

Health Care Services

New Jersey — PRAMS, 2021



Background

Access to preventive health care services is key to improving health outcomes in the general and maternal and child health populations. Healthy People (HP) 2030 focuses on improving health by helping people get timely, high-quality healthcare services. Vital services are related to prenatal and postpartum care for the maternal and child health population. The Centers for Disease Control and Prevention (CDC) encourages prospective parents to meet with their healthcare provider to discuss preconception healthcare, with an emphasis on health history and any medical conditions that could affect future pregnancies, medicines, vaccinations, and steps you can take before pregnancy to help prevent certain congenital disabilities.¹

HP 2030 seeks to increase the proportion of pregnant women who receive early and adequate prenatal care [MICH-08].² Based on national guidelines, access to early and regular prenatal care improves the chances of a healthy pregnancy. Prenatal care offers an opportunity to prevent complications and inform women about the necessary steps they can take to protect their infants.³

Moreover, HP 2030 seeks to increase the number of people who get the flu vaccine yearly [IID-09].⁴ The CDC recommends that pregnant individuals receive the influenza vaccine, regardless of the flu season.⁵

Postpartum care is critical in optimizing the well-being of the mother-infant dyad post-delivery. The American College of Obstetricians and Gynecologists (ACOG) recently updated the postpartum guidelines ---- in addition to the routine checkup that is done 4 to 6 weeks after giving birth, they recommend that the postpartum visits should be ongoing, as needed, and with a comprehensive postpartum visit no later than 12 weeks post-delivery.^{6,7}

Pregnancy Risk Assessment Monitoring System (PRAMS)

NJ PRAMS is a joint project of the New Jersey Department of Health (NJ DOH) and the Centers for Disease Control and Prevention. Information from PRAMS is used to help plan better health programs for NJ mothers and infants. One out of every 50 mothers is 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 30,000 NJ mothers were included between 2002-2021, with an average response rate of 70%.

National Goals to Increase Use of Health Care Services

National Goals and/or Recommendations	Objectives & Recommendations
Centers for Disease Control and Prevention	Before getting pregnant, prospective parents are encouraged to talk to their healthcare provider about preconception health care. *
Healthy People 2030 Objective	MICH-08- Increase the proportion of pregnant women who receive early and adequate prenatal care to 80.5%.
Healthy People 2030 Objective*	IID-09- Increase the proportion of people who get the flu vaccine every year to 70%.
The American College of Obstetricians and Gynecologists (ACOG) [¶]	All women should have contact with a maternal care provider within the first three weeks of postpartum. [¶] Postpartum visits should be ongoing, as needed, with a comprehensive postpartum visit no later than twelve weeks post-delivery. [¶]
*Centers for Disease Control and Prevention- https://www.cdc.gov/pregnancy/about/index.html	
[¶] American College of Obstetricians and Gynecologists Optimizing Postpartum Care (acog.org)	

New Jersey PRAMS: Health Care Services

Health Care Services Rates

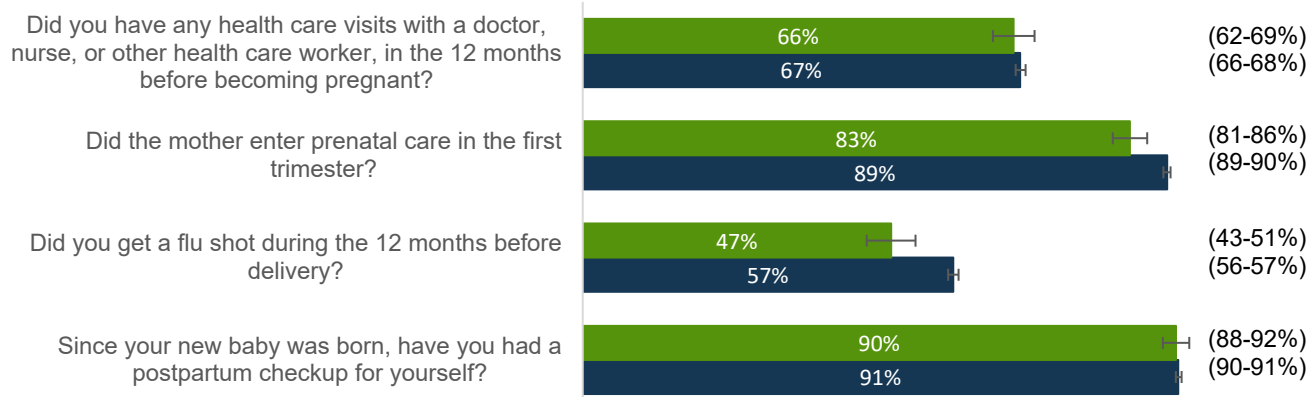
PRAMS data assess progress on Healthy People 2030 and ACOG Health Case Services objectives.

