



**Preconception Health: An Issue for Every
Woman of Childbearing Age in Florida**
2011-2012
Update

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Preconception Health Indicator Report

INTRODUCTION

Half of all pregnancies in Florida are unintended,¹ and most pregnancies are not immediately recognized.² As a result, women do not enter prenatal care until a few weeks or even months into their pregnancy. The first weeks of pregnancy and the time just prior to conception are the time periods that define the greatest risk of preterm birth and other adverse pregnancy outcomes, therefore, interventions that occur after pregnancy do not address all the associated risks.³

Preconception health is a woman's health before she becomes pregnant. Many factors play a role in a healthy pregnancy, and preconception health has been recognized as one of the key factors in improving infant and maternal health outcomes. Taking action on health issues and risks *before* pregnancy can translate into a healthier pregnancy, and prevent adverse pregnancy outcomes.

Florida's preconception health indicator report provides information to assist in assessing, monitoring, and evaluating preconception health issues and interventions in the state. The report highlights current trends, different populations, and specific issues that are of particular importance to health care professionals and Florida women.

The current 33 preconception health indicators are condensed in the Summary Table (page 3) and provide a snapshot of the current health status of Florida women. The Summary Table includes Florida's prevalence rate compared with the U.S. rate, with a 95% confidence interval indicating a 95% certainty that the actual Florida prevalence for the indicator lies somewhere within the given range of values. For some indicators, a U.S. comparison is not available.

Women in Florida are improving in several preconception health areas.

The percentage of smokers in Florida has continued to decrease from 22.0% in 2005 to 17.6 % in 2012 for women of reproductive age. This decrease in current smokers is encouraging since smoking before and during pregnancy is the most preventable known cause of illness.

The percentage of recent mothers who had less than 18 months between their pregnancies has decreased over time since 2008 from 38.8% to 35.3% in 2012.

The percentage of women of reproductive age using effective contraception has significantly increased since 2008 from 55.5% to 63.8% in 2012.

The prevalence of overweight and obesity among women in Florida has decreased significantly since 2010 from 52.5% to 50.8% in 2012. Since obesity is associated with many chronic diseases, this is important because obesity can lead to poor health outcomes for both the mother and infant.

Intimate physical partner violence prior to pregnancy has also been decreasing since 2008 in Florida from 4.3% in 2008, to 2.7 in 2012. Intimate physical partner violence prior to pregnancy is directly associated with the increased likelihood of a preterm delivery.

The percentage of Florida women who received an annual influenza vaccination has increased significantly in Florida from 10.5% in 2005 to 21.0% in 2012. Influenza during pregnancy increases the risk of maternal morbidity. Although there have been improvements in the areas noted above, improvement in other areas of preconception health are still needed.

Preconception Health Indicator Report

Florida Summary Table

	Florida		United States		
	%	95% CI*	%	95% CI*	Median†
General Health Status & Life Satisfaction					
Women who reported good to excellent health ^A	87.0	83.4-89.9	87.4	87.0-87.9	
Social Determinants of Health					
Women with at least a high school education (GED) ^A	87.1	83.0-90.3	85.9	85.3-86.5	
Women who live at or below 200% of the Federal Poverty Threshold ^B	39.9		37.8		
Health Care					
Women who currently have health care coverage ^A	71.9	67.8-75.6	76.9	76.3-77.5	
Women who had health care coverage prior to pregnancy ^C	66.0	62.5-69.5			79.3
Women who had a routine checkup in the past year ^A	67.7	63.6-71.5	66.5	65.8-67.1	
Women who had a pap test within the past year ^A	86.2	82.3-89.4	85.8	85.2-86.4	
Reproductive Health and Family Planning					
Women who had a previous preterm birth ^C	9.6	8.1-11.4			
Women who had < 18 months between their two recent pregnancies ^D	35.3				
Women whose pregnancy was unintended ^C	53.2	49.5-56.8			40.0
Women who currently use effective contraception ^{A,†}	63.8	60.4-67.1			
Women not trying to become pregnant and not using contraception ^C	51.6	46.8-56.3			
Women who are currently using contraception ^C	78.4	75.3-81.2			83.7
Tobacco & Alcohol Use					
Women who currently smoke ^A	17.6	14.6-21.2	18.8	18.3-19.3	
Women who smoked during the three months prior to pregnancy ^C	18.6	15.9-21.5			22.6
Women who drank alcohol during the three months prior to pregnancy ^C	53.9	50.3-57.4			54.1
Women who drank heavily on at least one occasion in the past month ^A	7.0	5.1-9.5	5.5	5.1-5.8	
Women who binge drank on at least one occasion in the past month ^A	17.2	14.2-20.7	16.7	16.2-17.2	
Women who binge drank during the three months prior to pregnancy ^C	17.2	14.6-20.0			
Nutrition & Physical Activity					
Women who consume fruits and vegetables at least 5 times per day ^E	20.5	18.0-23.2	19.9	19.3-20.4	
Women who took a daily vitamin prior to pregnancy ^C	26.6	19.9-23.6			32.4
Women who are overweight or obese based on BMI ^A	50.8	46.3-55.4	51.0	50.3-51.7	
Women who are obese based on BMI ^A	23.0	19.4-26.9	24.9	24.3-25.5	
Women who were obese based on BMI when they became pregnant ^C	18.4	15.7-21.3			19.3
Women who did not meet the recommended levels of physical activity ^E	50.4	46.9-53.9	49.1	48.5-49.8	
Mental Health					
Women who reported frequent mental distress during the past month ^A	15.4	12.4-18.9	14.9	14.4-15.4	
Emotional & Social Support					
Women who were physically abused prior to pregnancy ^C	2.7	1.7-4.1			3.2
Women who received adequate social and emotional support [†]	81.0	79.3-82.7	81.9	81.4-82.5	
Chronic Conditions					
Women who have diabetes, including gestational diabetes ^A	5.3	3.7-7.5	6.0	5.8-6.3	
Women who had diabetes prior to pregnancy ^C	2.3	1.2-3.3			
Women who have hypertension, including during pregnancy ^E	15.6	13.4-18.1	14.2	13.7-14.6	
Women who currently have asthma ^A	15.9	12.8-19.7	15.9	15.4-16.4	
Infections					
Women who received an influenza vaccination within the past year ^A	21.0	17.8-24.7	29.3	28.7-29.9	
	Rates per 100,000		Rates per 100,000		
Women with Chlamydia ^F	1,827		1,675		
Women with Gonorrhea ^F	901		901		
Women with Syphilis ^F	4		2		

★ Women in Florida are doing better compared with U.S.

○ Women in Florida are doing worse compared with U.S.

A/ Data from BRFSS (2012), B/ Data from ASEC of CPS (2012), C/ Data from PRAMS (2012), D/ Data from Florida CHARTS (2012), E/ Data from BRFSS (2011), AA/ Data from BRFSS (2010), F/ Data from NSTD (2012). */Indicates 95% Confidence Interval.

†Indicates median from PRAMS states in 2011.

Preconception Health Indicator Report

Preconception health issues where improvement is needed for Florida women.

The percentage of women living below 200% of the federal poverty threshold has increased significantly since 2005, from 32.7% in 2005 to 39.9% in 2012. Poverty is generally associated with an increased risk of preterm birth and intrauterine growth retardation.

The percentage of women who are binge drinkers has increased significantly since 2005, from 11.2% in 2005 to 17.2% in 2012. Preconception binge drinking is highly predictive of alcohol use during pregnancy which has been associated with adverse birth and infant outcomes.

The prevalence of Chlamydia in women of reproductive age has increased from 1,739 cases per 100,000 women in 2008 to 1,827 cases per 100,000 women in 2012. This sexually transmitted infection is capable of causing many complications among women before and during pregnancy, including infertility. These adverse trends among Florida women raise public health concerns.

Preconception health issues where improvement is needed and racial and ethnic disparities are evident.

Non-Hispanic White women of reproductive age in Florida (41%) were less likely to have a routine check-up the previous year compared with Non-Hispanic Black women (26%).

Non-Hispanic White women of reproductive age in Florida (67%) are more likely to consume alcohol prior to pregnancy compared with Non-Hispanic Black (37%) and Hispanic (39%) women in Florida. This same disparity is seen with smoking. Non-Hispanic White women (29%) smoked during the three months prior to pregnancy compared with 11% of Non-Hispanic Black or Hispanic women.

Black women of reproductive age in Florida are more likely to live at 200% or below the federal poverty threshold, with a prevalence of 55%, compared with White women with a prevalence of 35%.

Additionally, Non-Hispanic Black women are more likely to have unintended pregnancies (68% versus 44%), and a previous preterm birth (11.8% versus 8.4%) compared with Non-Hispanic White women.

Compared with Non-Hispanic White women, Non-Hispanic Black women of reproductive age are more likely to be obese (37% versus 20%), have hypertension (25% versus 13%), and have a sexually transmitted infection.

Hispanic women of reproductive age in Florida, compared with Non-Hispanic Women, are also more likely to live at or below 200% of the federal poverty threshold (50% versus 36%), and to have less education (19% versus 9%). Hispanic women are also less likely to have health care coverage than Non-Hispanic White women (42% versus 23%) and are less likely to have emotional and social support (28.3% versus 13.9%).

Preconception Health Indicator Report

The Department of Health is working on strategies to improve preconception health.

Women's health, at all ages of the lifespan and for those whose circumstances have made them vulnerable to poor health, is important and contributes to the well-being of Florida's families as too often women are the primary caregiver for the family's children, elderly parents and other family members, spouses, or partners. Florida's Title V Maternal and Child Health block grant focuses on interconception/preconception (ICC/PCC) health, fully recognizing the importance of improving the health of all women of reproductive age to ensure better birth outcomes and healthier babies. Florida's goal is that by 2018, 28 percent of women having a live birth will receive preconception counseling about healthy lifestyle behaviors and prevention strategies from a health care practitioner prior to pregnancy. One of the strategies employed by the Department of Health (Department) focuses on raising awareness among providers and consumers on the importance and benefits of being healthy prior to pregnancy.

Other strategies include raising awareness of the Medicaid Family Planning Waiver services among potentially eligible women who have lost full Medicaid services within the last two years.

Through Title V funding, the Department makes available ICC/PCC through the state's Healthy Start program. Neither ICC nor PCC is reimbursable by Medicaid. ICC/PCC services are offered to Healthy Start clients who have had a pregnancy and are high-risk of having a poor birth outcome for a subsequent pregnancy.

A recent Department study looked at characteristics and barriers associated with a preventive dental visit during pregnancy among new mothers in Florida. Identified barriers to care were significantly associated with not receiving a preventive dental visit. In particular, relative to new mothers who received a preventive dental visit, the following were more likely to not receive a preventive dental visit: women with no preconception teeth cleaning, women without prenatal education, and women without dental insurance during pregnancy. Programmatic efforts are focusing on promoting preconception health for all women, reinforcing the safety and appropriateness of dental care before and during pregnancy to both expectant mothers and providers, and expanding accessibility and coverage of dental services before and during pregnancy.

The Department, in partnership with the Association of Maternal and Child Health Programs and REACHUP, Inc., a Federal Healthy Start site and community partner, participated in a project to implement enhancements to the Preconception Peer Educator (PPE) program at the community level. The PPE program originated in the Department of Health and Human Services, Office of Minority Health, and works with the college age population, enlisting college students to serve as peer educators on college campuses and in the community.

The PPEs help disseminate essential preconception health messages that may seem too distant for a population that may not be actively seeking to start a family. Because over 50 percent of all pregnancies are unplanned, it is imperative to provide all women, and in particular sexually active women and their partners, with information to make timely, informed decisions about their reproductive futures. PPE training was originally designed to emphasize the reduction in infant mortality by educating women and men on the importance of preconception health. The project was directed at Historically Black Colleges and Universities in an effort to promote preconception health to a population impacted by higher rates of infant mortality.

Preconception Health Indicator Report

Preconception health indicators

The preconception health indicators used for this report were selected by the CORE State Preconception Health Indicators Working Group, formed by seven states, including Florida. The group's purpose was to define preconception health domains and propose preconception health indicators currently measurable at the state level. The work group selected a total of 45 indicators within eleven domains.³⁻⁴ This report provides 33 indicators from 10 domains for which data are currently available to summarize preconception health in Florida.

Where were the preconception health indicators selected from?

Eighteen indicators are currently available from the Behavioral Risk Factor Surveillance System (BRFSS), a national telephone health survey system that tracks health conditions and risk behaviors. The survey is conducted by state health departments nationwide, and coordinated by the Centers for Disease Control and Prevention (CDC). Thirteen indicators are currently available from the Pregnancy Risk Assessment Monitoring System (PRAMS) in Florida. PRAMS is another surveillance project of CDC and state public health departments. Currently operational in forty states and New York City, PRAMS is a population-based surveillance system of maternal behaviors and experiences before, during, and shortly after pregnancy. The National Sexually Transmitted Diseases Database (NSTD), the Community Health Assessment Resource Tool Set (CHARTS) from Florida, and the Annual Social and Economic Supplement (ASEC) of the Current Population Survey (CPS) all provide one indicator for the report. The NSTD is a national database developed and maintained by the CDC for real-time active surveillance of sexually transmitted infections (STIs). CHARTS is a website that provides Florida public health statistics such as births, deaths, and communicable and chronic diseases. The CPS is conducted by the Bureau of the Census for the Bureau of Labor Statistics. The ASEC is a supplement of the CPS, and provides official estimates of poverty level rates and of widely used estimates of household income and individual earnings.

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Preconception Health Indicator Report

GENERAL HEALTH STATUS & LIFE SATISFACTION

Self-rated health status is a measure of health-related quality of life that is related to general happiness and life satisfaction.^{1,2}

Self-rated Health

What is the significance of self-rated health to preconception health?

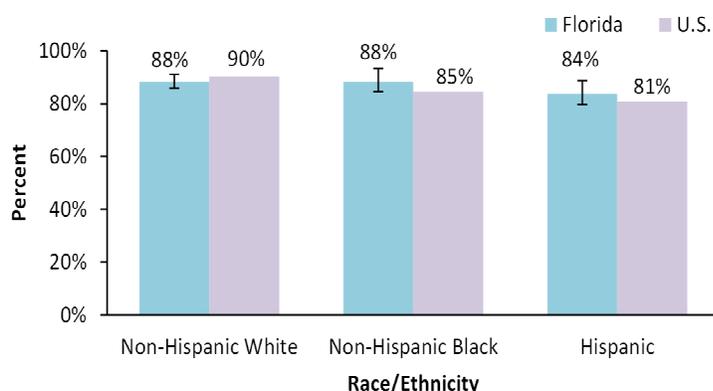
Being healthy is more than just the absence of disease, injury, or disability. Self-rated health relates to overall well-being, with higher ratings of general health related to greater levels of happiness and life satisfaction.¹ Lower ratings of health are consistently associated with increased mortality, development of chronic conditions, incident adverse health events, health care utilization, and illness severity. These associations persist even after accounting for medical risk factors.³⁻⁷

Self-rated health is predictive of a woman's overall well-being; therefore, it follows that self-rated health should be an indicator for pregnancy outcomes. A woman's perception of her health can be used to assess both her overall health and help establish her preconception health.

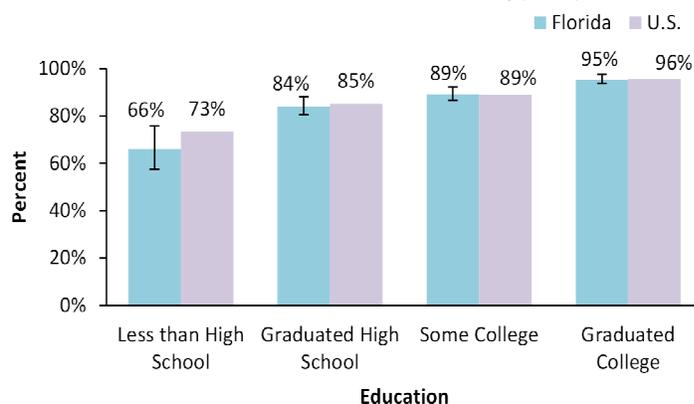
How many Florida women of reproductive age report good to excellent self-rated health?

- Approximately 2,778,801 (87.4%) of Florida women, aged 18-44, reported good to excellent general health in 2012
- The percentage of women with reported good to excellent general health has not significantly changed since 2005

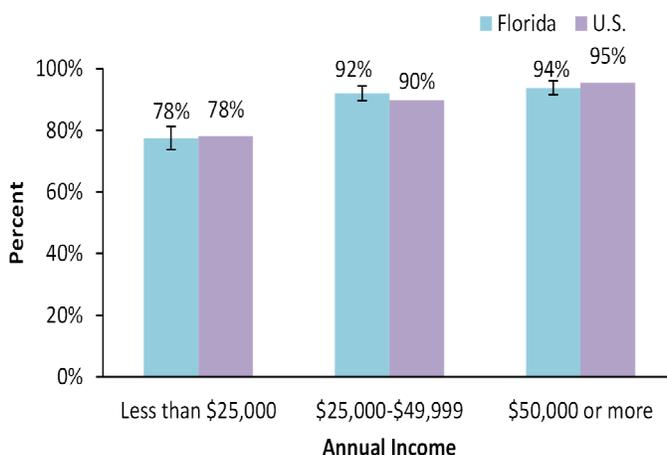
Percentage of All Women, Aged 18-44, Who Reported Good to Excellent Health, Florida and U.S., by Race/Ethnicity, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Reported Good to Excellent Health, Florida and U.S., by Education, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Reported Good to Excellent Health, Florida and U.S., by Annual Income, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Preconception Health Indicator Report

GENERAL HEALTH STATUS & LIFE SATISFACTION

Self-rated health status is a measure of health-related quality of life that is related to general happiness and life satisfaction.¹²

Self-rated Health

Which women are less likely to report good to excellent self-rated health?

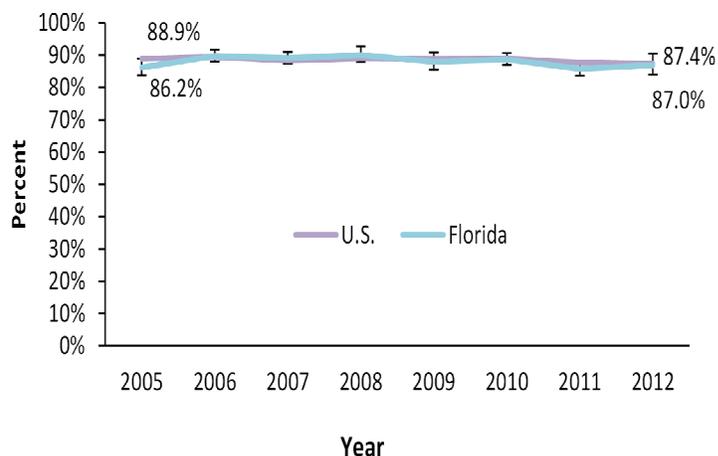
- Hispanic women
- Women with lower education
- Women with lower income

While the prevalence of women who report good to excellent health in Florida is high, there is still room for improvement.

Many ways to improve aspects of a woman's health are available through the CDC's Women's Health website at: www.cdc.gov/women/

Percentage of All Women, Aged 18-44, Who Reported Good to Excellent Health, Florida and U.S., by Year, 2005-2012

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



More information addressing aspects of preconception health can be found through the Florida Department of Health website at: <http://www.floridahealth.gov/healthy-people-and-families/womens-health/pregnancy/index.html>

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Preconception Health Indicator Report

SOCIAL DETERMINANTS OF HEALTH

The social determinants of health are the circumstances in which people are born, grow up, live, work, and age.¹ Education and poverty status are two social determinants of health.

Education

What is the significance of education to preconception health?

As a social determinant of health, lower education can lead to unhealthy behaviors, exposure to stress, and psychological reactions to stress that increase the risk of intrauterine growth retardation or preterm delivery.² In relation to preconception health, maternal and paternal education have also been shown to be the strongest predictor of adverse reproductive outcomes.³

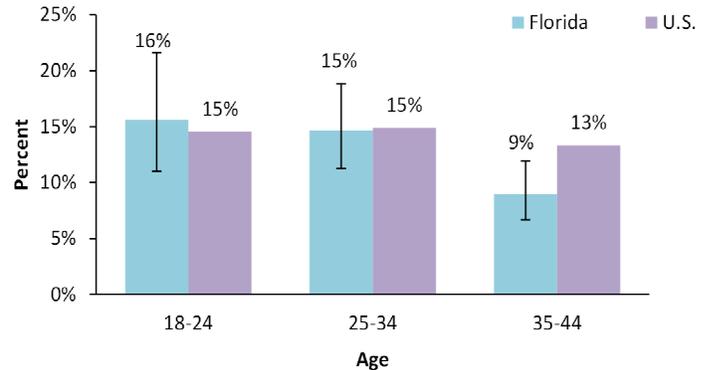
How many Florida women of reproductive age do not have a high school education or a general education development (GED) certificate?

- Approximately 414,413 (12.9%) of Florida women, aged 18-44, did not have a high school or GED in 2012
- The percentage of women without a high school education or GED has not significantly changed since 2005

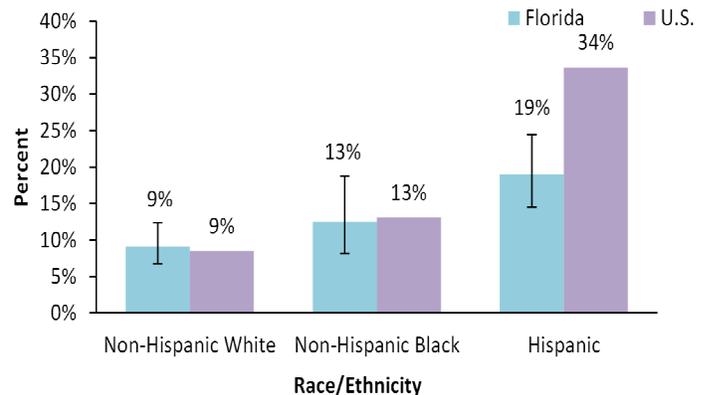
Which women are more likely to not have a high school education or GED?

- Younger women
- Hispanic women
- Women with lower income

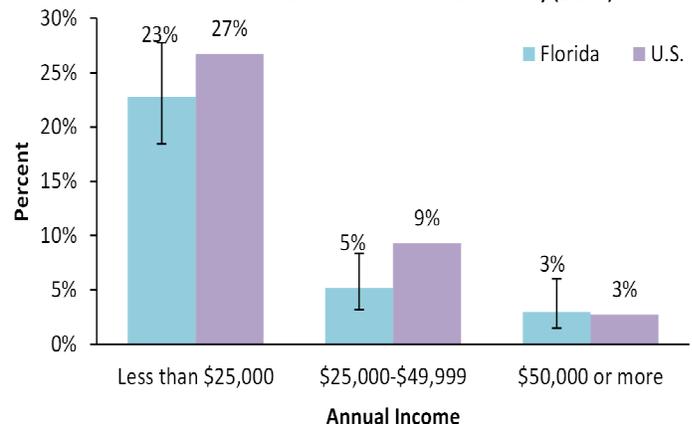
Percentage of All Women, Aged 18-44, Without a High School Education or GED, Florida and U.S., by Age, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



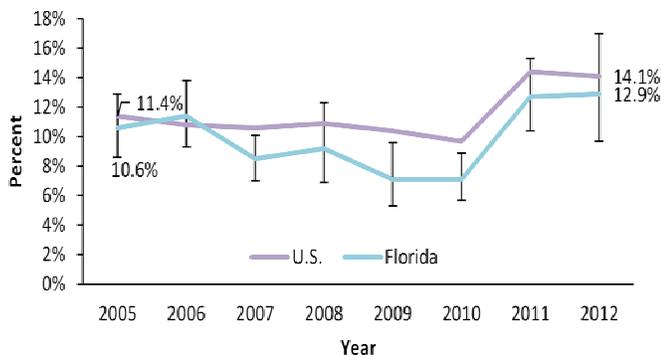
Percentage of All Women, Aged 18-44, Without a High School Education or GED, Florida and U.S., by Race/Ethnicity, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Without a High School Education or GED, Florida and U.S., by Annual Income, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Without a High School Education or GED, Florida and U.S., by Year, 2005-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Preconception Health Indicator Report

SOCIAL DETERMINANTS OF HEALTH

Poverty

What is the significance of socioeconomic status and poverty to preconception health?

