

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

2020 Annual Report

Lifespan Health Services
Nebraska Department of Health and Human Services
Division of Public Health
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Lincoln, NE 68509-5026

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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 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 the defined mission to “generate high quality data to improve the health of families through partnerships.” This mission is furthered by a vision of happy, 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 DHHS Vital Records for providing data necessary for our sampling frame. NE PRAMS is managed by DHHS staff, with support from telephone interview staff, and guided by the PRAMS Steering Committee.

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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 birthweight. 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 maternal and child health (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 birthweight infants had improved little in the previous 20 years. Research has indicated that maternal behaviors during pregnancy may influence infant birthweight and mortality. The goal of the PRAMS project is to improve the health of mothers and infants by reducing adverse outcomes such as low birthweight, 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 2020.

The 2020 Nebraska PRAMS survey consisted of 96 questions covering a range of topics. These topics included:

- Pregnancy intention
- Contraceptive use
- Prenatal care
- Prenatal care counseling
- HIV Testing
- Alcohol and tobacco use
- Multivitamin use
- Participation in the U.S. Department of Agriculture (USDA) Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Insurance coverage
- Previous preterm and low birthweight births
- Pregnancy-related complications
- Maternal weight and weight gain
- Newborn health
- Breastfeeding
- Infant sleep position
- Infant exposure to secondhand smoke
- Well-baby checkups
- Maternal employment
- Sources of income
- Maternal stress and physical abuse
- Disability status

2 METHODOLOGY

Data in this report are from a monthly sampling of live births to Nebraska resident women that were recorded in the Nebraska Vital Records database for 2020; 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 the 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 2020 and again in November 2020.

Following the exclusion process, approximately 98% of the resident Nebraska births in 2020 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 are available for analysis in these populations. Data by race/ethnicity is not presented in this report.

Data available for analysis are a combination of questionnaire results and additional information from the state birth certificate file obtained from DHHS 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 2020, and not simply those selected for the PRAMS sample and responding to the survey.

The Nebraska PRAMS 2020 Annual Report is based on findings from a stratified random sample of 2,523 Nebraska resident women who had a live birth in 2020. The current report is based on completed surveys for 1,489 live births. For births from August 2020 through the end of the year, NE PRAMS added 11 supplemental questions about the impact of COVID-19. The supplement was included in surveys for 1,096 participants and 646 respondents completed the survey that included the supplement.

Each year PRAMS samples roughly 10% of PRAMS-eligible live births. Data are 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 population level 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 2020.

3 EXECUTIVE SUMMARY

PRAMS data is a valuable source of state-specific data for maternal and child health (MCH) indicators. The current version of the PRAMS survey (Phase 8) was implemented in 2016. Phase 8 of the PRAMS survey expanded the survey into new terrain, including new questions about chronic conditions before and during pregnancy, safe sleep, e-cigarette and hookah use, sources of advice on breastfeeding and safe sleep practices, and tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis (Tdap) vaccination.

The percentage of respondents who reported having no insurance after their baby's delivery dropped significantly (chi-squared test, $p < 0.001$) from 14.5% (95% confidence interval (CI) 12.5%-16.6%) in 2019 to 8.2% (95% CI 6.8%-9.7%) in 2020. The percentage of respondents who reported having Medicaid or Indian Health Services significantly increased (chi-squared test, $p < 0.001$) from 21.9% (95% CI 19.1%-24.6%) in 2019 to 29.4% (95% CI 26.5%-32.4%) in 2020.

In response to the emerging COVID-19 pandemic that began in March 2020, Nebraska PRAMS added 11 supplemental questions to its survey for births from August 2020 through December 2020. The supplemental questions were developed by CDC PRAMS and cognitively tested before being finalized. The supplemental data to examine the impact of COVID-19 is on pages 56-62.

There were some qualitative differences between PRAMS measures from 2019 to 2020. Whether these changes were caused or impacted by the COVID-19 pandemic was not assessed in this report.

- In 2020, the percentage of women who received a flu shot before or during pregnancy decreased compared to the percentage in 2019. In 2020, 76.0% (95% CI 73.0%-79.0%) of women who received a flu shot before or during pregnancy and in 2019, 78.0% (95% CI 75.1%-80.8%) of women who received a flu shot before or during pregnancy.
- Similarly, the percentage of women who received a Tdap shot during pregnancy was lower in 2020 than in 2019. In 2020, 87.2% (95% CI 84.8%-89.5%) of women who received a Tdap shot during pregnancy compared to 88.4% (95% CI 86.3%-90.6%) in 2019.
- In 2019, 18.5% (95% CI 13.9%-23.1%) of respondents who had stopped breastfeeding when surveyed reported that one of the reasons they stopped breastfeeding was because they went back to work. In 2020, 14.2% (95% CI 9.8%-18.5%) stopped breastfeeding because they went back to work.
- Similarly, the percentage of respondents who reported still breastfeeding at 4, 8, 13, and 16 weeks were all higher in 2020 than 2019.

There were a few significant differences in PRAMS measures from 2019 to 2020 (chi-squared test, $p < 0.05$). As above, whether these changes were caused or impacted by the COVID-19 pandemic was not assessed in this report.

- The percentage of women who reported having their teeth cleaned during pregnancy decreased in 2020 compared to 2019. In 2020, 49.7% (95% CI 46.2%-53.1%) of women reported having their teeth cleaned during pregnancy. In 2019, 55.2% (95% CI 51.9%-58.6%) of women reported having their teeth cleaned during pregnancy. In 2020, 88.3% (95% CI 86.3%-90.4%) of respondents attended their maternal postpartum visit, compared to 92.4% (95% CI 90.7%-94.0%) in 2019.
- In 2019, 59.2% (95% CI 55.8%-62.5%) of respondents worked or attended school outside the home. In 2020, 51.0% (95% CI 47.5%-54.6%) of respondents worked or attended school outside the home. The percentage of respondents who did not work or attend school did not change much from 2019 to 2020 (34.9% (95% CI 31.7%-38.1%) in 2019 compared to 34.7% (95% CI 31.4%-38.0%) in 2020).
- In 2020, more women reported having their baby with them while the mother is at school or work and fewer women reported that the baby's grandparent or staff at a day care center care for their baby when the mother is at school or work than in 2019.
 - In 2019, 4.6% (95% CI 2.7%-6.5%) of respondents had their baby with them while at school or work, increasing to 10% (95% CI 7.1%-12.9%) in 2020.
 - In 2019, 24.2% (95% CI 20.2%-28.1%) of respondents reported that the baby's grandparent cared for the baby when the mother was at work or school, decreasing to 18.5% (95% CI 14.9%-22.1%) in 2020.
 - Finally, the percentage of respondents who reported their baby was with staff at a day care center while they were at work or in school decreased from 23.9% (95% CI 19.9%-27.8%) in 2019 to 16.9% (95% CI 13.3%-20.6%) in 2020.

Statewide efforts to improve safe sleep continued in 2020, as did qualitatively increasing reports of babies being put to sleep on their back, sleeping alone always or almost always, and sleeping in mother's room but not in mother's bed. These data are presented in Tables 17.1 – 17.7.

From 2018-2020, Nebraska PRAMS collected data about disability status with six supplemental questions (Tables 19.5 and 19.6). Respondents who selected "some difficulty", "a lot of difficulty" or "I cannot do this at all" for any of the six questions about disability status were considered to have a broad disability but the definition for strict disability excluded "some difficulty" from the calculation. In 2020, 43.5% (95% CI 40.0%-47.0%) of people with a recent live birth had a broadly defined disability. Using a more strict definition of disability, many fewer – only 5.5% (95% CI 4.0%-7.0%) of people with a recent live birth had a strict disability. A 2021 fact sheet about pregnant and parenting people with a disability is available here: <https://dhhs.ne.gov/PRAMS%20Documents/Pregnant%20and%20Parenting%20People%20with%20Disabilities%20Fact%20Sheet.pdf>.

Starting in 2019, Nebraska PRAMS added two questions about tribal affiliation (Table 19.7). According to Nebraska PRAMS data, in 2020 1.9% (95% CI 1.4%-2.3%) of people with a live birth were a member of an American Indian tribe.

Nebraska PRAMS has also featured Phase 8 data in fact sheets and issue briefs. These data products have included national comparisons and a call for action based on evidence-based practices. Please visit the Nebraska PRAMS website to view the full list of resources: <https://dhhs.ne.gov/Pages/PRAMS-Downloadable-Resources.aspx>.

The data in this report is statewide summary level data. Following the release of this report, Nebraska PRAMS will begin examining survey responses by demographic group.

4 VITAL RECORDS DATA

4.1 GESTATIONAL AGE

Gestational age [^] , Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Less than 27 weeks	*	*	*	*
28-33 weeks	*	*	*	*
34-36 weeks	2,232	9.4	7.4	11.3
37-42 weeks	21,168	88.8	86.7	90.9

Birth certificate data

Missing n=3

[^]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 PRETERM BIRTH

Preterm birth [^] , Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Preterm birth	2,692	11.3	9.2	13.4
Term birth	21,168	88.7	86.6	90.8

Birth certificate data

Missing n=0

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

4.3 LOW BIRTHWEIGHT AND VERY LOW BIRTHWEIGHT

Birthweight ^{^+} status, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Not low birthweight	22,061	92.5	90.6	94.3
Low birthweight	1,799	7.5	5.7	9.4
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 generalizable.

