



Pregnancy Intention

New Jersey — PRAMS, 2012-2015



Background

According to Healthy People 2020, the percent of intended pregnancies among females aged 15-44 years was 54.7% in 2011¹. In the United States (US), approximately half of pregnancies are unintended with a higher proportion of these pregnancies occurring among adolescents (aged 15-19 years), young women (aged 20-24 years), women with lower levels of educational attainment and income, and women who are considered racial or ethnic minorities².

This report contains data on pregnancy intention as reported in New Jersey Pregnancy Risk Assessment Monitoring Surveillance System (NJ PRAMS) 2012-2015. Progress towards meeting the percent of all intended pregnancies goal as specified in Healthy People 2020 as well as a breakdown of unintended pregnancies is presented.

Pregnancy Risk Assessment Monitoring System (PRAMS)

NJ PRAMS is a joint project of the NJ Department of Health (NJ DOH) and the Centers for Disease Control and Prevention (CDC). Information from PRAMS is used to help plan better health programs for NJ mothers and infants. One out of every 50 mothers are sampled each month, when newborns are 2-6 months old. Survey questions address their feelings and experiences before, during and after pregnancy. The PRAMS sample design oversamples smokers and minorities. Data are weighted to give representative estimates of proportions in specific categories and of actual persons. Almost 24,000 NJ mothers are included between 2002-2017 with an average response rate of 70%.

National Pregnancy Intention Goals

The Healthy People 2020 Objective on pregnancy intention is tracked using PRAMS data.

National Goals	Intended Pregnancies
Healthy People 2020 Objective ¹	FP-1: Increase the proportion of pregnancies that are intended from 51% to 56%.

Pregnancy Intention

Core PRAMS Indicator	New Jersey %			
	2012	2013	2014	2015
Intended*	69.1‡	70.7‡	68.7‡	72.0‡
Unintended**	30.9	29.3	31.3	28.0

Question Wording: "Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant? (check one answer)"

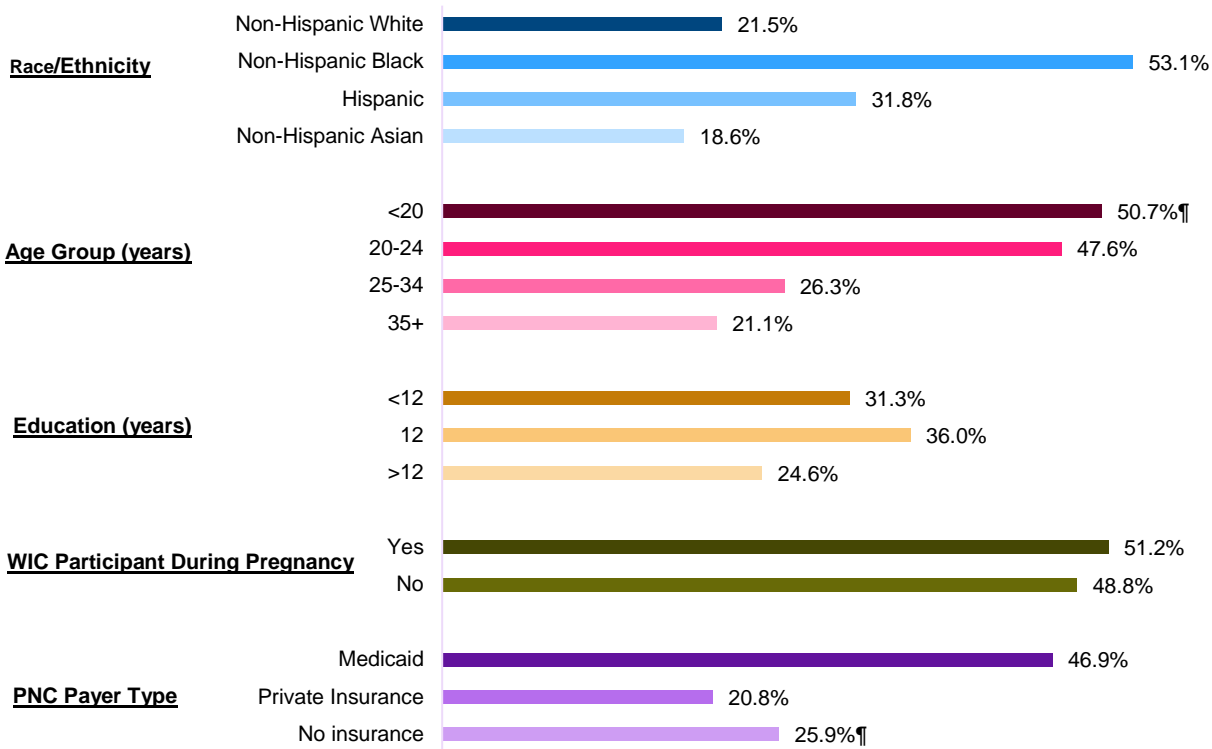
*Intended is defined as mothers who responded that they wanted to become pregnant sooner or then, just before they got pregnant with their baby.