Socioeconomic status is a major determinant of health, and is often used to define social inequality. Federal poverty thresholds measure socioeconomic status, and consist of a series of thresholds based on family size and composition to determine poverty status.⁴ Focusing on preconception health, low socioeconomic position, and poverty is generally associated with increased risk of preterm birth and intrauterine growth retardation.^{1,5}

How many Florida women of reproductive age live below 200% of the Federal Poverty Threshold (FPT)?

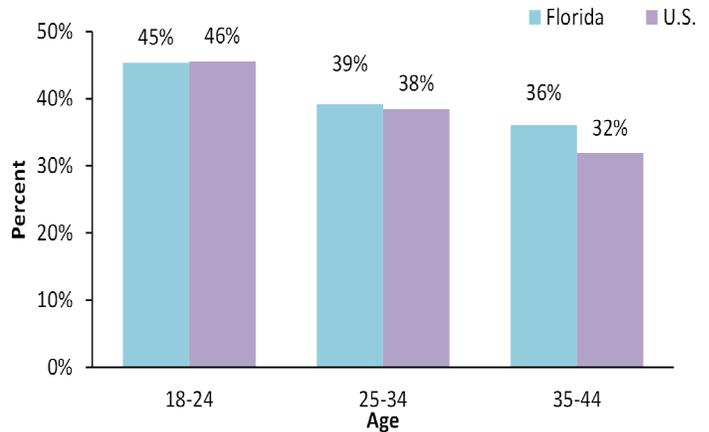
- Approximately 1,308 (39.9%) of Florida women, aged 18-44, were living below 200% of the FPT in 2012
- The percentage of women living below 200% of the FPT has significantly increased since 2005

Which women are more likely to live below 200% of the Federal Poverty Threshold?

- Younger women
- Hispanic women
- Black women
- Women with less education

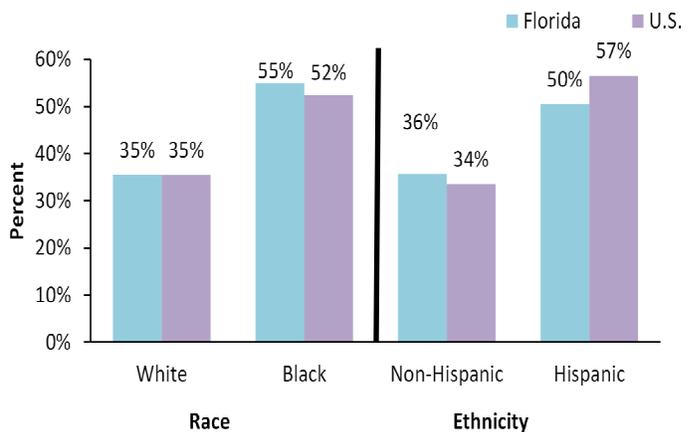
Percentage of All Women, Aged 18-44, Who Live Below 200% of the FPT, Florida and U.S., by Age, 2011-2012

Source: Annual Social and Economic Supplement (ASEC)



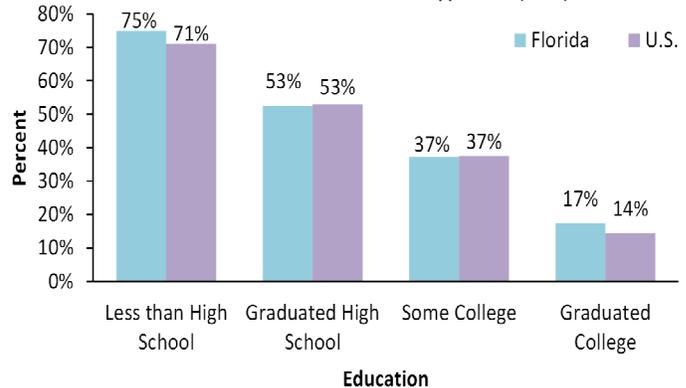
Percentage of All Women, Aged 18-44, Who Live Below 200% of the FPT, Florida and U.S., by Race and Ethnicity, 2011-2012

Source: Annual Social and Economic Supplement (ASEC)



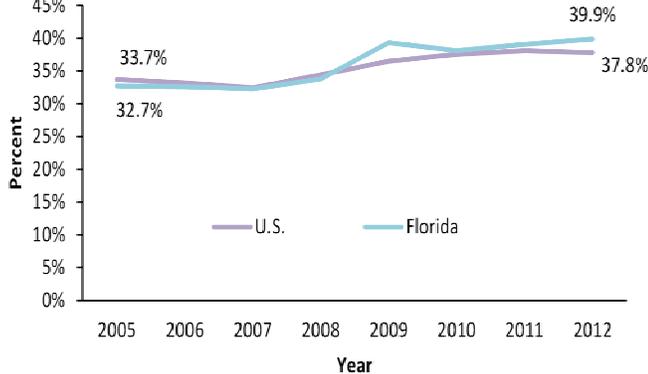
Percentage of All Women, Aged 18-44, Who Live Below 200% of the FPT, Florida and U.S., by Education, 2011-2012

Source: Annual Social and Economic Supplement (ASEC)



Percentage of All Women, Aged 18-44, Who Lived Below 200% of the FPT, Florida and U.S., by Year, 2005-2012

Source: Annual Social and Economic Supplement (ASEC)



Preconception Health Indicator Report

SOCIAL DETERMINANTS OF HEALTH

Social determinants of health are pervasive, and can have a profound effect on preconception health.

More information and resources on these determinants can be found through the CDC at:
www.cdc.gov/socialdeterminants.

More information addressing aspects of preconception health can be found through the Florida Department of Health website at: <http://www.floridahealth.gov/healthy-people-and-families/womens-health/pregnancy/index.html>.

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Preconception Health Indicator Report

HEALTH CARE

Current Health Care Coverage

What is the significance of access to health care to preconception health?

To ensure optimal preconception health, women of childbearing age need ongoing access to preventive health care services, and not just at the time a pregnancy occurs.^{1,2} This is especially important for women of reproductive age with chronic medical conditions, such as diabetes or hypertension.^{1,2}

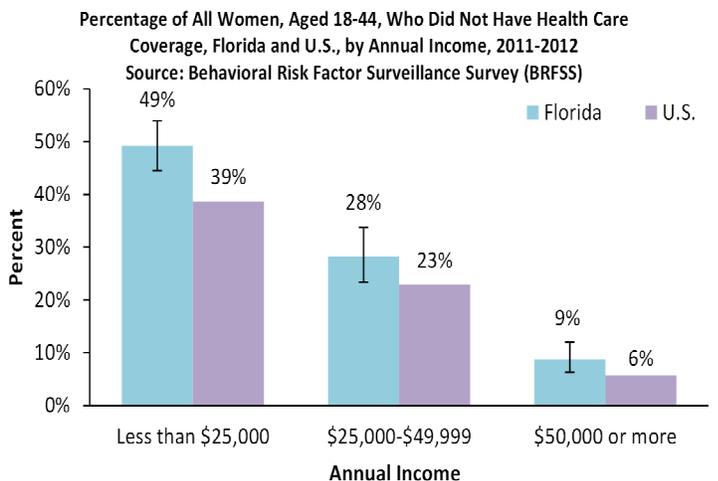
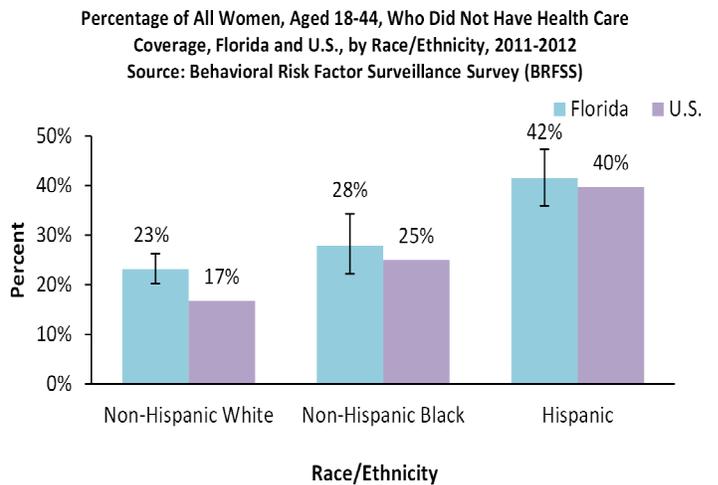
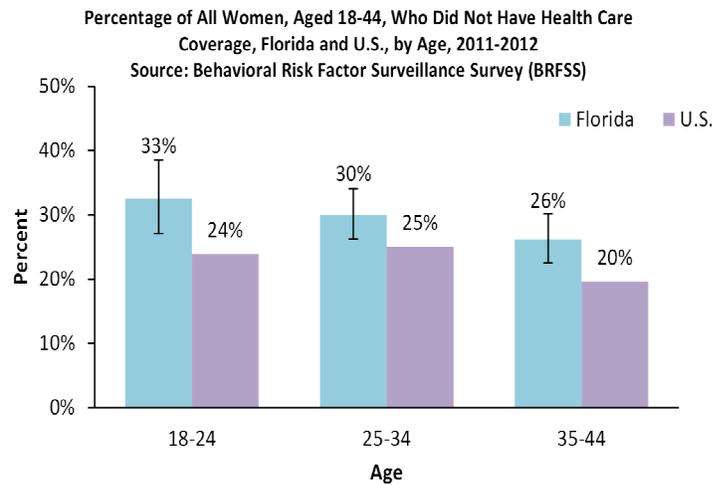
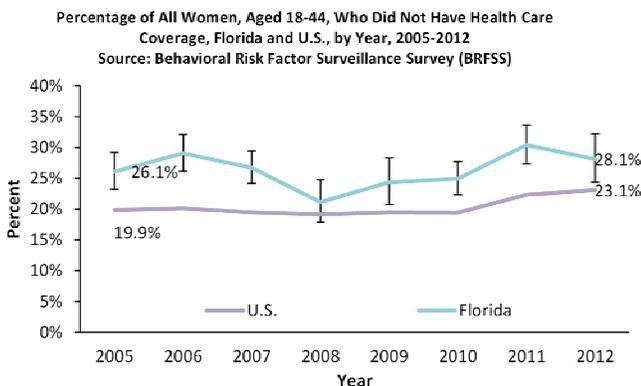
A usual source of health care is also important, as women who have a source of care are more likely to receive a variety of preventive health care services than women without a regular provider.^{3,4} Furthermore, lack of health care coverage is associated with decreased use of preventive health services, delay in seeking medical care, and poor health status.^{1,2}

How many Florida women of reproductive age do not have health care coverage?

- Approximately 900,975 (28.1%) of Florida women, aged 18-44, did not have health care coverage in 2012
- The percentage of women without health care coverage has not significantly changed since 2005

Which women are less likely to have health care coverage?

- Younger women
- Hispanic women
- Women with lower income



Preconception Health Indicator Report

HEALTH CARE

Health Care Coverage Prior to Pregnancy

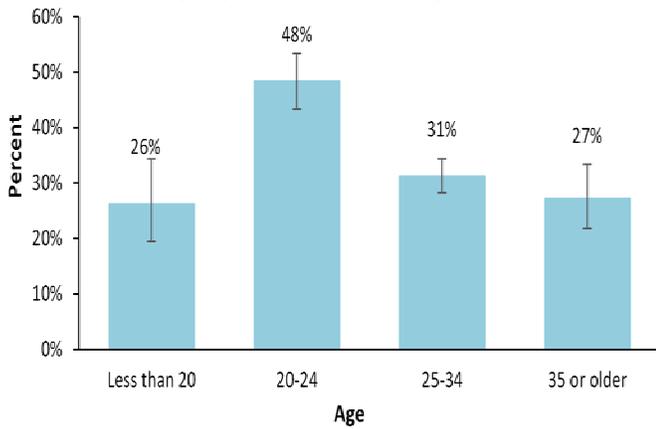
How many mothers in Florida do not have health care coverage a month prior to pregnancy?

- Approximately 64,643 (34%) of recent mothers in Florida did not have health care coverage a month prior to pregnancy in 2012
- The percentage of women without health care coverage prior to becoming pregnant has not significantly changed since 2008

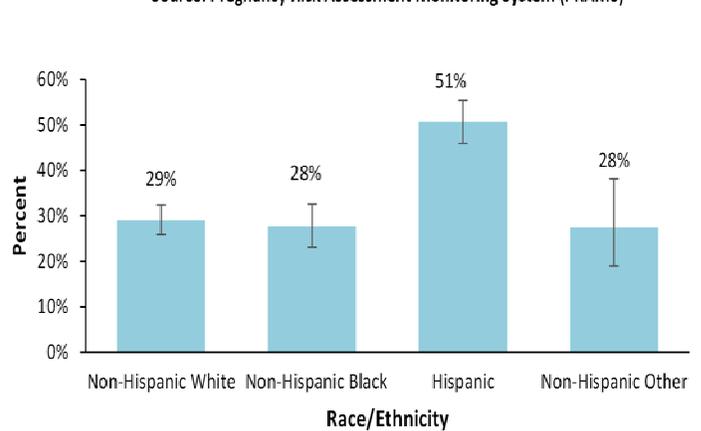
Which women are more likely to not have health care coverage a month prior to pregnancy?

- Women in Florida compared with women in U.S.
- Younger women
- Hispanic women
- Women with lower income

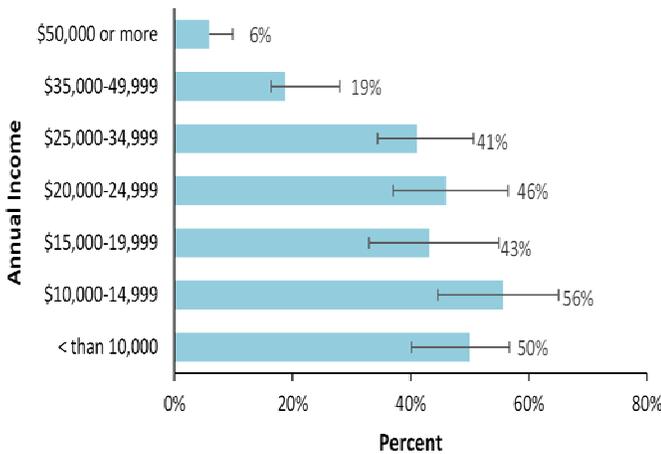
Percentage of Recent Florida Mothers Who Did Not Have Health Care Coverage During the Month Prior to Pregnancy, by Age, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



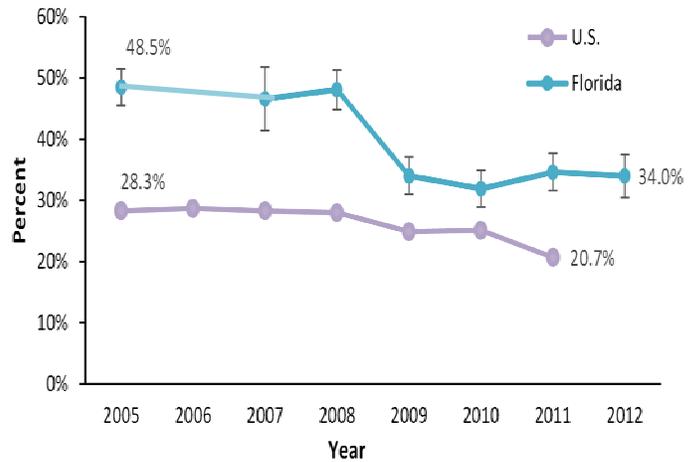
Percentage of Recent Florida Mothers Who Did Not Have Health Care Coverage During the Month Prior to Pregnancy, by Race/Ethnicity, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Did Not Have Health Care Coverage During the Month Prior to Pregnancy, by Annual Income, 2011*
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Mothers Who Did Not Have Health Care Coverage During the Month Prior to Pregnancy, Florida and U.S., by Year, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



*2012, Included different categories of annual income

Preconception Health Indicator Report

HEALTH CARE

Routine Checkup

Access to comprehensive, quality health care services is important for the achievement of health equity and for increasing the quality of a healthy life for everyone.⁵ The risk of pregnancy-related complications and maternal and infant disability and death can be reduced by improving access to quality care before, during, and after pregnancy.⁶ Routine reproductive health care visits, screening, and education are needed because they can provide preconception health promotion to women of reproductive age.

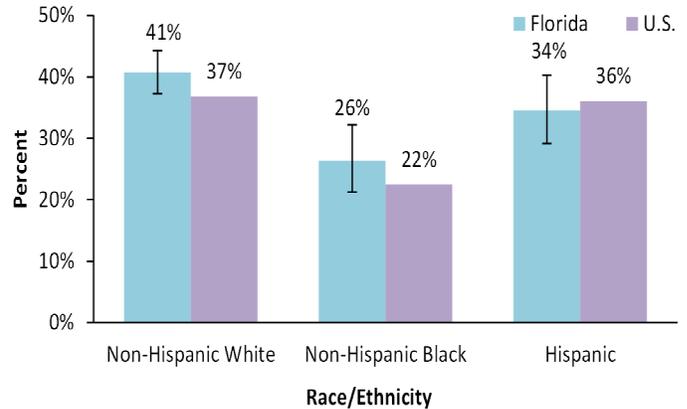
How many Florida women of reproductive age did not have a routine checkup in the past year, suggesting they do not have a primary care provider?

- Approximately 1,038,881 (32.3%) of Florida women, aged 18-44, did not have a routine checkup in 2012
- The percentage of women who did not have a routine checkup within the past year has not significantly changed since 2005

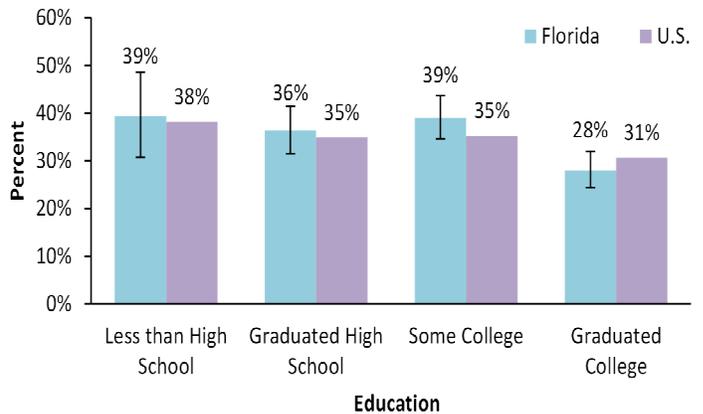
Which women are less likely to have a routine checkup in the past year?

- Non-Hispanic White women
- Women with lower income

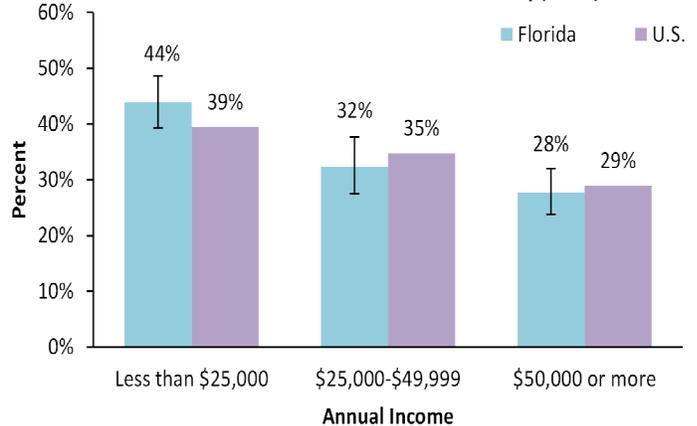
Percentage of All Women, Aged 18-44, Who Did Not Have a Routine Checkup in the Past Year, Florida and U.S., by Race/Ethnicity, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



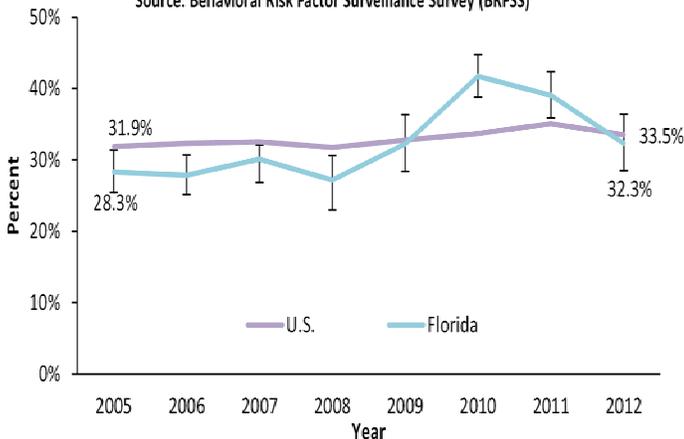
Percentage of All Women, Aged 18-44, Who Did Not Have a Routine Checkup in the Past Year, Florida and U.S., by Education, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Did Not Have a Routine Checkup in the Past Year, Florida and U.S., by Annual Income, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Did Not Have a Routine Checkup in the Past Year, Florida and U.S., by Year, 2005-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Preconception Health Indicator Report

HEALTH CARE

Reproductive Health Care

What is the significance of routine reproductive health care visits and regular pap test to preconception health?

Routine reproductive health care visits, screening, and education are needed because they can provide preconception health promotion to women of reproductive age. Additionally, regular pap test screening is recommended.

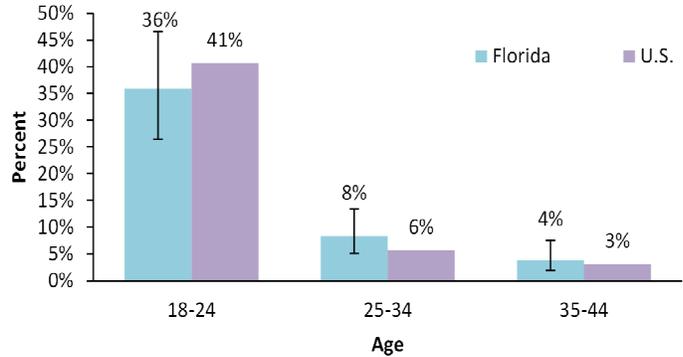
How many Florida women of reproductive age have not had a pap test within the past three years, suggesting they do not have access to reproductive health services?

- Approximately 422,993 (13.8%) of Florida women, aged 18-44, did not have a pap test in 2012
- The percentage of women who did not have a pap test within the past three years has not significantly changed since 2006

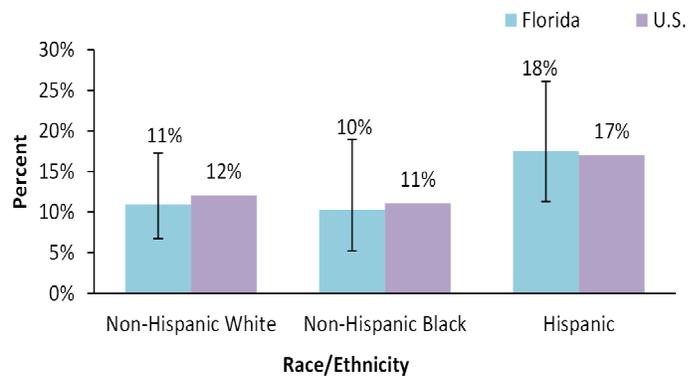
Which women are less likely to have had a pap test within the past three years?

