



IOWA'S
BARRIERS TO
PRENATAL care
PROJECT

2021 Data Summary

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OVERVIEW

The findings in this summary are based on the Iowa Barriers to Prenatal Care project. Ongoing since 1992, the purpose of this project is to obtain brief, accurate information about women delivering babies in Iowa hospitals. Specifically, the project seeks to learn about women's experiences getting prenatal or delivery care during their current pregnancy. Other information is included which may be pertinent to health planners or those concerned with the systematic development of health care services.

This project is a cooperative venture of all Iowa's maternity hospitals, the University of Northern Iowa Center for Social and Behavioral Research, and the Iowa Department of Public Health. The Robert Wood Johnson Foundation funded the first three years of this project. The current funding is provided by the Iowa Department of Public Health. The Director is Dr. Mary Losch, University of Northern Iowa Center for Social and Behavioral Research. The Coordinator for the project is Rodney Muilenburg.

The questionnaire is distributed to over fifty maternity hospitals across the state of Iowa. Nursing staff or those responsible for obtaining birth certificate information in the obstetrics unit are responsible for approaching all birth mothers prior to dismissal to request their participation in the study. The questionnaire takes approximately ten minutes to complete. Completed questionnaires are returned to the University of Northern Iowa Center for Social and Behavioral Research for data entry and analysis. Returns are made monthly, weekly, or biweekly depending on the number of births per week in a given hospital. Except in the case of a mother who is too ill to complete the questionnaire, all mothers are eligible to be recruited for participation.

The present yearly report includes an analysis of large Iowa cities, a trend analysis of the last ten years, a frequency analysis of COVID-19 questions, and a frequency analysis of all variables included in the 2021 questionnaire. Unless otherwise noted, all entries reflect percentages. Please note that because percentages were rounded, total values may not equal 100%. Data presented are based upon 2021 questionnaires received to date (n = 17,152). All analyses reflect unweighted percentages of those responding.

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TABLE OF CONTENTS

| | |
|---|----|
| A. Analysis of Selected Variables by City..... | 5 |
| B. Trend Analysis of Barriers Data 2012 – 2021..... | 22 |
| C. COVID-19 Supplements Frequency Tables..... | 30 |
| D. 2021 Questionnaire Frequency Tables..... | 36 |

A. Analysis of Selected Variables by City

The present section compares the findings across the following cities for all 2021 data received (n = 10,280). It is important to note that the location of the hospitals where mothers gave birth is the basis for analysis, not the mothers' home zip codes.

- DM = Des Moines (n = 4,936)
- QC = Quad Cities (n = 934)
- SC = Sioux City (n = 205)
- WL = Waterloo (n = 1,631)
- CR = Cedar Rapids (n = 1,076)
- DB = Dubuque (n = 559)
- IC = Iowa City (n = 938)

*all data in the following tables reflect percentages unless otherwise noted.

Mother/Family Characteristics

Overall, the age of the mothers in the cities closely matched the state data. The Quad Cities has the smallest percentage of mothers under 18 (<1%) and Iowa City had the largest percentage of mothers over 35 (13%; see Table A1).

Table A1. Mother's Age

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|----------------------|-------|----|----|----|----|----|----|----|
| <18 years | 01 | 01 | <1 | 01 | 01 | 01 | 01 | 01 |
| 18 – 19 years | 03 | 02 | 03 | 02 | 03 | 02 | 03 | 02 |
| 20 – 25 years | 23 | 20 | 21 | 22 | 23 | 18 | 12 | 18 |
| 26 – 30 years | 36 | 35 | 36 | 41 | 37 | 39 | 41 | 35 |
| 31 – 35 years | 27 | 30 | 29 | 24 | 27 | 29 | 35 | 31 |
| > 35 years | 10 | 12 | 11 | 10 | 09 | 12 | 09 | 13 |

Sioux City by far had the largest percentage of Hispanic mothers (22%). Dubuque had the lowest percentage of Black mothers (4%) while Waterloo had the highest percentage of Black mothers (9%; see Table A2).

Table A2. Race and Ethnicity

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|-------------------------------|-------|----|----|----|----|----|-----|----|
| Hispanic | 09 | 10 | 11 | 22 | 05 | 04 | 03 | 09 |
| Non-Hispanic | 91 | 90 | 89 | 78 | 95 | 96 | 97 | 91 |
| White | 90 | 87 | 89 | 90 | 87 | 89 | 94 | 89 |
| Black | 06 | 08 | 08 | 06 | 09 | 08 | 04 | 08 |
| Asian/Pacific Islander | 03 | 05 | 02 | 03 | 04 | 03 | 02 | 03 |
| American Indian | 01 | 01 | 01 | 01 | 01 | 01 | <01 | 01 |

As shown in Table A3, the Quad Cities had the lowest proportion of mothers born in Iowa (50%) while Waterloo and Cedar Rapids had the highest percentage of mothers who were born in Iowa (72%). Sioux City had the highest percentage of mothers who were born outside of the U.S. (14%).

Table A3. Mother's Place of Birth

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|---------------------------------|-------|----|----|----|----|----|----|----|
| In Iowa | 66 | 64 | 50 | 56 | 72 | 72 | 71 | 62 |
| In U.S., outside of Iowa | 27 | 26 | 44 | 30 | 20 | 23 | 27 | 30 |
| Outside of U.S. | 08 | 10 | 06 | 14 | 08 | 05 | 02 | 08 |

In general, mothers throughout the major cities reported attaining similar levels of education as compared to educational attainment across the state. Mothers in Iowa City had the highest proportion completing graduate school (22%). Sioux City had the highest percentage (28%) of mothers reporting that they attained a high school education or less (see Table A4).

Table A4. Education

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|------------------------|-------|----|----|----|----|----|----|----|
| <High School | 06 | 05 | 04 | 08 | 08 | 06 | 03 | 05 |
| High School | 20 | 19 | 20 | 20 | 19 | 17 | 13 | 15 |
| Some College | 32 | 27 | 36 | 33 | 31 | 33 | 29 | 29 |
| College | 28 | 33 | 24 | 27 | 29 | 28 | 38 | 30 |
| Graduate School | 13 | 16 | 16 | 12 | 13 | 16 | 18 | 22 |

The major cities tend to have a higher proportion of mothers reporting an annual income of \$90,000 or more compared to the state as a whole. Sioux City and Waterloo had the highest proportion of mothers (11%) reporting an annual income of under \$10,000. Dubuque and Des Moines had the highest percent (41%) reporting incomes over \$90,000 per year (see Table A5).

Table A5. Annual Family Income Last Year

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|----------------------------|--------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Under \$10,000 | 09 | 08 | 10 | 11 | 11 | 08 | 04 | 09 |
| \$10,000 - \$19,999 | 07 | 06 | 10 | 07 | 07 | 05 | 05 | 06 |
| \$20,000 - \$29,000 | 08 | 07 | 08 | 11 | 09 | 08 | 04 | 07 |
| \$30,000 - \$39,999 | 08 | 08 | 06 | 09 | 07 | 07 | 06 | 08 |
| \$40,000 - \$49,999 | 07 | 06 | 06 | 03 | 07 | 06 | 06 | 07 |
| \$50,000 - \$59,999 | 07 | 06 | 06 | 10 | 05 | 08 | 06 | 06 |
| \$60,000 - \$69,999 | 06 | 06 | 05 | 08 | 06 | 05 | 07 | 06 |
| \$70,000 - \$79,999 | 08 | 06 | 07 | 07 | 09 | 07 | 10 | 08 |
| \$80,000 - \$89,999 | 08 | 07 | 08 | 09 | 09 | 09 | 10 | 07 |
| \$90,000 or more | 33 | 41 | 35 | 24 | 31 | 37 | 41 | 38 |

When Became Pregnant

Sioux City (27%) had the highest rate of unintended pregnancy (see Table A6). Women in Dubuque had the lowest reports of unintended pregnancies (16%). Comparing unintended pregnancies across the major cities (mistimed/unwanted), Sioux City (80%) had the highest proportion of women reporting an unintended pregnancy while not using birth control compared with a state average of 73% (see Table A7).

Table A6. Pregnancy Intent

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|-------------------|-------|----|----|----|----|----|----|----|
| Intended | 79 | 81 | 75 | 73 | 79 | 79 | 84 | 81 |
| Unintended | 21 | 19 | 25 | 27 | 21 | 21 | 16 | 19 |

Table A7. Unintended Pregnancy, Birth Control Use

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|---|-------|----|----|----|----|----|----|----|
| Unintended - birth control used | 27 | 26 | 29 | 20 | 22 | 31 | 26 | 28 |
| Unintended - no birth control used | 73 | 74 | 71 | 80 | 78 | 69 | 74 | 72 |

During Pregnancy

A majority of women in the major cities did visit the dentist during their pregnancy; however, a slightly lower percentage of women in the Quad Cities visited the dentist (51%) as compared to the state (55%; see Table A8).

Table A8. Visited a Dentist

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|------------|-------|----|----|----|----|----|----|----|
| No | 45 | 44 | 49 | 45 | 38 | 41 | 32 | 42 |
| Yes | 55 | 56 | 51 | 55 | 62 | 59 | 68 | 58 |

Mothers in Sioux City were most likely to report not being able to take time off work or being too busy to visit the dentist (11%) and didn't think it was important to visit the dentist (14%) compared to the other major cities. Mothers in the Quad Cities had the highest percentage (9%) reporting that they did not have insurance or (11%) that the dentist wouldn't accept Medicaid or Title 19 (see Table A9).

Table A9. Reasons for Not Visiting Dentists

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|---|-------|-----|----|-----|-----|-----|-----|-----|
| Didn't think it was important | 11 | 12 | 12 | 14 | 10 | 08 | 09 | 12 |
| No insurance/Cost | 07 | 06 | 09 | 07 | 07 | 06 | 07 | 06 |
| Wouldn't accept Medicaid/Title 19 | 07 | 05 | 04 | 11 | 08 | 06 | 05 | 06 |
| Nervous/Afraid | 06 | 06 | 04 | 05 | 06 | 07 | 04 | 07 |
| Didn't have transportation | 02 | 01 | 01 | 03 | 02 | 02 | 01 | 02 |
| Couldn't take time off work/Too busy | 08 | 08 | 09 | 11 | 09 | 10 | 08 | 08 |
| Doctor/Nurse told me not to go | <01 | <01 | 01 | <01 | <01 | <01 | <01 | <01 |
| Dentist office said to wait until after | 01 | 01 | 02 | 02 | 01 | 01 | 01 | 03 |
| Read/Heard not safe to go when pregnant | 02 | 03 | 02 | 02 | 02 | 02 | 01 | 01 |
| Didn't routinely go when I wasn't pregnant | 24 | 23 | 24 | 24 | 21 | 23 | 23 | 22 |
| Went before pregnancy | 22 | 23 | 22 | 23 | 22 | 23 | 30 | 24 |
| Other | 07 | 07 | 08 | 06 | 07 | 09 | 06 | 06 |

Statewide, the three most common reported stressors experienced during pregnancy were moving homes (19%), close friends or family dying (17%), and close family members being sick and hospitalized (13%). In the city comparison, Cedar Rapids had the highest reports of mothers moving homes (21%). More mothers in Cedar Rapids reported experiencing close family members being sick and hospitalized (15%) compared to the other cities. Sioux City mothers (3%) were more likely than others to report that they or their partners were incarcerated during the past year (see Table A10).

