by					
Employment/Husband's or partner's job	1015	52.3	1.6	49.3	55.4
Someone else (not from a job)	109	5.7	0.7	4.4	7.3
Medicaid	228	11.9	1.1	9.9	14.2
TRICARE or military	103	4.3	0.5	3.4	5.5
CICP	33	1.6	0.5	0.9	2.9
CHP+	19	0.9	0.3	0.5	1.7
other	46	2.2	0.5	1.5	3.3
No insurance	525	24.8	1.4	22.3	27.6
PNC Paid by (can select more than one):					
Health Insurance from employment	997	51.4	1.6	48.3	54.5
Insurance not from employment	55	2.9	0.6	2.0	4.2
Medicaid	674	33.0	1.5	30.1	36.0
TRICARE or military	99	4.1	0.5	3.3	5.3
CICP	17	1.0	0.4	0.5	2.0
CHP+	78	3.7	0.6	2.7	5.0
Other	81	4.6	0.7	3.4	6.2
No insurance	114	5.8	0.8	4.5	7.5
Labor and Delivery Paid by (can select more than one):					
Health Insurance from employment	963	48.9	1.6	45.8	52.0
Insurance not from employment	52	2.7	0.5	1.8	3.9
Medicaid	799	39.6	1.6	36.6	42.7
TRICARE or military	97	3.9	0.5	3.1	4.9
CICP	14	0.6	0.2	0.3	1.3
CHP+	75	3.2	0.5	2.3	4.4
Other	39	2.1	0.5	1.3	3.2
No insurance	48	2.5	0.5	1.7	3.7

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
Breastfeeding					
				(95% Confidence Interval)	
During PNC HCW Talked About Breastfeeding	1634	82.2	1.2	79.6	84.5
Ever Breastfed	1753	91.9	0.9	90.0	93.5
Never Breastfed	176	8.1	0.9	6.6	10.0
Among all women:					
Breastfed for 4 Weeks or Less	498	23.9	1.4	21.4	26.7
Breastfed for 5-8 Weeks	130	6.5	0.8	5.1	8.2
Breastfed for 9 or More Weeks	1282	69.6	1.5	66.6	72.4
Baby fist fed liquid other than breast milk					
Less than 1 week	568	31.6	1.6	28.6	34.8
1 -4 weeks	278	17.5	1.3	15.1	20.2
5-8 weeks	84	5.1	0.7	3.9	6.8
9 or more Weeks	771	45.8	1.7	42.5	49.1
Baby first fed food					
Less than 9 weeks	45	2.0	0.4	1.3	3.0
9 or more weeks	1865	98.0	0.4	97.0	98.7

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado			(Lower CI)	(Upper CI)
	(n)	(Percent)	(SE)		
Reasons For Stopping Breastfeeding (can select more than one)					
Baby had difficulty nursing	215	26.5	2.3	22.2	31.4
Did not satisfy baby	269	40.6	2.6	35.6	45.8
Baby not gaining enough weight	76	8.7	1.4	6.3	11.8
Nipples were sore	103	15.4	2.0	11.9	19.7
Not producing enough milk	366	47.9	2.7	42.8	53.1
Too many household duties	89	11.9	1.8	8.8	15.8
Felt right time to stop	85	12.1	1.8	9.1	16.0
Mom became sick	68	8.7	1.4	6.3	11.9
Went back to school/work	134	21.0	2.2	17.0	25.6
Baby was jaundiced	57	7.6	1.4	5.3	10.8
Other	221	23.2	2.2	19.2	27.8
Breastfeeding Practices at Hospital:					
Hospital staff gave me information about breastfeeding	1636	96.7	0.6	95.3	97.7
*Baby stayed in same room with me in hospital	1334	90.5	0.9	88.6	92.0
Breastfed baby in hospital	1538	95.9	0.6	94.6	96.9
*Breastfed baby in the first hour after birth	1076	74.9	1.4	72.0	77.7
Hospital staff helped me learn how to breastfeed	1395	83.7	1.2	81.1	86.0
*Baby was fed only breast milk at the hospital	940	61.6	1.7	58.3	64.7
Hospital staff told me to breastfeed whenever baby wanted	1324	83.7	1.3	81.1	86.0
Hospital staff gave me a breast pump	748	35.6	1.6	32.5	38.8
Hospital gave me a gift pack with formula	1163	67.9	1.6	64.7	70.9
*Hospital gave me a telephone number to call for help with breastfeeding	1479	88.4	1.1	86.0	90.4
*Baby did NOT use a pacifier in the hospital	548	37.4	1.6	34.3	40.7