- Younger women
- Hispanic women

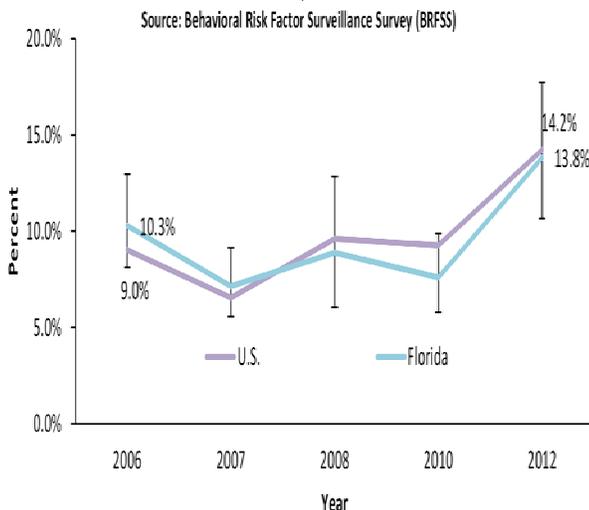
Percentage of All Women, Aged 18-44, Who Did Not Have a PAP Test within the Past Three Years, Florida and U.S., by Age, 2012*
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



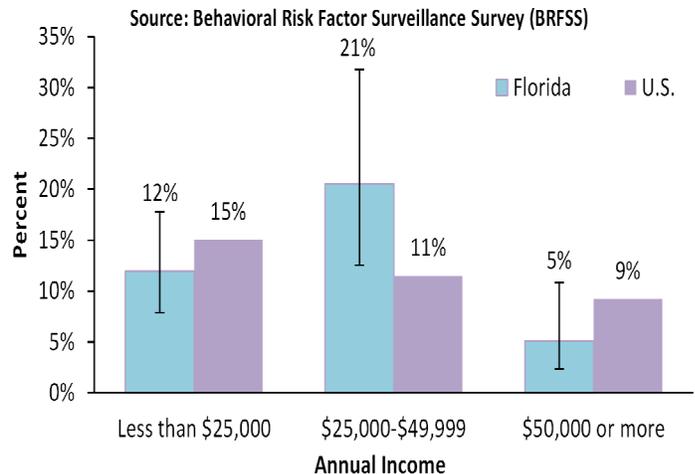
Percentage of All Women, Aged 18-44, Who Did Not Have a PAP Test within the Past Three Years, Florida and U.S., by Race/Ethnicity, 2012*
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Did Not Have a PAP Test within the Past Three Years, Florida and U.S., by Year, 2006-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Did Not Have a PAP Test within the Past Three Years, Florida and U.S., by Annual Income, 2012*
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



*Not asked in 2011

Preconception Health Indicator Report

HEALTH CARE

Access to health care, routine checkups, and routine reproductive health care visits are important issues in preconception health. More resources addressing aspect of preconception can be found through the Florida Department of Health website at: <http://www.floridahealth.gov/healthy-people-and-families/womens-health/pregnancy/index.html>.

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Preconception Health Indicator Report

REPRODUCTIVE HEALTH AND FAMILY PLANNING

Reproductive health is a broad topic that addresses many aspects of a woman's quality of life. In relationship to preconception health, reproductive health and family planning focus on women choosing whether and when to be pregnant. These aspects of preconception health help women to have safe and healthy pregnancies.

Previous Preterm Birth

What is the significance of previous preterm birth to preconception health?

Women who have had a previous preterm birth are at a greater risk of future preterm births. Women who have recurrent preterm births are at higher risk for birth complications and subsequent poor outcomes, compared with healthy women.¹⁻¹¹

How many mothers in Florida have had a previous preterm birth?

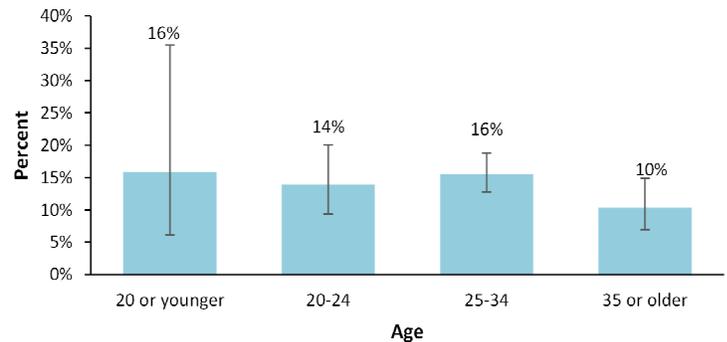
- Approximately 15,826 (13.6%) of recent mothers in Florida had previously had a preterm birth in 2012
- The percentage of recent mothers who have had a previous preterm birth have not significantly changed since 2008

Which mothers are more likely to have had a previous preterm birth?

- Non-Hispanic Black women
- Women with less education

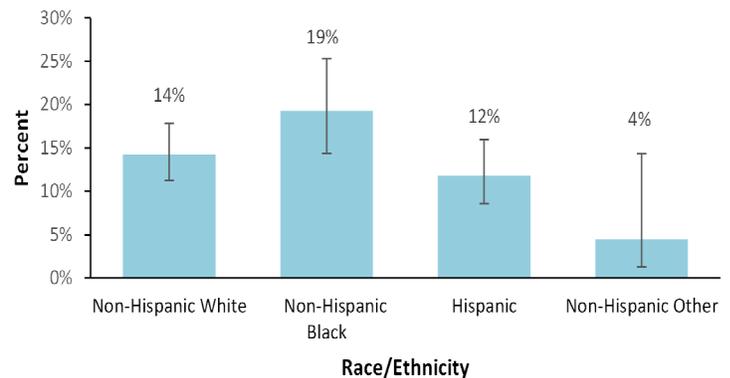
Percentage of Florida Mothers Who Had a Previous Preterm Birth, by Age, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



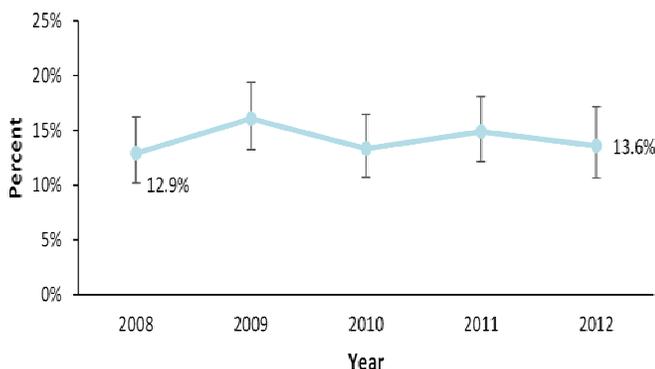
Percentage of Florida Mothers Who Had a Previous Preterm Birth, by Race/Ethnicity, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



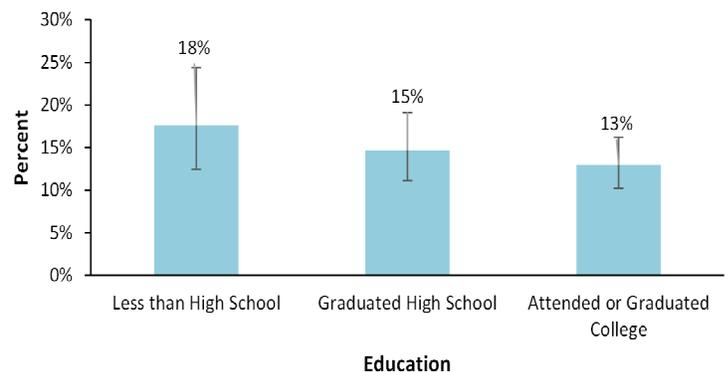
Percentage of Recent Florida Mothers Who Had A Previous Preterm Birth, by Year, 2008-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Had a Previous Preterm Birth, by Education, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Pregnancy Intention

What is the significance of unintended pregnancy to preconception health?

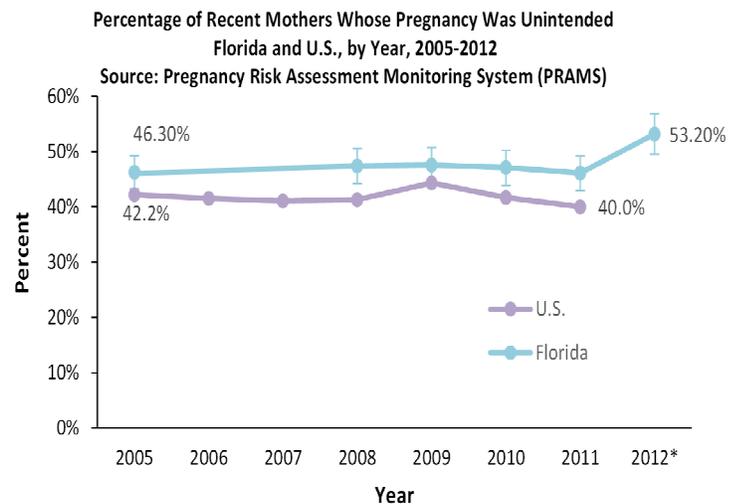
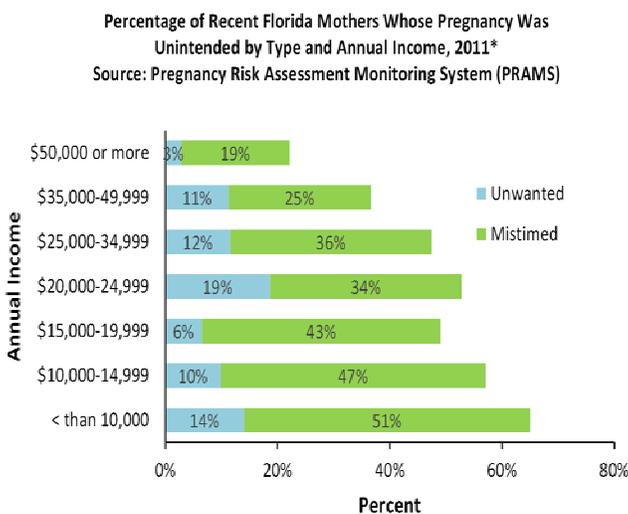
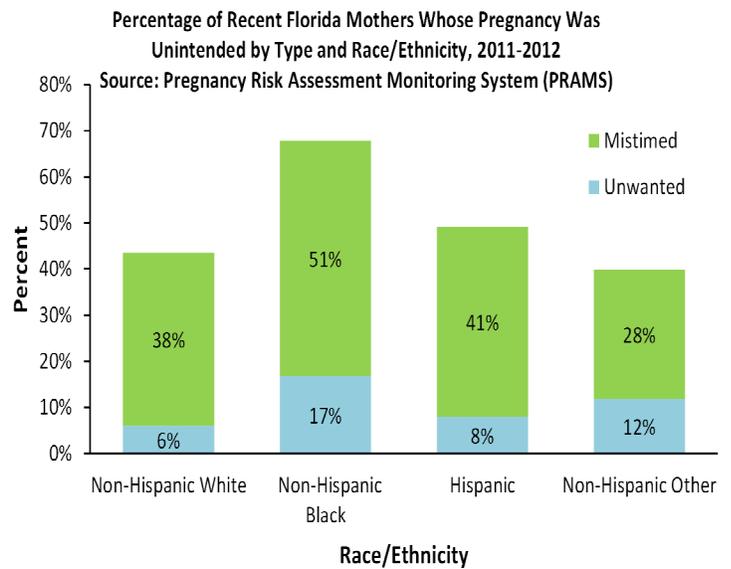
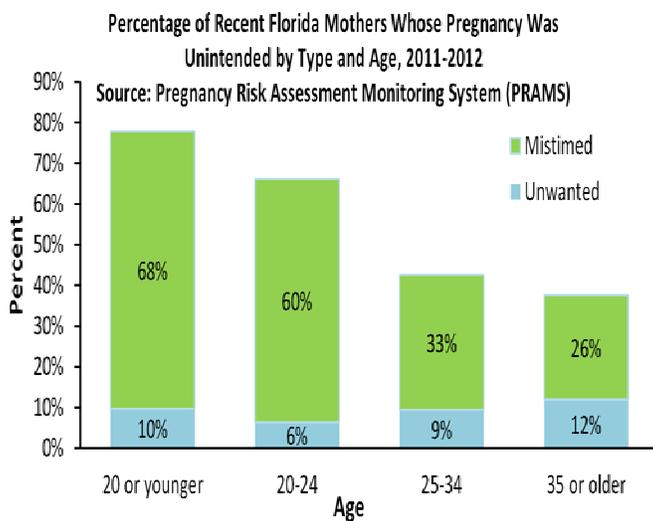
An unintended pregnancy is a pregnancy that is either mistimed or unwanted at the time of conception. In the United States, 49% of the pregnancies are unintended, and half of these unintended pregnancies end in abortion.^{12,13} Mistimed and unwanted pregnancies are associated with maternal health behaviors that can adversely affect birth outcomes and maternal and infant health.^{14,15}

How many mothers in Florida say their most recent pregnancy was unintended?

- Approximately 110,498 (54.1%) of recent mothers in Florida said their most recent pregnancy was unintended in 2012
- The percentage of recent mothers who say their most recent pregnancy was unintended has not significantly changed since 2008

Which women are more likely to report their most recent pregnancy was unintended?

- Younger women
- Non-Hispanic Black women
- Women with a lower income



* 2012 was not included since it had different categories of annual income

2012* included "I was not sure what I wanted" as unintended

Preconception Health Indicator Report

REPRODUCTIVE HEALTH AND FAMILY PLANNING

Inter-Pregnancy Interval/Birth Spacing

What is the significance of inter-pregnancy interval/birth spacing to preconception health?

Shorter inter-pregnancy intervals, which are less than 18-24 months, are associated with increased rates of adverse pregnancy outcomes. These outcomes include: uterine rupture, maternal morbidities, preterm birth, low birth weight, and small for gestational age infants.¹⁶⁻²¹

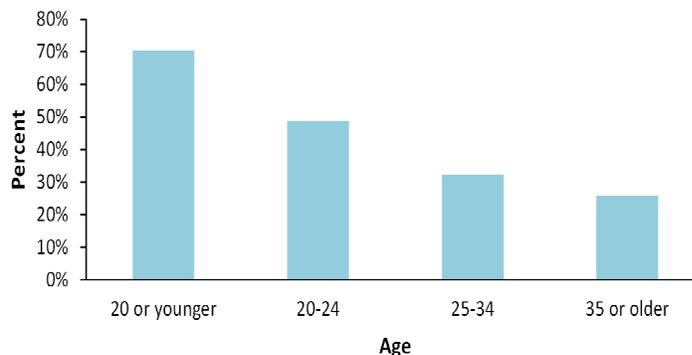
How many mothers in Florida had less than 18 months between their previous pregnancy and the start of their most recent pregnancy?

- Approximately 42,911 (35.3%) of recent mothers in Florida had less than 18 months between their previous pregnancy and the start of their most recent pregnancy in 2012
- The percentage of recent mothers who had less than 18 months between their previous pregnancy and the start of their most recent pregnancy has significantly decreased since 2008

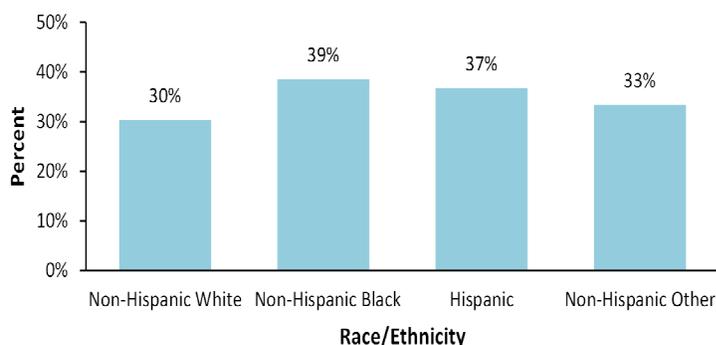
Which women are more likely to have less than 18 months between their previous pregnancy and the start of their most recent pregnancy?

- Younger women
- Non-Hispanic Black and Hispanic women

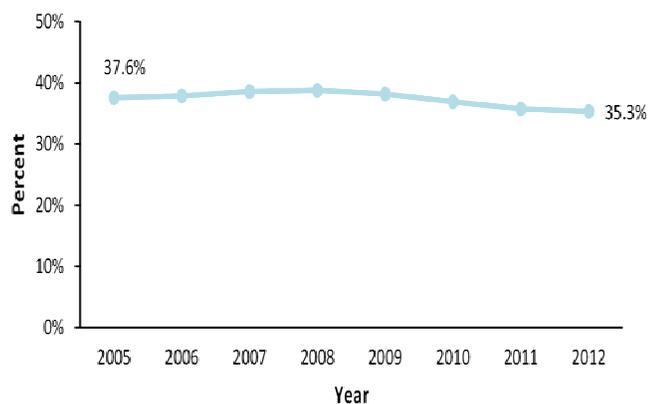
Percentage of Recent Florida Mothers Who Had Less Than 18 Months between Their Previous Birth and the Start of Their Most Recent Pregnancy, by Age, 2012. Source: Florida CHARTS



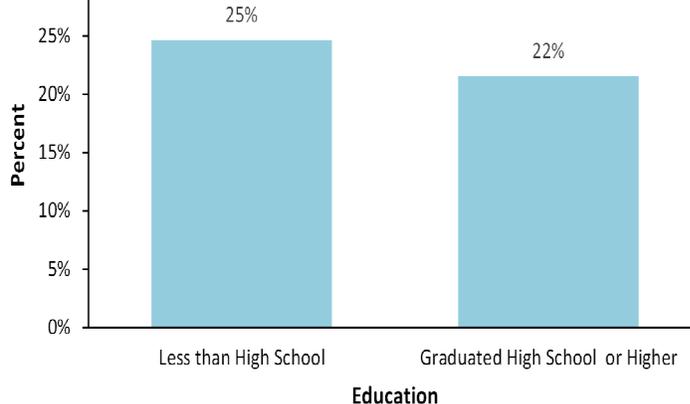
Percentage of Recent Florida Mothers Who Had Less Than 18 Months between Their Previous Birth and the Start of Their Most Recent Pregnancy, by Race/Ethnicity, 2012. Source: Florida CHARTS



Percentage of Recent Florida Mothers Who Had Less Than 18 Months between Their Previous Birth and the Start of Their Most Recent Pregnancy, by Year, 2005-2012. Source: Florida CHARTS



Percentage of Recent Florida Mothers Who Had Less Than 18 Months between Their Previous Birth and the Start of Their Most Recent Pregnancy, by Education, 2012. Source: Florida CHARTS



Current Contraception Use

What is the significance of contraception to preconception health?

Appropriate family planning and postpartum contraception are ways to prevent short inter-pregnancy intervals and unintended pregnancies. Both short inter-pregnancy intervals and unintended pregnancies are associated with adverse birth outcomes.¹⁴⁻²¹ Therefore, effective contraception use can help prevent these negative outcomes.

How many women of reproductive age currently use effective contraception?

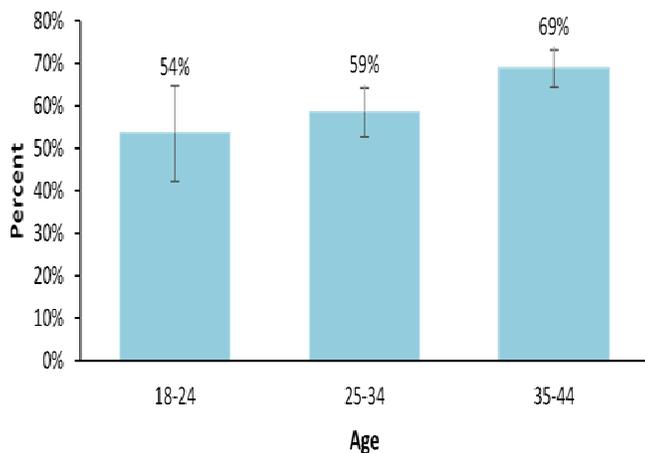
- Approximately 1,051,409 (63.8%) of Florida women, aged 18-44, reported using effective contraception in 2010. Data were not collected in 2011 or 2012
- The percentage of women using effective contraception has significantly increased since 2008

Which women are less likely to use effective contraception?

- Younger women
- Women with lower income

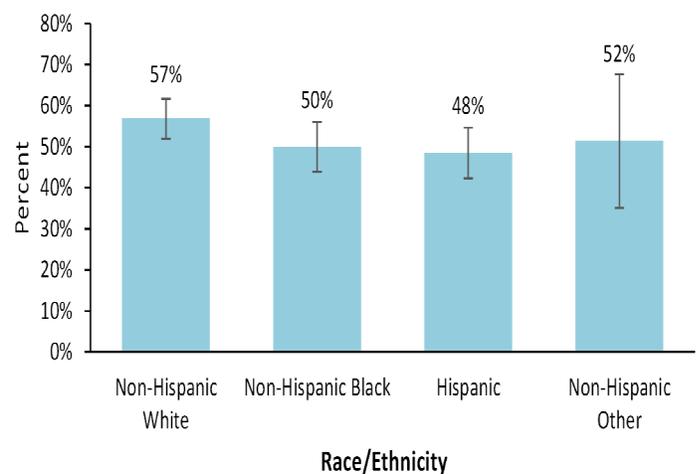
Percentage of All Florida Women, Aged 18-44, Who Currently use Effective Contraception, by Age, 2010

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



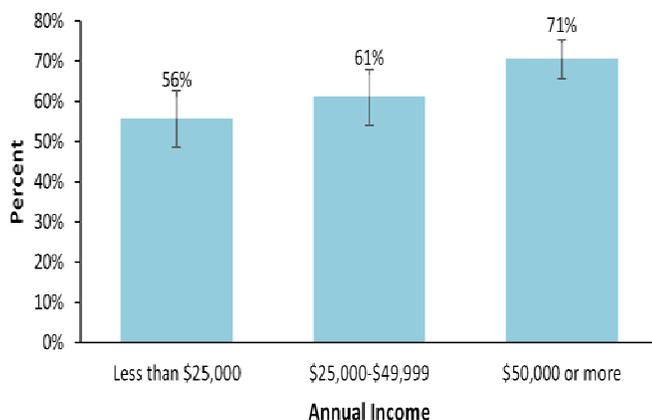
Percentage of Recent Florida Mothers Who Were Not Trying to Become Pregnant and Were Not Using Contraception, by Race/Ethnicity, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



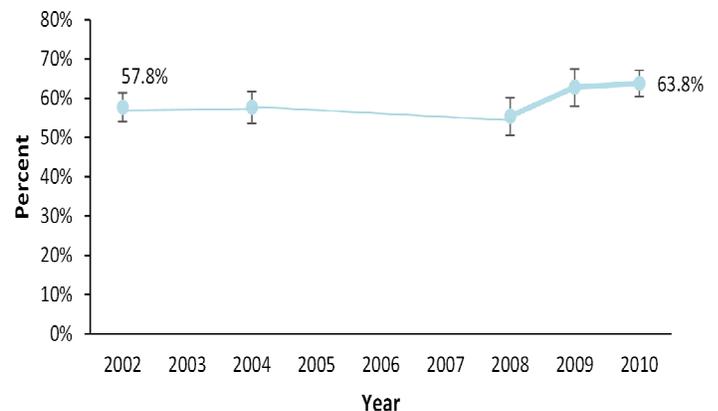
Percentage of All Florida Women, Aged 18-44, Who Currently Use Effective Contraception, by Annual Income, 2010

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Florida Women, Aged 18-44, Who Currently Use Effective Contraception, by Year, 2002-2010

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



REPRODUCTIVE HEALTH AND FAMILY PLANNING

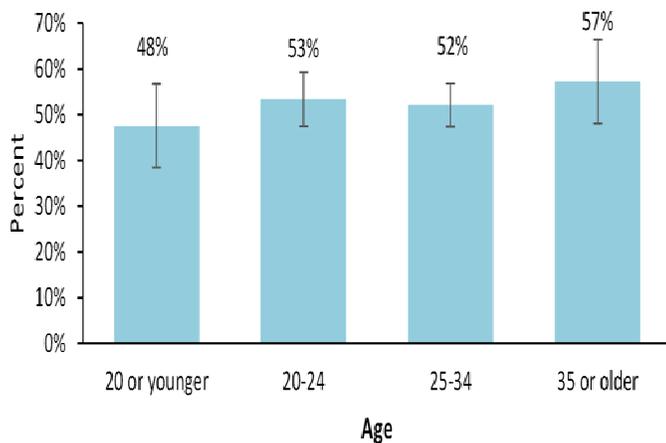
How many mothers in Florida were not trying to get pregnant at the time of conception, but were not using contraception?