Table A10. Possible Stressors during Pregnancy

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|---|-------|----|-----|-----|-----|-----|-----|-----|
| A close family member was very sick and had to be hospitalized | 13 | 13 | 13 | 14 | 13 | 15 | 12 | 13 |
| I got separated or divorced from my husband or partner | 02 | 02 | 02 | 02 | 02 | 02 | 01 | 01 |
| I moved to a new address | 19 | 20 | 20 | 18 | 17 | 21 | 14 | 18 |
| I was homeless (had to sleep outside, in a car, or in a homeless shelter) | 01 | 01 | 01 | <01 | <01 | 01 | 01 | <01 |
| My husband or partner lost their job | 04 | 03 | 04 | 02 | 04 | 04 | 04 | 03 |
| I lost my job | 05 | 05 | 06 | 03 | 06 | 06 | 03 | 04 |
| I argued with my husband or partner more than usual | 07 | 07 | 07 | 08 | 06 | 05 | 04 | 05 |
| My husband or partner said they didn't want me to be pregnant | 01 | 01 | 01 | 01 | 02 | 01 | 01 | 01 |
| I had a lot of bills I couldn't pay | 04 | 04 | 04 | 06 | 04 | 04 | 01 | 05 |
| I was in a physical fight | <01 | 01 | <01 | <01 | <01 | <01 | <01 | <01 |
| My husband or partner or I went to jail | 01 | 01 | 01 | 03 | 01 | 01 | 01 | 01 |
| A family member or close friend has a bad problem with drinking or drugs | 03 | 03 | 03 | 02 | 02 | 03 | 03 | 03 |
| A family member or close friend died | 17 | 16 | 17 | 19 | 17 | 18 | 17 | 16 |

The major cities had similar percentages of respondents reporting they had been diagnosed with depression during their pregnancy. Cedar Rapids had the highest rate of respondents diagnosed with depression before their pregnancy (20%) while Dubuque was the lowest both before and during their pregnancy (12% and 1%; respectively see Table A11).

Table A11. Diagnosed with Depression

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|--|-------|----|----|----|----|----|----|----|
| Yes | 03 | 03 | 03 | 03 | 03 | 03 | 01 | 02 |
| No | 81 | 83 | 81 | 79 | 80 | 76 | 87 | 81 |
| No – Diagnosed before pregnancy | 16 | 15 | 16 | 18 | 17 | 20 | 12 | 16 |

Of those reporting a diagnosis of depression, Dubuque had the highest percentage of depressed mothers who took prescription anti-depressants during their pregnancy (61%). Waterloo and Cedar Rapids had the highest percentage of depressed mothers deciding on their own to not take prescription medicine for depression during their pregnancy (13%; see Table A12).

Table A12. Take Prescription Medicine for Depression (of those diagnosed with depression)

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|------------------------------------|-------|----|----|----|----|----|----|----|
| Yes | 54 | 55 | 55 | 60 | 45 | 53 | 61 | 58 |
| No | 30 | 30 | 32 | 23 | 35 | 29 | 23 | 26 |
| No – Doctor told me to stop | 04 | 04 | 02 | 07 | 06 | 05 | 04 | 05 |
| No – I decided to stop | 12 | 11 | 11 | 9 | 13 | 13 | 11 | 11 |

Statewide, about one in four mothers who were diagnosed with depression received counseling for depression during their pregnancy (26%). Across cities, Iowa City (31%) had the highest percentage of mothers who had counseling for depression during their pregnancy and the Quad Cities had the lowest (18%; see Table A13).

Table A13. Counseling for Depression (of those diagnosed with depression)

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|------------|-------|----|----|----|----|----|----|----|
| Yes | 26 | 30 | 18 | 19 | 26 | 29 | 23 | 31 |
| No | 74 | 70 | 82 | 81 | 74 | 71 | 77 | 69 |

Sioux City had the largest percentage of mothers diagnosed with anxiety during their pregnancy (6%). Cedar Rapids had the highest rate of respondents diagnosed with anxiety before their pregnancy (22%; see Table A14).

Table A14. Diagnosed with Anxiety (of those diagnosed with anxiety)

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|--|-------|----|----|----|----|----|----|----|
| Yes | 03 | 03 | 04 | 06 | 03 | 04 | 02 | 03 |
| No | 79 | 80 | 79 | 75 | 77 | 74 | 86 | 78 |
| No – Diagnosed before pregnancy | 18 | 18 | 18 | 19 | 20 | 22 | 12 | 19 |

Of those diagnosed with anxiety disorders, Dubuque had the highest percentage of mothers who took prescription medicine for anxiety during their pregnancy (58%). Cedar Rapids had the highest percentage of mothers reporting that their doctors told them to stop taking their prescription anxiety medication (9%) (see Table A15).

Table A15. Take Prescription Medicine for Anxiety (of those diagnosed with anxiety)

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|------------------------------------|-------|----|----|----|----|----|----|----|
| Yes | 48 | 49 | 47 | 42 | 42 | 47 | 58 | 48 |
| No | 35 | 34 | 40 | 40 | 35 | 34 | 29 | 36 |
| No – Doctor told me to stop | 06 | 06 | 04 | 06 | 08 | 09 | 05 | 05 |
| No – I decided to stop | 11 | 11 | 10 | 12 | 15 | 10 | 08 | 11 |

Of those diagnosed with anxiety, mothers across the major cities reported receiving counseling for anxiety at varying rates compared to the state average of 26%. Iowa City (33%) had the highest percentage of mothers who had counseling for anxiety during their pregnancy and Sioux City had the lowest (19%; see Table A16).

Table A16. Counseling for Anxiety

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|------------|-------|----|----|----|----|----|----|----|
| Yes | 26 | 29 | 20 | 19 | 25 | 27 | 26 | 33 |
| No | 74 | 71 | 80 | 81 | 75 | 73 | 74 | 67 |

Mothers giving birth in the Quad Cities reported the highest rate of e-cigarette use in the past two years at 9% and mothers in Dubuque reported the lowest (4%) (see Table A17).

Table A17. Used E-Cigarettes in Past 2 Years

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|------------|-------|----|----|----|----|----|----|----|
| Yes | 9 | 08 | 09 | 07 | 08 | 08 | 04 | 06 |
| No | 91 | 92 | 91 | 93 | 92 | 92 | 96 | 94 |

The major cities had more inconsistent reporting of e-cigarette use three months before the pregnancy compared to the state. Although overall use was low, Dubuque mothers reported the highest percentage of using e-cigarettes more than once a day three months before their pregnancy (60%). More mothers in the Quad Cities (33%) reported that they did not use e-cigarettes during this time (see Table A18).

Table A18. E-Cigarette Use 3 Months before Pregnancy

| | STATE | DM | QC | SC* | WL | CR | DB* | IC |
|---------------------------------|-------|----|----|-----|----|----|-----|----|
| More than once a day | 43 | 41 | 31 | 43 | 39 | 39 | 60 | 48 |
| Once a day | 09 | 09 | 17 | 14 | 10 | 09 | <01 | 12 |
| 2-6 days a week | 10 | 12 | 05 | <01 | 10 | 15 | 04 | 07 |
| 1 day a week | 11 | 09 | 14 | 21 | 11 | 12 | 04 | 12 |
| Did not use e-cigarettes | 27 | 28 | 33 | 21 | 30 | 25 | 32 | 22 |

* Denotes cell counts of fewer than 25

Dubuque had the highest percentage of mothers who did not use an e-cigarette during their last three months of pregnancy (80%). Whereas Cedar Rapids and Iowa City had the highest percentage (15%) of mothers reporting use of e-cigarettes more than once a day during their last three months of pregnancy (see Table A19). It is important to note that the cell sizes here are low and variability is higher. Caution should be used in interpreting these findings.

Table A19. E-Cigarette Use in the last 3 Months of Pregnancy

| | STATE | DM | QC | SC* | WL | CR | DB* | IC |
|---------------------------------|-------|----|----|-----|----|----|-----|----|
| More than once a day | 13 | 14 | 10 | 07 | 09 | 15 | 12 | 15 |
| Once a day | 04 | 04 | 03 | 07 | 04 | 10 | 04 | 05 |
| 2-6 days a week | 05 | 04 | 07 | 07 | 05 | 04 | <01 | 03 |
| 1 day a week | 08 | 07 | 03 | 07 | 10 | 02 | 04 | 08 |
| Did not use e-cigarettes | 71 | 70 | 76 | 71 | 72 | 70 | 80 | 68 |

* Denotes cell counts of fewer than 25

The Quad Cities had the highest percentage of mothers reporting marijuana use during the last two years (both 14%) and mothers in Dubuque reported the lowest (5%) (see Table A20).

Table A20. Used Marijuana in Past 2 Years

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|------------|-------|----|----|----|----|----|----|----|
| Yes | 09 | 09 | 14 | 09 | 07 | 10 | 05 | 10 |
| No | 91 | 91 | 86 | 91 | 93 | 90 | 95 | 90 |

Sioux City had the highest reports (39%) of no marijuana use three months before pregnancy, whereas Dubuque had the highest percentage (24%) of mothers reporting using marijuana more than once a day during the same period (see Table A21).

Table A21. Marijuana Use 3 Months before Pregnancy

| | STATE | DM | QC | SC* | WL | CR | DB* | IC |
|------------------------------|-------|----|----|-----|----|----|-----|----|
| More than once a day | 18 | 16 | 21 | 11 | 18 | 16 | 24 | 12 |
| Once a day | 12 | 08 | 17 | 22 | 15 | 20 | 07 | 11 |
| 2-6 days a week | 13 | 11 | 14 | 06 | 15 | 13 | 14 | 15 |
| 1 day a week | 30 | 32 | 29 | 22 | 36 | 29 | 34 | 31 |
| Did not use marijuana | 26 | 32 | 19 | 39 | 17 | 23 | 21 | 30 |

* Denotes cell counts of fewer than 25

Mothers giving birth in Iowa City reported the least marijuana use in the last three months of pregnancy compared to the state as well as the other major cities (91%). Sioux City had the highest percentage (>23%) of mothers reporting they used marijuana 1 day a week or more during this same time frame (see Table A22).

Table A22. Marijuana Use in the last 3 Months of Pregnancy

| | STATE | DM | QC | SC* | WL | CR | DB* | IC |
|------------------------------|-------|----|-----|-----|----|----|-----|-----|
| More than once a day | 02 | 01 | 03 | <01 | 01 | 02 | 04 | 02 |
| Once a day | 02 | 01 | <01 | 06 | 03 | 05 | 04 | <01 |
| 2-6 days a week | 03 | 03 | 03 | <01 | 03 | 02 | 04 | 01 |
| 1 day a week | 09 | 08 | 13 | 17 | 09 | 05 | 07 | 06 |
| Did not use marijuana | 84 | 87 | 81 | 78 | 84 | 86 | 81 | 91 |

* Denotes cell counts of fewer than 25

The Quad Cities and Waterloo had the highest proportion (4%) of mothers reporting someone other than themselves smoked in the house daily during the pregnancy. Dubuque and Iowa City had the highest percentage of mothers (96%) reporting no one smoking cigarettes in their homes during their pregnancy (see Table A23).

