

Prevalence of Selected Maternal and Child Health Indicators
Tennessee Pregnancy Risk Assessment Monitoring System (PRAMS), 2021-2022



Health Indicator	Tennessee			Tennessee		
	2021			2022		
	N *	% #	95% CI	N *	% #	95% CI
Pre-Pregnancy Health						
No Multivitamin	38,670	50.13	(45.44-54.82)	37,914	47.76	(41.11-54.42)
Multivitamin 1-3/wk	3,799	4.93	(2.98-6.87)	5,418	6.83	(3.75-9.91)
Multivitamin 4-6/wk	3,452	4.48	(2.53-6.42)	3,727	4.70	(2.69-6.70)
Multivitamin Every day	31,218	40.47	(35.81-45.13)	32,319	40.72	(34.17-47.26)
Dieting during year before pregnancy	21,080	26.76	(22.58-30.94)	19,933	25.04	(19.22-30.86)
Exercise 3+ days a week, during year before pregnancy	31,266	40.03	(35.48-44.59)	30,426	38.23	(31.85-44.60)
Pre-Pregnancy Weight						
Underweight (BMI < 18.5 kg/m ²)	2,529	3.43	(1.65-5.21)	2,154	2.81	(0.58-5.05)
Normal Weight (BMI 18.5 - 24.9 kg/m ²)	31,078	42.14	(37.39-46.89)	26,739	34.93	(28.51-41.34)
Overweight (BMI 25 - 29.0 kg/m ²)	16,754	22.72	(18.78-26.66)	20,926	27.33	(21.19-33.47)
Obese (BMI > 29.0 kg/m ²)	23,380	31.71	(27.26-36.15)	26,743	34.93	(28.42-41.44)
Substance Abuse ¹						
Any cigarette smoking, 3 months before	12,656	16.08	(12.77-19.39)	11,838	14.83	(9.96-19.71)
Any cigarette smoking, last 3 months of pregnancy	5,604	7.13	(4.82-9.45)	6,824	8.57	(4.66-12.48)
Any cigarette smoking, post partum	7,443	9.49	(6.87-12.11)	7,968	10.02	(5.76-14.28)
Any hookah use, 2 years prior to pregnancy	2,833	3.76	(2.03-5.50)	3,374	4.38	(0.99-7.77)
Any e-cigarette use, 3 months before pregnancy	8,021	10.29	(7.43-13.15)	6,106	7.70	(4.04-11.37)
Any e-cigarette use, last 3 months of pregnancy	2,868	3.67	(1.87-5.47)	1,927	2.43	(0.70-4.17)
Any alcohol use, 3 months before pregnancy	40,367	51.38	(46.74-56.01)	42,570	53.37	(46.76-59.99)
Any alcohol use, last 3 months of pregnancy	3,930	5.01	(3.09-6.93)	4,989	6.25	(3.20-9.31)
Intimate Partner Violence (IPV) ²						
Experienced <i>any</i> IPV during the 12 months <i>before</i> pregnancy (by current or ex-husband/partner)	2,450	3.22	(1.53-4.92)	1,907	2.48	(0.60-4.36)
By Current Husband or Partner only	1,365	1.79	(0.47-3.12)	559	0.72	(0.00-1.44)
By Ex-husband or partner only	1,824	2.41	(1.05-3.77)	1,387	1.81	(0.06-3.55)
Experienced <i>any</i> IPV <i>during</i> pregnancy (by current or ex-husband/partner)	1,474	1.95	(0.68-3.23)	1,042	1.39	(0.18-2.59)
By Current Husband or Partner only	880	1.15	(0.11-2.18)	483	0.63	(0.04-1.22)
By Ex-husband or partner only	1,134	1.50	(0.45-2.56)	597	0.79	(0.00-1.84)
Mental Health						
Self-reported depression, within 3 months before pregnancy	15,455	19.86	(16.20-23.52)	10,030	12.75	(8.66-16.85)
Self-reported depression, during pregnancy	13,386	17.21	(13.73-20.69)	10,499	13.39	(9.33-17.45)
Self-reported post-partum depressive symptoms	10,082	13.00	(9.95-16.04)	13,454	17.11	(12.04-22.18)
Health Care Services						
Had health care visit in 12 months before pregnancy	49,572	63.99	(59.50-68.48)	47,866	60.51	(53.90-67.12)
Began prenatal care in 1st trimester	67,402	88.18	(85.22-91.14)	67,779	85.74	(80.83-90.66)
Had flu shot before or during pregnancy	40,521	52.02	(47.38 - 56.66)	32,332	41.09	(34.41 - 47.77)
Had maternal postpartum checkup	69,327	88.67	(85.91-91.43)	69,460	87.81	(83.23-92.39)
Pregnancy Intention and Family Planning						
Mistimed Pregnancy	14,995	19.23	(15.64-22.82)	12,351	15.87	(11.29-20.44)
Unwanted Pregnancy	6,260	8.03	(5.35-10.71)	11,316	14.54	(9.12-19.95)
Unsure about pregnancy	16,479	21.13	(17.38-24.88)	11,563	14.85	(10.61-19.10)
Intended pregnancy	40,249	51.61	(46.96-56.26)	42,612	54.74	(48.09-61.39)
Overall, Any Pre-conception Contraceptive Use ³	16,002	38.51	(32.29-44.74)	19,752	49.38	(40.00-58.77)
Highly Effective Method	527	1.30	(0.00-2.86)	1,746	4.38	(0.00-9.65)
Moderately Effective Method	6,384	15.73	(11.04-20.42)	5,377	13.50	(7.18-19.83)
Least Effective Method	8,127	20.03	(14.93-25.12)	12,455	31.27	(22.33-40.22)
None	25,546	62.95	(56.78-69.11)	20,246	50.84	(41.42-60.26)
Overall, Any Postpartum Contraceptive Use ³	62,991	80.53	(76.97-84.08)	62,002	78.03	(72.57-83.48)
Highly Effective Method	26,491	34.16	(29.66-38.66)	20,749	26.54	(20.51-32.58)
Moderately Effective Method	20,467	26.39	(22.29-30.49)	19,521	24.97	(19.16-30.79)
Least Effective Method	15,359	19.81	(16.11-23.50)	20,438	26.15	(20.24-32.05)
None	15,232	19.64	(16.06-23.23)	17,458	22.34	(16.79-27.88)
Oral Health						
Teeth cleaned during pregnancy	27,334	34.81	(30.40-39.22)	29,996	37.96	(31.37-44.54)