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
	(95% Confidence Interval)				
*Smoking					
Smoked Any Cigarettes in last 2 yrs	588	26.1	1.4	23.5	28.9
*Smoked During 3 Months Before Pregnancy	525	23.2	1.3	20.7	25.8
Of Women Who Smoked in last 2 yrs, Quantity:					
41 cigarettes or more per day	6	1.3	0.8	0.4	4.1
21-40 cigarettes per day	26	2.9	0.9	1.5	5.4
11-20 cigarettes per day	129	19.2	2.3	15.0	24.1
6-10 cigarettes per day	132	22.0	2.6	17.4	27.4
1-5 cigarettes per day	155	28.9	2.7	23.9	34.6
Less than 1 cigarette per day	77	13.9	2.0	10.4	18.2
None (0 cigarettes per day)	70	11.8	2.0	8.4	16.3
*Smoked During Last 3 Months of Pregnancy	233	9.0	0.9	7.5	10.9
Of Women Who Smoked in last 2 yrs, Quantity:					
41 cigarettes or more per day	1	0.0	0.0	0.0	0.1
21-40 cigarettes per day	2	0.6	0.5	0.1	2.7
11-20 cigarettes per day	22	2.9	1.0	1.4	5.6
6-10 cigarettes per day	65	9.4	1.7	6.5	13.4
1-5 cigarettes per day	101	13.9	2.0	10.4	18.4
Less than 1 cigarette per day	42	7.4	1.6	4.8	11.3
None (0 cigarettes per day)	364	65.8	2.8	60.0	71.1
*Smoke Currently (when survey completed)	327	12.8	1.0	11.0	14.9
Of Women Who Smoked in last 2 yrs, Quantity:					
41 cigarettes or more per day	2	0.0	0.0	0.0	0.2
21-40 cigarettes per day	11	0.9	0.5	0.3	2.6
11-20 cigarettes per day	73	11.4	1.9	8.2	15.7
6-10 cigarettes per day	109	14.3	2.1	10.6	19.0
1-5 cigarettes per day	101	16.7	2.1	12.9	21.4
Less than 1 cigarette per day	31	5.3	1.3	3.2	8.6
None (0 cigarettes per day)	268	51.3	3.0	45.5	57.2

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado			(Lower CI)	(Upper CI)
	(n)	(Percent)	(SE)		
Rules about smoking inside home					
Not allowed anywhere	1888	96.0	0.7	94.5	97.1
Allowed some places/times	64	3.5	0.6	2.5	5.0
Permitted anywhere	8	0.5	0.2	0.2	1.2
During PNC HCW (only for those who Smoked During 3 Months Before Pregnancy and received PNC):					
Discussed How to Quit Smoking	212	38.7	3.3	32.5	45.4
Suggested Setting a Specific Date to Stop Smoking	110	17.9	2.5	13.6	23.3
Referred to Counseling for Help with Quitting	95	18.1	2.6	13.6	23.7
Asked if Family Member/Friend Would Support					
Decision to Quit	150	25.0	2.8	20.0	30.9
Referred to a National or State Quit Line	142	28.8	3.1	23.0	35.3
Discussed How to make home smoke-free	224	44.5	3.4	37.9	51.2
Discussed How to make car smoke-free	205	39.9	3.3	33.6	46.6
How secondhand smoke could affect baby					
Yes-During prenatal care	368	17.7	1.2	15.4	20.2
Yes-After delivery	113	5.7	0.8	4.4	7.4
Yes-Both times	704	32.7	1.5	29.9	35.7
No	772	43.9	1.6	40.8	47.0
Quit Smoking During Pregnancy (calculated variable)	294	61.4	3.1	55.2	67.3

*These questions change in 2009. Asked of all women who smoked any amount of cigarettes

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
Alcohol/Other Drugs					
Drank Any Alcohol in Last 2 Years	1433	72.5	1.4	69.7	75.2
Drank Alcohol During the 3 Months Before Pregnancy	1203	60.9	1.6	57.8	63.9
Of Women Who Drank in Last 2 Years, Quantity:					
14 or more drinks/week	23	1.3	0.4	0.7	2.4
7-13 drinks/week	60	3.8	0.7	2.7	5.3
4-6 drinks/week	160	12.3	1.2	10.2	14.9
1-3 drinks/week	381	27.2	1.6	24.1	30.5
Less than 1 drink/week	579	39.4	1.8	35.9	43.0
Did not drink then	227	16.0	1.4	13.5	18.9
Drank Alcohol During Last 3 Months of Pregnancy	193	10.5	1.0	8.8	12.5
Of Women Who Drank in Last 2 Years, Quantity:					
14 or more drinks/week	0	0.0	0.0	0.0	0.0
7-13 drinks/week	0	0.0	0.0	0.0	0.0
4-6 drinks/week	4	0.1	0.1	0.1	0.4
1-3 drinks/week	40	3.2	0.7	2.1	4.9
Less than 1 drink/week	149	11.2	1.1	9.1	13.6
Did not drink then	1229	85.5	1.3	82.8	87.8
During PNC HCW Talked About					
Alcohol Consumption	1387	68.1	1.5	65.1	71.0
Medicines That are Safe During Pregnancy	1761	89.3	1.0	87.2	91.1
Using Illegal Drugs	1207	58.8	1.6	55.7	61.8