Table A23. Someone Smoking Cigarettes in the Home

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|--------------------------|--------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Daily | 04 | 03 | 04 | 03 | 04 | 03 | 03 | 03 |
| Weekly | 01 | 01 | 01 | <01 | 01 | <01 | <01 | 01 |
| Monthly | <01 | <01 | <01 | <01 | <01 | 01 | <01 | <01 |
| Less than monthly | 01 | 01 | 01 | 03 | 01 | 02 | 01 | 01 |
| Never | 94 | 95 | 94 | 95 | 94 | 94 | 96 | 96 |

Prenatal Care

How to monitor changes in the baby’s activity (84%) and medicines that are safe to take during pregnancy (82%) were the most frequently reported types of information received during pregnancy. The Quad Cities had an even higher percentage (88%) of mothers compared to the state and other major cities reporting receiving information about monitoring changes in the baby’s activity. Oral health and physical abuse were the least reported types of information across locations. (see Table A24).

Table A24. Information Provided by a Health Care Professional during This Pregnancy

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|--|-------|----|----|----|----|----|----|----|
| How smoking during pregnancy may affect baby | 52 | 45 | 55 | 54 | 53 | 51 | 51 | 50 |
| Breastfeeding my baby | 65 | 58 | 70 | 63 | 66 | 61 | 66 | 73 |
| How drinking during pregnancy may affect baby | 49 | 43 | 54 | 48 | 51 | 50 | 50 | 51 |
| Using a seatbelt during pregnancy | 42 | 34 | 44 | 38 | 41 | 49 | 43 | 42 |
| Medicines safe to take during pregnancy | 82 | 82 | 85 | 81 | 81 | 81 | 85 | 83 |
| How using illegal drugs may affect baby | 40 | 33 | 48 | 38 | 42 | 43 | 38 | 41 |
| How using prescription medications may affect baby | 47 | 43 | 51 | 45 | 47 | 48 | 44 | 50 |
| Doing tests on me/baby to screen for birth defects/diseases | 75 | 76 | 79 | 69 | 75 | 78 | 75 | 78 |
| What to do if I feel depressed during pregnancy/after baby born | 58 | 58 | 59 | 48 | 58 | 60 | 52 | 59 |
| Physical abuse to women by their husbands or partners | 32 | 26 | 35 | 27 | 35 | 33 | 30 | 34 |
| Signs and symptoms of preterm labor | 65 | 61 | 72 | 61 | 66 | 59 | 63 | 71 |
| What to do if labor starts early | 70 | 67 | 75 | 65 | 71 | 66 | 70 | 75 |
| How to monitor changes in baby’s activity during pregnancy | 84 | 87 | 88 | 79 | 80 | 83 | 84 | 85 |
| What to do if baby had not felt as active as expected | 73 | 73 | 78 | 66 | 73 | 73 | 75 | 76 |
| Oral health or dental care | 23 | 18 | 23 | 22 | 21 | 21 | 28 | 25 |
| The Zika Virus | 43 | 39 | 41 | 42 | 49 | 46 | 47 | 45 |
| Not provided with any information listed above | 05 | 04 | 03 | 04 | 06 | 05 | 07 | 04 |

Sioux City had the highest percentage of mothers reporting they were tested for HIV/AIDS during their pregnancy (39%) and Dubuque had lowest percentage of mothers reporting that they were not tested (24%). Approximately 1 in 5 mothers indicated that they did not know whether or not they had been tested (see Table A25).

Table A25. HIV/AIDS Testing

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|-------------------------------|-------|----|----|----|----|----|----|-----|
| Tested | 34 | 32 | 34 | 39 | 35 | 35 | 24 | 37 |
| Not tested | 41 | 43 | 43 | 38 | 42 | 39 | 53 | 40 |
| Offered but not tested | 01 | 01 | 01 | 02 | 01 | 01 | 01 | <01 |
| Don't know | 24 | 24 | 22 | 21 | 21 | 24 | 22 | 23 |

Iowa City had the highest percentage of mothers (37%) tested for syphilis during their pregnancy; Dubuque had the lowest percentage (23%) of mothers reporting being tested. Approximately 3 in 10 mothers in all locations indicated that they did not know whether or not they had been tested (see Table A26).

Table A26. Syphilis Testing

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|-------------------------------|-------|----|----|-----|----|-----|----|-----|
| Tested | 31 | 30 | 36 | 35 | 33 | 31 | 23 | 37 |
| Not tested | 37 | 38 | 33 | 39 | 37 | 37 | 49 | 35 |
| Offered but not tested | 01 | 01 | 01 | <01 | 01 | <01 | 01 | <01 |
| Don't know | 31 | 31 | 29 | 27 | 29 | 32 | 27 | 28 |

The majority of mothers statewide (53%) reported that they were able to travel to their prenatal care visits in under 15 minutes; however, mothers giving birth in Iowa City were least likely to report the ability to travel to their provider in under 15 minutes (39%) compared to other major cities. Consistent with more high-risk mothers giving birth at the University of Iowa Hospitals and Clinics, higher percentages of mothers giving birth in Iowa City also reported travel times in the 31 to 60-minute range (24%) and in the greater than 60 minute category (10%; see Table A27).

Table A27. Travel Time to Prenatal Care Visits

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|-----------------------|-------|----|----|----|----|----|----|----|
| <15 Minutes | 51 | 53 | 50 | 57 | 55 | 56 | 51 | 39 |
| 16-30 Minutes | 31 | 33 | 30 | 21 | 26 | 29 | 28 | 27 |
| 31-60 Minutes | 16 | 12 | 19 | 19 | 17 | 14 | 19 | 24 |
| >60 Minutes | 02 | 03 | 01 | 03 | 01 | 01 | 01 | 10 |

In general, a majority of mothers reported they received a flu shot during their pregnancy; however, mothers in Dubuque had the lowest proportion of mothers reporting they received a flu shot during their pregnancy (78%). The Quad Cities had the largest percentage of mothers indicating that they did not want the flu shot (4%). Iowa City had the highest percentage of mothers (84%) receiving a flu shot during their pregnancy (see Table 28).

Table A28. Flu Shot

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|-----------------------------------|-------|----|----|----|----|----|----|----|
| Yes | 82 | 82 | 82 | 82 | 79 | 82 | 78 | 84 |
| No – Before pregnancy | 15 | 15 | 14 | 17 | 17 | 15 | 19 | 13 |
| No – Did not want it | 03 | 03 | 04 | 02 | 03 | 03 | 03 | 03 |
| No – Doctor told me not to | 82 | 82 | 82 | 82 | 79 | 82 | 78 | 84 |
| No – Do not ever get them | 15 | 15 | 14 | 17 | 17 | 15 | 19 | 13 |
| Flu shot was not available | 03 | 03 | 04 | 02 | 03 | 03 | 03 | 03 |

Hospital Care

Mothers giving birth in Iowa City had the highest reports of encouragement to breastfeed (84%) following the birth of their baby and mothers in Dubuque had the highest reports of not receiving encouragement to breastfeed (19%) following the birth of their baby but the percentages were similar across locations (see Table A29).

Table A29. Encouraged to Breastfeed by Hospital Staff

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|-------------------------|-------|----|----|----|----|----|----|----|
| Yes | 82 | 82 | 82 | 82 | 79 | 82 | 78 | 84 |
| No | 15 | 15 | 14 | 17 | 17 | 15 | 19 | 13 |
| I don't remember | 03 | 03 | 04 | 02 | 03 | 03 | 03 | 03 |

Mothers in Sioux City had higher reports of receiving information about action steps you can take when their baby cries (69%), the dangers of shaking an infant (71%), and how to lay the baby down to sleep (73%) compared to those giving birth in other major cities and the state as a whole. Less than a third of those giving birth in the Quad Cities reported being given information on the dangers of shaking an infant (see Table A30).

Table A30. Information Provided by a Health Care Professional during This Pregnancy

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|--|-------|----|----|----|----|----|----|----|
| Action steps to decrease frustration when my infant cries | 46 | 35 | 34 | 69 | 36 | 61 | 41 | 39 |
| How to lay my baby down to sleep | 60 | 53 | 44 | 73 | 55 | 69 | 53 | 52 |
| Dangers of shaking an infant | 45 | 35 | 29 | 71 | 33 | 61 | 31 | 35 |
| Did not receive information and have not scheduled time to discuss these topics | 29 | 37 | 43 | 11 | 34 | 20 | 38 | 37 |

Large percentages of mothers across the state indicated that they planned to lay their babies on their backs to sleep. Sioux City had the highest percentage of mothers indicating that they planned to lay their baby on their back to sleep (96%). The mothers in the Quad Cities had the highest reports of no preference (6%) for the position they plan to lay their baby in to sleep (see Table A31).

Table A31. Baby's Sleep Position

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|------------------------------|-------|-----|-----|-----|-----|-----|-----|-----|
| On his or her back | 94 | 95 | 92 | 96 | 93 | 95 | 95 | 95 |
| On his or her side | 01 | 01 | 02 | <01 | 02 | 02 | 01 | <01 |
| On his or her stomach | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 |
| No preference | 04 | 04 | 06 | 04 | 05 | 03 | 05 | 04 |

Mothers giving birth in the Quad Cities reported the highest percent for planning to have their baby sleep in the same bed as them on a daily basis (8%); whereas mothers in Cedar Rapids and Sioux City had the highest reports of never planning to have their baby sleep with anyone (86%) (see Table A32).

Table A32. Plan to Have Baby Sleep in Same Bed

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|---|-------|----|----|----|----|----|-----|----|
| Daily | 06 | 06 | 08 | 07 | 05 | 05 | 07 | 06 |
| Weekly | 06 | 04 | 07 | 03 | 07 | 05 | 07 | 08 |
| Monthly | 01 | 01 | 01 | 01 | 01 | 01 | <01 | 01 |
| A few times a year | 04 | 04 | 06 | 04 | 04 | 04 | 03 | 03 |
| Do not plan to have my baby sleep with me or anyone else | 82 | 85 | 78 | 86 | 83 | 86 | 82 | 82 |

Receipt of information about breastfeeding was high across locations. Iowa City had the lowest percentage of mothers who reported having breastfed their baby in the hospital (78%). Mothers in Cedar Rapids the Quad Cities had the highest reports of receiving help to learn how to breastfeed (79%; see Table 33).