- Approximately 60,003 (51.6%) of recent mothers in Florida were not trying to get pregnant at the time of conception, but were not using contraception in 2012
- The percentage of recent mothers who were not trying to get pregnant at the time of conception, but were not using contraception, has not significantly changed since 2008

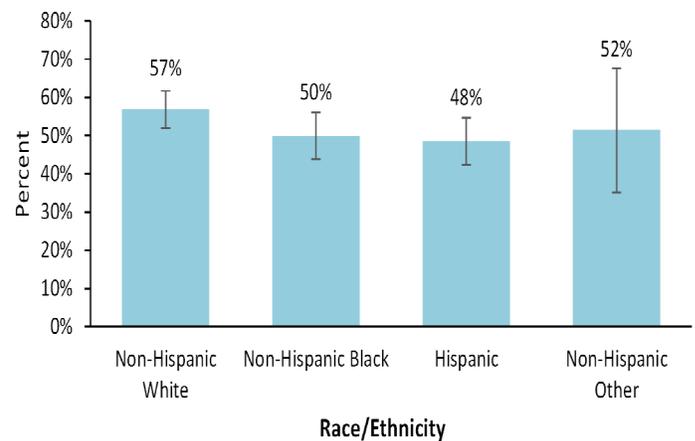
Which women are more likely to not use contraception when they are not trying to become pregnant?

- Younger women
- Non-Hispanic White women
- Women with less education

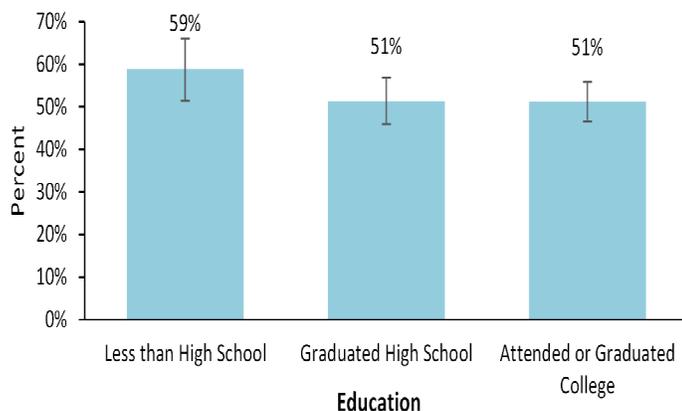
Percentage of Recent Florida Mothers Who Were Not Trying to Become Pregnant and Were Not Using Contraception, by Age, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



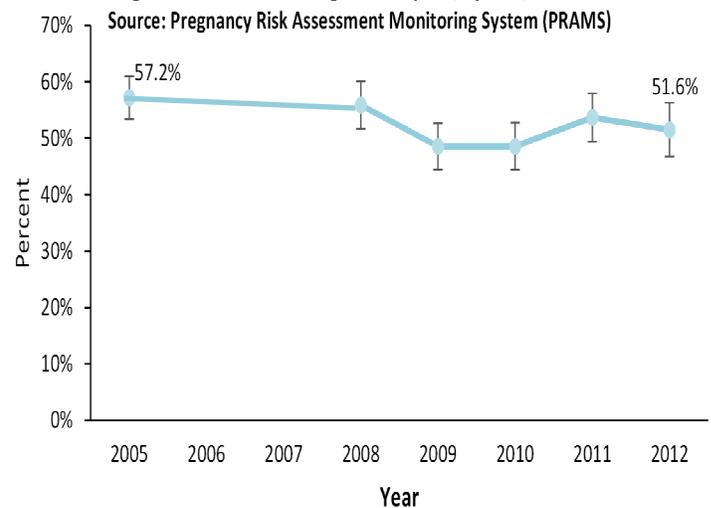
Percentage of Recent Florida Mothers Who Were Not Trying to Become Pregnant and Were Not Using Contraception, by Race/Ethnicity, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Were Not Trying to Become Pregnant and Were Not Using Contraception, by Education, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Were Not Trying to Become Pregnant and Were Not Using Contraception, by Year, 2005-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



REPRODUCTIVE HEALTH AND FAMILY PLANNING

Postpartum Contraceptive Use

How many recent mothers in Florida are not currently using contraception after delivery?

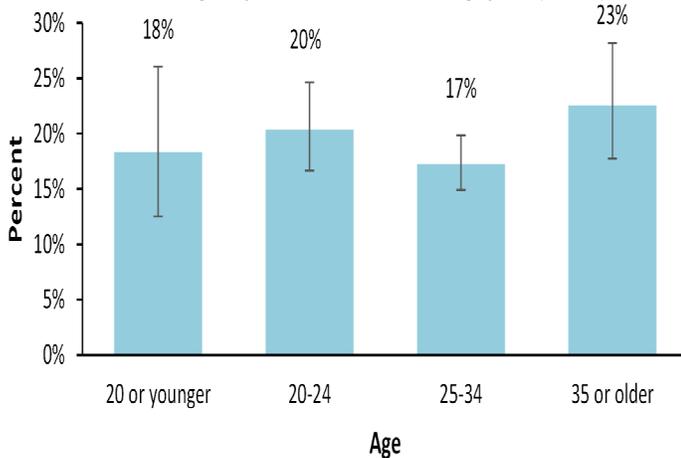
- Approximately 44,485 (21.6%) of recent mothers in Florida were not currently using contraception in 2012
- The percentage of recent mothers who are currently not using contraception, has not significantly changed since 2008

Which recent mothers are less likely to use contraception?

- Older women
- Non-Hispanic Other women
- Women with a lower income

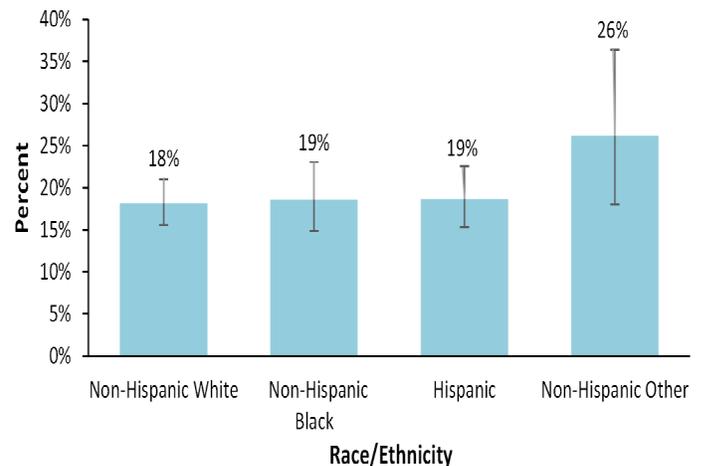
Percentage of Recent Florida Mothers Who Currently Are Not Using Contraception, by Age, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



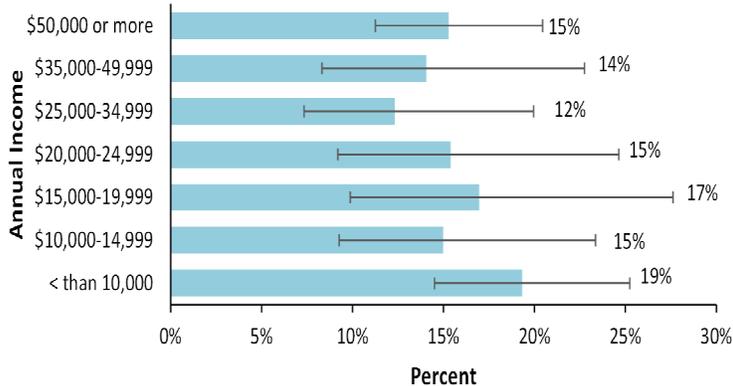
Percentage of Recent Mothers Who Currently Are Not Using Contraception, by Race/Ethnicity, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



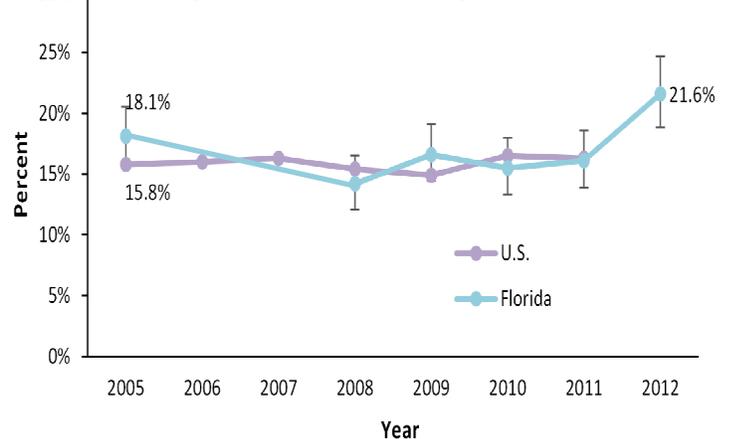
Percentage of Recent Florida Mothers Who Currently Are Not Using Contraception, by Annual Income, 2011*

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Currently Are Not Using Contraception, Florida and U.S., by Year, 2005-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



* 2012 was not included since it had different categories of annual income

Preconception Health Indicator Report

REPRODUCTIVE HEALTH AND FAMILY PLANNING

More resources addressing this aspect of preconception health can be found through the Florida Department of Health website at: <http://www.floridahealth.gov/healthy-people-and-families/womens-health/pregnancy/index.html>.

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Preconception Health Indicator Report

TOBACCO & ALCOHOL USE

Tobacco and alcohol use are important behavioral issues in preconception health. Women are generally aware that smoking and alcohol use during pregnancy can lead to adverse outcomes. Yet because only 46% of live births in Florida are planned, many women did not realize they were pregnant until several weeks into their pregnancy.^{1,2} Therefore, women may inadvertently continue using tobacco or alcohol, or both, during this critical time period of fetal development, increasing their risk for poor pregnancy outcomes.

Currently Smoking

What is the significance of tobacco use to preconception health?

Smoking before and during pregnancy is the most preventable known cause of illness and death among mothers and infants.^{3,4} Women who smoke before and during pregnancy are at greater risk for:

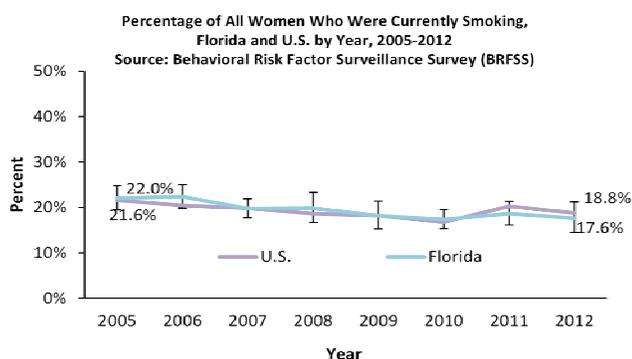
- Difficulty conceiving
- Infertility
- Spontaneous abortion
- Prematurity
- Low birth weight
- Neonatal mortality
- Stillbirth
- Sudden infant death syndrome (SIDS)
- Various birth defects

How many Florida women of reproductive age are currently smokers?

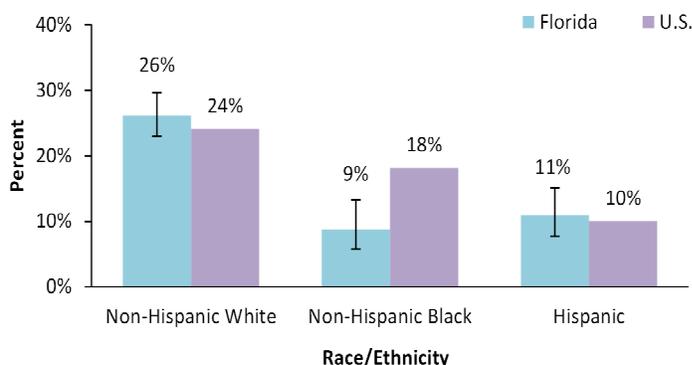
- Approximately 558,660 (17.6%) of Florida women, aged 18-44, were smokers in 2012
- The percentage of women who are currently smokers has significantly decreased since 2005

Which women are more likely to be current smokers?

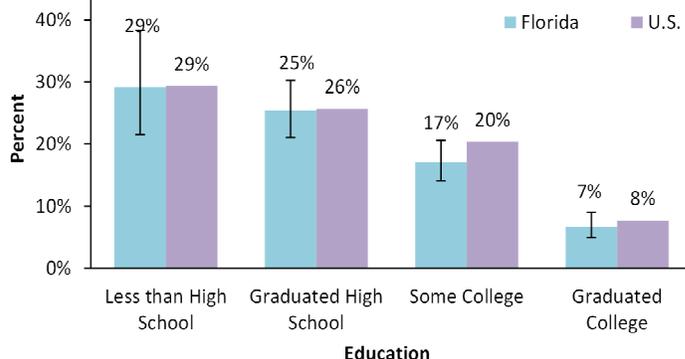
- Non-Hispanic White women
- Women with less education
- Women with lower income



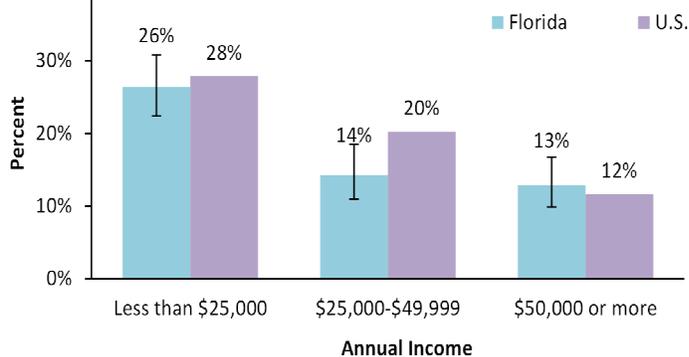
Percentage of All Women, Aged 18-44, Who Were Currently Smoking, Florida and U.S., by Race/Ethnicity, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Were Currently Smoking, Florida and U.S., by Education, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Were Currently Smoking, Florida and U.S., by Annual Income, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



TOBACCO & ALCOHOL USE

Smoking Prior to Pregnancy

Since only 20% of women who smoke succeed in quitting during pregnancy, it is better for women not to smoke or to quit smoking prior to becoming pregnant.⁵ Additionally, women who continue smoking during pregnancy are more likely to expose their infants to secondhand smoke after they are born.

How many women in Florida smoke during the three months prior to pregnancy?

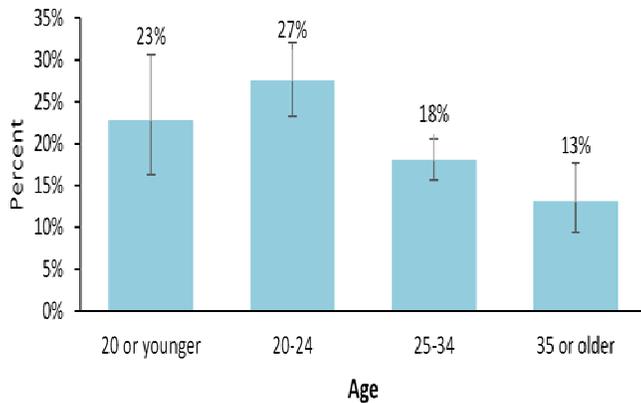
- Approximately 38,630 (18.6%) of recent mothers in Florida smoked during the three months prior to pregnancy in 2012.
- The percentage of mothers smoking prior to pregnancy has not significantly changed since 2008

Which women are more likely to smoke prior to pregnancy?

- Women between the ages of 20 and 24
- Non-Hispanic White women

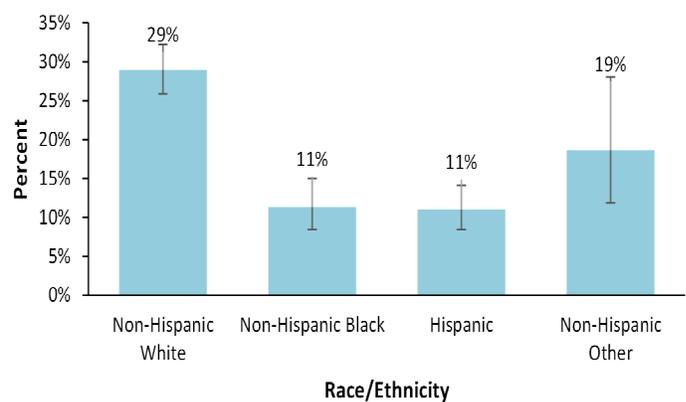
Percentage of Recent Florida Mothers Who Smoked during the 3 Months Prior to Pregnancy, by Age, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



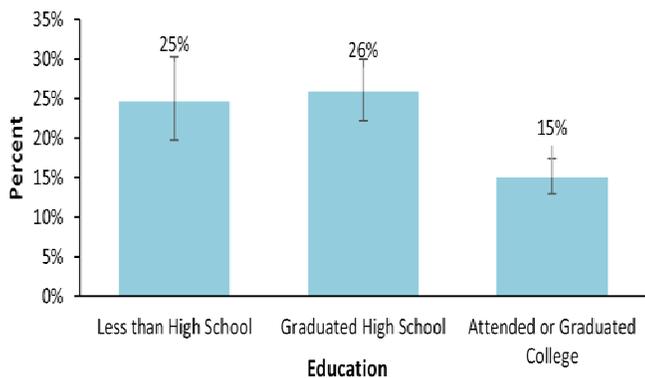
Percentage of Recent Florida Mothers Who Smoked during the 3 Months Prior to Pregnancy, by Race/Ethnicity, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



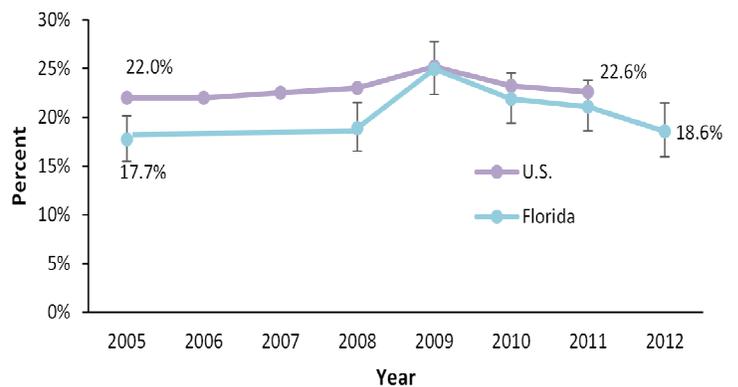
Percentage of Recent Florida Mothers Who Smoked during the 3 Months Prior to Pregnancy, by Education, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Mothers Who Smoked during the 3 Months Prior to Pregnancy, by Year, Florida and U.S., 2005-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Preconception Health Indicator Report

TOBACCO & ALCOHOL USE

Alcohol Consumption Prior to Pregnancy

What is the significance of alcohol consumption to preconception health?

No amount of alcohol during pregnancy is safe.^{6,7} During pregnancy, alcohol consumption is associated with spontaneous abortion, birth defects, and developmental disorders. Because of these poor outcomes, current medical guidelines advise against any alcohol use around the time of conception and throughout pregnancy.^{8,9} Unfortunately, many women will unintentionally drink alcohol before they realize they are pregnant.

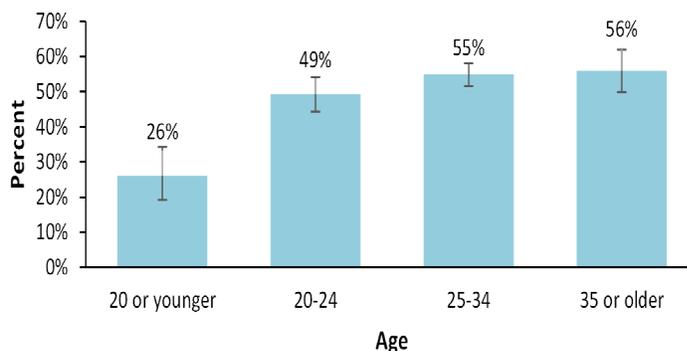
How many mothers in Florida drink alcohol during the three months prior to pregnancy?

- Approximately 112,188 (53.9%) of recent mothers in Florida drank alcohol during the three months prior to pregnancy in 2012
- The percentage of recent mothers drinking alcohol prior to pregnancy has not significantly changed since the year 2008

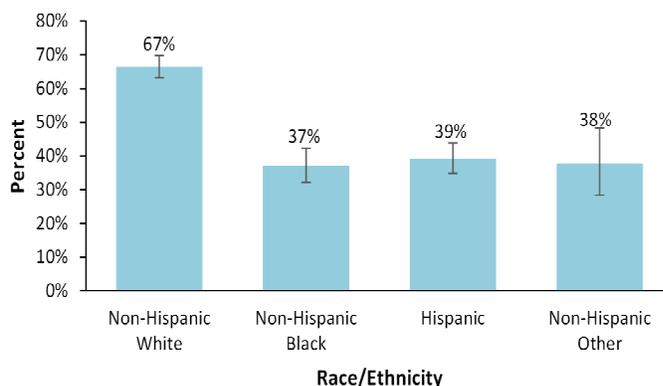
Which mothers are more likely to drink prior to pregnancy?

- Older women
- Non-Hispanic White women
- Women with more education

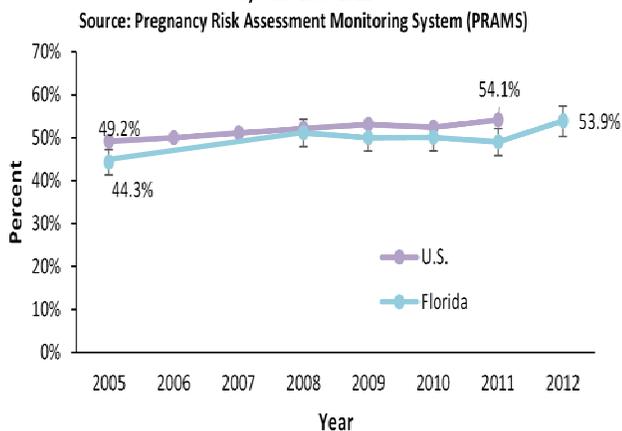
Percentage of Recent Florida Mothers Who Drank Any Amount of Alcohol During the 3 Months Prior to Pregnancy, by Age, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



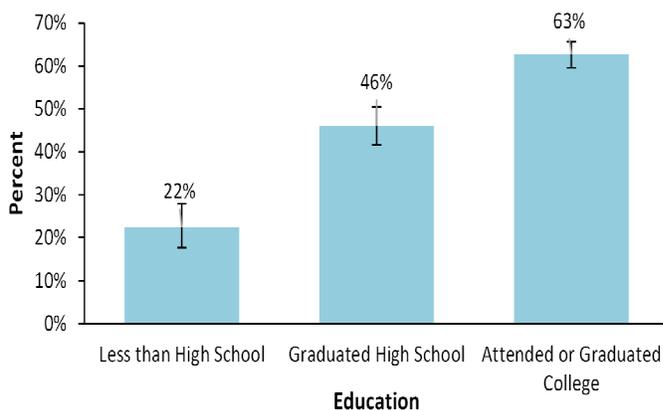
Percentage of Recent Florida Mothers Who Drank Any Amount of Alcohol During the 3 Months Prior to Pregnancy, by Race/Ethnicity, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Drank Any Amount of Alcohol During the 3 Months Prior to Pregnancy, Florida and U.S., by Year: 2005-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Drank Any Amount of Alcohol During the 3 Months Prior to Pregnancy, by Education, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Preconception Health Indicator Report

TOBACCO & ALCOHOL USE

Heavy Drinking

What is the significance of heavy drinking to preconception health?