**Unintended is defined as mothers who responded that they wanted to become pregnant later or not then or any time in the future, just before they got pregnant with their baby.

‡ Met or exceeded the Healthy People 2020 objective to increase the proportion of pregnancies that are intended from 51% to 56%

Which mothers had unintended pregnancies?

Mothers who reported unintended pregnancies by maternal characteristics — New Jersey, 2015



WIC = The Special Supplemental Nutrition Program for Women, Infants, and Children

PNC= Prenatal care

¶ < 20 respondents; not statistically stable

Unintended Pregnancies and Timing of Prenatal Care (PNC)

Standard PRAMS indicator	New Jersey %			
	2012	2013	2014	2015
Receipt of PNC as early as wanted	79.5	78.4	76.9	83.0
Rate of early PNC*	80.1	80.5	79.1	78.0
Late or no PNC**	19.9	19.5	20.9	22.0

*Early PNC is defined as receiving prenatal care during the first trimester (months 1-3).

**Late PNC is defined as receiving prenatal care after the first trimester (months 4-9).

Unintended Pregnancies, Pregnancy Prevention Methods at Conception, & Preconception Counselling

Core PRAMS indicator	New Jersey %			
	2012	2013	2014	2015
Used no prevention method(s)	52.4	54.4	48.5	51.0
Preconception counselling	13.8	15.5	15.5	14.8

Question(s) wording: "When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant?" and "Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk to you about how to improve your health before pregnancy?"

Unintended Pregnancies and Reasons for Not Using a Pregnancy Prevention Method at Conception

Standard PRAMS indicator	New Jersey %
	2012-2015
I didn't mind if I got pregnant	15.3
I thought I could not get pregnant at that time	15.1
I had side effects from the birth control method I was using	4.9
I had problems getting birth control when I needed it	1.2
I thought my husband/partner/I was sterile (could not get pregnant at all)	2.3
My husband/partner didn't want to use anything	7.3
I forgot to use a birth control method	4.0

Question wording: "What were your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant?"

Unintended Pregnancies and Post-Partum Pregnancy Prevention Method Use

Core PRAMS indicator	New Jersey %			
	2012	2013	2014	2015
Using a method now	75.9	82.7	78.4	73.1

Question wording: "Are you or your husband or partner doing anything now to keep from getting pregnant?"

New Jersey PRAMS: Pregnancy Intention

Public Health Action

1. In New Jersey, the prevalence of unintended pregnancies has remained stagnant over the years.
2. The percent of unintended pregnancies was higher among non-Hispanic Black mothers, mothers who were under the age of 20, mothers with a high school education, and mothers who utilized Medicaid for prenatal care.
3. Simultaneously, the rate of late or no PNC among mothers with unintended pregnancies increased from 19.9% in 2012 to 22% in 2015.
4. In 2015, 51% of mothers with unintended pregnancies used no pregnancy prevention method(s) at conception.
5. Between 2012-2015, mothers with unintended pregnancies reported that they did not mind if they got pregnant (15.3%) and that they thought they could not get pregnant at the time (15.1%) as top reasons for not utilizing a pregnancy prevention method at conception.
6. In 2015, 73.1% of mothers who reported that their pregnancies were unintended also reported utilizing a pregnancy prevention method in the post-partum period.
7. More public health efforts are needed to provide mothers with information regarding:
 - o The possibility of getting pregnant during the post-partum period and ways to prevent it.
 - o Using pregnancy prevention methods if they do not intend to become pregnant.
 - o The importance of preconception counseling.

Resources

Healthy People 2020: <https://www.healthypeople.gov/>

New Jersey State Health Assessment Data (NJ SHAD):

<https://www26.state.nj.us/doh-shad/home/Welcome.html>

New Jersey Family Planning League (NJ FPL): <https://njfpl.org/>

CDC Reproductive Health, Contraception: <https://www.cdc.gov/reproductivehealth/contraception/index.htm>

References:

1. Healthy People 2020 Objectives: <https://www.healthypeople.gov/2020/topics-objectives/topic/family-planning/objectives>
2. Evidence Summary: Prevent Unintended Pregnancy: <https://www.cdc.gov/sixteen/pregnancy/index.htm>

To learn more about PRAMS methods and to see data availability by state and year visit: <https://www.cdc.gov/prams>
For more information on NJ PRAMS: <http://www.nj.gov/health/fhs/maternalchild/outcomes/prams/>



Prepared by: Maternal and Child Health Epidemiology, New Jersey Department of Health, April 2018