Table A33. Happened at the Hospital

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|---|-------|----|----|----|----|----|----|----|
| Breastfed my baby | 80 | 81 | 82 | 79 | 80 | 81 | 79 | 78 |
| Hospital staff gave information about breastfeeding | 87 | 87 | 88 | 80 | 84 | 88 | 84 | 88 |
| Hospital staff helped me learn how to breastfeed | 76 | 77 | 79 | 69 | 74 | 79 | 74 | 76 |
| Hospital staff told me to breastfeed whenever my baby wanted | 69 | 67 | 75 | 55 | 66 | 69 | 65 | 67 |

Most mothers reported being able to have skin-to-skin contact with their baby within the first hour after giving birth. Iowa City had the highest percentage of mothers whose baby was ill or in the NICU preventing skin-to-skin contact (17%; see Table A34).

Table A34. Skin-to-Skin Contact within First Hour

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|----------------------------------|-------|----|----|----|----|-----|----|----|
| Yes | 88 | 85 | 92 | 89 | 90 | 90 | 86 | 72 |
| No – not offered chance | 04 | 05 | 02 | 03 | 04 | 03 | 06 | 09 |
| No – baby was ill/in NICU | 06 | 08 | 05 | 07 | 05 | 07 | 06 | 17 |
| No – baby was asleep | 01 | 01 | 01 | 01 | 02 | <01 | 02 | 02 |

Similar to skin-to-skin contact, mothers giving birth in Iowa City hospitals had the highest reports of their baby being ill or in the NICU preventing them from breastfeeding within the first hour after the birth (21%). The Quad Cities, Waterloo, and Dubuque had the highest percentage of mothers who reported breastfeeding within the first hour after the birth (71%; see Table A35).

Table A35. Breastfed within First Hour

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|----------------------------------|-------|----|----|----|----|----|----|----|
| Yes | 69 | 67 | 71 | 70 | 71 | 65 | 71 | 59 |
| No – not offered chance | 10 | 11 | 09 | 07 | 11 | 12 | 10 | 12 |
| No – baby was ill/in NICU | 09 | 11 | 08 | 08 | 07 | 10 | 09 | 21 |
| No – baby was asleep | 12 | 11 | 12 | 14 | 11 | 13 | 10 | 08 |

Those giving birth in Iowa City reported the longest travel times to reach the hospital at 31 to 60 minutes (31%) or greater than 60 minutes (15%), which is much higher than the next highest reporting city in both categories (see Table A36). This is understandable given the role the University of Iowa Hospitals and Clinics plays caring for those with high-risk pregnancies.

Table A36. Travel Time to Hospital when Delivering Baby

| | STATE | DM | QC | SC | WL | CR | DB | IC |
|-----------------------|-------|----|----|----|----|----|----|----|
| <15 Minutes | 44 | 41 | 47 | 55 | 51 | 53 | 48 | 31 |
| 16-30 Minutes | 33 | 39 | 32 | 20 | 28 | 28 | 31 | 23 |
| 31-60 Minutes | 19 | 15 | 20 | 19 | 20 | 17 | 19 | 31 |
| >60 Minutes | 03 | 04 | 01 | 06 | 01 | 02 | 01 | 15 |

B. Trend Analysis of Barriers Data 2012 – 2021

All percentages in the present section reflect statewide percentages. Consistent with drops in the birth rate and total numbers of births per year (36,845 in 2021), the number of respondents has been declining over the last few years and dipped below 20,000 for the first time in the past decade in 2019 and has continued to decline in 2021. The number of cases in 2021 reflects about 47% of Iowa births.

Respondents by Year

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|-----|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| N = | 23,674 | 24,634 | 24,696 | 23,212 | 21,928 | 20,919 | 20,035 | 19,007 | 18,014 | 17,152 |

Demographics

The number of mothers who are 26 years old or older has increased since 2012 with mothers between 26 and 30 increasing from 35% to 36%, mothers between 31 and 35 increasing from 22% to 27%, and mothers older than 35 years increasing from 7% to 10% (see Table B1).

Table B1. Mother's Age Ranges

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|---------------|------|------|------|------|------|------|------|------|------|------|
| <18 years | 02 | 02 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 |
| 18 – 19 years | 05 | 04 | 04 | 04 | 03 | 03 | 03 | 03 | 03 | 03 |
| 20 – 25 years | 29 | 29 | 28 | 27 | 26 | 25 | 24 | 24 | 24 | 23 |
| 26 – 30 years | 35 | 35 | 35 | 35 | 36 | 36 | 37 | 37 | 37 | 36 |
| 31 – 35 years | 22 | 23 | 24 | 25 | 25 | 26 | 26 | 26 | 26 | 27 |
| >35 years | 07 | 07 | 08 | 08 | 08 | 09 | 09 | 10 | 10 | 10 |

Educational attainment of participants has increased over time with smaller percentages of completing some college (decreasing from 36% to 32%) and increasing percentages of those completing college degrees (26% to 28%) and graduate school (10% to 13%; see Table B2).

Table B2. Education

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|-----------------|------|------|------|------|------|------|------|------|------|------|
| Mother | | | | | | | | | | |
| <High school | 08 | 08 | 08 | 07 | 07 | 07 | 07 | 07 | 07 | 07 |
| High school | 20 | 20 | 19 | 20 | 20 | 21 | 21 | 21 | 21 | 20 |
| Some college | 36 | 36 | 36 | 35 | 34 | 34 | 33 | 33 | 32 | 32 |
| College | 26 | 26 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 28 |
| Graduate school | 10 | 10 | 10 | 11 | 11 | 12 | 12 | 12 | 12 | 13 |

Compared to previous years, there is a continued trend of more racially and ethnically diverse mothers. The number of White mothers has decreased slightly from 91% in 2012 to 90% in 2021 with Hispanic mothers increasing from 6% to 9% across those same years. However, the number of Black, Asian/Pacific Islander, American Indian mothers responding has remained consistent since 2012 (see Table B3).

Table B3. Race / Ethnicity

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|------------------------|------|------|------|------|------|------|------|------|------|------|
| Mother | | | | | | | | | | |
| Hispanic | 06 | 07 | 07 | 07 | 07 | 07 | 08 | 08 | 09 | 09 |
| Non-Hispanic | 94 | 93 | 93 | 93 | 93 | 93 | 92 | 92 | 91 | 92 |
| White | 91 | 91 | 91 | 91 | 91 | 90 | 90 | 90 | 90 | 90 |
| Black | 05 | 05 | 05 | 05 | 05 | 06 | 06 | 06 | 06 | 06 |
| Asian/Pacific Islander | 03 | 03 | 03 | 03 | 03 | 03 | 03 | 03 | 03 | 03 |
| American Indian | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 |

The response categories were expanded starting in 2021. The percentage of mothers reporting an annual income of under \$10,000 has decreased from 16% to 9% since 2012 while the percentage of mothers reporting an annual income above \$70,000 has increased from 31% to 49% (see Table B4).

Table B4. Annual Family Income Last Year

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|----------------------------|------|------|------|------|------|------|------|------|------|------|
| Under \$10,000 | 16 | 16 | 14 | 14 | 12 | 12 | 11 | 11 | 11 | 09 |
| \$10,000 - \$19,999 | 11 | 11 | 10 | 10 | 09 | 09 | 08 | 08 | 08 | 07 |
| \$20,000 - \$29,999 | 10 | 10 | 10 | 09 | 09 | 09 | 09 | 09 | 09 | 08 |
| \$30,000 - \$39,999 | 08 | 08 | 09 | 09 | 09 | 08 | 08 | 08 | 08 | 08 |
| \$40,000 - \$49,999 | 08 | 08 | 08 | 07 | 08 | 07 | 08 | 08 | 07 | 07 |
| \$50,000 - \$59,999 | 09 | 08 | 09 | 08 | 08 | 08 | 08 | 08 | 07 | 07 |
| \$60,000 - \$69,999 | 08 | 08 | 07 | 08 | 07 | 07 | 07 | 07 | 07 | 06 |
| \$70,000 - \$79,999 | 31 | 32 | 33 | 36 | 38 | 39 | 41 | 42 | 44 | 08 |
| \$80,000 - \$89,999 | - | - | - | - | - | - | - | - | - | 08 |
| \$90,000 or more | - | - | - | - | - | - | - | - | - | 33 |

Prenatal Experiences and Care

Over the years, the percentage of mothers reporting that they were not using birth control at the time of conception has increased from 85% in 2012 to 89% in 2020. However, in 2021, that percentage decreased to 85%. There has also been a slight decrease in the reported use of condoms at the time of conception from 5% to 2%, and a decrease in the use of birth control pills from 7% to 4% (see Table B5).

Table B5. Birth Control Used at Conception

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|--------------------------------|------|------|------|------|------|------|------|------|------|------|
| No birth control used | 85 | 84 | 86 | 86 | 87 | 86 | 87 | 88 | 89 | 85 |
| Birth control pills | 07 | 07 | 06 | 06 | 06 | 06 | 06 | 05 | 05 | 04 |
| Diaphragm | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 |
| Spermicidal foam/insert | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 |
| Condom | 04 | 04 | 04 | 04 | 03 | 03 | 03 | 03 | 02 | 02 |
| NFP / Rhythm Method | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 |
| Birth control patch | <01 | <01 | <01 | <01 | <01 | <01 | <01 | 01 | <01 | <01 |
| Birth control injection | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | <01 | <01 |
| NuvaRing | 01 | 01 | 01 | 01 | <01 | <01 | <01 | <01 | <01 | <01 |
| IUD / IUC | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | <01 |
| Implant / Nexplanon | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 |
| Other | <01 | 01 | 01 | <01 | 01 | <01 | 01 | 01 | <01 | <01 |

Among women not wanting a pregnancy (either mistimed/unwanted), 73% in 2021 reported that they did not use any form of birth control. This percentage has increased from a low of 66% in 2012. The two highest reported forms of birth control used by women not desiring pregnancy in 2021 were birth control pills (15%) and condoms (5%). The use of both birth control pills and condoms have decreased since 2012 among those not desiring pregnancy (see Table B6).

Table B6. Reported Birth Control Type among Those Not Desiring Pregnancy

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|--------------------------------|------|------|------|------|------|------|------|------|------|------|
| No birth control used | 66 | 66 | 66 | 68 | 70 | 70 | 72 | 72 | 74 | 73 |
| Birth control pills | 18 | 18 | 17 | 17 | 16 | 16 | 16 | 15 | 14 | 15 |
| Diaphragm | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 | <01 |
| Spermicidal foam/insert | <01 | <01 | <01 | <01 | <01 | <01 | <01 | 01 | <01 | <01 |
| Condom | 11 | 10 | 09 | 09 | 07 | 08 | 07 | 06 | 05 | 05 |
| NFP / Rhythm Method | 02 | 01 | 02 | 02 | 02 | 02 | 02 | 02 | 02 | 02 |
| Birth control patch | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 02 | 01 | 01 |
| Birth control injection | 02 | 02 | 02 | 02 | 01 | 02 | 01 | 02 | 01 | 01 |
| NuvaRing | 02 | 02 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 |
| IUD / IUC | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 |
| Implant / Nexplanon | <01 | <01 | <01 | <01 | <01 | 01 | 01 | 01 | 01 | 01 |
| Other | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 |

There has been a slight increase in the percentage of women reporting wanting to become pregnant at the time of conception and earlier (33% in 2012; 38% in 2021) as well as an increase in the percentage of women reporting that they wanted to become pregnant at that time (35% in 2012 to 41% in 2021). The percentage of women who did not want to become pregnant at the time but did want to sometime in the future have decreased from 29% in 2012 to 19% in 2021. The percentage of women not wanting to become pregnant at all has varied between 3% and 4% and dropped to 02% in 2021 (see Table B7).