4.4 MATERNAL EDUCATION

Maternal years of education, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Less than 8th grade	857	3.6	2.8	4.4
9-12 grade, no diploma	1,621	6.8	5.3	8.3
High school diploma / GED	4,865	20.4	17.7	23.1
Some college, no degree	7,162	30.0	26.8	33.3
Bachelor's degree or more	9,355	39.2	35.8	42.6

Birth certificate data

Missing n=0

4.5 MARITAL STATUS

Married at time of delivery, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Married	16,647	69.8	66.8	72.7
Not married	7,213	30.2	27.3	33.2

Birth certificate data

Missing n=0

4.6 PRENATAL CARE (PNC) ADEQUACY

Prenatal care adequacy (Kessner Index [^]), Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Inadequate PNC	*	*	*	*
Intermediate PNC	4,364	18.3	15.8	20.8
Adequate PNC	17,732	74.3	71.5	77.2
Unknown PNC	*	*	*	*

Birth certificate data

Missing n=0

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

[^]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.

Prenatal care adequacy (Kotelchuck Index [^]), Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Inadequate PNC	2,639	11.3	9.2	13.3
Intermediate PNC	2,218	9.5	7.4	11.6
Adequate PNC	10,813	46.2	42.6	49.7
Adequate plus PNC	7,752	33.1	29.8	36.4

Birth certificate data

Missing n=26

[^]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>

4.7 LARGE FOR GESTATIONAL AGE AND SMALL FOR GESTATIONAL AGE

Large for gestational age [^] and small for gestational age [^] status, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Large for gestational age (based on 90th percentile)	2,658	11.5	9.2	13.7
Small for gestational age (based on 10th percentile)	2,095	9.0	7.0	11.1

Birth certificate data

Missing n=46

[^]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.](https://doi.org/10.1097/aog.0000000000000345)

4.8 MATERNAL AGE

Maternal age, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
17 or under	*	*	*	*
18-19	604	2.5	1.6	3.5
20-24	4,443	18.6	15.7	21.5
25-29	7,740	32.4	29.2	35.7
30-34	7,551	31.6	28.4	34.9
35-39	2,859	12.0	9.8	14.1
40 or higher	*	*	*	*

Birth certificate data

Missing n=0

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

4.9 MATERNAL RACE/ETHNICITY FOR PRAMS SAMPLING

Maternal race/ethnicity for PRAMS sampling [^] , Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Non-Hispanic White	16,197	67.9	67.4	68.4
Non-Hispanic Black	1,843	7.7	7.3	8.1
Non-Hispanic Native American	431	1.8	1.8	1.9
Non-Hispanic Asian / Pacific Islander	1,036	4.3	4.2	4.5
Hispanic	4,353	18.2	18.0	18.5

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.

4.10 MATERNAL RACE

Maternal race, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
White	17,444	73.1	72.2	74.1
Other Race	2,651	11.1	10.2	12.0
Black	1,613	6.8	6.2	7.4
Mixed Race	970	4.1	3.5	4.7
Other Asian Race	702	2.9	2.7	3.2
American Indian	302	1.3	1.0	1.5
Hawaiian	*	*	*	*
Chinese	*	*	*	*
Filipino	*	*	*	*
Japanese	*	*	*	*

Birth certificate data

Missing n=1

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

4.11 MATERNAL ETHNICITY

Maternal ethnicity, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Non-Hispanic	19,507	81.8	81.5	82.0
Hispanic	4,353	18.2	18.0	18.5

Birth certificate data

Missing n=0

4.12 VAGINAL OR CESAREAN DELIVERY

Vaginal and cesarean delivery, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Cesarean delivery	6,452	27.0	24.0	30.1
Vaginal delivery	17,408	73.0	69.9	76.0

Birth certificate data

Missing n=0

5 MATERNAL HEALTH HISTORY

5.1 MATERNAL PRE-PREGNANCY BMI

Maternal body mass index (BMI), Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Underweight (<18.5 BMI)	683	3.0	1.7	4.2
Normal (18.5-24.9 BMI)	9,181	39.9	36.4	43.4
Overweight (25.0-29.9 BMI)	6,438	28.0	24.7	31.2
Obese (>=30 BMI)	6,722	29.2	26.0	32.4

Nebraska (NE) Phase 8 (P8) Questions 1 and 2

Missing n=77

5.2 PREVIOUS LIVE BIRTH

Had a previous live birth, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Had a previous live birth	15,460	64.9	61.5	68.2
Did not have a previous live birth	8,366	35.1	31.8	38.5

NE P8 Question 4

Missing n=4

5.3 PREVIOUS PRETERM BIRTH

Had previous preterm birth [^] among respondents with a previous live birth, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Had a previous preterm birth	1,765	11.6	9.1	14.2
Had a previous term birth	13,400	88.4	85.8	90.9

NE P8 Question 6

Missing n=16

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

5.4 PREVIOUS LOW BIRTHWEIGHT BABY

Had a previous low birthweight [^] birth among respondents with a previous live birth, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Had a previous low birthweight birth	1,636	10.9	8.6	13.1
Had a previous birth that was not low birthweight	13,432	89.1	86.9	91.4

NE P8 Question 5

Missing n=21

[^]Low birthweight= Baby weighed less than 2,500 grams at birth

6 MATERNAL HEALTH BEHAVIORS PRIOR TO PREGNANCY

6.1 HEALTH BEHAVIOR IN THE 12 MONTHS BEFORE PREGNANCY

Health behavior in the 12 months before pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Dieting (changing my eating habits) to lose weight	7,322	30.8	27.5	34.0
b. Exercising ≥ 3 days/week outside of my regular job	10,125	42.7	39.2	46.2
c. Regularly taking prescription medicines other than birth control	5,925	25.0	21.9	28.1
d. Checked for diabetes by a health care worker	3,563	15.1	12.9	17.4
e. Talked with a health care worker about family medical history	8,350	35.3	32.0	38.7

NE P8 Question 7

Missing 7a. n=6; 7b. n=11; 7c. n=16; 7d. n=22; 7e. n=19

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

6.2 HEALTH CONDITIONS PRIOR TO PREGNANCY

Pre-pregnancy health conditions, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Diabetes	575	2.4	1.4	3.5
b. Hypertension	769	3.2	2.1	4.4
c. Depression	4,440	18.7	15.8	21.5
d. Did not report having diabetes, hypertension, or depression pre-pregnancy	18,778	78.7	75.8	81.6

NE P8 Question 8

Missing 8a n=14; 8b n=11; 8c n=7; 8d n=0

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

6.3 VITAMIN USE PRIOR TO PREGNANCY

Vitamin use during the month before pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Didn't take vitamin	11,417	47.9	44.5	51.4
1-3 times/week	1,740	7.3	5.4	9.2
4-6 times/week	1,348	5.7	4.0	7.3
Every day of the week	9,324	39.1	35.7	42.5

NE P8 Question 9

Missing n=4

7 MATERNAL HEALTH CARE

7.1 VISIT INFORMATION

7.1.1 Had any health care visits before pregnancy

Reported any health care visits in the 12 months prior to pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Had health care visits before pregnancy	16,836	70.7	67.8	73.6
Had no health care visits before pregnancy	6,989	29.3	26.4	32.2

NE P8 Question 10

Missing n=4

7.1.2 Types of health care visits prior to pregnancy

Type of health care visit in 12 months prior to pregnancy among respondents with any visits prior to pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Checkup with doctor	7,307	43.4	39.2	47.6
b. Checkup with OB/GYN	8,958	53.2	48.9	57.6
c. Visit for illness	2,730	16.2	13.0	19.4
d. Visit for injury	822	4.9	3.1	6.7
e. Visit for family planning / birth control	2,912	17.3	14.0	20.6
f. Visit for depression or anxiety	2,885	17.1	13.8	20.5
g. Visit with dentist	11,097	65.9	61.8	70.0
h. Other visit	2,708	16.1	12.9	19.3

NE P8 Question 11

Missing 11a n=0; 11b n=2; 11c n=0; 11d n=0; 11e n=1; 11f n=0; 11g n=0; 11h n=0

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

7.1.3 Conversation topics covered by a health care worker prior to pregnancy

Conversations at health care visits in the 12 months prior to pregnancy among respondents with any visits prior to pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Tell me to take a vitamin with folic acid	4,746	28.8	24.9	32.7
b. Talk to me about maintaining a healthy weight	4,685	28.6	24.8	32.5
c. Talk to me about controlling any medical conditions such as diabetes or high blood pressure	1,381	8.4	6.4	10.4
d. Talk to me about my desire to have or not have children	6,872	41.9	37.6	46.3
e. Talk to me about using birth control to prevent pregnancy	5,367	32.8	28.7	36.9
f. Talk to me about how I could improve my health before a pregnancy	4,051	24.8	21.1	28.5
g. Talk to me about sexually transmitted infections such as chlamydia, gonorrhea, or syphilis	3,275	20.0	16.7	23.2
h. Ask me if I was smoking cigarettes	12,434	75.4	71.7	79.1
i. Ask me if someone was hurting me emotionally or physically	8,320	50.8	46.4	55.1
j. Ask me if I was feeling down or depressed	9,203	55.8	51.5	60.2
k. Ask me about the kind of work I do	10,141	61.9	57.6	66.2
l. Test me for HIV (the virus that causes AIDS)	2,708	16.7	13.7	19.7