Core PRAMS Indicators	New Jersey % (CI)*					Overall PRAMS Sites [†] %
	2017	2018	2019	2020	2021	2021
Health care visit in the 12 months before pregnancy	64.6 (61.7-67.4)	61.9 (58.8-64.8)	62.7 (59.6-65.7)	61.2 (58.0-64.3)	65.7 (62.3-68.9)	66.7 (66.0-67.5)
Began prenatal care in 1st trimester	81.2 (78.8-83.5)	80.5 (77.8-82.8)	82.6 (80.0-84.9)	82.3 (79.7-84.6)	83.4 (80.6-85.9)	89.1 (88.5-89.6)
Had a flu shot in the 12 months before delivery	45.7 (42.5-49.0)	48.7 (45.4-52.0)	51.4 (47.9-54.8)	55.1 (51.6-58.5)	47.0 (43.3-50.8)	56.5 (55.7-57.3)
Had a maternal postpartum checkup	89.4 (87.4-91.0)	89.5 (87.5-91.2)	89.5 (87.4-91.3)	84.9 (82.5-87.1)	90.4 (88.2-92.3)	90.8 (90.4-91.3)
<p>* Weighted Percentage</p> <p>[†] PRAMS sites aggregated for 2021: Alabama, Arkansas, Colorado, Connecticut, Delaware, District of Columbia, Georgia, Hawaii, Illinois, Kansas, Louisiana, Maine, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, New Jersey, New Mexico, New York City, New York State, North Dakota, Oklahoma, Oregon, Pennsylvania, Puerto Rico, South Dakota, Tennessee, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming that met the required 50% response rate threshold for inclusion.</p>						

PRAMS Indicators, Percentage of Yes responses

■ NJ, 2021 ■ Overall, 2021

(95% CI)

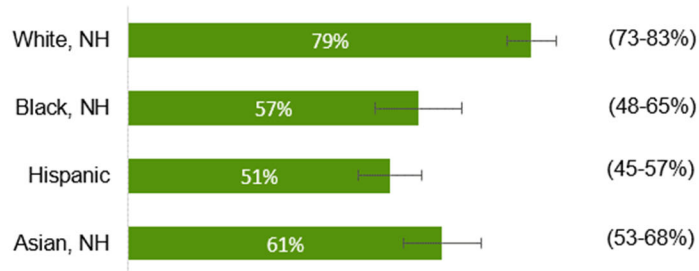


New Jersey PRAMS: Health Care Services

Who Accesses Health Care Services in the 12 Months Before Pregnancy by Maternal Characteristics — New Jersey, 2021

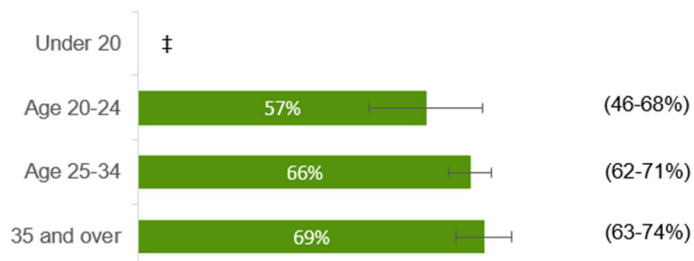
Race/Ethnicity

(95% CI)



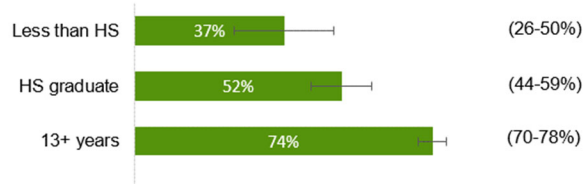
Age

(95% CI)