Table B7. Desirability of Pregnancy

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|------------------------------|------|------|------|------|------|------|------|------|------|------|
| Yes, and earlier | 33 | 32 | 34 | 33 | 34 | 34 | 35 | 35 | 38 | 38 |
| Yes, at that time | 35 | 37 | 36 | 38 | 37 | 37 | 37 | 37 | 40 | 41 |
| No, but in the future | 29 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 20 | 19 |
| No, nor in future | 03 | 04 | 04 | 04 | 03 | 04 | 03 | 04 | 03 | 02 |

Lack of birth control use among mothers with mistimed and unwanted pregnancies has increased by 10% over the past ten years (see Table B8).

Table B8. No Birth Control Use by Desirability of Pregnancy

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|------------------------------|------|------|------|------|------|------|------|------|------|------|
| Yes, and earlier | 97 | 96 | 97 | 96 | 97 | 96 | 97 | 97 | 97 | 97 |
| Yes, at that time | 95 | 94 | 94 | 93 | 94 | 94 | 94 | 94 | 94 | 95 |
| No, but in the future | 67 | 67 | 67 | 68 | 71 | 70 | 73 | 73 | 75 | 74 |
| No, nor in future | 55 | 61 | 59 | 62 | 63 | 62 | 64 | 65 | 68 | 68 |

The most common reason women reported for not using any form of birth control when not desiring a pregnancy was not trying to become pregnant but were not actively preventing the pregnancy (ambivalence; 49.9%). Almost 19% of the women who did not desire the pregnancy reported their birth control failed and an increasing number indicated that they experienced physical discomfort or side effects. Those expressing “ambivalence” as a reason continues to increase and is now the primary reason indicated for about half of those responding (see Table B9a – note that this table contains a single decimal place owing to the very small percentages and only eight years are included owing to a change in the question).

Table B9a. Reported Reason for Not Using Birth Control When Pregnancy Not Desired

| | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|---|------|------|------|------|------|------|------|------|
| Didn't want to ruin mood | 1.1 | 1.0 | 1.0 | 1.0 | 1.0 | 2.7 | 1.3 | 1.5 |
| Physical discomfort / side effects from birth control | 8.0 | 8.8 | 10.3 | 10.0 | 11.8 | 12.6 | 13.0 | 13.8 |
| Embarrassed buying or going to health care provider | 0.4 | 0.5 | 0.5 | 0.5 | 0.5 | 0.7 | 0.4 | 0.3 |
| Against religious beliefs | 1.2 | 1.4 | 1.5 | 1.5 | 2.0 | 1.6 | 1.4 | 1.3 |
| Judgement impaired | 2.0 | 2.0 | 1.6 | 1.8 | 1.8 | 1.8 | 1.9 | 1.6 |
| Ran out | 5.7 | 4.4 | 5.1 | 3.8 | 4.8 | 3.4 | 3.3 | 3.3 |
| Did not plan to have intercourse | 5.9 | 5.4 | 5.7 | 4.7 | 5.3 | 5.0 | 5.7 | 4.8 |
| Father wanted child / refused | 1.0 | 0.9 | 0.8 | 0.7 | 0.8 | 1.5 | 0.9 | 0.7 |
| Preferred method too expensive | 1.9 | 1.4 | 1.0 | 1.1 | 1.0 | 2.2 | 1.2 | 1.0 |
| Birth control failed | 21.3 | 19.1 | 18.9 | 17.9 | 18.4 | 18.5 | 18.8 | 18.4 |
| Not trying to become pregnant, not actively preventing | 45.6 | 44.8 | 47.7 | 46.2 | 49.9 | 50.2 | 51.4 | 49.9 |
| Thought I (or partner) could not become pregnant | 8.1 | 9.0 | 8.1 | 8.7 | 9.3 | 11.3 | 10.4 | 10.4 |
| Other | 7.1 | 5.4 | 6.4 | 5.2 | 5.4 | 6.0 | 3.7 | 4.9 |

Among mothers who were not desiring a pregnancy, 36% of those under 18 years old reported that they were not trying to become pregnant but were not actively preventing it (see Table B9b).

Table B9b. Not Trying to Become Pregnant, but Not Actively Preventing among Those Not Desiring a Pregnancy by Age Group

| | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|---------------------------|------|------|------|------|------|------|------|
| Under 18 years old | 45 | 41 | 43 | 42 | 41 | 41 | 36 |
| 18-19 years old | 47 | 49 | 48 | 45 | 43 | 52 | 44 |
| 20-25 years old | 46 | 47 | 49 | 51 | 51 | 53 | 51 |
| 26-30 years old | 49 | 48 | 51 | 51 | 53 | 52 | 51 |
| 31-35 years old | 47 | 50 | 50 | 52 | 50 | 51 | 51 |
| Over 35 years old | 44 | 47 | 47 | 47 | 46 | 47 | 49 |

Among those mothers not desiring a pregnancy, 20% of mothers over 35 years of age thought they or their partner could not become pregnant (see Table B9c).

Table B9c. Thought I (or Partner) Could Not Become Pregnant among Those Not Desiring a Pregnancy by Age Group

| | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|---------------------------|------|------|------|------|------|------|------|
| Under 18 years old | 10 | 06 | 12 | 10 | 16 | 08 | 06 |
| 18-19 years old | 10 | 08 | 09 | 11 | 13 | 13 | 07 |
| 20-25 years old | 09 | 08 | 08 | 08 | 09 | 10 | 09 |
| 26-30 years old | 08 | 07 | 08 | 08 | 11 | 08 | 09 |
| 31-35 years old | 09 | 08 | 09 | 10 | 12 | 12 | 13 |
| Over 35 years old | 19 | 15 | 19 | 16 | 19 | 17 | 20 |

Across the past seven years, out of all mothers, fewer mothers aged 31-35 (25%) and over 35 (25%) reported that they were not trying to become pregnant, but not actively preventing it compared to mothers in other age groups (see Table B10).

Table B10. Not Trying to Become Pregnant, but Not Actively Preventing among All Mothers by Age Group

| | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|---------------------------|------|------|------|------|------|------|------|
| Under 18 years old | 45 | 40 | 42 | 37 | 39 | 35 | 33 |
| 18-19 years old | 46 | 48 | 46 | 41 | 37 | 41 | 37 |
| 20-25 years old | 45 | 46 | 47 | 39 | 40 | 38 | 35 |
| 26-30 years old | 47 | 45 | 48 | 30 | 33 | 30 | 27 |
| 31-35 years old | 45 | 48 | 46 | 26 | 27 | 27 | 25 |
| Over 35 years old | 42 | 43 | 43 | 26 | 26 | 28 | 25 |

Over time, women reporting that they thought themselves or their partner could not become pregnant as a reason for not using birth control at the time of conception has decreased. The trend shows more women in the over 35 year old age group cited this as a reason than the other age groups (see Table 11 – note that some cell sizes are small and range from 5 to 114).

Table B11. Thought I (or Partner) Could Not Become Pregnant among All Mothers by Age Group

| | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|---------------------------|------|------|------|------|------|------|------|
| Under 18 years old | 10 | 06 | 11 | 09 | 16 | 07 | 05 |
| 18-19 years old | 10 | 08 | 09 | 10 | 11 | 10 | 06 |
| 20-25 years old | 08 | 07 | 08 | 07 | 07 | 07 | 06 |
| 26-30 years old | 08 | 07 | 07 | 05 | 07 | 05 | 05 |
| 31-35 years old | 09 | 08 | 09 | 05 | 07 | 06 | 06 |
| Over 35 years old | 18 | 14 | 17 | 09 | 11 | 10 | 10 |

Across the years, a low percentage of mothers reported discussing physical abuse by husbands or partners during the pregnancy. Most mothers reported discussing safe medicines during pregnancy as well as counting the kicks or monitoring the baby’s movements during pregnancy. Lower percentages of mothers have reported discussing many topics over time (see Table B12).

Table B12. Topics Discussed during Prenatal Care Visit

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|--|------|------|------|------|------|------|------|------|------|------|
| Smoking during pregnancy | 64 | 55 | 62 | 50 | 59 | 52 | 59 | 51 | 57 | 52 |
| Breastfeeding my baby | 71 | 37 | 70 | 66 | 68 | 69 | 67 | 68 | 69 | 65 |
| Drinking alcohol during pregnancy | 60 | 52 | 57 | 47 | 55 | 51 | 55 | 49 | 54 | 49 |
| Using a seat belt during pregnancy | 48 | 44 | 47 | 41 | 45 | 43 | 43 | 42 | 46 | 42 |
| Medicines that are safe during pregnancy | 83 | 81 | 83 | 79 | 82 | 81 | 84 | 81 | 83 | 82 |
| How using illegal drugs could affect my baby | 50 | 43 | 49 | 39 | 46 | 40 | 45 | 40 | 46 | 40 |
| How using prescription medications could affect my baby | 56 | 48 | 56 | 47 | 53 | 49 | 53 | 48 | 53 | 47 |
| Doing tests on me or my baby to screen for birth defects or diseases | 83 | 77 | 81 | 73 | 81 | 76 | 83 | 75 | 78 | 75 |
| What to do if I feel depressed during or after the pregnancy | 58 | 52 | 58 | 59 | 57 | 53 | 59 | 57 | 62 | 58 |
| Physical abuse to women by their husbands or partners | 36 | 31 | 36 | 29 | 34 | 29 | 31 | 30 | 36 | 32 |
| The signs and symptoms of preterm labor | 70 | 64 | 68 | 61 | 67 | 62 | 67 | 62 | 68 | 65 |
| What to do if my labor starts early | 70 | 65 | 69 | 63 | 68 | 65 | 69 | 66 | 72 | 70 |
| Count the kicks, monitor the movements | -- | -- | -- | -- | -- | -- | -- | 82 | 84 | 84 |
| How to monitor changes in my baby’s activity during pregnancy | 75 | 72 | 75 | 73 | 76 | 75 | 78 | -- | -- | -- |
| What to do if my baby had not felt as active as I would have expected | 74 | 72 | 75 | 73 | 76 | 75 | 78 | 72 | 76 | 73 |
| Oral health or dental care during pregnancy | -- | -- | -- | -- | -- | 44 | 44 | -- | 48 | 23 |
| The Zika Virus | -- | -- | -- | -- | -- | -- | 36 | 32 | 28 | 43 |
| Not provided with any information | 01 | 02 | 01 | 02 | 01 | 05 | 04 | 04 | 05 | 05 |

The percentage of women reporting travel time of under 15 minutes to their prenatal care visits has increased from 40% in 2010 to 52% in 2021 (see Table 13a). The distribution of travel time to the hospital has shifted from the 16 to 30-minute category having the highest reported percent in 2010 to the under 15-minute category having the highest reported percent in 2021. There has also been an increase from 14% to 20% of women reporting travel time to hospital taking between 31 and 60 minutes between 2010 and 2021 (see Table 13b).