NE P8 Question 12

Missing 12a n=18; 12b n=23; 12c n=22; 12d n=21; 12e n=23; 12fn=23; 12g n=22; 12h n=18; 12i n=21; 12jn=21; 12k n=24; 12l n=34

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

7.1.4 Had a health care conversation about planning for pregnancy

Had a health care conversation about preparing for pregnancy prior to pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Had conversation about preparing for pregnancy	6,586	27.7	24.5	30.9
Had no conversation about preparing for pregnancy	17,190	72.3	69.1	75.5

NE P8 Question 13

Missing n=6

7.1.5 Conversation topics covered before pregnancy with health care worker

Conversation topics covered with health care worker among respondents who had a health care conversation about preparing for pregnancy prior to pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Getting my vaccines updated before pregnancy	3,292	50.6	43.6	57.6
b. Visiting a dentist or dental hygienist before pregnancy	1,785	27.3	21.6	33.0
c. Getting counseling for any genetic diseases that run in my family	1,658	25.6	19.8	31.5
d. Getting counseling or treatment for depression or anxiety	1,603	24.7	18.7	30.7
e. The safety of using prescription or over-the-counter medicines during pregnancy	3,465	53.2	46.2	60.2
f. How smoking during pregnancy can affect a baby	3,173	48.7	41.8	55.5
g. How drinking alcohol during pregnancy can affect a baby	3,191	49.0	42.1	55.8
h. How using illegal drugs during pregnancy can affect a baby	3,088	47.4	40.6	54.2

NE P8 Question 14

Missing 14a n=6; 14b n=5; 14c n=10; 14d n=8; 14e n=5; 14f n=5; 14g n=6; 14h n=5

†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, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
Private or other	17,318	72.6	69.8	75.3
Medicaid or Indian Health Service	3,535	14.8	12.6	17.0
None	3,911	16.4	14.1	18.6

NE P8 Question 15

Missing n=7

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

[^] Categories were created for this variable that combined response options from the original question.

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

7.2.2 Health insurance during pregnancy

Prenatal care insurance type ^{^*} , Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
Private or other	16,076	67.4	64.5	70.3
Medicaid or Indian Health Service	7,666	32.1	29.1	35.2
None	411	1.7	0.9	2.6

NE P8 Question 16

Missing n=152

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

[^]Categories were created for this variable that combined response options from the original question.

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

7.2.3 Health insurance for delivery

Delivery insurance type ^{^*} , Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
Private or other	16,328	68.4	65.6	71.3
Medicaid or Indian Health Service	9,055	37.9	24.8	41.1
None	547	2.3	1.4	3.2

NE P8 Question 17

Missing n=9

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

[^]Categories were created for this variable that combined response options from the original question.

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

7.2.4 Health insurance postpartum

Postpartum insurance type ^{^*} , Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
Private or other	16,262	68.2	65.3	71.0
Medicaid or Indian Health Service	7,022	29.4	26.5	32.4
None	1,961	8.2	6.8	9.7

NE P8 Question 18

Missing n=8

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

[^]Categories were created for this variable that combined response options from the original question.

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

8 PREGNANCY INTENTION

8.1 PREGNANCY TIMING INTENTION

When mother intended to become pregnant, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Later	3,689	15.6	13.1	18.0
Sooner	4,166	17.6	14.9	20.3
When it happened	11,544	48.7	45.2	52.2
Did not want to be pregnant then or any time in the future	1,022	4.3	3.0	5.6
Was not sure	3,281	13.8	11.5	16.2

NE P8 Question 19

Missing n=9

8.2 PREGNANCY INTENTION

Unintended pregnancy^ (recoded), Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Unintended pregnancy	4,711	19.9	17.2	22.5
Intended pregnancy	15,710	66.3	63.1	69.5
Not sure	3,281	13.8	11.5	16.2

NE P8 Question 19

Missing n=9

^Unintended pregnancy= "Later", "Did not want to be pregnant then or any time in the future";

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

8.3 WAS TRYING TO GET PREGNANT

Was trying to get pregnant with new baby, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Was trying to get pregnant	14,592	61.5	58.2	64.8
Was not trying to get pregnant	9,140	38.5	35.2	41.8

NE P8 Question 20

Missing n=8

8.4 WAS TRYING TO KEEP FROM GETTING PREGNANT

Was doing something to keep from getting pregnant among respondents who were not trying to get pregnant, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Tried to keep from getting pregnant	3,387	37.3	32.0	42.6
Did not try to keep from getting pregnant	5,685	62.7	57.4	68.0

NE P8 Question 21

Missing n=13

8.5 REASON FOR NOT DOING ANYTHING TO KEEP FROM GETTING PREGNANT FOR MOST RECENT PREGNANCY

Reasons for not doing anything to keep from getting pregnant among respondents who were not trying to get pregnant and were not doing something to prevent pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. I didn't mind if I got pregnant	3,566	61.3	54.6	68.0
b. I thought I couldn't get pregnant at that time	1,192	20.5	15.0	26.0
c. I had side effects from birth control	368	6.3	3.2	9.5
d. I had problems getting birth control	*	*	*	*
e. I thought my partner or I was sterile	719	12.4	7.5	17.3
f. My partner didn't want to use anything	923	15.8	11.0	20.7
g. I forgot to use birth control	*	*	*	*
h. Other	655	11.2	6.9	15.5

NE P8 Question 22

Missing 22a n=5; 22b n=4; 22c n=4; 22d n=3; 22e n=4; 22f n=3; 22g n=3; 22h n=3

†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.

8.6 METHOD OF PREVENTING MOST RECENT PREGNANCY

Method of preventing most recent pregnancy among respondents who were not trying to get pregnant and were doing something to prevent pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Birth control pills	779	22.1	14.9	29.2
b. Condom	1,481	42.0	33.3	50.7
c. Shot or injections (Depo-Provera)	*	*	*	*
d. Contraceptive implant in the arm (Nexplanon or Implanon)	*	*	*	*
e. Contraceptive patch (OrthoEvra) or vaginal ring (NuvaRing)	*	*	*	*
f. Intrauterine device (IUD) (including Mirena, ParaGard, Liletta, or Skyla)	*	*	*	*
g. Natural family planning (including rhythm method)	742	21.0	13.6	28.5
h. Withdrawal (pulling out)	1,234	34.9	26.8	43.1
i. Other	*	*	*	*

NE P8 Question 23

Missing 23a n=3; 23b n=3; 23c n=3; 23d n=3; 23e n=3; 23fn=3; 23g n=3; 23h n=3; 23i n=3

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

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

9 PRENATAL CARE

9.1 TIMING OF FIRST PRENATAL CARE VISIT

Timing of first prenatal care visit, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
During first trimester	20,792	88.4	86.4	90.4
After first trimester	*	*	*	*
Did not have prenatal care	*	*	*	*

NE P8 Question 24

Missing n=27

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

9.2 RECEIVED PRENATAL CARE AS EARLY AS WANTED

Received prenatal care as early as wanted among those who received prenatal care, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Received prenatal care as early as wanted	21,213	90.0	88.0	92.1
Didn't receive prenatal care as early as wanted	2,351	10.0	7.9	12.0

NE P8 Question 25

Missing n=21

9.3 BARRIERS TO GETTING PRENATAL CARE AS EARLY AS WANTED

Barriers to receiving prenatal care as early as wanted among those who received prenatal care, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Couldn't get an appointment when I wanted one	671	28.5	18.6	38.4
b. Didn't have enough money or insurance to pay for visits	595	25.4	16.2	34.6
c. Didn't have transportation	*	*	*	*
d. Doctor or health plan would not start care earlier	357	15.8	7.9	23.7
e. Too many other things going on	*	*	*	*
f. Couldn't take time off from work or school	*	*	*	*
g. Didn't have Medicaid or Medicaid Managed Care card	452	19.4	11.1	27.7
h. Didn't have anyone to take care of my children	*	*	*	*
i. Didn't know that I was pregnant	986	41.8	31.3	52.4
j. Didn't want anyone else to know I was pregnant	*	*	*	*
k. Didn't want prenatal care	*	*	*	*

NE P8 Question 26

Missing 26a n=28; 26b n=26; 26c n=33; 26d n=37; 26e n=34; 26fn=35; 26g n=32; 26h n=37; 26i n=27; 26j n=36; 26k n=35

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

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

9.4 LOCATION AT WHICH MOST PRENATAL CARE WAS RECEIVED

Location at which most prenatal care was received among those who received prenatal care, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Private doctor's office	11,618	50.0	46.6	53.5
Hospital clinic	8,430	36.3	33.0	39.7
Health department clinic	1,115	4.8	3.4	6.2
Indian Health Service or Tribal Clinic	*	*	*	*
Community health center	*	*	*	*
Other	1,232	5.3	3.9	6.7

NE P8 Question 27

Missing n=55

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

9.5 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, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Weight gain	11,974	50.9	47.4	54.5
b. Prescription medication	22,755	96.3	95.2	97.4
c. Tobacco use	22,651	95.8	94.4	97.2
d. Alcohol use	22,305	94.4	92.7	96.1
e. Emotional or physical abuse	18,710	79.7	76.8	82.6
f. Depression	20,188	85.7	83.2	88.3
g. Illicit drug use	19,155	81.3	78.4	84.1
h. HIV testing	12,189	52.1	48.5	55.6
i. Breastfeeding	21,739	92.2	90.2	94.1
j. Birth control	18,958	80.8	77.9	83.6