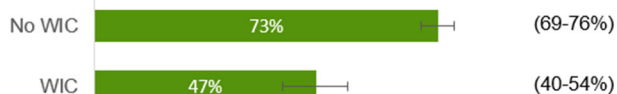
Education

(95% CI)



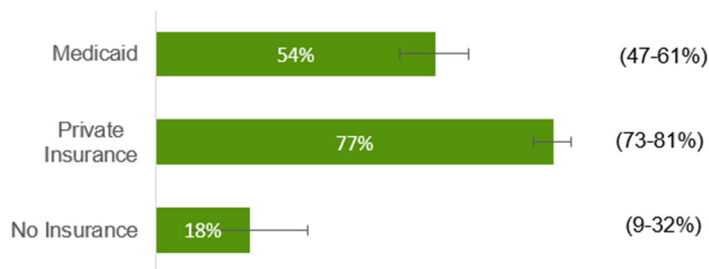
WIC Recipient

(95% CI)



PNC Insurance

(95% CI)



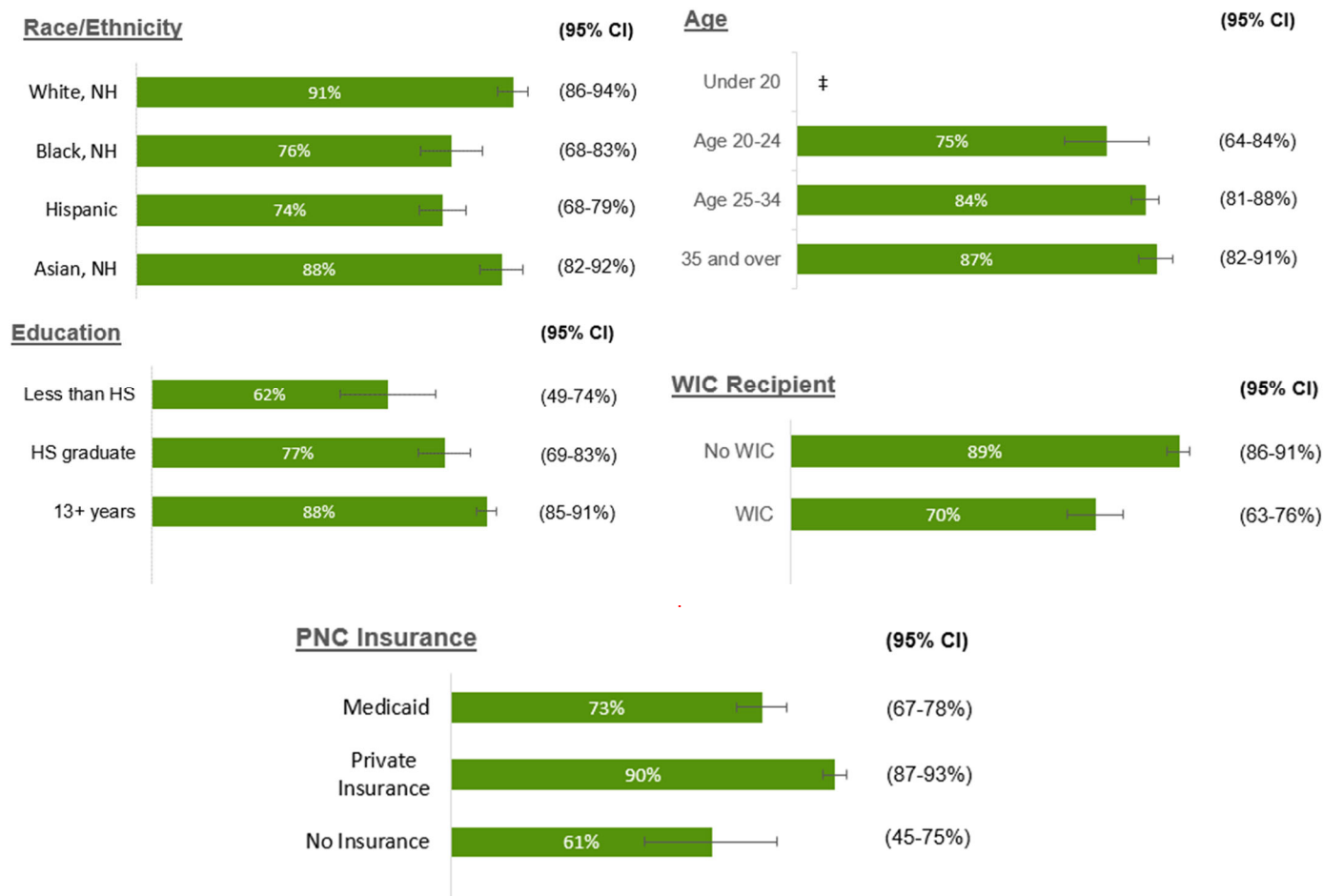
Abbreviations: WIC = Special Supplemental Nutrition Program for Women, Infants, and Children