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI) (95% Confidence Interval)	(Upper CI)
Infant Health and Hospital Stay					
Hospital Stay of One Night for Labor and Delivery (mom)	200	11.9	1.0	10.0	14.1
Hospital Stay After Birth (child)					
Less than 1 Day	112	5.8	0.7	4.5	7.4
1-2 Days	1026	64.4	1.5	61.4	67.3
3-5 Days	430	22.8	1.4	20.3	25.6
6-14 Days	133	2.6	0.4	1.9	3.4
More Than 14 Days	237	2.9	0.3	2.4	3.5
Not Born in Hospital	25	1.5	0.4	1.0	2.4
Still in Hospital (at the time of survey)	3	0.0	0.0	0.0	0.1
Infant Placed in ICU	462	11.2	0.9	9.5	13.0
Infant Sleep Position					
Side	259	15.0	1.2	12.9	17.5
Back	1536	79.0	1.3	76.3	81.5
Stomach	75	3.8	0.6	2.8	5.1
Side/Back	39	1.3	0.3	0.8	2.2
Side/Stomach	2	0.2	0.2	0.0	1.1
Back/Stomach	7	0.5	0.3	0.2	1.3
All 3 positions	4	0.2	0.1	0.0	0.7
Infant Seen By HCW During First Week After He/She Left Hospital	1830	95.1	0.7	93.5	96.4

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
Physical Abuse	(95% Confidence Interval)				
During PNC HCW Talked About Physical Abuse	893	43.7	1.6	40.7	46.9
Abuse by Husband/Partner 12 Months Before Pregnancy	65	2.8	0.5	2.0	4.0
Abuse by Husband/Partner During Pregnancy	54	2.4	0.4	1.7	3.3

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
Stress, Social Support, Maternal Mental Health					
Stressors Experienced in the 12 Months Before Delivery:					
Family Member Ill and Hospitalized	386	19.0	1.2	16.8	21.6
Separated/Divorced from Husband/Partner	156	7.3	0.8	5.9	9.1
Moved to New Address	721	37.2	1.5	34.2	40.2
Homeless	71	3.8	0.6	2.8	5.3
Husband/Partner Lost Job	362	17.5	1.2	15.3	20.1
Lost Job Though Wanted to Continue Working	215	10.9	1.0	9.0	13.0
Argued with Husband/Partner More than Usual	438	19.5	1.2	17.2	22.1
Husband/Partner Didn't Want Pregnancy	149	7.6	0.9	6.1	9.5
Bills You Couldn't Pay	468	21.1	1.3	18.7	23.7
Involved in a Physical Fight	58	2.4	0.4	1.7	3.5
You or Husband/Partner Went to Jail	89	3.6	0.6	2.7	4.9
Someone Close had Problems with Alcohol/Drugs	243	11.6	1.0	9.8	13.8
Someone Close Died	290	15.0	1.1	12.9	17.4
Number of Stressors Experienced in the 12 Months Before Delivery					
0	549	29.0	1.4	26.3	31.9
1-2	878	44.6	1.6	41.5	47.7
3-5	445	21.2	1.3	18.8	23.8
6+	112	5.3	0.7	4.0	6.8

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
	(95% Confidence Interval)				
Did HCW Talk About Postpartum Depression?	1660	84.8	1.1	82.5	86.9
Since Baby Was Born, How Often Felt down, depressed, or sad					
Never	461	25.5	1.4	22.8	28.4
Rarely	623	34.4	1.5	31.5	37.4
Sometimes	592	27.7	1.4	25.0	30.6
Often	216	10.6	1.0	8.9	12.7
Always	52	1.7	0.4	1.1	2.7
Felt hopeless					
Never	1180	64.6	1.5	61.5	67.5
Rarely	394	20.2	1.3	17.8	22.8
Sometimes	216	9.9	1.0	8.2	11.9
Often	102	4.6	0.6	3.5	6.0
Always	37	0.8	0.2	0.5	1.3
Felt slowed down					
Never	481	26.7	1.5	24.0	29.7
Rarely	426	23.6	1.4	21.1	26.4
Sometimes	607	28.5	1.4	25.9	31.4
Often	312	16.5	1.2	14.3	19.0
Always	106	4.6	0.6	3.5	6.0
Since baby was born, asked for help for depression from HCW	246	9.9	0.9	8.3	11.8