NE P8 Question 28

Missing 28a n=29; 28b n=24; 28c n=21; 28d n=24; 28e n=34; 28f n=30; 28g n=28; 28h n=50; 28i n=24; 28j n=34

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

9.6 PRENATAL CARE SATISFACTION

Prenatal care satisfaction among those who received prenatal care, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Satisfied with wait time	21,218	91.0	89.0	92.9
b. Satisfied with time spent with doctor, nurse, or midwife	21,713	92.7	90.9	94.5
c. Satisfied with advice on how to take care of myself	21,678	92.7	90.8	94.6
d. Satisfied with the understanding and respect shown toward me as a person	22,705	96.8	95.5	98.1

NE P8 Question 29

Missing 29a n=49; 29b n=42; 29c n=39; 29d n=37

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

10 INFECTIOUS DISEASE

10.1 HIV TEST COMPLETED DURING PRENATAL CARE OR DELIVERY

HIV test completed during prenatal care or delivery, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
HIV test completed	8,738	47.2	43.3	51.1
No HIV test completed	9,777	52.8	48.9	56.7

NE P8 Question 30

Missing n=322

10.2 FLU SHOT ADVISED BEFORE/DURING PREGNANCY

Flu shot advised before/during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Yes, flu shot advised	21,783	91.9	90.0	93.7
No, flu shot was not advised	1,927	8.1	6.3	10.0

NE P8 Question 31

Missing n=20

10.3 FLU SHOT RECEIVED BEFORE/DURING PREGNANCY

Flu shot received before or during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Yes, flu shot received before pregnancy	3,479	14.8	12.3	17.3
Yes, flu shot received during pregnancy	14,400	61.2	57.8	64.7
No, did not receive a flu shot before or during pregnancy	5,644	24.0	21.0	27.0

NE P8 Question 32

Missing n=35

10.4 FLU SHOT RECEIVED BEFORE/DURING PREGNANCY (COMBINED)

Flu shot received before or during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Yes, flu shot received before or during pregnancy	17,879	76.0	73.0	79.0
No, flu shot received before or during pregnancy	5,644	24.0	21.0	27.0

NE P8 Question 32

Missing n=35

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

Tdap shot received during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Tdap shot received	19,486	87.2	84.8	89.5
Tdap shot not received	2,863	12.8	10.5	15.2

NE P8 Question 33

Missing n=146

11 ORAL HEALTH

11.1 TEETH CLEANED DURING PREGNANCY

Teeth cleaned during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Teeth cleaned during pregnancy	11,798	49.7	46.2	53.1
Teeth were not cleaned during pregnancy	11,954	50.3	46.9	53.8

NE P8 Question 34

Missing n=12

11.2 ORAL HEALTH CARE EXPERIENCE DURING PREGNANCY

Oral health care experience during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Had knowledge of importance of caring for teeth and gums during pregnancy	20,505	86.7	84.5	88.9
b. A health care professional provided oral health education	12,874	54.6	51.1	58.1
c. Had oral health insurance coverage during pregnancy	19,536	83.2	80.8	85.7
d. Had a need for dentist visit for problem during pregnancy	3,780	16.1	13.5	18.6
e. Completed visit to dental clinic for problem during pregnancy	3,573	15.1	12.6	17.6

NE P8 Question 35

Missing 35a n=21; 35b n=27; 35c n=40; 35d n=35; 35e n=29

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

12 PREGNANCY SUPPORT

12.1 ATTENDED A CHILDBIRTH CLASS DURING PREGNANCY

Attended a childbirth class during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Attended a childbirth class during pregnancy	4,241	17.8	15.1	20.5
Did not attend a childbirth class during pregnancy	19,560	82.2	79.5	84.9

NE P8 Question 36

Missing n=10

12.2 HAD A HOME VISITOR DURING PREGNANCY

Had a home visitor [^] during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Had a home visitor during pregnancy	523	2.2	1.3	3.1
Did not have a home visitor during pregnancy	23,222	97.8	96.9	98.7

NE P8 Question 37

Missing n=15

[^]A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps pregnant women.

12.3 TYPE OF HOME VISITOR DURING PREGNANCY

Type of home visitor during pregnancy among respondents who had a home visitor during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Nurse or nurse's aide	*	*	*	*
Teacher or health educator	*	*	*	*
Doula or midwife	*	*	*	*
Someone else	*	*	*	*

NE P8 Question 38

Missing n=16

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

12.4 USED WIC DURING PREGNANCY

Was on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Used WIC during pregnancy	6,068	25.5	23.0	28.0
Did not use WIC during pregnancy	17,755	74.5	72.0	77.0

NE P8 Question 39

Missing n=8

12.5 HEALTH CONDITIONS DURING PREGNANCY

Health conditions during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Gestational diabetes	2,666	11.2	9.2	13.3
b. High blood pressure, pre-eclampsia, or eclampsia	4,354	18.4	15.6	21.2
c. Depression	4,573	19.3	16.4	22.2
d. Did not report having gestational diabetes, high blood pressure, pre-eclampsia, or eclampsia, or depression during pregnancy	14,618	61.3	57.8	64.7

NE P8 Question 40

Missing 40a n=11; 40b n=19; 40c n=23; 40d n=0

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

12.6 ASKED FOR HELP FOR DEPRESSION DURING PREGNANCY

Asked a health care worker for help for depression during pregnancy among those with diagnosed depression during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Asked for help for depression during pregnancy	2,568	56.7	48.2	65.3
Did not ask for help for depression during pregnancy	1,958	43.3	34.7	51.8

NE P8 Question 41

Missing n=17

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, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes in past 2 years	4,257	17.9	15.1	20.7
Did not smoke cigarettes in past 2 years	19,524	82.1	79.3	84.9

NE P8 Question 42

Missing n=12

13.1.2 Smoking behavior three months before pregnancy

Smoked cigarettes in the 3 months before pregnancy among all respondents, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes in the 3 months before pregnancy	3,717	15.7	13.0	18.3
Did not smoke cigarettes in the 3 months before pregnancy	19,993	84.3	81.7	87.0

NE P8 Question 43

Missing n=14

13.1.3 Smoking behavior in the last three months of pregnancy

Smoked cigarettes in the last 3 months of pregnancy among all respondents, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes in the last 3 months of pregnancy	1,924	8.1	6.1	10.2
Did not smoke cigarettes in the last 3 months of pregnancy	21,786	91.9	89.8	93.9

NE P8 Question 44

Missing n=14

13.1.4 Smoking behavior after pregnancy

Smoked cigarettes after pregnancy among all respondents, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked cigarettes after pregnancy	2,616	11.0	8.7	13.4
Did not smoke cigarettes after pregnancy	21,130	89.0	86.6	91.3

NE P8 Question 45

Missing n=14

13.1.5 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, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Quit smoking during pregnancy	1,797	48.4	38.8	57.9
Did not quit smoking during pregnancy	1,920	51.6	42.1	61.2

NE P8 Questions 43 and 44

Missing n=48

13.1.6 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, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Relapsed smoking after pregnancy	804	44.8	31.1	58.5
Did not relapse smoking after pregnancy	991	55.2	41.5	68.9

NE P8 Questions 43 and 45

Missing n=150

13.1.7 Rules for smoking behavior in home after delivery

Rules about smoking inside mother's home after pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
No one is allowed to smoke anywhere inside home	23,151	98.3	97.5	99.1
Smoking is allowed in some rooms or at some times	*	*	*	*
Smoking is permitted anywhere inside my home	*	*	*	*

NE P8 Question 46

Missing n=24

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

13.2 HOOKAH AND E-CIGARETTES

13.2.1 Used hookah or e-cigarettes in past two years

Smoked e-cigarettes or hookah in the past 2 years, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Smoked e-cigarettes in past 2 years	1,971	8.4	6.3	10.5
Didn't smoke e-cigarettes in past 2 years	21,553	91.6	89.5	93.7
b. Smoked hookah in past 2 years	377	1.6	0.8	2.5
Didn't smoke hookah in past 2 years	22,922	98.4	97.5	99.2

NE P8 Question 47

Missing 47a n=25; 47b n=37

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

13.2.2 E-cigarette use three months before pregnancy

Smoked e-cigarettes in the 3 months before pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked e-cigarettes before pregnancy	1,419	6.0	4.2	7.8
Didn't smoke e-cigarettes before pregnancy	22,192	94.0	92.2	95.8

NE P8 Question 48

Missing n=25

13.2.3 E-cigarette use last three months of pregnancy

Smoked e-cigarettes in the last 3 months of pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Smoked e-cigarettes during pregnancy	*	*	*	*
Didn't smoke e-cigarettes during pregnancy	*	*	*	*

NE P8 Question 49

Missing n=24

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

13.3 ALCOHOL USE

13.3.1 Alcohol use in the past two years

Drank alcohol in the past 2 years, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Drank alcohol in past 2 years	17,477	73.4	70.8	76.1
Did not drink alcohol in past 2 years	6,318	26.6	23.9	29.2

NE P8 Question 50

Missing n=10

13.3.2 Alcohol use in the three months before pregnancy

Frequency of alcohol use in the 3 months before pregnancy among respondents who drank alcohol in the past 2 years, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
I didn't drink then	1,745	10.0	7.5	12.5
Less than 1 drink/week	7,118	40.8	36.6	45.0
1 to 3 drinks/week	5,737	32.9	28.8	37.0
4 to 7 drinks/week	1,939	11.1	8.4	13.8
8 to 13 drinks/week	*	*	*	*
14 or more drinks/week	*	*	*	*