PNC= Prenatal Care Payer Type

‡ < 30 respondents; may not be reliable.

New Jersey PRAMS: Health Care Services

Who Began Prenatal Care in Their First Trimester by Maternal Characteristics — New Jersey, 2021



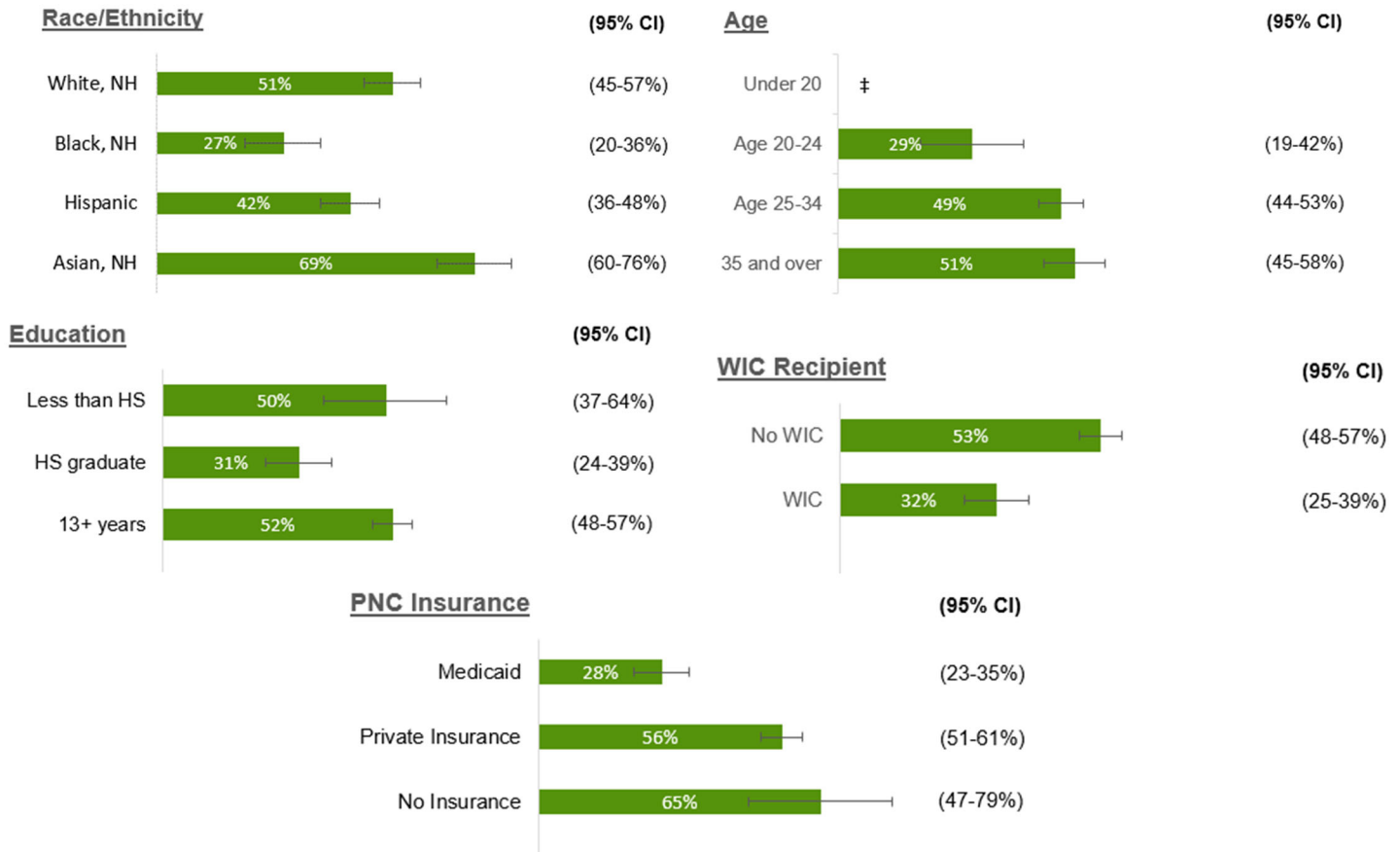
Abbreviations: WIC = Special Supplemental Nutrition Program for Women, Infants, and Children