Health Indicator	Tennessee			Tennessee		
	2021			2022		
	N *	% #	95% CI	N *	% #	95% CI
Pre-Pregnancy Health Insurance Status⁴						
None	14,440	19.14	(15.48-22.80)	9,951	12.90	(9.18-16.63)
Private insurance	41,904	55.53	(50.82-60.24)	48,910	63.41	(57.09-69.73)
Medicaid	19,114	25.33	(21.19-29.47)	18,268	23.68	(17.97-29.40)
Health Insurance Status During Pregnancy						
None	1,886	3.00	(1.24-4.76)	597	0.96	(0.00-2.27)
Private insurance	36,403	57.87	(52.72-63.02)	40,243	64.71	(57.75-71.67)
Medicaid	24,619	39.14	(34.04-44.23)	21,349	34.33	(27.42-41.24)
Postpartum Health Insurance Status						
None	7,305	9.80	(7.11-12.48)	5,497	7.26	(4.65-9.88)
Private insurance	38,073	51.06	(46.35-55.77)	43,263	57.17	(50.44-63.91)
Medicaid	29,181	39.14	(34.55-43.72)	26,910	35.56	(28.95-42.17)
Infant Sleep Practices						
Baby most often laid on back to sleep	60,875	79.13	(75.37-82.88)	62,396	80.01	(74.37-85.65)
Baby slept alone	61,109	79.21	(75.35-83.07)	59,306	76.40	(70.45-82.34)
Baby slept alone and on approved sleep surface	28,955	39.42	(34.73-44.10)	20,777	28.26	(22.51-34.01)
Breastfeeding Practices						
Baby ever breastfed	65,631	84.77	(81.44-88.10)	67,267	86.45	(81.66-91.25)
Any breastfeeding at 8 weeks	49,655	64.58	(60.04-69.12)	50,269	64.92	(58.34-71.50)
1.) Substance use estimates are among all women. 2.) Intimate Partner Violence: Defined as being pushed, hit, slapped, kicked, choked, or physically hurt in any way by a husband/partner and/or an ex-husband/ex-partner. Beginning in 2016 (Phase 8), the question response options were expanded to include "my ex-husband or ex-partner" in addition to "my husband or partner". For this report, TN PRAMS data has been calculated to reflect this change. 3.) Contraceptive use: Defined as using any kind of birth control at the time of conception or when the PRAMS survey was completed. Women who selected the "other" write-in option were excluded from the analysis. Long-Acting Reversible Contraception (LARC) methods include Intrauterine Device (IUD) or contraceptive implant. Moderately effective methods include birth control pills, shots or injections (e.g., Depo-Provera), contraceptive patch, and vaginal ring. Least effective methods include condom, rhythm method/natural family planning, and withdrawal. 4.) Insurance: other state-specific government plans or programs such as SCHIP/CHIP are excluded from estimates. Those selecting "other" types were excluded. "Private" includes private only, any other insurance in combination with private, TRICARE, or other military-type insurance. "Medicaid" includes Medicaid or other state-named Medicaid program (e.g. TennCare). "None" is defined as no selected insurance or selecting only Indian Health Service (IHS). N * = Weighted sample size % # = Weighted percent ** = Data not available						
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