Table B13a. Time in Minutes to Prenatal Care Visit

| | 2010* | 2019 | 2020 | 2021 |
|-----------------------------|--------------|-------------|-------------|-------------|
| 1-15 minutes | 40 | 56 | 53 | 52 |
| 16-30 minutes | 46 | 28 | 30 | 31 |
| 31-60 minutes | 13 | 13 | 15 | 16 |
| More than 60 minutes | 02 | 02 | 02 | 02 |

*2010 was the last year the question was asked until it was reintroduced in 2019.

Table B13b. Time in Minutes to the Hospital to Give Birth

| | 2010* | 2019 | 2020 | 2021 |
|-----------------------------|--------------|-------------|-------------|-------------|
| 1-15 minutes | 39 | 48 | 47 | 44 |
| 16-30 minutes | 45 | 32 | 32 | 33 |
| 31-60 minutes | 14 | 17 | 18 | 20 |
| More than 60 minutes | 03 | 03 | 03 | 03 |

*2010 was the last year the question was asked until it was reintroduced in 2019.

Experiences during pregnancy have remained relatively constant across the past 10 years. The highest reports of a mother having a family member or close friend die during their pregnancy occurred in 2017 and 2021 (17%). Moving to a new address during pregnancy has steadily decreased across the past 10 years with the highest reports of moving being 24% in 2012 and 2014 and the lowest reports being 19% in the most recent year of 2021 (see Table 14).

Table B14. Experiences during Pregnancy

| | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|--|------|------|------|------|------|------|------|------|------|------|
| Close family member was sick and hospitalized | 13 | 12 | 13 | 12 | 11 | 12 | 11 | 13 | 12 | 13 |
| Got separated or divorced from my husband or partner | 04 | 03 | 03 | 03 | 03 | 03 | 03 | 03 | 02 | 02 |
| Moved to a new address | 24 | 23 | 24 | 22 | 22 | 21 | 20 | 20 | 20 | 19 |
| Was homeless (had to sleep outside, in a car, or in a homeless shelter) | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 |
| Husband or partner lost their job | 05 | 05 | 05 | 04 | 05 | 04 | 04 | 04 | 05 | 04 |
| Lost my job | 06 | 06 | 05 | 05 | 05 | 05 | 05 | 05 | 06 | 05 |
| Argued with husband or partner more than usual | 11 | 10 | 10 | 09 | 09 | 10 | 08 | 08 | 07 | 07 |
| Husband or partner said they didn't want me to be pregnant | 02 | 02 | 02 | 01 | 02 | 02 | 01 | 02 | 01 | 01 |
| Had a lot of bills I couldn't pay | 08 | 08 | 07 | 07 | 06 | 07 | 06 | 06 | 05 | 04 |
| Was in a physical fight | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 | 01 |
| Husband or partner or I went to jail | 02 | 02 | 02 | 02 | 02 | 02 | 02 | 02 | 02 | 01 |
| Family member or friend had a problem with drinking or drugs | 04 | 03 | 03 | 03 | 03 | 04 | 04 | 04 | 03 | 03 |
| Family member or close friend died | 15 | 15 | 15 | 15 | 14 | 17 | 14 | 15 | 15 | 17 |

C. COVID-19 Supplements Frequency Tables

The following section contains the frequency tables for all questions included in a supplemental questionnaire that was completed with the Barriers to Prenatal Care survey in 2021. This questionnaire was created in response to the onset of the COVID-19 pandemic in late Spring of 2020. The total number of respondents for the following questions was N = 16,702.

A majority of mothers reported never being diagnosed with COVID-19 by a healthcare provider or a positive test result during their pregnancy (87.1%; see Table C1).

Table C1. COVID-19 Diagnosis

| | Frequency | Valid Percent |
|---|------------------|----------------------|
| Yes, I was told that I had COVID-19, but I was not tested | 74 | 0.5 |
| Yes, I was told that I had COVID-19 and it was confirmed by a test | 2,035 | 12.5 |
| No, no healthcare provider said that I had COVID-19 | 13,873 | 84.9 |
| No, no healthcare provider said that I had COVID-19, but I had symptoms and think I had it | 363 | 2.2 |

Question: During your pregnancy, did a healthcare provider tell you that you had COVID-19 or tested positive for COVID-19?

Of mothers who were diagnosed with COVID-19 during their pregnancy, 1% of mothers reported being told their baby had COVID-19 but only 0.3% of mothers had confirmed tests that their baby had COVID-19 (see Table C2).

Table C2. COVID-19 Diagnosis for Baby

| | Frequency | Valid Percent |
|---|------------------|----------------------|
| Yes, I was told that my baby had COVID-19, but my baby was not tested | 19 | 1.0 |
| Yes, I was told that my baby had COVID-19 and it was confirmed by a test | 6 | 0.3 |
| No, no healthcare provider said that my baby had COVID-19 | 1,965 | 98.7 |

Question: Did a healthcare provider tell you that your baby had COVID-19 or tested positive for COVID-19?

Of the mothers who reported being diagnosed with COVID-19, a majority reported that they were not separated from their baby after the birth (97.7%; see Table C3).

Table C3. Positive COVID-19 Diagnosis Cause Separation

| | Frequency | Valid Percent |
|------------|-----------|---------------|
| Yes | 42 | 2.3 |
| No | 1,761 | 97.7 |

Question: If you had a diagnosis of coronavirus/COVID-19 or a positive COVID-19 test result at the time of delivery, were you separated from your baby?

Roughly one-fifth of mothers reported breastfeeding issues due to the separation after the birth of the baby due to a COVID-19 diagnosis (see Table C4).

Table C4. Separation Prevented Breastfeeding

| | Frequency | Valid Percent |
|------------|-----------|---------------|
| Yes | 22 | 18.6 |
| No | 96 | 81.4 |

Question: Did the separation prevent you from breastfeeding?

A majority of mothers reported that their healthcare provider did not instruct them to wear a face mask or covering while at home (92.5%; see Table C5).

Table C5. Healthcare Provider Instructed Mask Use at Home

| | Frequency | Valid Percent |
|------------|-----------|---------------|
| Yes | 1,224 | 7.5 |
| No | 15,023 | 92.5 |

Question: Has a healthcare provider instructed you to use a mask or face covering at home?

Most mothers also reported not being given a mask or other protective equipment to be used at home during the pregnancy (87.5%; see Table C6).

Table C6. Provided Mask for Use at Home

| | Frequency | Valid Percent |
|------------|-----------|---------------|
| Yes | 2,047 | 12.5 |
| No | 14,367 | 87.5 |

Question: Have you been given masks or other protective equipment for use at home?

A little more than 1 in 10 mothers reported that their prenatal care visits were altered in one or more ways due to the COVID-19 pandemic. Of all the mothers reporting, 5.8% reported that they delayed or rescheduled their appointment, 3.5% reported that their healthcare provider delayed or rescheduled the appointment, and 3% reported that their prenatal care visit changed to a telehealth appointment (e.g., online, over the phone; see Table C7).

Table C7. Prenatal Care Visits Altered due to COVID-19

| | Frequency | Valid Percent |
|--|------------------|----------------------|
| Yes, I delayed or rescheduled the appointment | 969 | 5.8 |
| Yes, my healthcare provider delayed or rescheduled the appointment | 584 | 3.5 |
| Yes, my healthcare provider changed to phone or online visits one or more times | 493 | 3.0 |
| No, number and type of visits were not changed | 14,629 | 87.6 |

Question: Were any of your prenatal care visits delayed, rescheduled or held by telehealth due to COVID-19/pandemic concerns? [SELECT ALL THAT APPLY]

A majority of mothers (89%) reported that no one in their household was told they had COVID-19 (see Table C8).

Table C8. Household COVID-19 Diagnosis

| | Frequency | Valid Percent |
|--|------------------|----------------------|
| Yes, one or more members of my household was told they had COVID-19, but they were not tested | 121 | 0.7 |
| Yes, was told that one or more members had COVID-19 and it was confirmed by a test | 1,690 | 10.3 |
| No, no healthcare provider said that others in my household had COVID-19 | 13,917 | 84.6 |
| No, no healthcare provider said that others in my household had COVID-19, but I think others had it | 729 | 4.4 |

Question: During your pregnancy, did a healthcare provider tell any of your other household members they had COVID-19?

Most mothers (95.3%) did not experience any changes to their birthing plans as a result of the COVID-19 pandemic (see Table C9).

Table C9. Birth Experience Changed due to COVID-19

| | Frequency | Valid Percent |
|--|------------------|----------------------|
| I changed from planning a vaginal birth to a C-section | 76 | 0.5 |
| My planned C-section or labor induction schedule was changed | 110 | 0.7 |
| I changed from planning a home birth to a hospital birth | 17 | 0.1 |
| I changed from planning a hospital birth to planning a home birth | 31 | 0.2 |
| I had more/extra prenatal visits | 235 | 1.4 |
| Nothing changed | 15,915 | 95.3 |

Question: Which of the following changes, if any, have you experienced as a result of the COVID-19 outbreak?
[SELECT ALL THAT APPLY]

D. 2021 Questionnaire Frequency Tables

Presented below is a frequency analysis of all variables in the 2021 questionnaire. Data presented in this section are based upon 2021 questionnaires received to date (n= 17,152). All entries reflect unweighted percentages of those mothers answering the item.

MOTHER / FAMILY CHARACTERISTICS

1. How old are you (baby's mother)?

| | Frequency | Valid Percent |
|---------------|-----------|---------------|
| < 18 years | 116 | 0.7 |
| 18 – 19 years | 441 | 2.6 |
| 20 – 25 years | 3,903 | 22.9 |
| 26 – 30 years | 6,201 | 36.4 |
| 31 – 35 years | 4,647 | 27.3 |
| >35 years | 1,719 | 10.1 |

2. Where were you born?

| | Frequency | Valid Percent |
|---------------------------|-----------|---------------|
| In Iowa | 11,070 | 65.8 |
| In the US outside of Iowa | 4,475 | 26.6 |
| Outside the US | 1,273 | 7.6 |

3. What is the highest grade or year of regular school or college that you have completed? (select only one)

| | Frequency | Valid Percent |
|----------------------------------|-----------|---------------|
| Grade school | 188 | 1.1 |
| Junior high | 65 | 0.4 |
| Some high school | 851 | 5.0 |
| 12 th grade or GED | 3,471 | 20.3 |
| Vocational school or A.A. Degree | 2,371 | 13.9 |
| Some college | 3,077 | 18.0 |
| Bachelor's degree | 4,781 | 28.0 |
| Master's degree | 1,734 | 10.1 |
| Doctoral/Professional degree | 550 | 3.2 |

4. Which one of the following **best** describes your **racial background**? (select only one)
Are you...

| | Frequency | Valid Percent |
|--|-----------|---------------|
| Black | 941 | 5.6 |
| White | 15,199 | 90.4 |
| Asian/Pacific Islander | 544 | 3.2 |
| American Indian or Native Alaskan | 122 | 0.7 |