PNC= Prenatal Care Payer Type

‡ < 30 respondents; may not be reliable.

New Jersey PRAMS: Health Care Services

Who Got Immunized for Influenza in the 12 Months Before Delivery by Maternal Characteristics — New Jersey, 2021



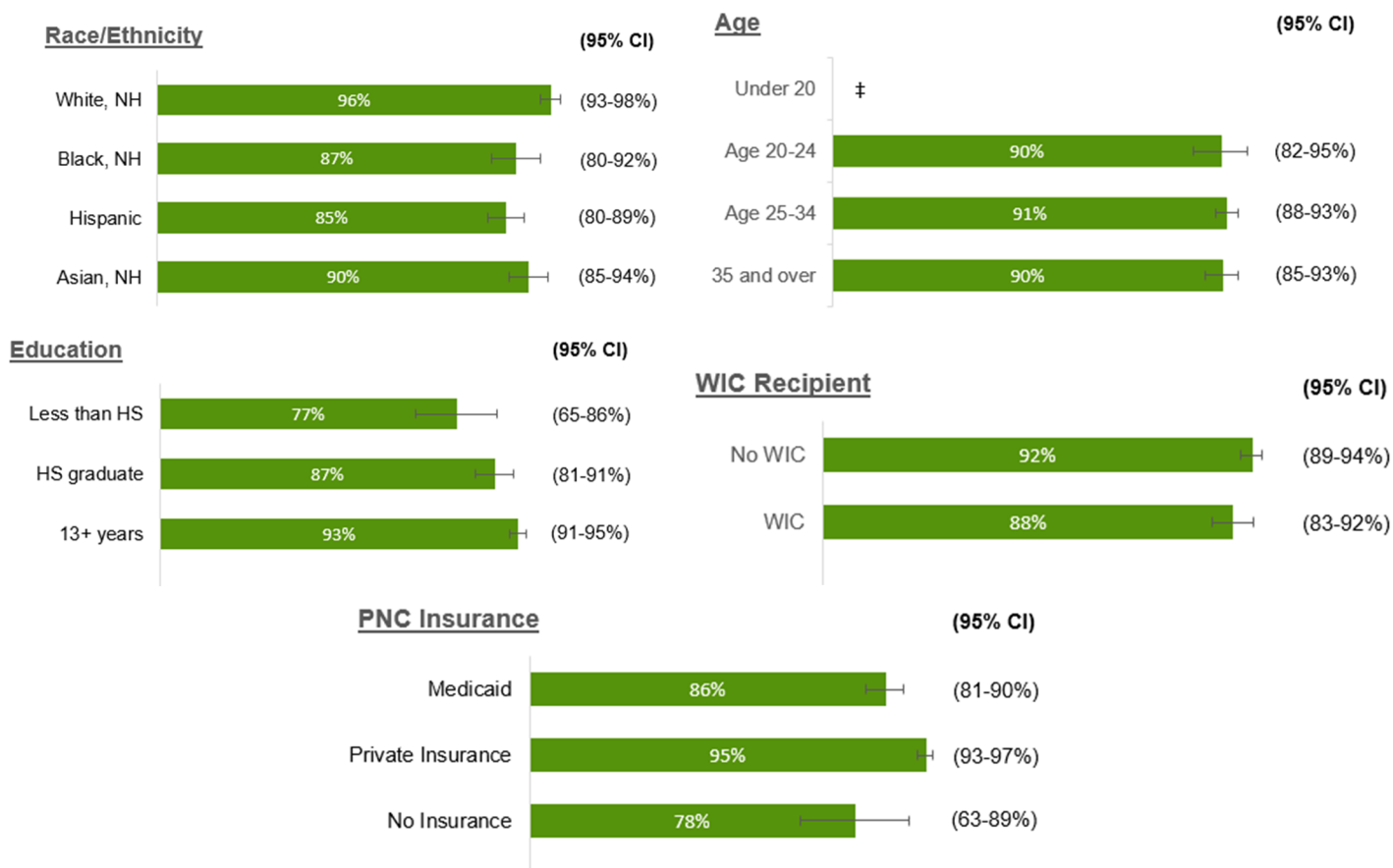
Abbreviations: WIC = Special Supplemental Nutrition Program for Women, Infants, and Children