NE P8 Question 51

Missing n=11

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

13.3.3 Alcohol use in the last three months of pregnancy

Frequency of alcohol use in the last 3 months of pregnancy among respondents who drank alcohol in the past 2 years, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
I didn't drink then	14,648	84.4	81.4	87.5
Less than 1 drink/week	1,828	10.5	7.9	13.1
1 or more drinks/week	871	5.0	3.2	6.9

NE P8 Question 53

Missing n=13

13.3.4 Alcohol use after pregnancy

Frequency of alcohol use after pregnancy among all respondents, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
I didn't drink then	10,653	45.0	41.6	48.3
Less than 1 drink/week	7,955	33.6	30.2	37.0
1 to 3 drinks/week	3,900	16.5	13.7	19.2
4 to 7 drinks/week	1,008	4.3	2.7	5.8
8 to 13 drinks/week	*	*	*	*
14 or more drinks/week	*	*	*	*

NE P8 Question 83

Missing n=19

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

13.3.5 Change in alcohol use from before pregnancy to after pregnancy

Quit drinking alcohol during pregnancy among respondents who drank alcohol in the past 2 years, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Quit drinking during pregnancy	12,972	87.8	84.8	90.8
Did not quit drinking during pregnancy	1,805	12.2	9.2	15.2

NE P8 Questions 51 and 53

Missing n=170

13.3.6 Binge drank in the three months before pregnancy

Binge drank alcohol in the 3 months before pregnancy among respondents who drank alcohol in the past 2 years, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Binge drank before pregnancy	10,448	59.6	55.4	63.7
Did not binge drink before pregnancy	5,207	29.7	25.8	33.6

NE P8 Question 52

Missing n= 128

13.3.7 Frequency of binge drinking in the three months before pregnancy

Frequency of binge drinking in the 3 months before pregnancy among respondents who drank alcohol in the past 2 years, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
0 times	10,448	66.7	62.4	71.0
1 time	2,318	14.8	11.6	18.0
2 to 3 times	2,029	13.0	10.0	15.9
4 to 5 times	*	*	*	*
6 or more times	*	*	*	*

NE P8 Question 52

Missing n=128

*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

14.1.1 Individual stressful life event counts

Stressful life events in the 12 months before delivery, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Husband/partner or self in jail during pregnancy	868	3.7	2.4	5.0
b. Someone close to me had problem with drinking/drugs during pregnancy	2,875	12.1	9.7	14.5
c. Homeless during pregnancy	606	2.6	1.4	3.7
d. Argued with husband/partner more than usual during pregnancy	3,836	16.2	13.6	18.8
e. Husband/partner said they didn't want me to be pregnant	1,191	5.0	3.5	6.5
f. Problems paying rent, mortgage, or other bills during pregnancy	2,910	12.3	10.1	14.5
g. Husband/partner or self had cut in work hours or pay during pregnancy	3,974	16.8	14.2	19.4
h. Lost job unwillingly during pregnancy	2,153	9.1	7.2	11.0
i. Separated/divorced during pregnancy	986	4.2	2.9	5.4
j. Someone close to me died during pregnancy	4,487	18.9	16.1	21.7
k. A close family member was sick and had to go to the hospital during pregnancy	4,551	19.2	16.3	22.0
l. Moved during pregnancy	7,511	31.8	28.5	35.1
m. Away from husband/partner due to work during pregnancy	989	4.2	2.7	5.6
n. Husband/partner lost job during pregnancy	2,195	9.3	7.4	11.3

NE P8 Question 54

Missing 54a n=20; 54b n=15; 54c n=14; 54d n=16; 54e n=18; 54fn=15; 54g n=20; 54h n=19; 54i n=16; 54jn=15; 54k n=14; 54l n=17; 54m n=22; 54n n=24

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

14.1.2 Four yes/no stressful life event categories

Stressful life events in the 12 months before delivery can be combined into 4 distinct categories. Each category of stress includes the following subset of variables

Traumatic stress	Respondent experienced any abuse before or during pregnancy (Y to any of Q55 or 56) or said yes to “Husband/partner or self in jail during pregnancy” or “Someone close to me had problem with drinking/drugs during pregnancy” or “Homeless during pregnancy.”
Financial stress	Respondent said yes to “Problems paying rent, mortgage, or other bills during pregnancy” or “Husband/partner or self had cut in work hours or pay during pregnancy” or “Lost job unwillingly during pregnancy” or “Husband/partner lost job during pregnancy.”
Partner-related stress	Respondent said yes to “Separated/divorced during pregnancy” or “Argued with husband/partner more than usual during pregnancy” or “Husband/partner said they didn't want me to be pregnant.”
Emotional stress	Respondent said yes to “Someone close to me died during pregnancy” or “A close family member was sick and had to go to the hospital during pregnancy.”

Stressful life event in the 12 months before delivery (4 category Y/N variable), Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Traumatic stress	3,902	16.6	14.0	19.3
b. Financial stress	7,137	30.2	27.0	33.4
c. Partner-related stress	4,601	19.4	16.7	22.2
d. Emotional stress	6,805	28.7	25.5	31.9
e. No stressors	10,367	44.1	40.6	47.5

NE P8 Question 54

Missing 54a n=31; 54b n=22; 54c n=16; 54d n=16; 54e n=29

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

14.1.3 Four count stressful life event categories

Stressful life event in the 12 months before delivery (4 category count variable): Traumatic stress, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
0 traumatic stressors	19,958	83.6	81.0	86.3
1 traumatic stressor	2,802	11.7	9.5	14.0
2 or more traumatic stressors	1,100	4.6	3.1	6.1

NE P8 Question 54

Missing n=0

Stressful life event in the 12 months before delivery (4 category count variable): Financial stress, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
0 financial stressors	17,928	75.1	72.2	78.1
1 financial stressor	3,849	16.1	13.5	18.7
2 or more financial stressors	2,083	8.7	6.9	10.6

NE P8 Question 54

Missing n=0

Stressful life event in the 12 months before delivery (4 category count variable): Partner-related stress, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
0 partner-related stressors	18,094	75.8	72.9	78.8
1 partner-related stressor	3,901	16.3	13.8	18.9
2 or more partner-related stressors	1,865	7.8	6.0	9.7

NE P8 Question 54

Missing n=0

Stressful life event in the 12 months before delivery (4 category count variable): Emotional stress, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
0 emotional stressors	17,055	71.5	68.3	74.7
1 emotional stressor	4,572	19.2	16.4	22.0
2 emotional stressors	2,233	9.4	7.2	11.5

NE P8 Question 54

Missing n=0

14.2 ABUSE BEFORE PREGNANCY

Intimate partner violence before pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Yes, from husband or partner	453	1.9	1.0	2.8
No, not from husband or partner	23,202	98.1	97.2	99.0
b. Yes, from ex-husband or ex-partner	650	2.8	1.5	4.0
No, not from ex-husband or ex-partner	22,942	97.2	96.0	98.5
c. Yes, from someone else	*	*	*	*
No, not from someone else	*	*	*	*

NE P8 Question 55

Missing 55a n=20; 55b n=25; 55c n=25

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

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

14.3 ABUSE DURING PREGNANCY

Intimate partner violence during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Yes, from husband or partner	*	*	*	*
No, not from husband or partner	*	*	*	*
b. Yes, from ex-husband or ex-partner	*	*	*	*
No, not from ex-husband or ex-partner	*	*	*	*
c. Yes, from someone else	*	*	*	*
No, not from someone else	*	*	*	*

NE P8 Question 56

Missing 56a n=18; 56b n=28; 56c n=28

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

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

14.4 COMBINED PARTNER ABUSE BEFORE AND DURING PREGNANCY

Intimate partner violence before and during pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Yes, from current/ex-husband or partner	1,091	4.6	3.1	6.1
No abuse from current/ex-husband or partner	22,682	95.4	93.9	96.9

NE P8 Questions 55 and 56

Missing n=14

15 BABY'S HEALTH

15.1 BABY'S LENGTH OF HOSPITAL STAY

Length of baby's hospital stay, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
<1 day	459	1.9	1.1	2.7
1-2 days	14,768	62.7	59.3	66.0
3-5 days	6,078	25.8	22.8	28.8
6-14 days	1,076	4.6	3.1	6.0
More than 14 days	994	4.2	2.9	5.5
Not born in hospital	*	*	*	*
Still in hospital when surveyed	*	*	*	*

NE P8 Question 58

Missing n=25

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

15.2 BABY'S VITAL STATUS AT TIME OF SURVEY

Baby was alive when surveyed, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Baby was alive	*	*	*	*
Baby was deceased	*	*	*	*

NE P8 Question 59

Missing n=13

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

15.3 BABY IS LIVING WITH MOTHER NOW

Baby lived with mother when surveyed among those with live babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Baby lived with mother	*	*	*	*
Baby did not live with mother	*	*	*	*