Heavy drinking for women is defined as having more than one drink on average per day. This amount of drinking before pregnancy is predictive of continued alcohol use during pregnancy,¹⁰ and with negative outcomes such as spontaneous abortion, birth defects, and developmental disorders.^{8,9}

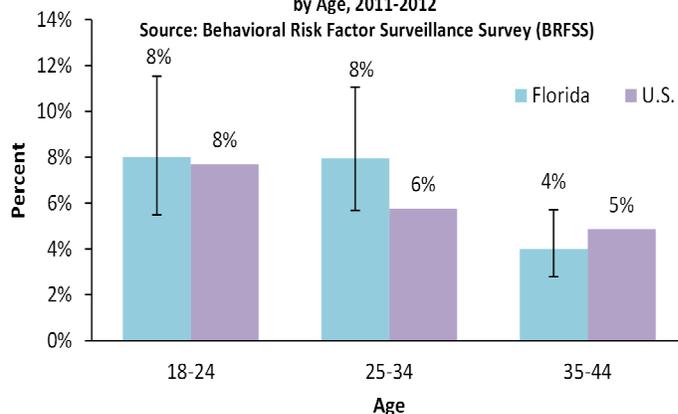
How many Florida women of reproductive age are heavy drinkers?

- Approximately 213,261 (7.0%) of Florida women, aged 18-44, were heavy drinkers in 2012
- The percentage of women who are heavy drinkers has not significantly changed since 2005

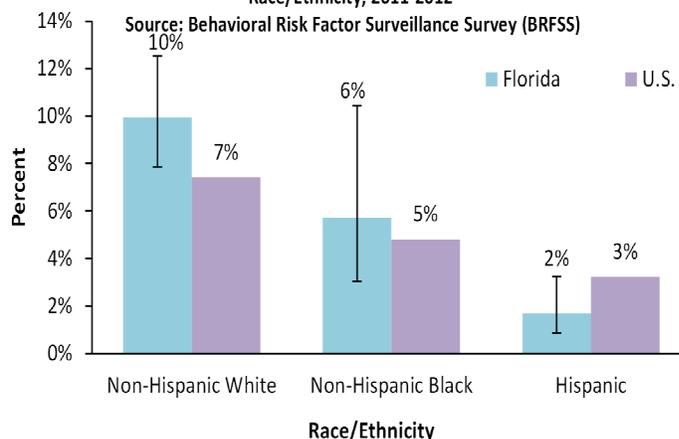
Which women are more likely to be heavy drinkers?

- Women less than 35 years old
- Non-Hispanic White women
- Women with some college education

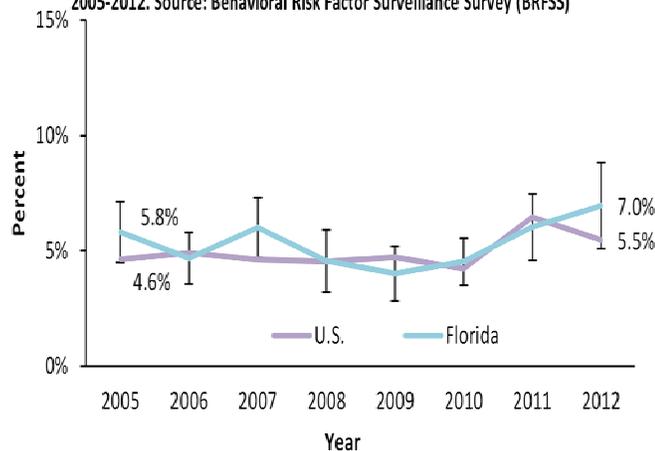
Percentage of All Women, Aged 18-44, Who Participated in Heavy Drinking on at Least One Occasion in the Past Month, Florida and U.S., by Age, 2011-2012



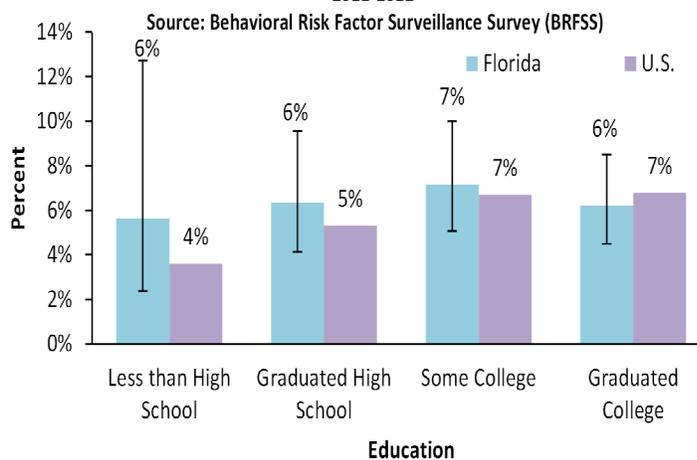
Percentage of All Women, Aged 18-44, Who Participated in Heavy Drinking on at Least One Occasion in the Past Month, Florida and U.S., by Race/Ethnicity, 2011-2012



Percentage of All Women, Aged 18-44, Who Participated in Heavy Drinking on at Least One Occasion in the Past Month, Florida and U.S., by Year, 2005-2012. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Participated in Heavy Drinking on at Least One Occasion in the Past Month, Florida and U.S., by Education, 2011-2012



Preconception Health Indicator Report

TOBACCO & ALCOHOL USE

Binge Drinking

What is the significance of binge drinking to pre-conception health?

For women, binge drinking is defined as drinking four or more drinks during a single occasion. Pre-conception drinking, including binge drinking, is highly predictive of alcohol use during pregnancy, which has been associated with adverse birth and infant outcomes.¹¹

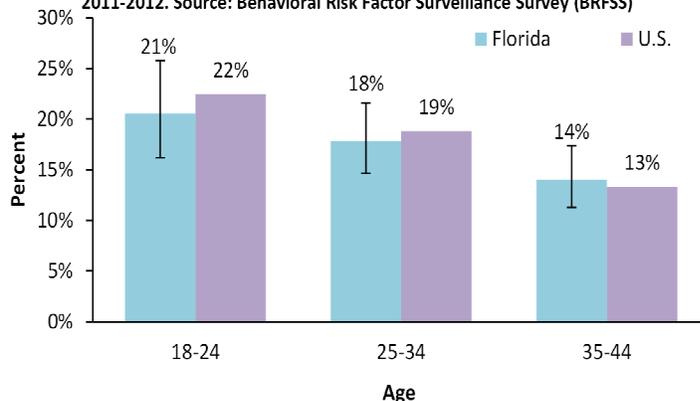
How many Florida women of reproductive age are binge drinkers?

- Approximately 534,317 (17.2%) of Florida women, aged 18-44, were binge drinkers in 2012
- The percentage of women who are binge drinkers has significantly increased since 2005

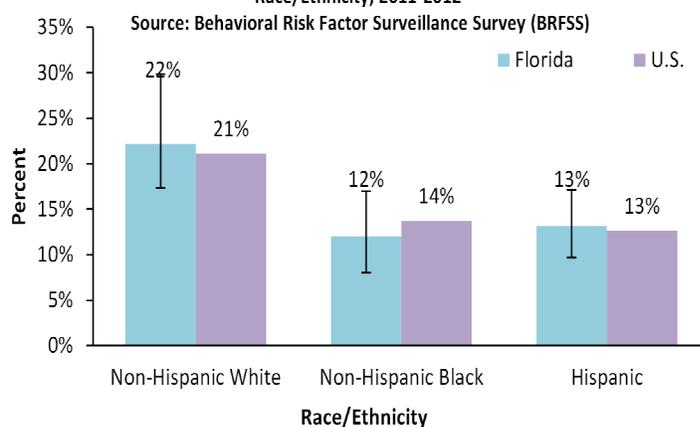
Which women are more likely to be binge drinkers?

- Younger women
- Non-Hispanic White women
- Women with some college education

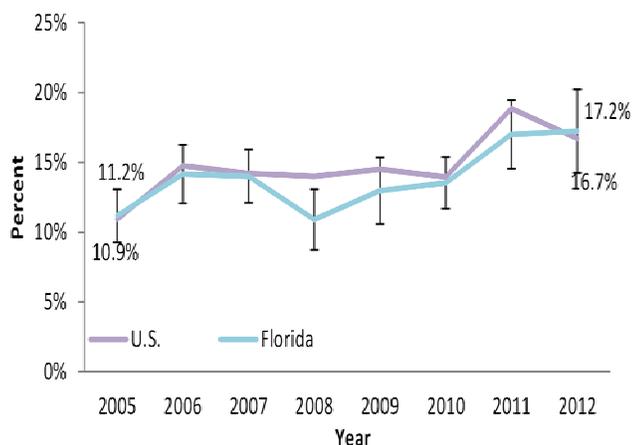
Percentage of All Women, Aged 18-44, Who Participated in Binge Drinking on at Least One Occasion in the Past Month, Florida and U.S., by Age, 2011-2012. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



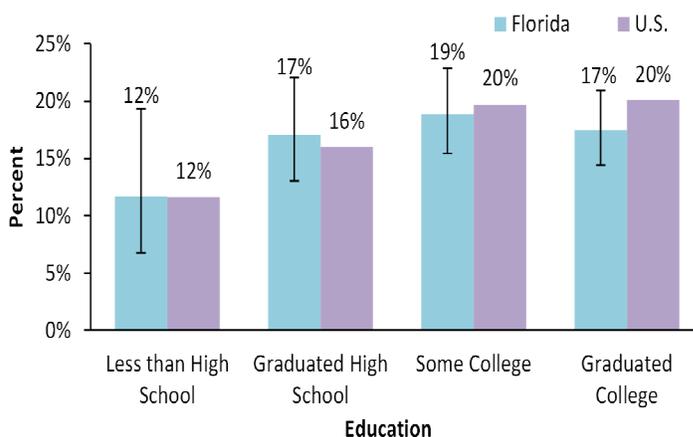
Percentage of All Women, Aged 18-44, Who Participated in Binge Drinking on at Least One Occasion in the Past Month, Florida and U.S., by Race/Ethnicity, 2011-2012. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Woman, Aged 18-44, Who Participated in Binge Drinking on at Least One Occasion in the Past Month, Florida and U.S., by Year, 2005-2012. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Participate in Binge Drinking on at Least One Occasion in the Past Month, Florida and U.S., by Education, 2011-2012. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Preconception Health Indicator Report

TOBACCO & ALCOHOL USE

Binge Drinking Prior to Pregnancy

Frequent use of alcohol and binge drinking, especially during the first three to eight weeks of pregnancy, is associated with fetal alcohol syndrome, characterized by impaired growth and mental retardation in the infant.⁸ This is especially important to preconception health, because most women are not aware they are pregnant in the first weeks of pregnancy.

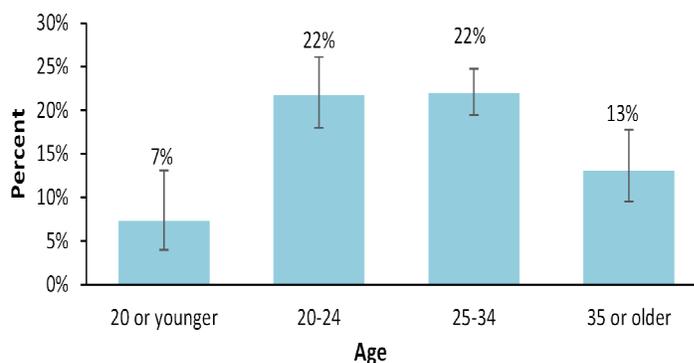
How many mothers in Florida participated in binge drinking during the three months prior to pregnancy?

- Approximately 35,737 (17.2%) of recent mothers in Florida participated in binge drinking during the three months prior to pregnancy in 2012
- The percentage of recent mothers participating in binge drinking has not significantly changed since 2008

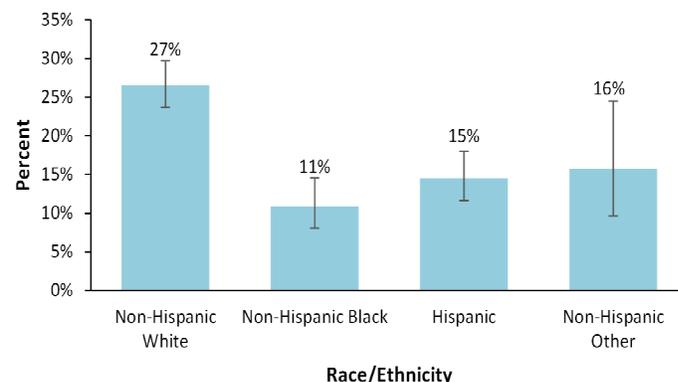
Which recent mothers are more likely to participate in binge drinking prior to pregnancy?

- Women between the ages of 20 and 34
- Non-Hispanic White women
- Women with more education

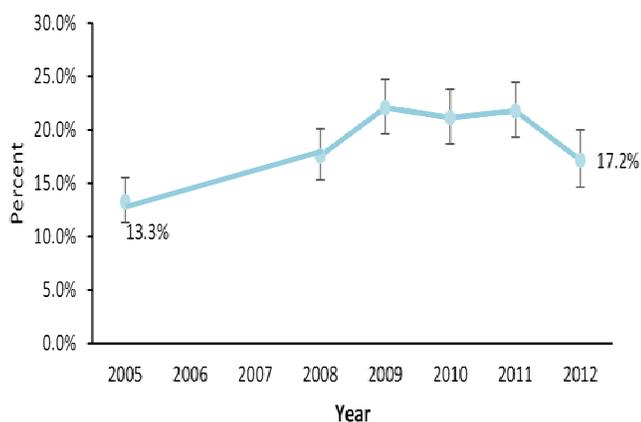
Percentage of Recent Florida Mothers Who Engaged in Binge Drinking During the 3 Months Prior to Pregnancy, by Age, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



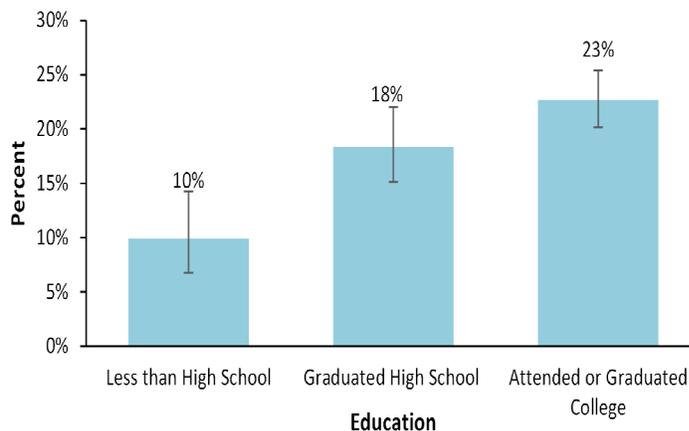
Percentage of Recent Florida Mothers Who Engaged in Binge Drinking During the 3 Months Prior to Pregnancy, by Race/Ethnicity, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Engaged in Binge Drinking During the 3 Months Prior to Pregnancy, by Year, 2005-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Engaged in Binge Drinking During the 3 Months Prior to Pregnancy, by Education, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Preconception Health Indicator Report

TOBACCO & ALCOHOL USE

While the prevalence rates of women in Florida who smoke and who consume alcohol are similar to the rest of the United States, these prevalence rates are still high. Alcohol and tobacco prevention, and cessation efforts, should include a special focus on women of reproductive age.

More information and resources for alcohol use can be found on the CDC's website at: www.cdc.gov/alcohol.

More information about smoking can be found through the CDC's Office on Smoking & Health at: www.cdc.gov/tobacco. Or through Tobacco Free Florida at <http://www.tobaccofreeflorida.com>

Additional resources addressing of preconception health and tobacco use can be found through Florida Department of Health website at: <http://www.floridahealth.gov/healthy-people-and-families/womens-health/pregnancy/index.html>.

References

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5. Centers for Disease Control and Prevention Recommendations to improve preconception health and health care – United States. *MMWR* Apr 21, 2006;55 (RR-6). <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5506a1.htm>
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7. D'Angelo D, Williams L, Morrow B, et al. Preconception and interconception health status of women who recently gave birth to a live-born infant – Pregnancy Risk Assessment Monitoring System (PRAMS), United States, 26 Reporting Areas, 2004. *MMWR*. December 14, 2007;56(SS10); 1-35. <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5610a1.htm>
8. Centers for Disease Control and Prevention. 2002 PRAMS Surveillance report: multistate exhibits. August 23, 2006; <http://www.cdc.gov/prams/2002PRAMSSurvReport/MultiStateExhibits/Multistates12.htm>
9. Surgeon General's advisory on alcohol use in pregnancy; Feb 21, 2005; <http://www.surgeongeneral.gov/pressreleases/sg02222005.html>
10. Centers for Disease Control and Prevention. Alcohol use among women of childbearing age – United States 1991-1999. *MMWR*. April 5 2002;51(13); 273-6. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5113a2.htm>
11. Alcohol use among women of childbearing age – United States 1991-1999. *MMWR*. April 5 2002;51(13): 273-6 <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5113a2.htm>

Preconception Health Indicator Report

NUTRITION & PHYSICAL ACTIVITY

Good nutritional status and appropriate physical activity are important health issues in preconception health. A healthy diet and physical activity prior to pregnancy can improve pregnancy outcomes in women.

Fruit and Vegetable Consumption

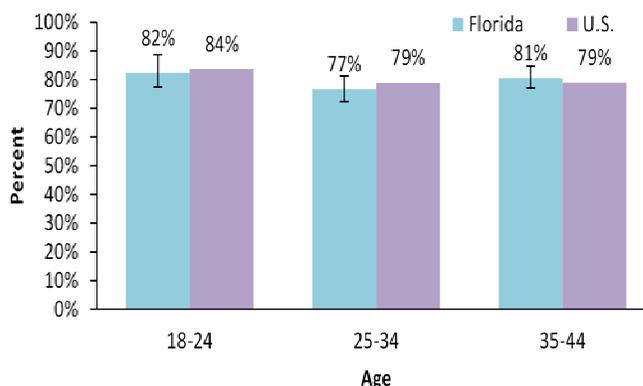
What is the significance of nutrition to preconception health?

Nutritional status is an important determinant of placental and fetal growth and is important in a woman's overall health status. Clinical studies have shown a positive correlation between eating a healthy diet prior and during pregnancy and improved birth outcomes.¹⁻³ Consuming a diet rich in fruits and vegetables is important for women of reproductive age for weight management, the prevention of chronic disease, and the intake of essential vitamins and minerals.⁴⁻⁵ While the recommendation to consume five servings of fruits and vegetables daily has generally been accepted, new recommendations recognize that the daily recommended servings should be more specific to individuals.⁶

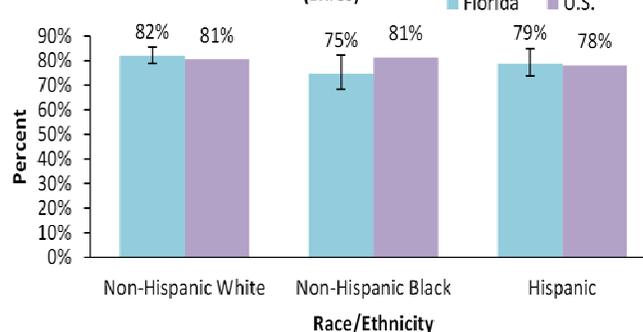
How many Florida women of reproductive age did not eat the recommended daily amount of fruits and vegetables?

- Approximately 2,393,468 (79.6%) of Florida women, aged 18-44, did not consume the recommended daily amount of fruits and vegetables in 2011
- The percentage of fruit and vegetable consumption has not significantly changed since 2005

Percentage of All Women, Aged 18-44, Who Did Not Consume the Recommended Daily Amount of Fruits and Vegetables, Florida and U.S., by Age, 2011*. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)

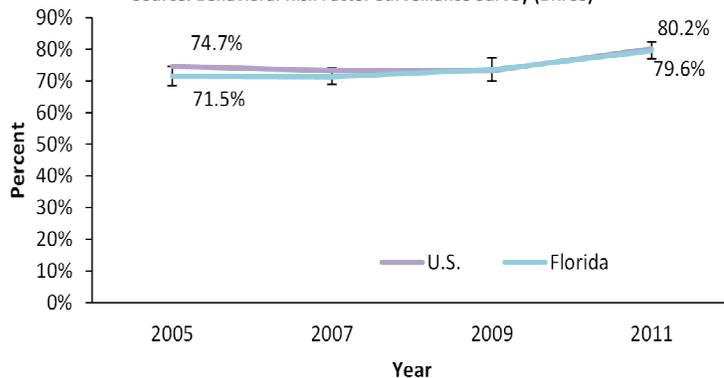


Percentage of All Women, Aged 18-44, Who Did Not Consume the Recommended Daily Amount of Fruits and Vegetables, Florida and U.S., by Race/Ethnicity, 2011*. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)

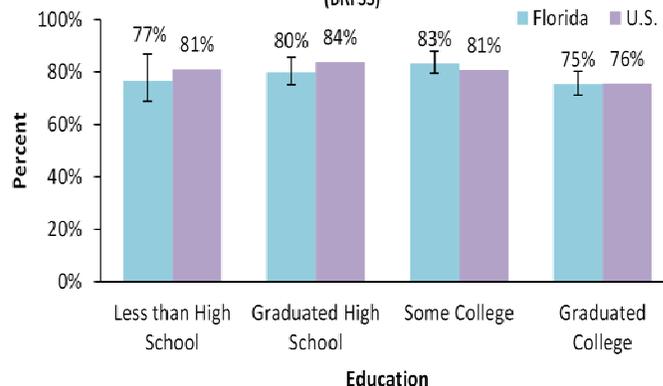


Percentage of All Women, Aged 18-44, Who Did Not Consume the Recommended Daily Amount of Fruits and Vegetables, Florida and U.S., by Year, 2005-2011*

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Did Not Consume the Recommended Daily Amount of Fruits and Vegetables, Florida and U.S., by Education, 2011*. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



*Not asked in 2012

NUTRITION & PHYSICAL ACTIVITY

Daily Multivitamin Supplementation

What is the significance of daily multivitamin use to preconception health?

Many daily multivitamins contain the daily recommended dose of folic acid for women of reproductive age. Consuming the recommended amount of folic acid prior to conception can prevent up to 70% of all neural tube defects,⁷ and may prevent other adverse pregnancy outcomes.⁸

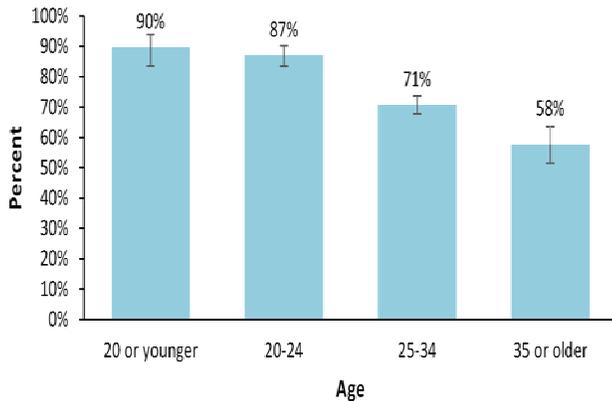
How many mothers in Florida did not take a daily multivitamin during the month prior to pregnancy?

- Approximately 150,592 (73.4%) of recent mothers in Florida did not take a daily multivitamin prior to pregnancy in 2012
- The percentage of women taking daily multivitamins has not significantly changed since 2008

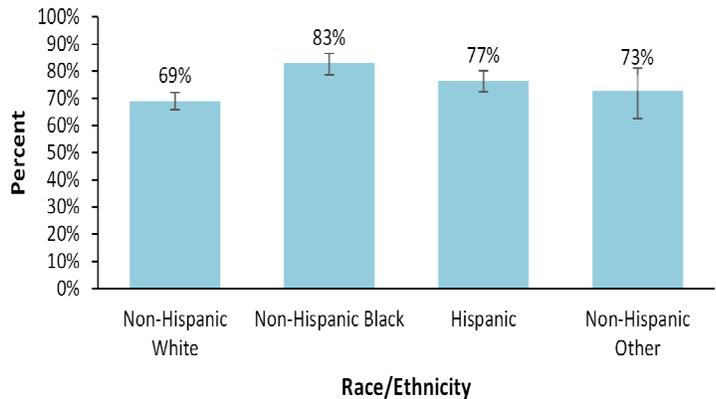
Which mothers are more likely to not have taken a daily multivitamin prior to pregnancy?