5. Which one of the following **best** describes your **ethnic background**? Are you...

| | Frequency | Valid Percent |
|---------------------|-----------|---------------|
| Hispanic | 1,442 | 8.5 |
| Non-Hispanic | 15,514 | 91.5 |

6. What was the general range of your household income before taxes last year – including wages, unemployment, Social Security, and all other sources of income?

| | Frequency | Valid Percent |
|----------------------------|-----------|---------------|
| Under \$10,000 | 1,511 | 9.2 |
| \$10,000 - \$19,999 | 1,112 | 6.8 |
| \$20,000 - \$29,999 | 1,323 | 8.1 |
| \$30,000 - \$39,999 | 1,260 | 7.7 |
| \$40,000 - \$49,999 | 1,074 | 6.5 |
| \$50,000 - \$59,999 | 1,171 | 7.1 |
| \$60,000 - \$69,999 | 1,057 | 6.4 |
| \$70,000 - \$79,999 | 1,273 | 7.8 |
| \$80,000 - \$89,999 | 1,238 | 7.5 |
| \$90,000 or more | 5,380 | 32.8 |

7. During the last year, how many people, including you depended on that income?

| | Frequency | Valid Percent |
|-------------------|------------------|----------------------|
| 1 | 1,980 | 12.0 |
| 2 | 4,940 | 29.8 |
| 3 | 4,825 | 29.1 |
| 4 | 2,866 | 17.3 |
| 5 | 1,244 | 7.5 |
| 6 | 413 | 2.5 |
| 7 | 146 | 0.9 |
| 8 | 55 | 0.3 |
| 9 | 24 | 0.1 |
| 10 or more | 61 | 0.4 |

BEFORE YOU BECAME PREGNANT

8. In the twelve months prior to becoming pregnant, did a doctor, nurse, dental provider, or other health care professional ever talk to you about any of the following topics as they relate to pregnancy? (mark all that apply)

| | Frequency | Valid Percent |
|--|------------------|----------------------|
| Taking folic acid or a multivitamin | 7,951 | 46.4 |
| Smoking | 5,494 | 32.0 |
| Drinking alcohol | 4,991 | 29.1 |
| Your weight | 4,702 | 27.4 |
| Regular exercise | 5,441 | 31.7 |
| How romantic relationships affect your health | 2,242 | 13.1 |
| Oral health | 4,335 | 25.3 |
| Did not see health care professional | 4,867 | 28.4 |

WHEN YOU BECAME PREGNANT

9. Thinking back to the time you became pregnant were you (or your partner) using any form of birth control when you got pregnant? (mark all that apply)

| | Frequency | Valid Percent |
|-----------------------------------|-----------|---------------|
| No birth control used | 15,548 | 90.6 |
| Birth control pills | 742 | 46.3 |
| Birth control patch | 59 | 3.7 |
| Diaphragm | 2 | 0.1 |
| Spermicidal foam/insert | 10 | 0.6 |
| Birth control injection | 47 | 2.9 |
| NuvaRing | 56 | 3.5 |
| Condom | 270 | 16.8 |
| NFP or rhythm method | 153 | 9.5 |
| IUD/ParaGard/Mirena/Skyla/Liletta | 78 | 4.9 |
| Implant/Nexplanon | 44 | 2.7 |
| Other | 50 | 3.1 |

10. Thinking back, just before you became pregnant, did you want to become pregnant at that time?

| | Frequency | Valid Percent |
|---|-----------|---------------|
| Yes, I wanted this pregnancy at an earlier time as well as at that time | 6,371 | 37.6 |
| Yes, I wanted to become pregnant at that time | 6,980 | 41.2 |
| No, I did not want to become pregnant at that time, but I wanted a child sometime in the future | 3,182 | 18.8 |
| No, I did not want to become pregnant at that time or any time in the future | 399 | 2.4 |

**11. If you did not want to get pregnant, why did you not use any form of birth control?
(mark all that apply)**

| | Frequency | Valid Percent |
|--|------------------|----------------------|
| Wanted to get pregnant – SKIP TO Q12 | 10,674 | 62.2 |
| Didn't want to ruin the "mood" or was embarrassed | 56 | 0.9 |
| Experienced physical discomfort or side effects | 506 | 7.8 |
| Embarrassed buying or uncomfortable going to health care provider | 10 | 0.2 |
| Against religious beliefs | 48 | 0.7 |
| Judgement impaired due to alcohol and/or drug use | 58 | 0.9 |
| Ran out of birth control | 122 | 1.9 |
| Did not plan to have intercourse | 176 | 2.7 |
| Father wanted child/refused to use birth control | 28 | 0.4 |
| Preferred method too expensive | 39 | 0.6 |
| Birth control failed | 667 | 10.3 |
| Not trying to become pregnant, not actively preventing it | 1,878 | 29.0 |
| Thought I (or partner) could not become pregnant | 390 | 6.0 |
| Other | 180 | 2.8 |

DURING YOUR PREGNANCY

12. During this pregnancy, did you visit a dentist, dental clinic, or get dental care?

| | Frequency | Valid Percent |
|-------------------|-----------|---------------|
| No | 7,521 | 45.1 |
| Yes – SKIP TO Q14 | 9,149 | 54.9 |

13. What were the reasons that you did not get to a dentist, dental clinic, or get dental care? (mark all that apply)

| | Frequency | Valid Percent |
|---|-----------|---------------|
| Didn't think it was important | 907 | 11.3 |
| No dental insurance/cost too much | 596 | 7.4 |
| Wouldn't accept Medicaid/Title19 coverage | 573 | 7.2 |
| Nervous or afraid to go | 460 | 5.7 |
| No transportation | 123 | 1.5 |
| Couldn't take time off work/too busy | 674 | 8.4 |
| Doctor/nurse told me not to go while pregnant | 24 | 0.3 |
| Dentist office told me not to go while pregnant | 103 | 1.3 |
| Heard or read it wasn't safe to go while pregnant | 168 | 2.1 |
| Don't routinely go even when not pregnant | 1,892 | 23.6 |
| Went to the dentist before pregnancy | 1,790 | 22.4 |
| COVID-19 related reasons | 272 | 3.4 |
| Other | 553 | 6.9 |

14. Here are a few things that might happen to some women during pregnancy. Please tell us if any of these things happened to you during this pregnancy. (mark all that apply)

| | Frequency | Valid Percent |
|--|------------------|----------------------|
| Close family member was sick and hospitalized | 2,188 | 12.8 |
| Got separated or divorced from my husband or partner | 353 | 2.1 |
| Moved to a new address | 3,186 | 18.6 |
| Was homeless (had to sleep outside, in a car, or in a homeless shelter) | 92 | 0.5 |
| Husband or partner lost their job | 603 | 3.5 |
| Lost my job | 823 | 4.8 |
| Argued with husband or partner more than usual | 1,140 | 6.6 |
| Husband or partner said they didn't want me to be pregnant | 209 | 1.2 |
| Had a lot of bills I couldn't pay | 728 | 4.2 |
| Was in a physical fight | 82 | 0.5 |
| Husband or partner or I went to jail | 209 | 1.2 |
| Family member or friend had a problem with drinking or drugs | 530 | 3.1 |
| Family member or close friend died | 2,929 | 17.1 |

15. At any time during this pregnancy, did a doctor, nurse, or other health care worker diagnose you with depression?

| | Frequency | Valid Percent |
|---|-----------|---------------|
| Yes | 475 | 2.8 |
| No – SKIP TO Q18 | 13,632 | 80.9 |
| No – Diagnosed with depression before I became pregnant | 2,735 | 16.2 |

16. At any time during this pregnancy, did you take prescription medicine for your depression?

| | Frequency | Valid Percent |
|--|-----------|---------------|
| Yes | 1,745 | 54.2 |
| No | 962 | 29.9 |
| No, doctor told me to stop taking my medications for depression during pregnancy | 138 | 4.3 |
| No, decided on my own to stop taking my medications for depression during my pregnancy | 375 | 11.6 |

17. At any time during this pregnancy, did you get counseling for your depression?

| | Frequency | Valid Percent |
|-----|-----------|---------------|
| Yes | 837 | 26.1 |
| No | 2,369 | 73.9 |

18. At any time during this pregnancy, did a doctor, nurse, or other health care worker diagnose you with anxiety?

| | Frequency | Valid Percent |
|--|-----------|---------------|
| Yes | 509 | 3.0 |
| No – SKIP TO Q21 | 13,205 | 78.7 |
| No – Diagnosed with anxiety before I became pregnant | 3,072 | 18.3 |

19. At any time during this pregnancy, did you take prescription medicine for your anxiety?

| | Frequency | Valid Percent |
|---|-----------|---------------|
| Yes | 1,745 | 47.9 |
| No | 1,270 | 34.8 |
| No, doctor told me to stop taking my medications for anxiety during pregnancy | 227 | 6.2 |
| No, decided on my own to stop taking my medications for anxiety during my pregnancy | 404 | 11.1 |

20. At any time during this pregnancy, did you get counseling for your anxiety?

| | Frequency | Valid Percent |
|-----|-----------|---------------|
| Yes | 931 | 26.0 |
| No | 2,653 | 74.0 |

21. Have you used e-cigarettes or other vaping products in the past 2 years?

| | Frequency | Valid Percent |
|------------------|-----------|---------------|
| Yes | 1,519 | 9.0 |
| No – SKIP TO Q24 | 15,332 | 91.0 |

22. In the 3 months before you got pregnant, on average, how often did you use e-cigarettes or other vaping products?

| | Frequency | Valid Percent |
|--|-----------|---------------|
| More than once a day | 657 | 42.9 |
| Once a day | 135 | 8.8 |
| 2-6 days a week | 153 | 10.0 |
| 1 day a week | 173 | 11.3 |
| I did not use e-cigarettes or other vaping products then | 413 | 27.0 |

23. In the last 3 months of your pregnancy, on average, how often did you use e-cigarettes or other vaping products?

| | Frequency | Valid Percent |
|--|-----------|---------------|
| More than once a day | 193 | 12.6 |
| Once a day | 68 | 4.4 |
| 2-6 days a week | 72 | 4.7 |
| 1 day a week | 117 | 7.7 |
| I did not use e-cigarettes or other vaping products then | 1,079 | 70.6 |

24. Have you used marijuana in the past 2 years?

| | Frequency | Valid Percent |
|------------------|-----------|---------------|
| Yes | 1,456 | 8.7 |
| No – SKIP TO Q27 | 15,343 | 91.3 |

25. In the 3 months before you got pregnant, on average, how often did you use marijuana?

| | Frequency | Valid Percent |
|------------------------------|-----------|---------------|
| More than once a day | 269 | 18.2 |
| Once a day | 182 | 12.3 |
| 2-6 days a week | 194 | 13.1 |
| 1 day a week | 451 | 30.4 |
| I did not use marijuana then | 386 | 26.0 |

26. In the last 3 months of your pregnancy, on average, how often did you use marijuana?

| | Frequency | Valid Percent |
|------------------------------|-----------|---------------|
| More than once a day | 25 | 1.7 |
| Once a day | 33 | 2.2 |
| 2-6 days a week | 43 | 2.9 |
| 1 day a week | 132 | 8.9 |
| I did not use marijuana then | 1,243 | 84.2 |

27. During your most recent pregnancy, how often did someone other than you smoke cigarettes inside your home?

| | Frequency | Valid Percent |
|--------------------------|------------------|----------------------|
| Daily | 664 | 3.9 |
| Weekly | 117 | 0.7 |
| Monthly | 36 | 0.2 |
| Less than monthly | 176 | 1.0 |
| Never | 15,831 | 94.1 |

PRENATAL CARE

The next questions are about the prenatal care that you received during this pregnancy. Prenatal care includes visits to a doctor, nurse, or health care worker before your baby was born for checkups and advice about pregnancy.