NE P8 Question 60

Missing n=13

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

16 BABY FEEDING

16.1 RECEIVED INFORMATION ABOUT BREASTFEEDING FROM SOURCES

Received information about breastfeeding from source before delivery among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. My doctor	18,071	78.7	75.8	81.7
b. Nurse, midwife, or doula	15,478	68.8	65.5	72.2
c. Breastfeeding or lactation specialist	17,714	78.5	75.6	81.4
d. Baby's doctor or health care provider	16,441	73.1	69.9	76.4
e. Breastfeeding support group	5,038	22.6	19.6	25.6
f. Breastfeeding hotline or toll-free number	1,928	8.7	6.8	10.5
g. Family or friends	13,553	60.4	56.9	63.9
h. Other	1,809	10.0	7.6	12.3

NE P8 Question 61

Missing 61a n=40; 61b n=84; 61c n=78; 61d n=91; 61e n=111; 61f n=122; 61g n=98; 61h n=368

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

16.2 EVER BREASTFED

Breastfeeding initiation among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Initiated breastfeeding	21,130	90.9	88.9	92.8
Did not initiate breastfeeding	2,127	9.1	7.2	11.1

NE P8 Question 62

Missing n=21

16.3 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, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Still breastfeeding at 4 weeks	18,624	80.6	77.9	83.4
Still breastfeeding at 8 weeks	17,031	73.7	70.7	76.8
Still breastfeeding at 13 weeks	15,547	67.3	64.0	70.6
Still breastfeeding at 16 weeks	14,825	64.2	60.9	67.5

NE P8 Questions 63 and 64

Missing n=29

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

16.4 REASON FOR NO LONGER BREASTFEEDING

Reasons why people stopped breastfeeding among respondents who breastfed, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Thought she was not producing enough milk, or milk dried up	3,935	56.9	50.5	63.2
b. Breast milk alone did not satisfy baby	2,625	38.0	31.7	44.2
c. Baby had difficulty latching or nursing	2,372	34.3	28.1	40.5
d. Nipples were sore, cracked, or bleeding or it was too painful	1,731	25.0	19.3	30.7
e. Went back to work	980	14.2	9.8	18.5
f. Thought baby was not gaining enough weight	1,036	15.0	10.4	19.5
g. Had too many other household duties	1,698	24.5	18.9	30.2
h. Felt it was the right time to stop breastfeeding	1,079	15.6	10.8	20.4
i. Mother got sick or had to stop for medical reasons	423	6.1	3.4	8.8
j. Baby was jaundiced	785	11.4	7.2	15.5
k. Went back to school	*	*	*	*
l. Partner did not support breastfeeding	*	*	*	*
m. Other	1,313	19.0	13.9	24.0

NE P8 Question 65

Missing 65a n=15; 65b n=17; 65c n=16; 65d n=15; 65e n=15; 65f n=15; 65g n=15; 65h n=16; 65i n=15; 65j n=16; 65k n=15; 65l n=15; 65m n=15

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

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

16.5 HOSPITAL SUPPORT FOR BREASTFEEDING

Hospital support for breastfeeding among respondents who breastfed, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Baby was breastfed in the hospital	19,664	95.5	94.1	96.8
b. Hospital gave out a telephone number to call for help with breastfeeding	17,384	84.5	81.9	87.1
c. Hospital gave mother a gift pack with formula	7,716	37.6	34.0	41.2
d. Hospital staff helped learn how to breastfeed	16,909	82.2	79.3	85.1
e. Breastfed in the first hour after baby was born	16,455	80.0	77.1	82.9
f. Hospital staff gave out information about breastfeeding	19,720	95.8	94.5	97.2
g. Baby was fed only breast milk at the hospital	15,018	73.3	70.1	76.4
h. Baby was placed in skin-to-skin contact within the first hour of life	17,912	87.0	84.5	89.5

NE P8 Question 66

Missing 66a n=46; 66b n=52; 66c n=55; 66d n=52; 66e n=51; 66f n=50; 66g n=53; 66h n=49

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

16.6 EXCLUSIVELY BREASTFED AT 4, 8, AND 13 WEEKS

Exclusive breastfeeding [^] at 4, 8, and 13 weeks among respondents who breastfed, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Exclusive breastfeeding at 4 weeks	12,953	61.7	58.1	65.2
b. Exclusive breastfeeding at 8 weeks	11,473	54.6	50.9	58.3
c. Exclusive breastfeeding at 13 weeks	10,311	49.1	45.4	52.8

NE P8 Questions 63, 64, 67 and 68

Missing EBa n=34; EBb n=34; EBc n=33

[^] Categories were created for this variable based on the number of weeks and months of breastfeeding reported and the timing of first liquids and solids other than breastmilk reported

16.7 WHEN BABY FIRST ATE SOLID FOOD

Age baby first had solid food [^] among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Less than 2 months	*	*	*	*
2-3 months	3,208	13.9	11.5	16.3
4-5 months	*	*	*	*
6 months or more	17,194	74.4	71.4	77.4

NE P8 Question 68

Missing n=36

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

[^]Categories were created for this variable based on the number of weeks and months reported before eating solid food

17 BABY SLEEPING

17.1 HOW BABY IS PUT TO SLEEP MOST OFTEN

How baby is put to sleep most often among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Side	1,684	7.3	5.6	9.0
Back	20,471	88.5	86.5	90.5
Stomach	606	2.6	1.7	3.5
Side or back	251	1.1	0.6	1.5
Stomach or back	*	*	*	*
Side or stomach	*	*	*	*
All three	*	*	*	*

NE P8 Question 69

Missing n=26

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

17.2 BABY SLEEPS ALONE

How often baby sleeps alone in their own crib or bed [^] among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Always / Often	18,132	78.6	75.9	81.3
Sometimes / Rarely	3,170	13.7	11.5	16.0
Never	1,769	7.7	5.9	9.4

NE P8 Question 70

Missing n=32

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

17.3 BABY SLEEPS IN MOTHER'S ROOM

Baby sleeps in mother'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, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Baby sleeps in mother's room	16,607	78.4	75.2	81.6
Baby does not sleep in mother's room	4,581	21.6	18.4	24.8

NE P8 Question 71

Missing n=39

17.4 HOW BABY SLEEPS (ON WHAT, WITH WHAT)

How baby sleeps (on what, with what) among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. In a crib, bassinet, or pack and play	20,242	95.2	93.7	96.7
b. On a twin or larger mattress or bed	4,453	21.3	18.6	24.1
c. On a couch, sofa, or armchair	1,588	7.6	5.8	9.4
d. In an infant car seat or swing	9,823	46.9	43.1	50.7
e. In a sleeping sack or wearable blanket	10,699	51.4	47.7	55.0
f. With a blanket	8,066	38.7	35.1	42.3
g. With toys, cushions, or pillows, including nursing pillows	1,303	6.2	4.5	8.0
h. With crib bumper pads (mesh or non-mesh)	1,770	8.5	6.7	10.3

NE P8 Question 72

Missing 72a n=35; 72b n=70; 72c n=74; 72d n=69; 72e n=73; 72f n=72; 72g n=68; 72h n=78

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

17.5 BABY SLEEPS ALONE ON A SAFE SLEEP SURFACE

Baby usually sleeps alone on a safe sleep surface [^] among respondents living with their babies whose babies rarely, sometimes, often, or always sleep alone in their own crib or bed, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Baby usually sleeps alone on a safe sleep surface	8,792	40.7	37.0	44.3
Baby does not usually sleep alone on a safe sleep surface	12,825	59.3	55.7	63.0

NE P8 Question 72

Missing n=0

[^]Sleep alone on a safe sleep surface= Yes to usually sleeps "In a crib, bassinet, or pack and play" and No to "On a twin or larger mattress or bed", "On a couch, sofa, or armchair", and "In an infant car seat or swing." This measure excluded respondents who reported their baby "Never" slept alone in their crib or bed in the past two weeks.

17.6 BABY DOES NOT SLEEP WITH SOFT OBJECTS OR LOOSE BEDDING

Baby does not sleep with soft objects or loose bedding [^] among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Baby does not sleep with soft objects or loose bedding	12,719	54.4	51.0	57.8
Baby does sleep with soft objects or loose bedding	10,666	45.6	42.2	49.0

NE P8 Question 72

Missing n=0

[^]Soft objects or loose bedding= "With a blanket", "With toys, cushions, or pillows, including nursing pillows", "with crib bumper pads (mesh or non-mesh)"

17.7 HEALTH CARE WORKER ADVISED ON SAFE SLEEP PRACTICES

Health care worker advised on safe sleep practices among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Place baby on their back to sleep	20,578	96.9	95.7	98.0
b. Place baby to sleep in crib, bassinet, or pack and play	20,043	94.5	92.9	96.0
c. Place baby's crib or bed in mother's room	13,918	66.3	62.8	69.8
d. What things should and should not go in bed with baby	19,556	92.3	90.3	94.2

NE P8 Question 73

Missing 73a n=38; 73b n=36; 73c n=54; 73d n=39

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

18 POSTPARTUM HEALTH AND WELL BABY VISITS

18.1 BABY HAD WELL BABY CHECKUP

Baby has had a well baby checkup among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Baby had well baby checkup	*	*	*	*
Baby has not had well baby checkup	*	*	*	*

NE P8 Question 74

Missing n=30

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

18.2 MATERNAL PREGNANCY PREVENTION AFTER DELIVERY

Mother/partner are preventing pregnancy after delivery, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Is preventing pregnancy after delivery	18,179	77.3	74.5	80.2
Is not preventing pregnancy after delivery	5,325	22.7	19.8	25.5