- Younger women
- Non-Hispanic Black women
- Women with less education

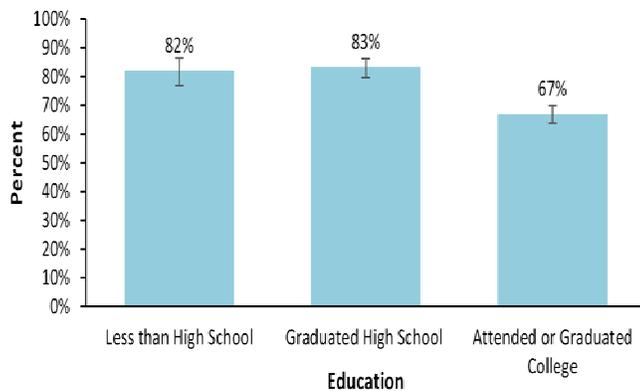
Percentage of Recent Florida Mothers Who Did Not Take a Daily Multivitamin Prior to Pregnancy, by Age, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



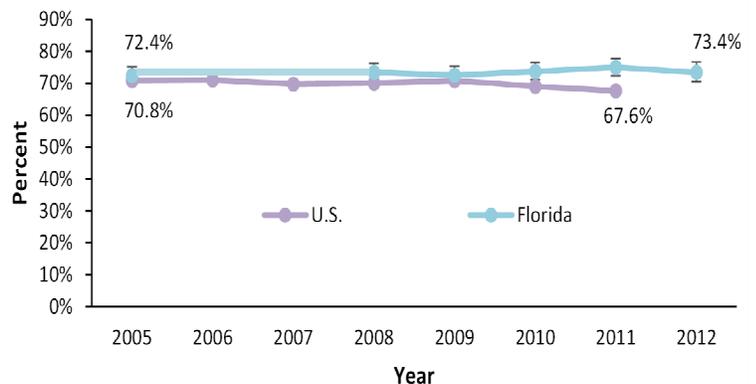
Percentage of Recent Florida Mothers Who Did Not Take a Daily Multivitamin Prior to Pregnancy, by Race/Ethnicity, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Did Not Take a Daily Multivitamin Prior to Pregnancy, by Education, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Mothers Who Did Not Take a Daily Multivitamin Prior to Pregnancy, Florida and U.S., by Year, 2005-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Preconception Health Indicator Report

NUTRITION & PHYSICAL ACTIVITY

Overweight and Obesity

What is the significance of overweight and obesity to preconception health?

In women who are not pregnant, obesity is associated with type II diabetes, hypertension, heart disease, cancers, infertility, and maternal mortality.⁸⁻¹¹ Obesity is also associated specifically with detrimental birth outcomes, including neural tube defects, labor and delivery complications, and fetal and neonatal death.¹²⁻¹⁶ Additionally, a 1999-2001 analysis found that women who are overweight or obese are at increased risk of experiencing a pregnancy-related death.¹⁷ While health risks are better established for obesity, overweight is a predictor of subsequent obesity.¹⁸ Therefore, both overweight and obesity are important issues for preconception health.

How many Florida women of reproductive age are overweight or obese?

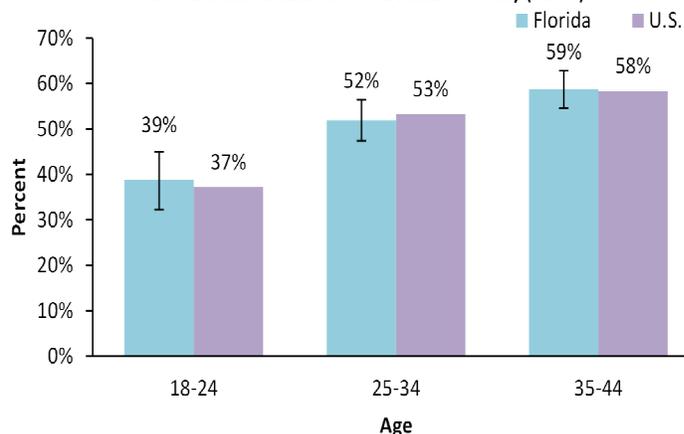
- Approximately 1,458,051 (50.8%) of Florida women, aged 18-44, were overweight or obese in 2012
- The percentage of women who are overweight or obese has been decreasing since 2010

Which women are more likely to be overweight or obese?

- Older women
- Non-Hispanic Black women

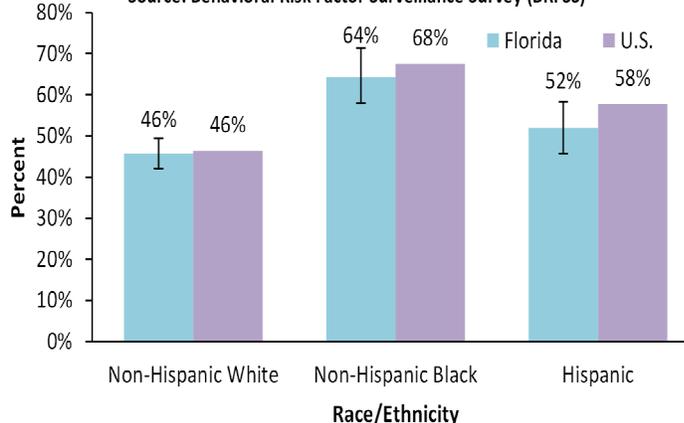
Percentage of All Women, Aged 18-44, Who Were Overweight or Obese Based on BMI, Florida and U.S., by Age, 2011-2012

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



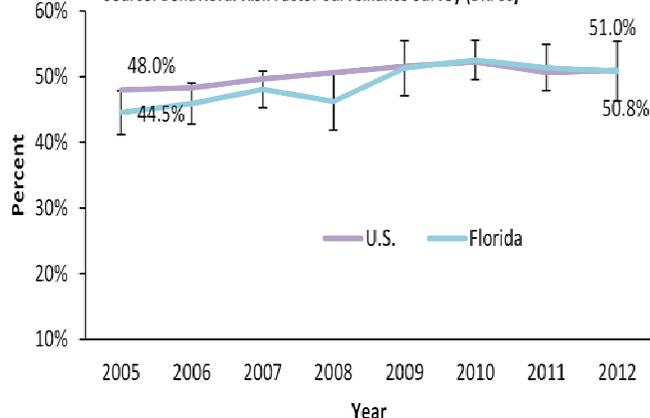
Percentage of All Women, Aged 18-44, Who Were Overweight or Obese Based on BMI, Florida and U.S., by Race/Ethnicity, 2011-2012

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



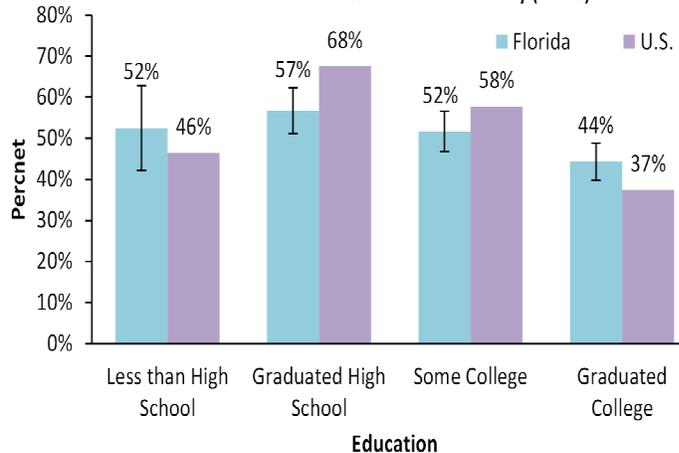
Percentage of All Women, Age 18-44, Who Were Overweight or Obese Based on BMI, Florida and U.S., by Year, 2005-2012

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Were Overweight or Obese Based on BMI, Florida and U.S., by Education, 2011-2012

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Preconception Health Indicator Report

NUTRITION & PHYSICAL ACTIVITY

Obesity

How many Florida women of reproductive age are obese?

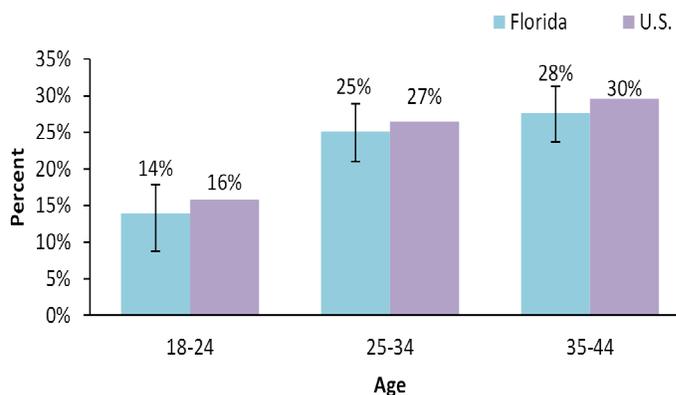
- Approximately 658,867 (23.0%) of Florida women, aged 18-44, were obese in 2012
- The percentage of women who are obese increased during the period 2005-2008. Since 2008 the percentage has decreased, but not significantly

Which women are more likely to be obese?

- Older women
- Non-Hispanic Black women

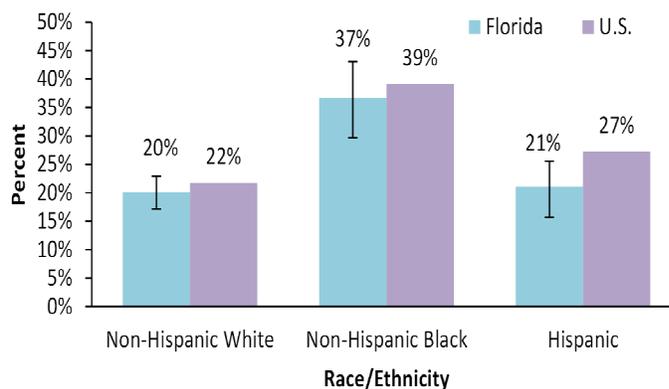
Percentage of All Women, Aged 18-44, Who Were Obese Based on BMI, Florida and U.S., by Age, 2011-2012

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



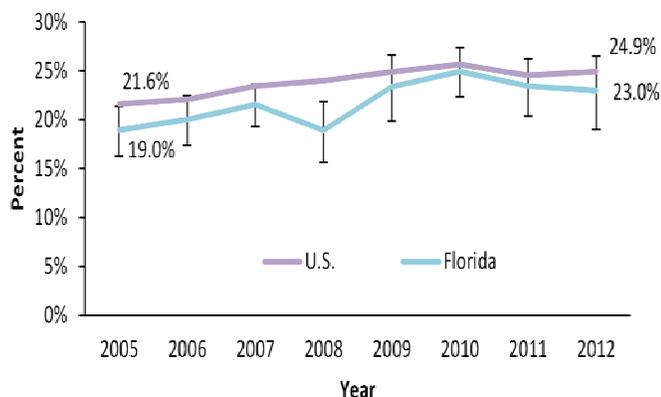
Percentage of All Women, Aged 18-44, Who Were Obese Based on BMI, Florida and U.S., by Race/Ethnicity, 2011-2012

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



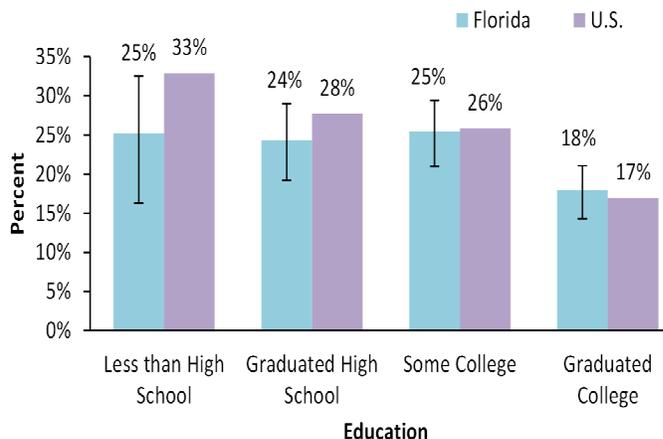
Percentage of All Women, Aged 18-44, Who Were Obese Based on BMI, Florida and U.S., by Year, 2005-2012

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Were Obese Based on BMI, Florida and U.S., by Education, 2011-2012

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



NUTRITION & PHYSICAL ACTIVITY

Overweight and Obesity Prior to Pregnancy

Obesity is associated specifically with adverse perinatal outcomes, including:¹²⁻¹⁶

- Neural tube defects
- Labor and delivery complications
- Fetal and neonatal deaths
- Maternal complications (gestational diabetes and pre-eclampsia)

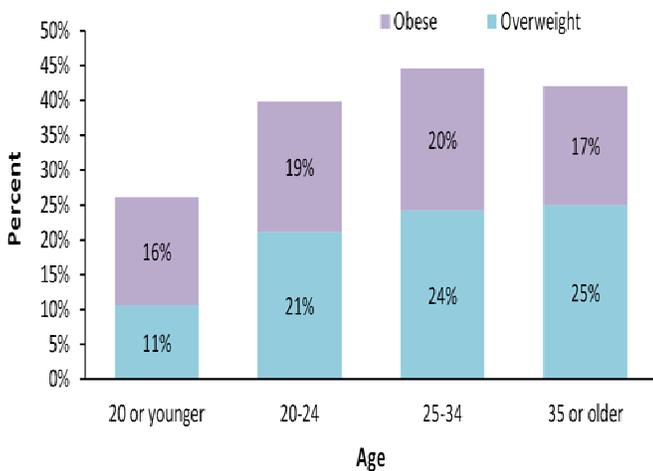
How many mothers in Florida are obese prior to pregnancy?

- Approximately 36,372 (18.4%) of recent mothers were obese prior to pregnancy in Florida in 2012
- The percentage of mothers who were obese prior to pregnancy has not changed since 2008

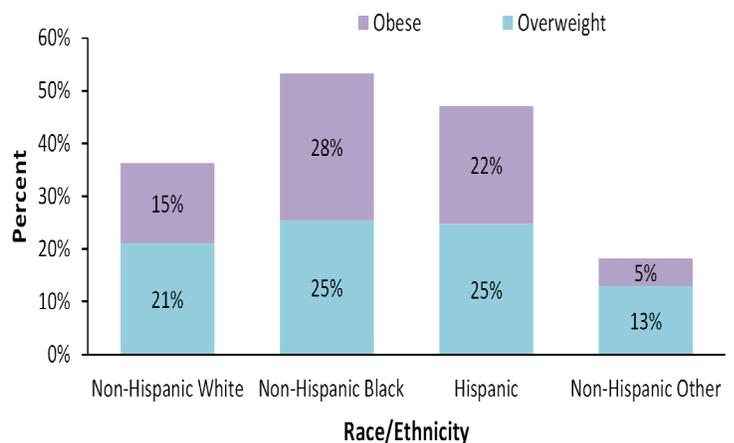
Which mothers are more likely to be overweight or obese prior to pregnancy?

- Women 25 years or older
- Non-Hispanic Black women

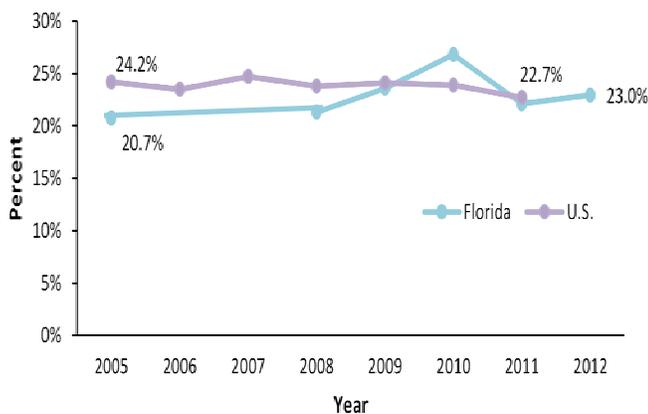
Percentage of Recent Florida Mothers Who Were Overweight or Obese Based on BMI at the Time They Became Pregnant, by Age, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



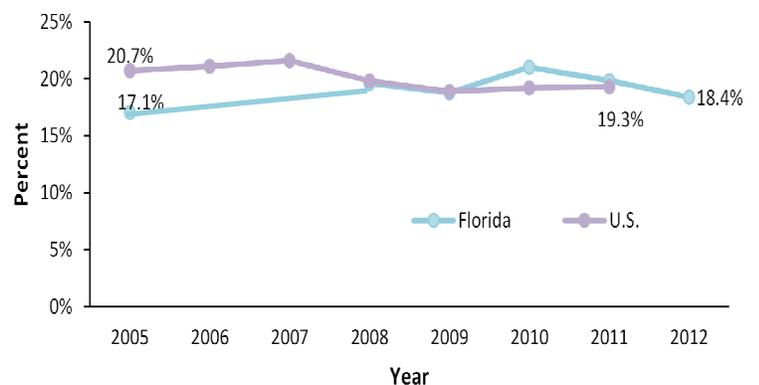
Percentage of Recent Florida Mothers Who Were Overweight or Obese Based on BMI at the Time They Became Pregnant, by Race/Ethnicity, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Were Overweight Based on the BMI at the Time They Became Pregnant, by Year, 2005-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Were Obese Based on the BMI at the Time They Became Pregnant, by Year, 2005-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Preconception Health Indicator Report

NUTRITION & PHYSICAL ACTIVITY

Exercise/Physical Activity

What is the significance of physical activity to preconception health?

National recommendations encourage adults to exercise two and a half hours a week at a moderate intensity or one hour and fifteen minutes at a vigorous intensity for aerobic exercise, and to do muscle-strengthening activities two days a week.¹⁸ Adequate physical activity and maintaining healthy weight can prevent adverse perinatal outcomes and postpartum complications associated with maternal obesity, including:¹⁹

- Cesarean delivery
- Gestational diabetes or hypertension
- Postpartum anemia or complications
- Stillbirth
- Preterm delivery or low Apgar scores
- Neural tube defects
- Maternal mortality

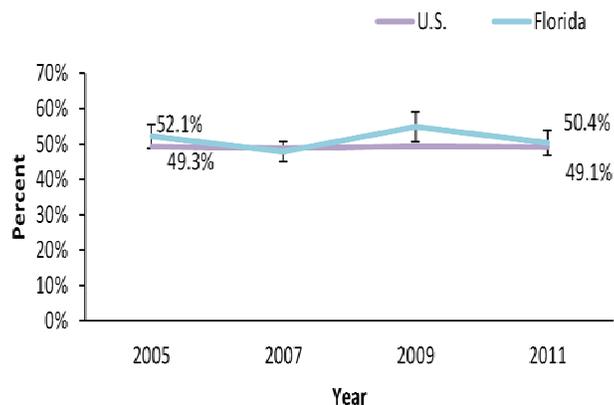
How many Florida women of reproductive age do not meet the recommended levels of physical activity?

- Approximately 1,450,621 (50.4%) of Florida women, aged 18-44, did not meet the recommended level of physical activity in 2011
- The percentage of women exercising the recommended amount has not significantly changed over time since 2005

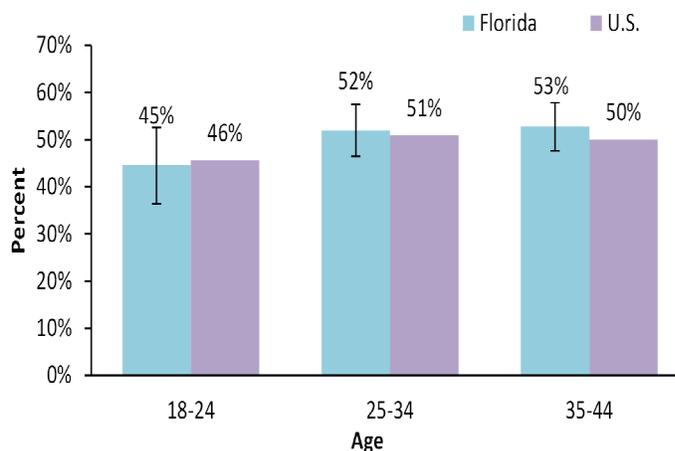
Which women are less likely to meet the recommended levels of physical activity?

- Non-Hispanic Black women
- Younger women
- Women with less than a high school education

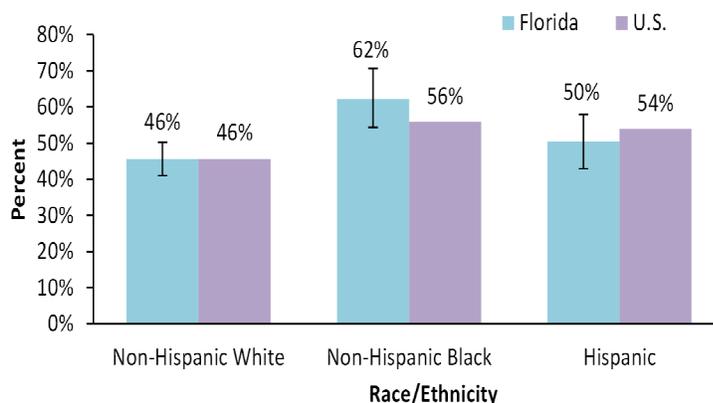
Percentage of All Women, Aged 18-44, Who Did Not Meet the Recommended Levels of Physical Activity, Florida and U.S., by Year 2005-2011*
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



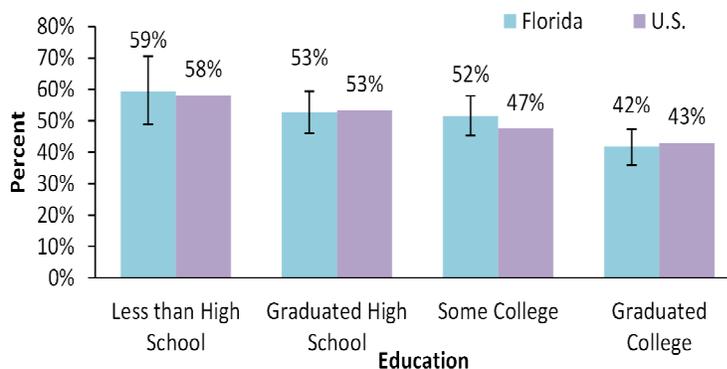
Percentage of All Women, Aged 18-44, Who Did Not Meet the Recommended Levels of Physical Activity, Florida and U.S., by Age, 2011*
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Did Not Meet the Recommended Levels of Physical Activity, Florida and U.S., by Race/Ethnicity, 2011*
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Did Not Meet the Recommended Levels of Physical Activity, Florida and U.S., by Education, 2011*. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



*Not asked in 2012

Preconception Health Indicator Report

NUTRITION & PHYSICAL ACTIVITY

Good nutrition and the appropriate level of physical activity are important to the health of all women at all stages of their lives. Yet the various negative birth outcomes related to poor nutrition and low levels of physical activity make these health issues especially important to women of reproductive age.

More information and resources about these health issues can be found through the CDC's Division of Nutrition, Physical Activity, and Obesity at: www.cdc.gov/nccdphp/dnpao/.

Information is also available on the Florida Department of Health website at: <http://www.floridahealth.gov/healthy-people-and-families/womens-health/pregnancy/index.html>.

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Preconception Health Indicator Report

MENTAL HEALTH

Mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”¹

General Mental Distress

What is the significance of mental health to preconception health?

Poor mental health is a major source of distress, disability, and social burden.² Additionally, it can interfere with social functioning, and have a negative impact on physical well-being and the practice of health promoting behaviors.³ Women who report that their mental health was “not good” for 14 of the past 30 days are classified as having frequent mental distress. This period of time is used by clinicians and clinical researchers as a marker for clinical depression and anxiety disorders.⁴ Poor mental health and frequent mental distress have negative impacts that affect both social and physical aspects of health. Therefore, women with poor mental health have worse preconception health that may put them at an increased risk for poor pregnancy outcomes.