28. During any of your prenatal care visits, did a doctor, nurse, dental provider, or other health care professional provide you with information about any of the things listed below? (mark all that apply)

| | Frequency | Valid Percent |
|--|-----------|---------------|
| How smoking during pregnancy could affect my baby | 8,872 | 51.7 |
| Breastfeeding my baby | 11,211 | 65.4 |
| How drinking alcohol during pregnancy could affect my baby | 8,386 | 48.9 |
| Using a seat belt during my pregnancy | 7,235 | 42.2 |
| Medicines that are safe to take during pregnancy | 14,099 | 82.2 |
| How using illegal drugs could affect my baby | 6,931 | 40.4 |
| How using prescription medications could affect my baby | 8,114 | 47.3 |
| Doing tests on me or my baby to screen for birth defects or diseases | 12,913 | 75.3 |
| What to do if feeling depressed during pregnancy/after baby born | 9,970 | 58.1 |
| Physical abuse to women by their husbands/partners | 5,446 | 31.8 |
| Signs and symptoms of preterm labor | 11,132 | 64.9 |
| What to do if labor starts early | 12,050 | 70.3 |
| Count the kicks, monitor movements | 14,328 | 83.5 |
| What to do if baby had not felt as active as expected | 12,540 | 73.1 |
| Oral health or dental care during pregnancy | 3,946 | 23.0 |
| The Zika virus | 7,353 | 42.9 |
| I was not provided with any of the information listed above | 821 | 4.8 |

29. Some women experience problems getting prenatal care, while others do not. Here is a list of problems some women can have getting prenatal care.
(mark all that applied during this pregnancy)

| | Frequency | Valid Percent |
|---|-----------|---------------|
| Did not have any problems | 15,652 | 91.3 |
| Couldn't get an appointment when wanted | 164 | 10.9 |
| Difficulty paying for visits | 116 | 7.7 |
| No way to get to doctor's office or clinic | 104 | 6.9 |
| Couldn't take time off work | 110 | 7.3 |
| Doctor or health plan wouldn't start care as early as wanted | 56 | 3.7 |
| Problems signing up for Medicaid/Title 19 | 108 | 7.2 |
| Medicaid coverage was dropped during pregnancy | 36 | 2.4 |
| Had no one to take care of my children | 143 | 9.5 |
| Had too many other things going on | 96 | 6.4 |
| Didn't want anyone to know I was pregnant | 34 | 2.3 |
| The drive to the clinic was too far | 94 | 6.3 |
| Some other problem | 71 | 4.7 |

30. Were you ever refused prenatal care during this pregnancy?

| | Frequency | Valid Percent |
|-------------------------|-----------|---------------|
| Yes | 130 | 0.8 |
| No – SKIP TO Q32 | 16,631 | 99.2 |

31. Why were you refused care? (mark all that apply)

| | Frequency | Valid Percent |
|---|------------------|----------------------|
| Didn't have insurance | 28 | <0.5 |
| Had problems with insurance | 27 | <0.5 |
| Doctor was not accepting new patients | 17 | <0.5 |
| Unable to find doctor who accepted Medicaid/Title 19 | 5 | <0.5 |
| Pregnancy was high risk | 28 | <0.5 |
| Too late in pregnancy to change doctors | 6 | <0.5 |
| Unsure why I was refused care | 14 | <0.5 |

32. Were you tested for HIV/AIDS during this pregnancy?

| | Frequency | Valid Percent |
|--|------------------|----------------------|
| Yes | 5,650 | 33.8 |
| No | 6,804 | 40.7 |
| No – I was offered testing. I did not want to be tested | 186 | 1.1 |
| I don't know | 4,091 | 24.5 |

33. Were you tested for syphilis during this pregnancy?

| | Frequency | Valid Percent |
|--|------------------|----------------------|
| Yes | 5,188 | 31.0 |
| No | 6,198 | 37.0 |
| No – I was offered testing. I did not want to be tested | 127 | 0.8 |
| I don't know | 5,241 | 31.3 |

34. How many minutes did it usually take you to get to your prenatal care provider?

| | Frequency | Valid Percent |
|-----------------------------|------------------|----------------------|
| 1-15 minutes | 8,422 | 51.5 |
| 16-30 minutes | 5,011 | 30.6 |
| 31-60 minutes | 2,565 | 15.7 |
| More than 60 minutes | 368 | 2.2 |

HOSPITAL CARE

35. During the first 24 hours following the birth of your baby, did the hospital staff encourage you to breastfeed?

| | Frequency | Valid Percent |
|----------------|-----------|---------------|
| Yes | 13,650 | 82.1 |
| No | 2,474 | 14.9 |
| Don't remember | 501 | 3.0 |

36. During your hospitalization, has a doctor, nurse or other healthcare professional discussed the following topics? (mark all that apply)

| | Frequency | Valid Percent |
|---|-----------|---------------|
| Action steps to decrease frustration when baby cries | 7,946 | 46.3 |
| How to lay baby down to sleep | 10,233 | 59.7 |
| Dangers of shaking an infant | 7,652 | 44.6 |
| Did not receive information and have not scheduled a time to discuss these topics | 4,978 | 29.0 |

37. In which of the following positions do you plan to lay your baby down to sleep most of the time?

| | Frequency | Valid Percent |
|---|-----------|---------------|
| On his or her back | 15,632 | 94.4 |
| On his or her side | 170 | 1.0 |
| On his or her stomach | 33 | 0.2 |
| No preference – whatever seems most comfortable | 723 | 4.4 |

38. Listed below are some locations or descriptions of where a new baby might sleep. For each one, please mark yes, no or not sure for whether you think your baby will ever sleep in a similar way for naps or at night.

In a crib, bassinet, or portable crib

| | Frequency | Valid Percent |
|----------|-----------|---------------|
| No | 61 | 0.4 |
| Yes | 16,484 | 99.2 |
| Not sure | 69 | 0.4 |

With pillows nearby or under him/her

| | Frequency | Valid Percent |
|----------|-----------|---------------|
| No | 14,834 | 96.4 |
| Yes | 202 | 1.3 |
| Not sure | 353 | 2.3 |

With bumper pads

| | Frequency | Valid Percent |
|----------|-----------|---------------|
| No | 13,876 | 90.7 |
| Yes | 643 | 4.2 |
| Not sure | 784 | 5.1 |

Covered with a loose blanket

| | Frequency | Valid Percent |
|----------|-----------|---------------|
| No | 14,260 | 93.0 |
| Yes | 580 | 3.8 |
| Not sure | 499 | 3.3 |

With stuffed toys

| | Frequency | Valid Percent |
|----------|-----------|---------------|
| No | 15,034 | 98.2 |
| Yes | 86 | 0.6 |
| Not sure | 184 | 1.2 |

In bed with me or another person

| | Frequency | Valid Percent |
|----------|-----------|---------------|
| No | 14,067 | 91.3 |
| Yes | 476 | 3.1 |
| Not sure | 860 | 5.6 |

39. How often do you plan to have your new baby sleep in the same bed, in a reclining chair or on a couch with you or anyone else? Sleeping would include both at night and for naps during the day.

| | Frequency | Valid Percent |
|---|-----------|---------------|
| Daily | 1,043 | 6.3 |
| Weekly | 1,005 | 6.1 |
| Monthly | 171 | 1.0 |
| A few times per year | 704 | 4.3 |
| Do not plan to have baby sleep with me or anyone else | 13,598 | 82.3 |

40. This question asks about things that may have happened at the hospital where your new baby was born. For each item, mark No if it did not happen or Yes if it did.

I breastfed my baby in the hospital

| | Frequency | Valid Percent |
|-----|-----------|---------------|
| No | 3,204 | 19.7 |
| Yes | 13,052 | 80.3 |

Hospital staff gave me information about breastfeeding

| | Frequency | Valid Percent |
|-----|-----------|---------------|
| No | 2,107 | 13.2 |
| Yes | 13,912 | 86.8 |

Hospital staff helped me learn how to breastfeed

| | Frequency | Valid Percent |
|-----|-----------|---------------|
| No | 3,822 | 24.2 |
| Yes | 11,978 | 75.8 |

| | Frequency | Valid Percent |
|-----|-----------|---------------|
| No | 4,776 | 30.8 |
| Yes | 10,717 | 69.2 |

41. My baby was placed in skin-to-skin contact within the first hour of birth.

| | Frequency | Valid Percent |
|--|-----------|---------------|
| Yes | 14,486 | 87.9 |
| No – not offered the chance | 734 | 4.5 |
| No – my baby was ill or admitted to the NICU | 1,051 | 6.4 |
| No – my baby was asleep | 207 | 1.3 |

42. I breastfed my baby within the first hour after my baby was born.

| | Frequency | Valid Percent |
|--|-----------|---------------|
| Yes | 10,999 | 69.4 |
| No – not offered the chance | 1,620 | 10.2 |
| No – my baby was ill or admitted to the NICU | 1,408 | 8.9 |
| No – My baby was asleep | 1,832 | 11.6 |

43. Were you offered long acting contraception (IUD/implant) when your baby was born?

| | Frequency | Valid Percent |
|-----|-----------|---------------|
| Yes | 2,367 | 14.8 |
| No | 13,651 | 85.2 |

44. Will you, or have you received the long acting contraception (IUD/implant)?

| | Frequency | Valid Percent |
|-----|-----------|---------------|
| Yes | 850 | 36.2 |
| No | 1,501 | 63.8 |

45. How many minutes did it take you to travel from your home to the hospital where you delivered your baby?

| | Frequency | Valid Percent |
|-----------------------------|------------------|----------------------|
| 1-15 minutes | 7,225 | 44.0 |
| 16-30 minutes | 5,453 | 33.2 |
| 31-60 minutes | 3,200 | 19.5 |
| More than 60 minutes | 552 | 3.4 |

46. What is the current month?

| | Frequency | Valid Percent |
|------------------|------------------|----------------------|
| January | 1,421 | 8.3 |
| February | 1,346 | 7.9 |
| March | 1,581 | 9.2 |
| April | 1,445 | 8.4 |
| May | 1,553 | 9.1 |
| June | 1,571 | 9.2 |
| July | 1,747 | 10.2 |
| August | 1,602 | 9.3 |
| September | 1,515 | 8.8 |
| October | 1,380 | 8.0 |
| November | 958 | 5.6 |
| December | 1,026 | 6.0 |