NE P8 Question 75

Missing n=31

18.3 REASON FOR NO MATERNAL PREGNANCY PREVENTION AFTER DELIVERY

Reason mother/partner are not preventing pregnancy after delivery among those who are not preventing pregnancy, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Wants to get pregnant	1,045	19.0	13.3	24.8
b. Is pregnant now	*	*	*	*
c. Had tubes tied or blocked	*	*	*	*
d. Doesn't want to use birth control	2,390	43.5	36.3	50.6
e. Is worried about side effects from birth control	1,776	32.4	25.7	39.0
f. Is not having sex	1,117	20.4	15.0	25.8
g. Husband or partner doesn't want to use anything	730	13.3	8.1	18.6
h. Has problems paying for birth control	*	*	*	*
i. Other	1,049	19.1	13.2	25.0

NE P8 Question 76

Missing 76a n=21; 76b n=20; 76c n=20; 76d n=20; 76e n=21; 76fn=22; 76g n=23; 76h n=21; 76i n=20

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

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

18.4 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, 2020				
	Weighted Frequency	Percent†	95% Confidence Intervals	
a. Tubes tied or blocked (female sterilization or Essure)	1,420	7.7	5.7	9.8
b. Vasectomy (male sterilization)	*	*	*	*
c. Birth control pills	4,828	26.3	22.7	29.9
d. Condom	4,805	26.2	22.7	29.7
e. Shot or injections (Depo-Provera)	1,076	5.9	4.1	7.7
f. Contraceptive patch (OrthoEvra) or vaginal ring (NuvaRing)	*	*	*	*
g. Intrauterine device (IUD) (including Mirena, ParaGard, Liletta, or Skyla)	3,735	20.4	17.0	23.7
h. Contraceptive implant in the arm (Nexplanon or Implanon)	1,156	6.3	4.6	8.0
i. Natural family planning (including rhythm method)	1,668	9.1	6.7	11.5
j. Withdrawal (pulling out)	3,306	18.0	14.9	21.1
k. Not having sex	1,691	9.2	7.0	11.4
l. Other	*	*	*	*

NE P8 Question 77

Missing 77a n=22; 77b n=20; 77c n=20; 77d n=20; 77e n=20; 77f n=20; 77g n=20; 77h n=20; 77i n=21; 77j n=20; 77k n=20; 77l n=21

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

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

18.5 MATERNAL POSTPARTUM VISIT

Maternal postpartum visit, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Mother has had postpartum visit	20,905	88.3	86.3	90.4
Mother has not had postpartum visit	2,758	11.7	9.6	13.7

NE P8 Question 78

Missing n=21

18.6 CONVERSATION TOPICS COVERED WITH HEALTH CARE WORKERS DURING POSTPARTUM VISIT

Conversation topics covered at maternal postpartum visit among those with a postpartum visit, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent [†]	95% Confidence Intervals	
a. Told to take a vitamin with folic acid	11,500	55.7	51.9	59.5
b. Talked about healthy eating, exercise, and losing weight gained during pregnancy	10,719	51.8	48.0	55.6
c. Talked about how long to wait before getting pregnant again	10,397	50.2	46.4	54.0
d. Talked about birth control methods to use after giving birth	18,237	87.8	85.3	90.3
e. Gave or prescribed a contraceptive method	8,923	43.1	39.4	46.9
f. Inserted an intrauterine device (IUD) or contraceptive implant	5,063	24.5	21.3	27.8
g. Asked if mother was smoking cigarettes	12,147	58.9	55.1	62.6
h. Asked if someone was hurting mother emotionally or physically	13,429	64.9	61.2	68.6
i. Asked if mother was feeling down or depressed	19,213	92.4	90.4	94.3
j. Tested mother for diabetes	3,598	17.4	15.0	19.8

NE P8 Question 79

Missing 79a n=40; 79b n=33; 79c n=33; 79d n=28; 79e n=37; 79f n=41; 79g n=39; 79h n=33; 79i n=31; 79j n=39

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

18.7 POSTPARTUM DEPRESSION

18.7.1 Postpartum depression symptoms

Maternal postpartum depression symptoms, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Had postpartum depression symptoms	2,865	12.1	9.9	14.3
Did not have postpartum depression symptoms	20,791	87.9	85.7	90.1

NE P8 Questions 80 and 81

Missing n=23

18.7.2 Asked for help for depression since delivery

Mother asked for help for depression since delivery, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Asked for help for depression after delivery	3,660	15.5	12.9	18.1
Did not ask for help for depression after delivery	19,995	84.5	81.9	87.1

NE P8 Question 82

Missing n=20

19 MATERNAL EMPLOYMENT, SOCIOECONOMIC TOPICS

19.1 MOTHER IS CURRENTLY WORKING OR IN SCHOOL

Mother currently works or attends school among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Works or attends school outside home	11,582	51.0	47.5	54.6
Works or attends school from home	3,238	14.3	11.8	16.8
Does not work or attend school	7,876	34.7	31.4	38.0

NE P8 Question 84

Missing n=45

19.2 WHO CARES FOR BABY WHEN MOTHER IS WORKING OR IN SCHOOL

Person who cares for baby when mother works or attends school among respondents living with their babies, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Husband or partner	2,684	19.3	15.7	22.9
Baby's grandparent	2,568	18.5	14.9	22.1
Other close family member or relative	843	6.1	4.2	8.0
Friend or neighbor	*	*	*	*
Babysitter, nanny, or other child care provider	3,434	24.7	20.5	29.0
Staff at day care center	2,353	16.9	13.3	20.6
The baby is with the mother while at school or work	1,388	10.0	7.1	12.9
Other	*	*	*	*

NE P8 Question 85

Missing n= 100

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

19.3 ANNUAL HOUSEHOLD INCOME

Annual household income, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
\$0 to \$16,000	2,661	11.8	9.8	13.8
\$16,001 to \$20,000	1,447	6.4	4.8	8.0
\$20,001 to \$24,000	1,106	4.9	3.4	6.4
\$24,001 to \$28,000	918	4.1	2.8	5.3
\$28,001 to \$32,000	1,006	4.5	3.1	5.9
\$32,001 to \$40,000	1,374	6.1	4.4	7.8
\$40,001 to \$48,000	1,421	6.3	4.6	8.1
\$48,001 to \$57,000	1,656	7.4	5.4	9.3
\$57,001 to \$60,000	908	4.0	2.6	5.5
\$60,001 to \$73,000	1,519	6.7	4.9	8.6
\$73,001 to \$85,000	1,589	7.0	5.1	9.0
\$85,001 or more	6,928	30.7	27.4	34.1

NE P8 Questions 86 and 87

Missing n=111

19.4 POVERTY LEVEL BELOW 194% FEDERAL POVERTY LEVEL

Household below 194% of the federal poverty level [^] , Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Below 194% of federal poverty level	10,343	46.6	43.2	50.1
At or above 194% of federal poverty level	11,839	53.4	49.9	56.8

NE P8 Questions 86 and 87

Missing n=134

[^]Income, household size and 2020 Federal Poverty Guidelines were used to create this variable. Assistant Secretary for Planning and Evaluation. (2020) 2020 Poverty Guidelines. Office of the Assistant Secretary for Planning and Evaluation. <https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines/prior-hhs-poverty-guidelines-federal-register-references/2020-poverty-guidelines>

19.5 MATERNAL DISABILITY (BROADLY DEFINED)

Mother has a broad disability [^] , Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Has a broad disability	10,273	43.5	40.0	47.0
Does not have a broad disability	13,358	56.5	53.0	60.0

NE P8 Questions D1-D6

Missing n=22

[^]Broad disability="Some difficulty", "A little difficulty", or "I cannot do this at all" for difficulty seeing, hearing, walking or climbing steps, remembering or concentrating, with self care, or communicating in your usual language

19.6 MATERNAL DISABILITY (STRICTLY DEFINED)

Mother has a strict disability [^] , Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Has a strict disability	1,300	5.5	4.0	7.0
Does not have a strict disability	22,315	94.5	93.0	96.0

NE P8 Questions D1-D6

Missing n=26

[^]Strict disability="A little difficulty" or "I cannot do this at all" for difficulty seeing, hearing, walking or climbing steps, remembering or concentrating, with self care, or communicating in your usual language

19.7 MATERNAL TRIBAL AFFILIATION

Mother is a member of an American Indian tribe, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
Mother is an American Indian tribal member	440	1.9	1.4	2.3
Mother is not an American Indian tribal member	23,061	98.1	97.7	98.6

NE P8 Question QT1

Missing n=32

20 COVID-19 SUPPLEMENTAL QUESTIONS

20.1 TYPE OF PRENATAL CARE VISIT ATTENDED DURING COVID-19 PANDEMIC

Type of prenatal care visits mother attended during COVID-19 pandemic*, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
In-person only	8,923	86.0	82.5	89.4
Virtual only	*	*	*	*
In-person and virtual	1,183	11.4	8.3	14.5
Did not have prenatal care	*	*	*	*

NE P8 Question CV1

Missing n=11

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

20.2 REASONS FOR NOT ATTENDING VIRTUAL PRENATAL CARE DURING COVID-19 PANDEMIC

Reasons mother did not attend virtual prenatal care during COVID-19 pandemic*, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Lack of virtual appointments from provider	2,722	35.3	29.2	41.5
b. Lacked phone to use for virtual appointment	*	*	*	*
c. Lack of cellular data or cellular minutes	*	*	*	*
d. No computer or device	*	*	*	*
e. No internet service or unreliable internet	*	*	*	*
f. No private or confidential space to use	*	*	*	*
g. Preferred in person visits	6,925	86.1	82.0	90.2
h. Other	1,044	18.3	12.5	24.1