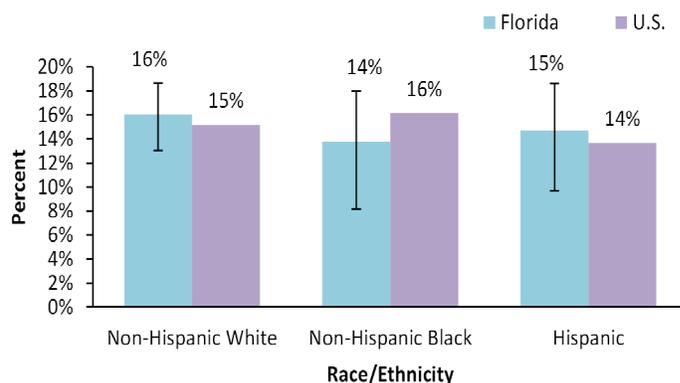
How many Florida women of reproductive age experience frequent mental distress?

- Approximately 484,391 (15.4%) of Florida women, aged 18-44, experienced frequent mental distress in 2012
- The percentage of women with frequent mental distress has not significantly changed since 2005

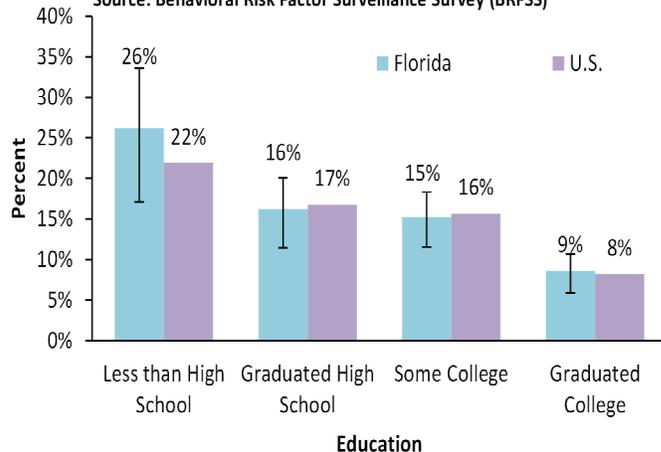
Which women are more likely to experience frequent mental distress?

- Non-Hispanic White women
- Women with less education
- Women with lower income

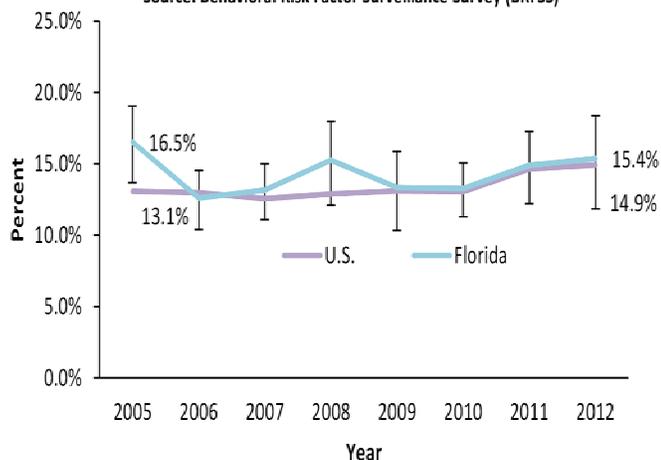
Percentage of All Women, Aged 18-44, Who Reported Frequent Mental Distress During the Past Month, Florida and U.S., by Race/Ethnicity, 2011-2012. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



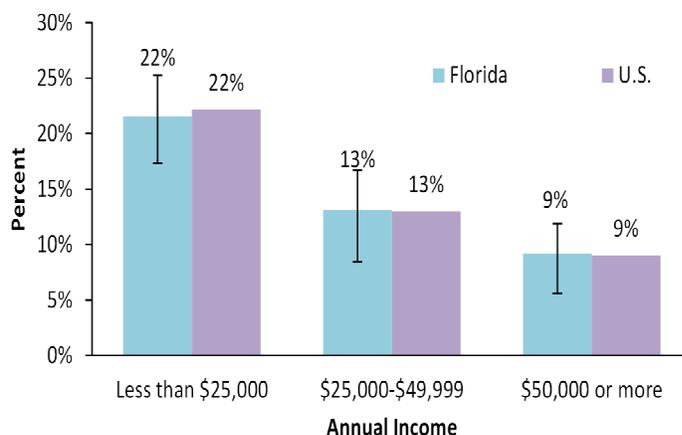
Percentage of All Women, Aged 18-44, Who Reported Frequent Mental Distress During the Past Month, Florida and U.S., by Education, 2011-2012. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Reported Frequent Mental Distress During the Past Month, Florida and U.S., by Year, 2005-2012. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Reported Frequent Mental Distress During the Past Month, Florida and U.S., by Annual Income, 2011-2012. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Preconception Health Indicator Report

MENTAL HEALTH

More resources can be found through the CDC's Mental Health Work Group at: www.cdc.gov/mentalhealth.

More information addressing aspects of preconception health can be found through the Florida Department of Health website at: <http://www.floridahealth.gov/healthy-people-and-families/womens-health/pregnancy/index.html>.

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Preconception Health Indicator Report

EMOTIONAL & SOCIAL SUPPORT

Emotional and social support encompasses domestic violence and adequacy of social support. Both of these issues can directly affect a woman's physical and mental well-being, and therefore impact preconception health.

Intimate Physical and Partner Violence

What is the significance of intimate physical partner violence to preconception health?

Intimate physical partner violence prior to pregnancy is directly associated with the increased likelihood of pre-term delivery and increases the odds of a baby needing neonatal intensive care.¹ It is also the greatest predictor of prenatal and postpartum abuse,² which can lead to other negative health outcomes for both the mother and infant, including:³⁻⁸

- Poor maternal physical/psychological health
- Increased risk for sexually transmitted diseases
- Preterm labor and birth
- Delivery of low birth weight infants
- Neonatal mortality
- Maternal mortality

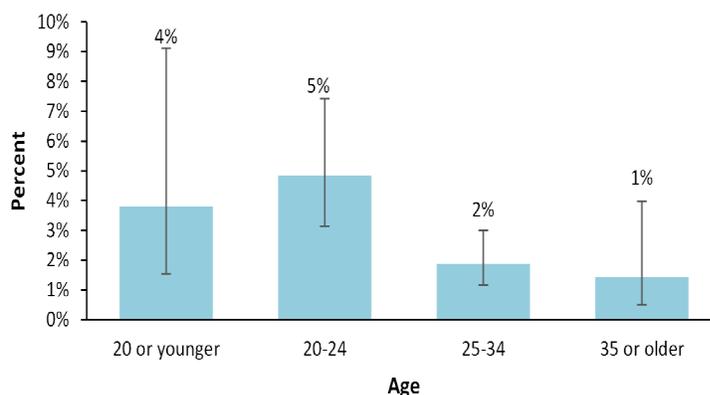
How many mothers in Florida are physically abused by their partners prior to pregnancy?

- Approximately 5,547 (2.7%) of recent mothers in Florida were physically abused by their partners prior to pregnancy in 2012
- The percentage of recent mothers abused by their partners prior to pregnancy has been decreasing since 2008

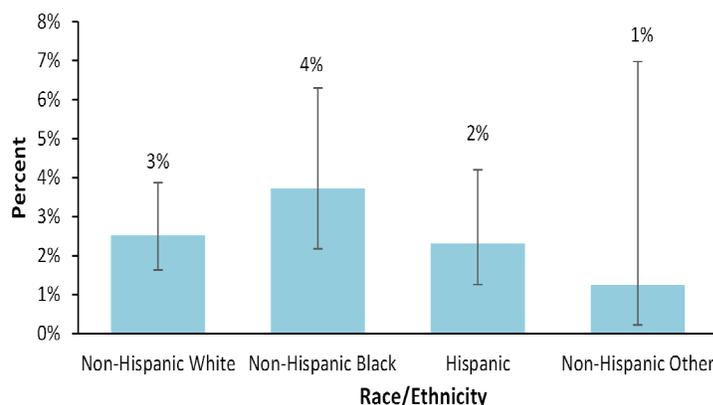
Which women are more likely to be physically abused by their partners prior to pregnancy?

- Women between 20 and 24
- Non-Hispanic Black women
- Unmarried women

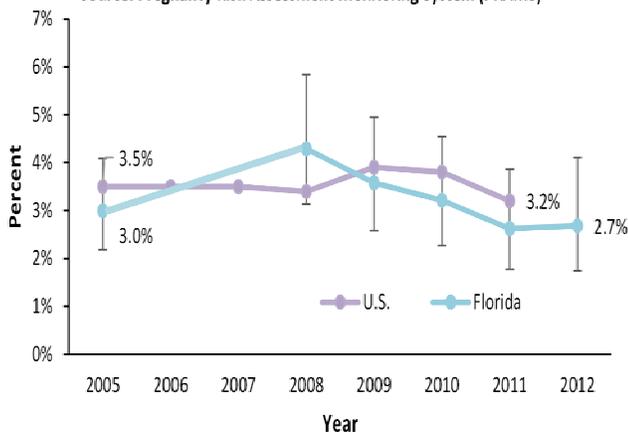
Percentage of Recent Florida Mothers Who Were Physically Abused by Their Partner Prior to Pregnancy, by Age, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



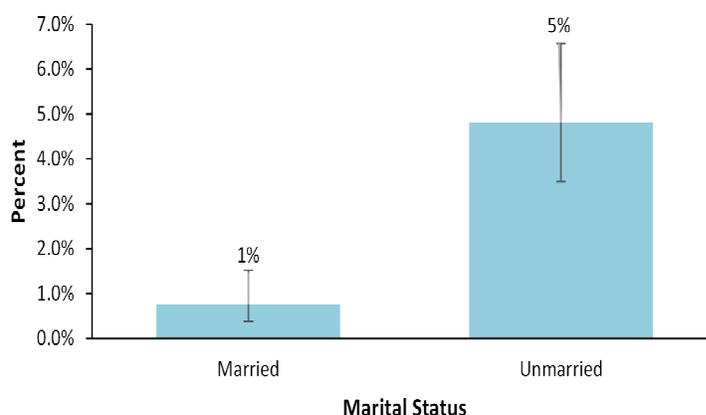
Percentage of Recent Florida Mothers Who Were Physically Abused by Their Partner Prior to Pregnancy, by Race/Ethnicity, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Mothers Who Were Physically Abused by Their Partner Prior to Pregnancy, Florida and U.S., by Year, 2005-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Were Physically Abused by Their Partner Prior to Pregnancy, by Marital Status, 2011-2012
Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Preconception Health Indicator Report

EMOTIONAL & SOCIAL SUPPORT

Adequate Emotional and Social Support

What is the significance of adequacy of emotional and social support to preconception health?

Social and emotional support may not directly impact birth outcomes; however, lack of support may interact with maternal coping behaviors, and therefore affect pregnancy outcomes.^{9,10} Social support plays an important influence on risky maternal behaviors that can consequently contribute to poor birth outcomes.

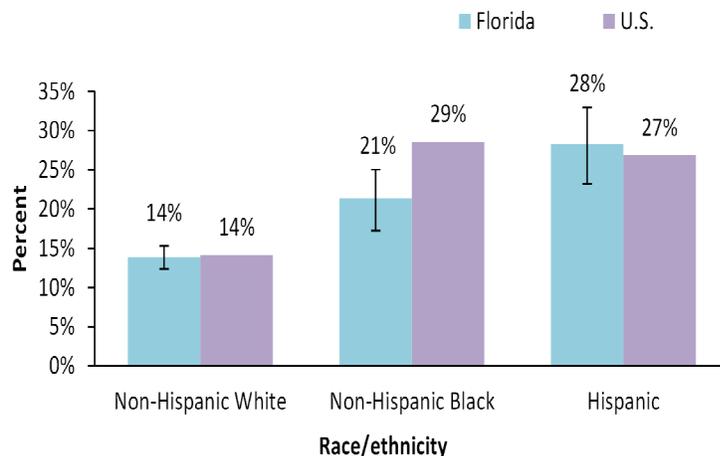
How many Florida women of reproductive age do not always or usually receive the emotional support they need?

- Approximately 453,475 (19.0%) of Florida women, aged 18-44, did not receive adequate social support in 2010
- The percentage of women who did not receive adequate social support has decreased significantly since 2005

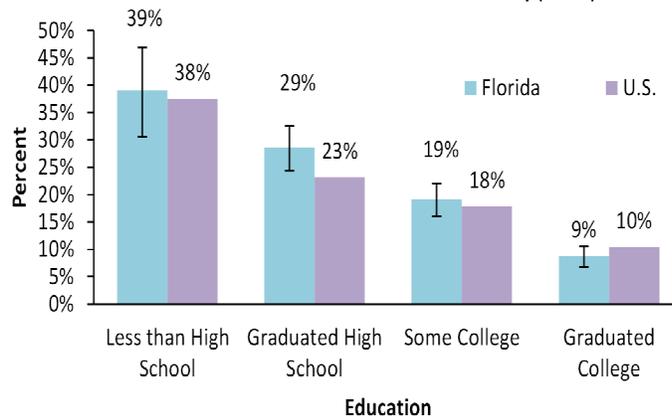
Which women are more likely to not always or usually receive the emotional and social support they need?

- Hispanic women
- Women with less education
- Women with lower income

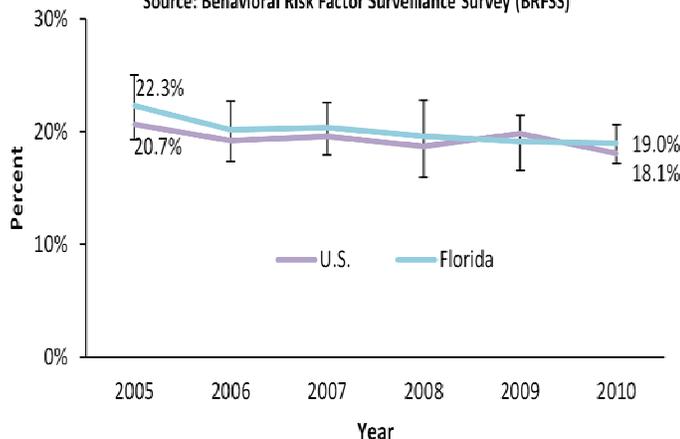
Percentage of All Women, Aged 18-44, Who Did Not Receive Adequate Social and Emotional Support, Florida and U.S., by Race/Ethnicity, 2009-2010*. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



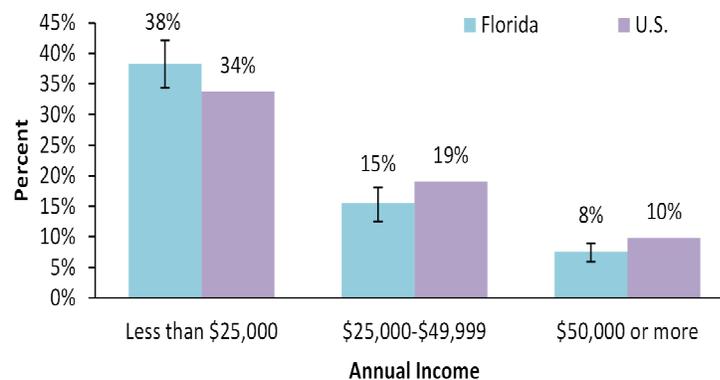
Percentage of All Women, Aged 18-44, Who Did Not Receive Adequate Social and Emotional Support, Florida and U.S., by Education, 2009-2010* Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Did Not Receive Adequate Social and Emotional Support, Florida and U.S., by Year, 2005-2010* Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Did Not Receive Adequate Social and Emotional Support, Florida and U.S., by Annual Income, 2009-2010*. Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Preconception Health Indicator Report

EMOTIONAL & SOCIAL SUPPORT

Having adequate emotional and social support is necessary for the complete well-being of a woman. Intimate physical partner violence can be especially debilitating for women. More resources and information addressing these issues can be found through the CDC at: www.cdc.gov/ViolencePrevention/intimatepartnerviolence.

Information is also available on the Florida Department of Health website at: <http://www.floridahealth.gov/healthy-people-and-families/womens-health/pregnancy/index.html>.

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Preconception Health Indicator Report

CHRONIC CONDITIONS

Chronic conditions, such as diabetes, heart disease, and asthma, are the leading causes of death and disability in the United States.¹ These chronic conditions are concerning at every stage of life; however, they are potentially dangerous for women during pregnancy. Chronic conditions should be carefully managed before pregnancy to prevent general health complications and pregnancy complications.

Diabetes

Diabetes is a disease in which blood glucose levels are above normal. When a person has diabetes, the body either does not make enough insulin or cannot use its own insulin as well as it should.²

What is the significance of diabetes to preconception health?

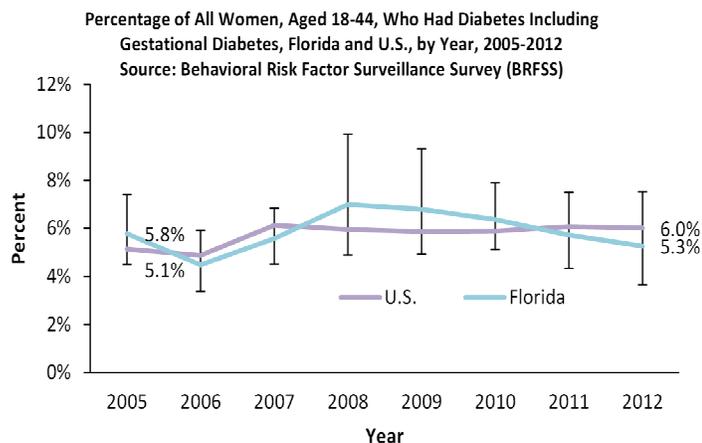
Women with diabetes are at an increased risk for complications during pregnancy. They are more likely than non-diabetic women to have infants who are large for gestation age, have respiratory distress, or have birth defects.^{3,4} Some women without chronic diabetes develop gestational diabetes during pregnancy. This condition poses its own risks for the mother and infant, such as pregnancy-induced hypertension for the mother and large for gestation age for the infant.^{5,6}

How many Florida women of reproductive age have been diagnosed with diabetes, including gestational diabetes?

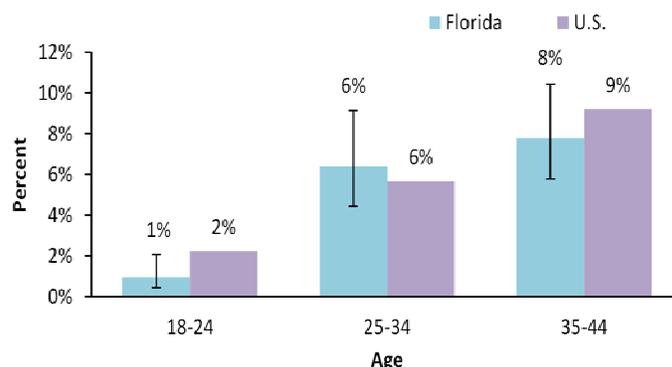
- Approximately 168,897 (5.3%) of Florida women, aged 18-44, were diagnosed with diabetes, including gestational diabetes in 2012
- The percentage of women with diabetes has not significantly changed since 2005

Which women are more likely to have diabetes?

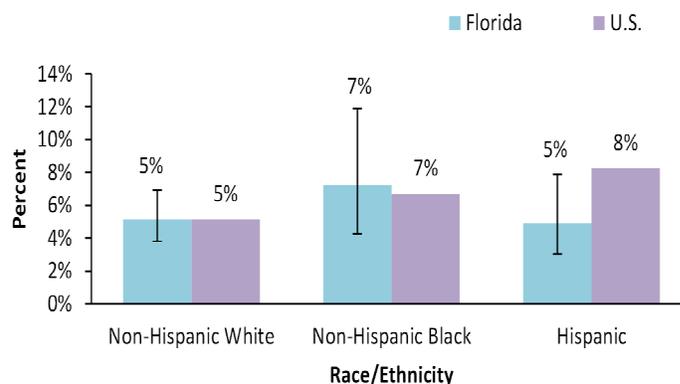
- Older women
- Women with less education
- Non-Hispanic Black women



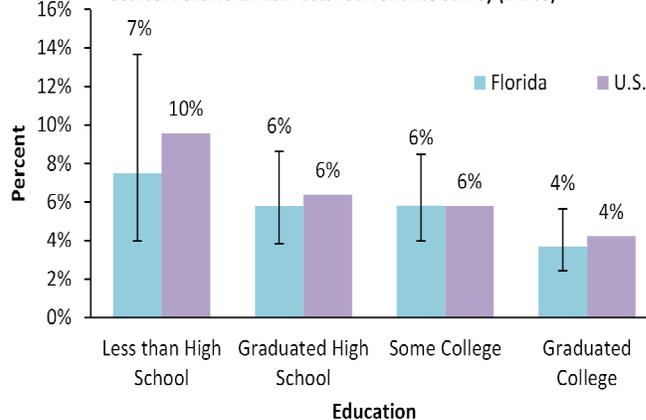
Percentage of All Women, Aged 18-44, Who Had Diabetes Including Gestational Diabetes, Florida and U.S., by Age, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Had Diabetes Including Gestational Diabetes, Florida and U.S., by Race/Ethnicity, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Had Diabetes Including Gestational Diabetes, Florida and U.S., by Education, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



CHRONIC CONDITIONS

Diabetes Prior to Pregnancy

By increasing the risk for a large for gestation age birth weight, diabetes indirectly increases the risk of:³⁻⁴

- Labor complications
- Cesarean delivery
- Newborn intracranial hemorrhage
- Shoulder dystocia

How many mothers in Florida have diabetes before their pregnancy?

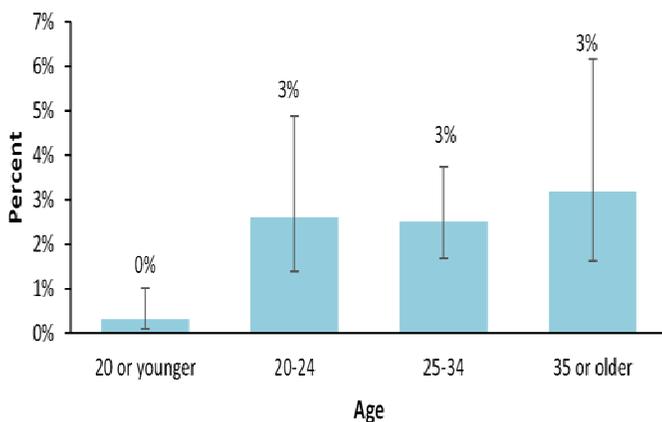
- Approximately 4,016 (2.0%) of recent mothers had diabetes prior to pregnancy in Florida in 2012
- The percentage of mothers who had diabetes prior to pregnancy has not significantly changed since 2005

Which mothers are more likely to have diabetes before their pregnancy?