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
Nutrition and Physical Activity					
Frequency of Taking Multivitamin					
Didn't take multivitamin	987	51.6	1.6	48.5	54.7
1-3 times a week	159	7.3	0.8	5.9	9.0
4-6 times a week	120	6.2	0.8	4.9	7.8
Every day of the week	709	35.0	1.5	32.1	38.0
Ever Eat Less Than You Felt Because of Lack of Money For Food?					
	213	10.1	0.9	8.4	12.1
Before Pregnant-Participation in Physical Activity for 30 Minutes or More					
Less than 1 day per week	402	22.0	1.4	19.4	24.8
1 to 2 days per week	519	28.5	1.5	25.8	31.5
3 to 4 days per week	689	33.5	1.5	30.7	36.5
5 or more days per week	324	15.2	1.1	13.2	17.4
I was told by HCW not to exercise	30	0.8	0.2	0.4	1.4
Last 3 months of pregnancy-Participation in Physical Activity for 30 Minutes or More					
Less than 1 day per week	595	33.0	1.5	30.1	36.0
1 to 2 days per week	547	29.6	1.5	26.8	32.5
3 to 4 days per week	406	22.5	1.3	19.9	25.2
5 or more days per week	175	8.2	0.8	6.8	10.0
I was told by HCW not to exercise	234	6.8	0.7	5.5	8.3

Colorado PRAMS Prevalence Estimates, 2009

		All Colorado				
		(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
		(95% Confidence Interval)				
BMI Just Before Got Pregnant:						
	Underweight (<19.8)	281	13.7	1.1	11.7	16.1
	Normal (19.8-26)	1019	56.7	1.6	53.5	59.8
	Overweight (26-29)	214	12.0	1.1	10.0	14.2
	Obese (>29)	357	17.6	1.2	15.4	20.2
 (BC data, completed surveys only)						
(BC) Weight Gain in Pounds						
	<16	330	13.8	1.1	11.8	16.1
	16-20	227	10.5	1.0	8.8	12.5
	21-25	280	14.7	1.2	12.6	17.1
	26-30	309	16.2	1.2	14.0	18.6
	31-35	275	14.8	1.2	12.7	17.2
	36-40	207	11.3	1.0	9.5	13.4
	41-45	117	7.2	0.8	5.8	9.0
	46+	204	11.5	1.0	9.7	13.6
 Weight Gain Adequacy						
	In IOM Recommended Range	428	32.9	1.7	29.7	36.2
(BC)	Below IOM Recommended Range	376	26.2	1.5	23.3	29.3
	Above IOM Recommended Range	537	41.0	1.7	37.7	44.4

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
	(95% Confidence Interval)				
Problems During Pregnancy					
Problems During Pregnancy (more than one can be selected)					
Diabetes before pregnancy	45	1.3	0.3	0.9	2.1
Diabetes during pregnancy	149	7.7	0.9	6.1	9.6
Vaginal bleeding	438	18.0	1.2	15.8	20.5
Kidney/bladder infection	378	18.9	1.3	16.5	21.5
Nausea/dehydration	502	23.1	1.3	20.6	25.9
Cervix sewn shut	40	1.1	0.2	0.7	1.6
High blood pressure	328	11.3	0.9	9.6	13.3
Problems with the placenta	175	5.7	0.7	4.5	7.2
Preterm Labor	593	19.7	1.2	17.5	22.2
PROM	241	4.6	0.6	3.6	5.9
Blood transfusion	28	1.1	0.3	0.7	1.9
Car accident	20	1.0	0.3	0.5	1.8
Talked about by HCW after diagnosed with GDM					
Referred to a nutritionist	114	70.1	5.9	57.6	80.2
Exercise	123	83.2	4.7	71.9	90.5
Healthy weight after pregnancy	100	71.0	5.7	58.9	80.8
Breastfeeding	101	75.2	5.1	64.1	83.8
Type II diabetes	109	70.4	5.8	58	80.4

Colorado PRAMS Prevalence Estimates, 2009

	All Colorado				
	(n)	(Percent)	(SE)	(Lower CI)	(Upper CI)
Oral Health	(95% Confidence Interval)				
Dental Care During Pregnancy					
Needed to see a dentist	434	20.8	1.3	18.4	23.4
Went to see a dentist	807	42.1	1.6	39.1	45.2
Dental/HCW talked about teeth care	823	43.7	1.6	40.6	46.8
Teeth cleaned during the 12 months before pregnancy	1024	53.4	1.6	50.3	56.5