NE P8 Question CV2

Missing CV2a n=91; CV2b n=88; CV2c n=87; CV2d n=88; CV2e n=87; CV2f n=87; CV2g n=60; CV2h n=195

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

20.3 REASONS PRENATAL CARE APPOINTMENTS WERE CANCELED OR DELAYED DURING COVID-19 PANDEMIC

Reasons prenatal care appointments were canceled or delayed during COVID-19 pandemic*, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Provider office was closed or had reduced hours	1,281	12.7	9.1	16.3
b. Was afraid of COVID-19 exposure during appointment	509	5.1	3.0	7.1
c. Lost insurance during the COVID-19 pandemic	*	*	*	*
d. Problems finding care for children or other family members	926	9.2	5.9	12.5
e. Worried about taking public transportation and had no other way to get to appointment	*	*	*	*
f. Was self-isolating due to possible COVID-19 exposure or infection	1,070	10.6	7.3	14.0

NE P8 Question CV3

Missing CV3a n=23; CV3b n=23; CV3c n=27; CV3d n=24; CV3e n=24; CV3fn=23

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

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

20.4 MATERNAL BEHAVIOR WHILE PREGNANT DURING COVID-19 PANDEMIC

Maternal behavior while pregnant during COVID-19 pandemic*, Nebraska PRAMS, 2020					
		Weighted Frequency	Percent	95% Confidence Intervals	
a. Avoided gatherings of more than 10 people	Always	6,761	65.3	60.1	70.5
	Sometimes	2,652	25.6	20.8	30.5
	Never	940	9.1	5.8	12.4
b. Stayed at least 6 feet away from others when left home	Always	6,918	66.7	61.6	71.9
	Sometimes	*	*	*	*
	Never	*	*	*	*
c. Only left home for essential reasons	Always	6,688	65.1	59.8	70.3
	Sometimes	2,896	28.2	23.2	33.2
	Never	692	6.7	3.9	9.6
d. Made trips as short as possible when left home	Always	7,304	70.6	65.6	75.7
	Sometimes	2,333	22.6	17.9	27.3
	Never	704	6.8	4.1	9.6
e. Avoided having visitors inside home	Always	5,797	56.1	50.7	61.4
	Sometimes	3,374	32.6	27.5	37.8
	Never	1,167	11.3	7.7	14.9
f. Wore a mask or a cloth face covering when out in public	Always	8,711	84.4	80.2	88.6
	Sometimes	*	*	*	*
	Never	*	*	*	*
g. Washed hands for 20 seconds with soap and water	Always	9,207	88.8	85.3	92.2
	Sometimes	*	*	*	*
	Never	*	*	*	*
h. Used alcohol-based hand sanitizer	Always	8,243	79.5	75.0	84.1
	Sometimes	*	*	*	*
	Never	*	*	*	*
i. Covered coughs and sneezes with a tissue or my elbow	Always	10,069	97.1	95.5	98.7
	Sometimes	*	*	*	*
	Never	*	*	*	*

NE P8 Question CV4

Missing CV4a n=16; CV4b n=15; CV4c n=18; CV4d n=18; CV4e n=19; CV4fn=17; CV4g n=15; CV4h n=16; CV4i n=15

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20.5 SOCIAL AND COMMUNITY RISK DURING COVID-19 PANDEMIC

Social and community risk during COVID-19 pandemic*, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Could not stay home because of job or responsibilities	4,952	48.2	42.8	53.5
b. Someone in household had a job that required close contact with other people	6,448	62.4	57.3	67.5
c. When going out, others didn't social distance	6,489	63.5	58.4	68.7
d. Had trouble getting disinfectant to clean home	2,693	26.2	21.5	30.9
e. Had trouble getting sanitizer or soap for household	2,612	25.4	20.7	30.1
f. Had trouble getting mask or making masks or cloth face coverings	770	7.5	4.7	10.2
g. Was hard to wear mask or cloth face covering (trouble breathing, claustrophobia)	2,343	22.9	18.3	27.5
h. Was told by a health care provider that she had COVID-19	573	5.6	3.4	7.8
i. Someone in household was told by a health care provider that they had COVID-19	966	9.4	6.2	12.7

NE P8 Question CV5

Missing CV5a n=21; CV5b n=19; CV5c n=25; CV5d n=19; CV5e n=19; CV5fn=20; CV5g n=22; CV5h n=21; CV5i n=22

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

20.6 DELIVERY ROOM SUPPORT DURING COVID-19 PANDEMIC

Delivery room support during COVID-19 pandemic*, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Husband or partner	9,329	89.9	87.2	92.5
b. Another family member or friend	859	8.3	5.9	10.6
c. Doula	*	*	*	*
d. Some other support person	*	*	*	*
e. Hospital staff did not allow any support person	*	*	*	*

NE P8 Question CV6

Missing CV6a n=12; CV6b n=12; CV6c n=14; CV6d n=12; CV6e n=12

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20.7 HOSPITAL AND BABY EXPERIENCE DURING COVID-19 PANDEMIC

Hospital and baby experience during COVID-19 pandemic*, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Baby tested for COVID in the hospital	374	3.8	2.3	5.2
b. Separated from baby after delivery to protect baby from COVID-19	*	*	*	*
c. Wore a mask when others were in hospital room	6,142	61.1	55.7	66.5
d. Wore mask when alone and caring for baby in hospital room	1,791	17.8	14.0	21.6
e. Given info on protecting baby from COVID-19 after leaving hospital	4,883	49.2	43.7	54.6

NE P8 Question CV7

Missing CV7a n=46; CV7b n=36; CV7c n=37; CV7d n=35; CV7e n=39

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

20.8 BREASTFEEDING AT THE HOSPITAL DURING COVID-19 PANDEMIC

Breastfeeding at the hospital during COVID-19 pandemic*, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Given info on protecting baby from COVID-19 while breastfeeding	3,224	36.0	30.5	41.4
b. Wore a mask while breastfeeding in the hospital	1,819	20.1	15.8	24.4
c. Pumped breast milk in the hospital so someone else could feed baby to avoid giving baby COVID-19	537	5.9	3.2	8.6
d. Had trouble getting a visit from a lactation specialist in the hospital due to COVID-19	524	5.8	3.1	8.6

NE P8 Question CV8

Missing CV8a n=52; CV8b n=49; CV8c n=49; CV8d n=52

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

20.9 BABY'S ROUTINE HEALTH CARE DURING COVID-19 PANDEMIC

Baby's routine health care during COVID-19 pandemic*, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Baby's well visits or checkups were canceled or delayed	635	6.4	3.7	9.0
b. Baby's well visits or checkups were changed from in-person visits to virtual appointments (video or telephone)	*	*	*	*
c. Baby's immunizations were postponed	507	5.1	2.7	7.5

NE P8 Question CV9

Missing CV9a n=31; CV9b n=31; CV9c n=31

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20.10 TYPE OF MATERNAL POSTPARTUM VISIT ATTENDED DURING COVID-19 PANDEMIC

Type of maternal postpartum visit attended during COVID-19 pandemic*, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
In-person appointments only	8,810	86.4	83.2	89.6
Virtual appointments (video or telephone) only	*	*	*	*
Both, in-person and virtual appointments	*	*	*	*
Did not have any postpartum appointments	905	8.9	6.3	11.5

NE P8 Question CV10

Missing n=29

*The COVID-19 supplement is representative of family experiences for births from August 2020 through December 2020.

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

20.11 STRESSFUL LIFE EXPERIENCES DURING COVID-19 PANDEMIC

Stressful life experiences during COVID-19 pandemic*, Nebraska PRAMS, 2020				
	Weighted Frequency	Percent	95% Confidence Intervals	
a. Lost job or had a cut in work hours or pay	2,583	25.1	20.5	29.7
b. Other members of household lost job or had a cut in work hours or pay	2,340	22.6	18.4	26.9
c. Had problems paying the rent, mortgage, or other bills	1,760	17.1	13.2	21.0
d. Someone in household received unemployment	1,882	18.2	14.0	22.5
e. Had to move or relocate	1,039	10.1	7.0	13.1
f. Became homeless	*	*	*	*
g. Loss of childcare or school closures made it difficult to manage all of mother's responsibilities	2,090	20.3	15.9	24.7
h. Spent more time than usual taking care of children or other family members	3,755	36.4	31.2	41.7
i. Worried whether food would run out before mother got money to buy more	1,336	13.0	9.8	16.1
j. Felt more anxious than usual	5,286	51.5	46.2	56.9
k. Felt more depressed than usual	3,007	29.3	24.3	34.2
l. Had more verbal arguments or conflicts with husband or partner than usual	1,821	17.7	13.6	21.9
m. Husband or partner had increase in physical, sexual, or emotional aggression towards mother	*	*	*	*

NE P8 Question CV11a n=22; CV11b n=17; CV11c n=22; CV11d n=19; CV11e n=19; CV11f n=24; CV11g n=20; CV11h n=20; CV11i n=20; CV11j n=24; CV11k n=23; CV11l n=22; CV11m n=22
Missing n=29

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