- Older women
- Non-Hispanic Black and Non-Hispanic Other women
- Women who graduated from high school

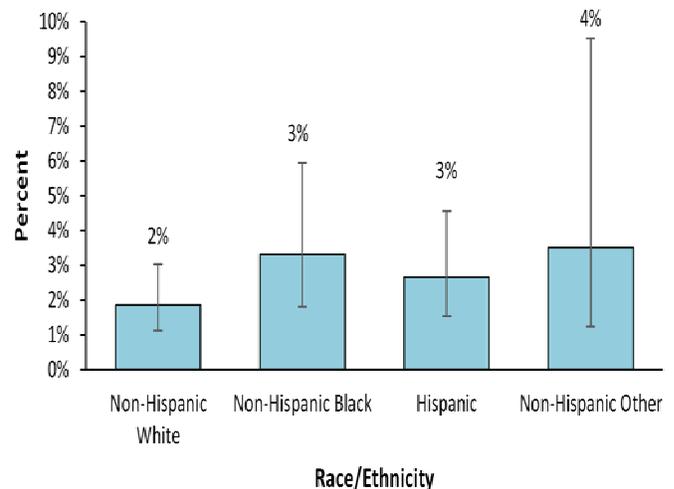
Percentage of Recent Florida Mothers Who Had Diabetes Prior to Pregnancy, by Age, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



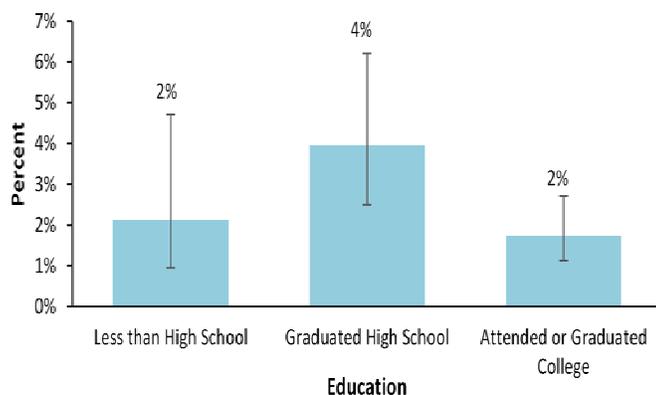
Percentage of Recent Florida Mothers Who Had Diabetes Prior to Pregnancy, by Race/Ethnicity, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



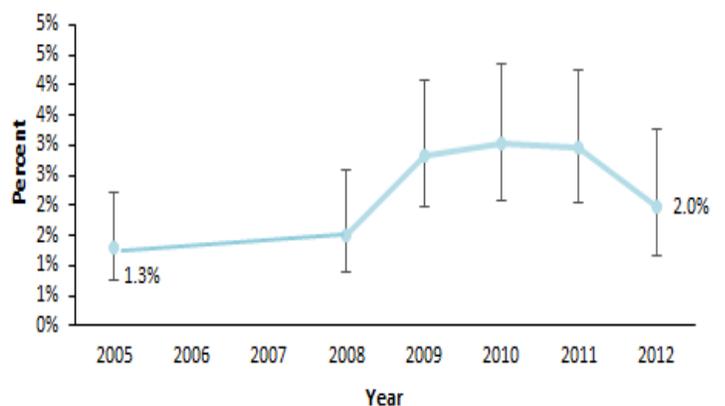
Percentage of Recent Florida Mothers Who Had Diabetes Prior to Pregnancy, by Education, 2011-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Percentage of Recent Florida Mothers Who Had Diabetes Prior to Pregnancy, by Year, 2005-2012

Source: Pregnancy Risk Assessment Monitoring System (PRAMS)



Preconception Health Indicator Report

CHRONIC CONDITIONS

Hypertension

Blood pressure is the force of blood against the artery walls as it circulates through the body. Blood pressure normally rises and falls, but it can cause health problems if it stays high for a long time, and is called hypertension.⁷

What is the significance of hypertension to preconception health?

Pregnancy among women with chronic hypertension can lead to preeclampsia or eclampsia, and damage to the mother's central nervous system or kidneys.^{8,9}

Chronic hypertension may lead to poor pregnancy outcomes by causing:¹⁰

- Preterm delivery
- Fetal growth restriction
- Placental abruption
- Fetal demise

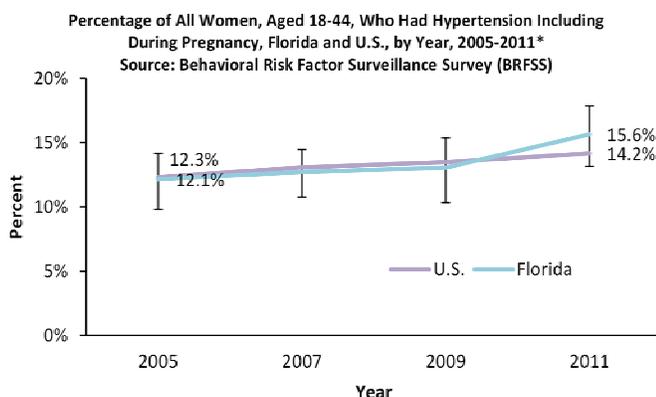
Some women without chronic hypertension develop hypertension during pregnancy. Pregnancy induced hypertension poses its own risks for the mother and pregnancy, such as fetal growth restriction.¹¹

How many Florida women of reproductive age have been diagnosed with hypertension, including pregnancy induced hypertension?

- Approximately 491,855 (15.6%) of Florida women, aged 18-44, were diagnosed with hypertension, including pregnancy induced hypertension in 2011
- The percentage of women with hypertension has not significantly changed since 2005

Which women are more likely to have hypertension?

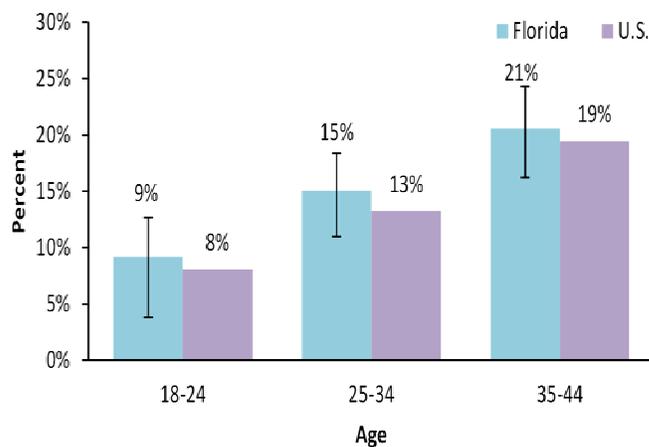
- Older women
- Non-Hispanic Black women
- Women with less than high school or graduated high school



*Not asked in 2012

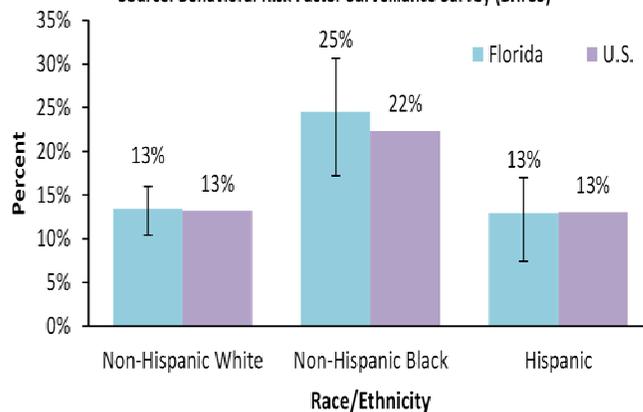
Percentage of All Women, Aged 18-44, Who Had Hypertension Including During Pregnancy, Florida and U.S., by Age, 2011*

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



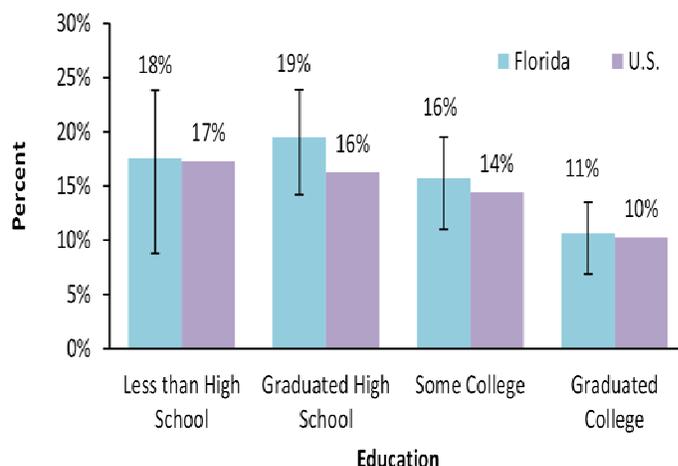
Percentage of All Women, Aged 18-44, Who Had Hypertension Including During Pregnancy, Florida and U.S., by Race/Ethnicity, 2011*

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Had Hypertension Including During Pregnancy, Florida and U.S., by Education, 2011*

Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Preconception Health Indicator Report

CHRONIC CONDITIONS

Asthma

Asthma is a disease that affects the lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing.¹²

What is the significance of asthma to preconception health?

For 30% of the women with asthma, the severity of the disease worsens during pregnancy.¹ Poorly controlled asthma during pregnancy may be associated with:¹³

- Preterm delivery
- Cesarean delivery
- Preeclampsia
- Fetal growth restriction
- Other perinatal complications
- Maternal morbidity and mortality

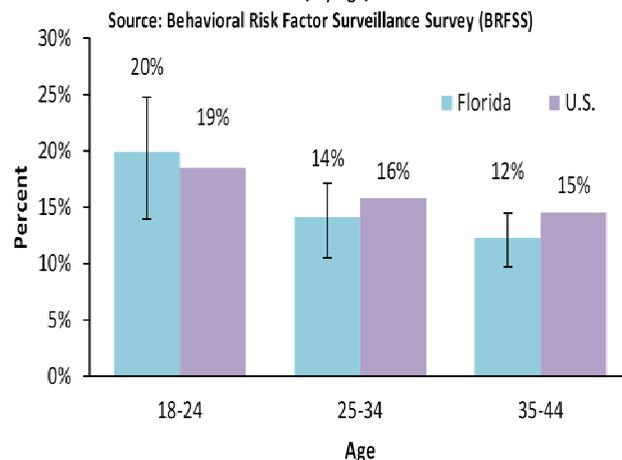
How many women of reproductive age have asthma?

- Approximately 510,407 (15.9%) of Florida women, aged 18-44, had asthma in 2012
- The percentage of women with asthma has not significantly changed since 2005

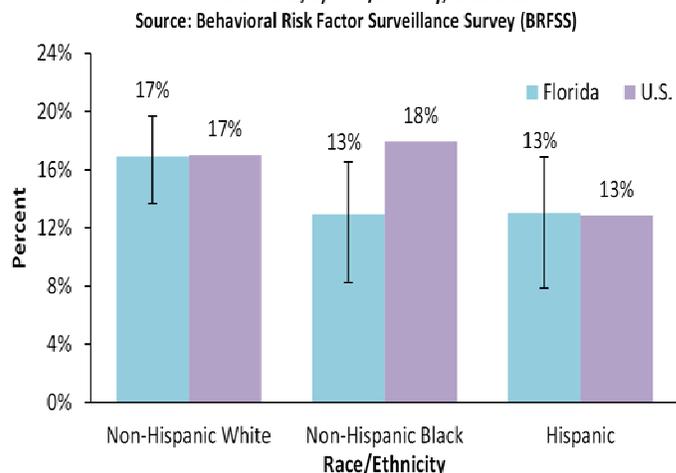
Which women are more likely to have asthma?

- Younger women
- Non-Hispanic White women
- Women with lower income

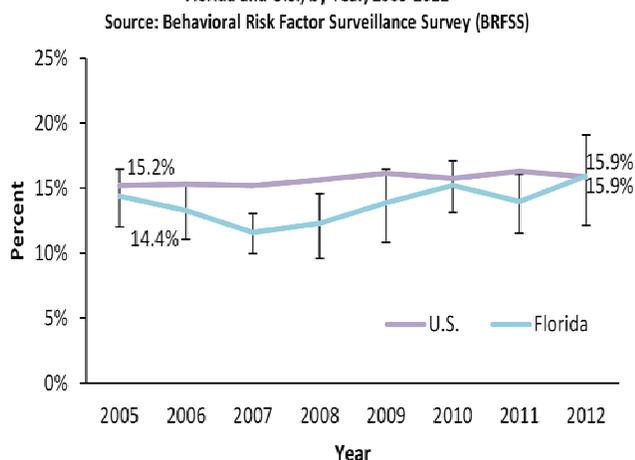
Percentage of All Women, Aged 18-44, Who Currently Had Asthma, Florida and U.S., by Age, 2011-2012



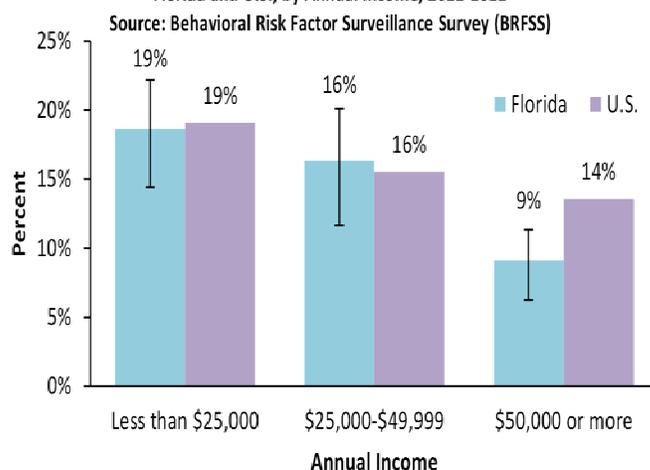
Percentage of All Women, Aged 18-44, Who Currently Had Asthma, Florida and U.S., by Race/Ethnicity, 2011-2012



Percentage of All Women, Aged 18-44, Who Currently Had Asthma, Florida and U.S., by Year, 2005-2012



Percentage of All Women, Aged 18-44, Who Currently Had Asthma, Florida and U.S., by Annual Income, 2011-2012



Preconception Health Indicator Report

CHRONIC CONDITIONS

Chronic conditions are associated with many adverse pregnancy outcomes, yet many of these conditions can be prevented or managed.

More information about chronic conditions and their prevention can be found through the CDC at: www.cdc.gov/chronic_disease.

Information is also available on the Florida Department of Health website at: <http://www.floridahealth.gov/healthy-people-and-families/womens-health/pregnancy/index.html>.

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Preconception Health Indicator Report

INFECTIONS

Infections impact many aspects of health, and can have detrimental consequences on pregnancy outcomes. There are many types of infections. Some that are of particular importance in preconception health include influenza, HIV, Hepatitis B, sexually transmitted infections, Varicella (chicken pox), and Rubella. Many infections can be prevented or treated pre-conceptionally.

Influenza Immunization

What is the significance of influenza vaccination to preconception health?

Influenza during pregnancy increases the risk of maternal morbidity, resulting in serious complications and hospitalizations, especially in women during their second and third trimesters.^{1,2} Women with certain chronic medical conditions, such as asthma, diabetes mellitus, and heart disease, are particularly vulnerable to influenza-related complications.^{1,3} Because nearly half of all pregnancies are unintended, it is important for all women of reproductive age to receive influenza vaccinations. Influenza vaccinations are safe for women of reproductive age,⁴ and can prevent pregnancy complications resulting from influenza.

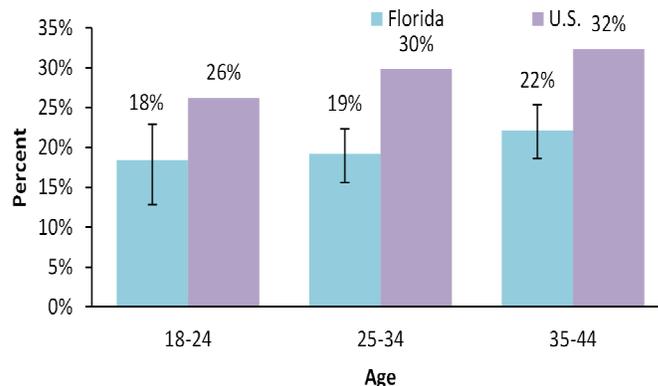
How many Florida women of reproductive age receive an annual influenza vaccination?

- Approximately 649,903 (21.0%) of Florida women, aged 18-44, received an annual influenza vaccination in 2012
- The percentage of women aged 18-44, who received an annual influenza vaccination has significantly increased over time in Florida since 2005

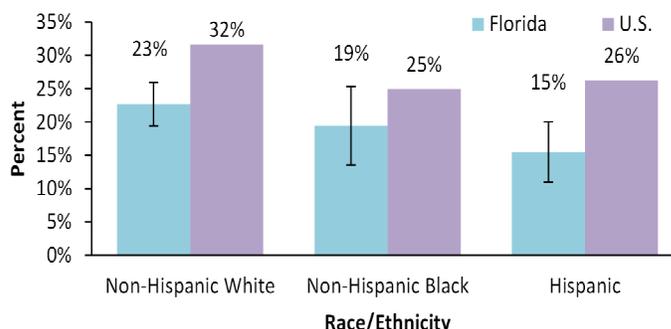
Which women are more likely to receive an annual influenza vaccination?

- Older women
- Non-Hispanic White women
- More educated women

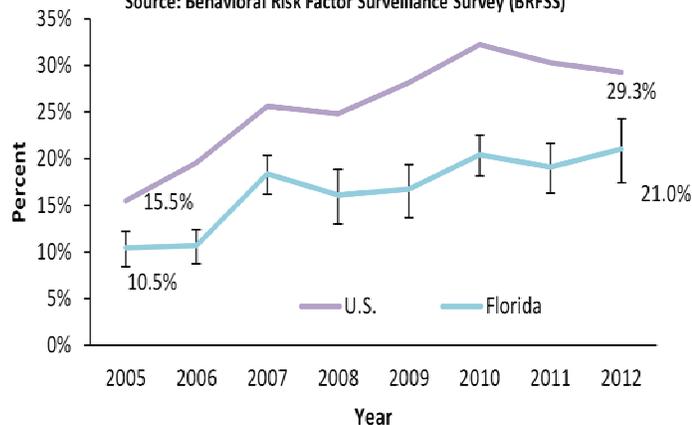
Percentage of All Women, Aged 18-44, Who Received an Influenza Vaccination Within the Past Year, Florida and U.S., by Age, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



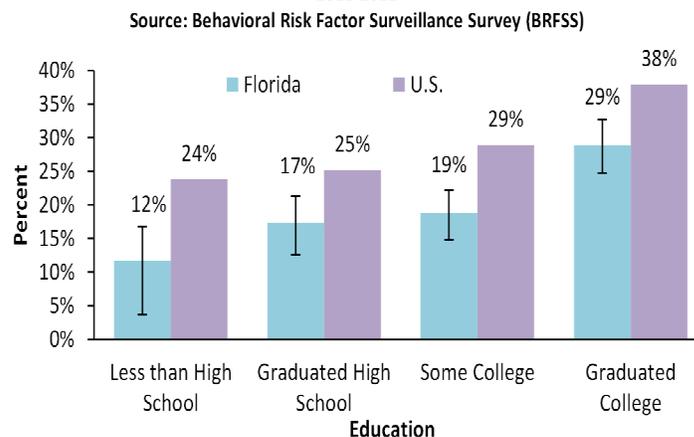
Percentage of All Women, Aged 18-44, Who Received an Influenza Vaccination Within the Past Year, Florida and U.S., by Race/Ethnicity, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-44, Who Received an Influenza Vaccination Within the Past Year, Florida and U.S., by Year, 2005-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Percentage of All Women, Aged 18-24, Who Received an Influenza Vaccination Within the Past Year, Florida and U.S., by Education, 2011-2012
Source: Behavioral Risk Factor Surveillance Survey (BRFSS)



Preconception Health Indicator Report

INFECTIONS

What is the significance of sexually transmitted infections to preconception health?

Sexually transmitted infections are associated with adverse pregnancy outcomes. For instance, unrecognized or undiagnosed Chlamydia or Gonorrhea can be associated with infertility and ectopic pregnancies.⁵ Additionally, untreated or advanced Syphilis can cause serious debilitating effects on the neurological auditory and visual systems in the mother.⁶ Because sexually transmitted infections are underreported, problems associated with these infections and preconception health may be greater than realized.

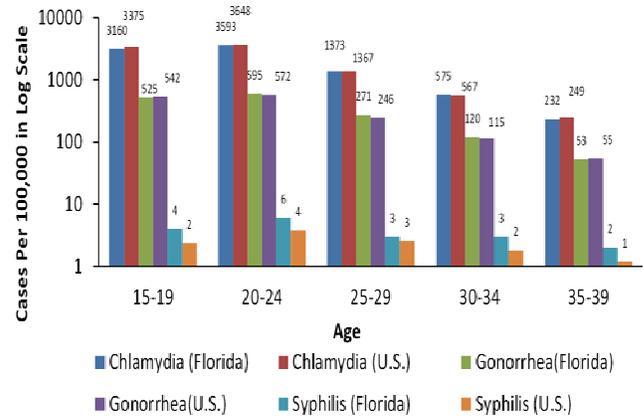
Congenital Syphilis can cause devastating pregnancy-related consequences, including:⁷

- Spontaneous abortion
- Stillbirth
- Premature birth
- Impairments during fetal and infant development

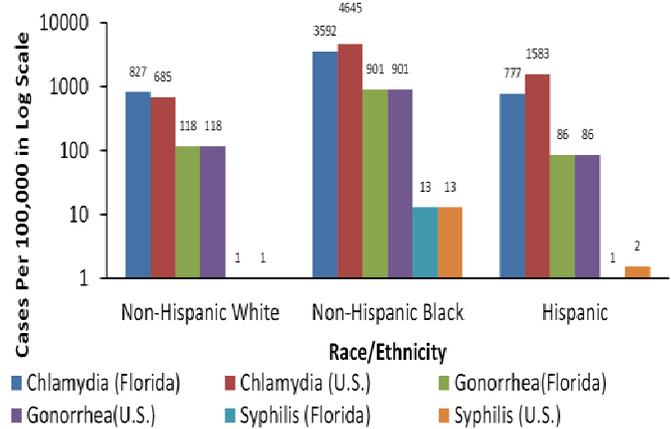
How many Florida women of reproductive age have sexually transmitted infections?

- Approximately 53,866 Florida women, aged 15-39, had Chlamydia in 2012
- Approximately 9,072 Florida women, aged 15-39, had Gonorrhea in 2012
- Approximately 113 Florida women, aged 15-39, had Syphilis in 2012
- The percentage of women with Chlamydia has been increasing since 2008
- The percentage of women with Gonorrhea has been decreasing since 2008
- The percentage of women with Syphilis has not significantly changed since 2008

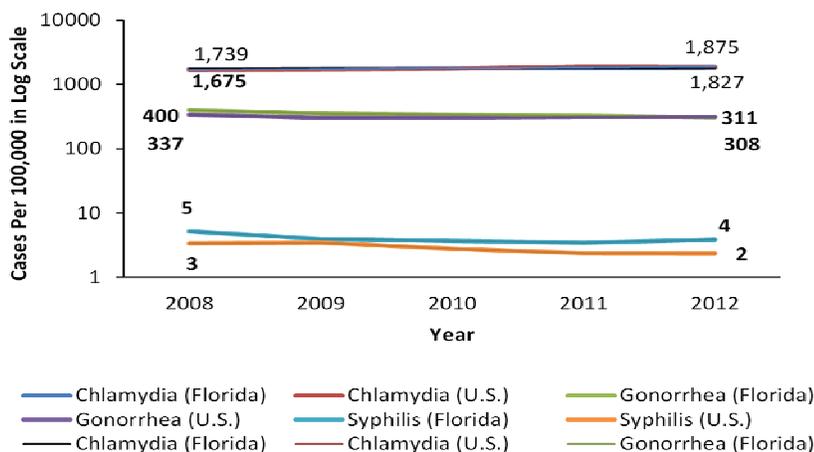
Rates of Chlamydia, Gonorrhea, and Syphilis in All Women, Aged 15-39, Florida and U.S., Cases Per 100,000, by Age, 2011-2012
Source: National Sexually Transmitted Disease Database



Rates of Chlamydia, Gonorrhea, and Syphilis in All Women, Aged 15-39, Florida and U.S., Cases Per 100,000, by Race/Ethnicity, 2011-2012
Source: National Sexually Transmitted Disease Database



Rates of Chlamydia, Gonorrhea, and Syphilis in All Women, Aged 15-39, Florida and U.S., Cases Per 100,000 by Year, 2008-2012
Source: National Sexually Transmitted Disease Database



Preconception Health Indicator Report

INFECTIONS

Influenza and sexually transmitted infections are just two types of infections that can have a negative impact on a woman's preconception health.

More information on influenza and influenza vaccination can also be found through the CDC at: www.cdc.gov/flu.

More information and resources on sexually transmitted infections can be found through the CDC at: www.cdc.gov/std.

Information is also available on the Florida Department of Health website at: <http://www.floridahealth.gov/healthy-people-and-families/womens-health/pregnancy/index.html>.

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