PNC= Prenatal Care Payer Type

‡ < 30 respondents; may not be reliable.

New Jersey PRAMS: Health Care Services

Who Attended Their Postpartum Checkup by Maternal Characteristics — New Jersey, 2021



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

PNC= Prenatal Care Payer Type

‡ < 30 respondents; may not be reliable.

New Jersey PRAMS: Health Care Services

Summary of Results

Health Care Visit Before Pregnancy

- In 2021, sixty-six percent (66%) of NJ PRAMS respondents reported having any health care visits in the 12 months before becoming pregnant.
- The percentage was higher for White, NH (79%) respondents.
- The percentage was higher (74%) for respondents with 13+ years of education.
- The percentage was higher (77%) for respondents with private insurance.

Early Entry into Prenatal Care

- In 2021, eighty-three percent (83%) of NJ PRAMS respondents reported entering prenatal care in the first trimester.

The percentage was higher for respondents:

- who were White, NH (91%) and Asian, NH (88%) followed by Black, NH (76%) and Hispanic (74%) respondents.
- with 13+ years of education (88%).
- covered by private insurance (90%).

Influenza Vaccine

- In 2021, forty-seven percent (47%) of NJ PRAMS respondents reported receiving a flu shot during the 12 months before delivery.
- The percentage was higher for Asian, NH (69%) respondents was higher than for White, NH (51%), Hispanic (42%), and Black, NH (27%) respondents.

Postpartum Checkup

- In 2021, ninety percent (90%) of NJ PRAMS respondents reported having a postpartum checkup.

The percentage was lower for respondents:

- who were Hispanic (85%) than it was for White, NH (96%) respondents.
- with less than a high school education (77%).
- without PNC insurance coverage (78%).

New Jersey PRAMS: Health Care Services

Resources

New Jersey Department of Health

nj.gov/health

New Jersey Department of Health, Healthy Women Healthy Families

nj.gov/health/fhs/maternalchild/hwhf

ConnectingNJ:

nj.gov/connectingnj

References

1. Centers for Disease Control and Prevention, Planning for Pregnancy [About Planning for Pregnancy | cdc.gov](https://www.cdc.gov/aboutplanningforpregnancy/) [Accessed on July 17th, 2024]
2. Healthy People 2030, Pregnancy and Childbirth [Pregnancy and Childbirth - Healthy People 2030 | health.gov](https://www.health.gov/healthy-people-2030/pregnancy-and-childbirth/) [Accessed on July 20th, 2023]
3. National Institute of Health: What is prenatal care, and why is it important? [What is prenatal care, and why is it important? | NICHD - Eunice Kennedy Shriver National Institute of Child Health and Human Development \(nih.gov\)](https://www.nichd.nih.gov/health/topics/prenatalcare) [Accessed on July 20th, 2023]
4. Healthy People 2030, Vaccination [Vaccination – Healthy People 2030 | health.gov](https://www.health.gov/healthy-people-2030/vaccination/) [Accessed on July 17th, 2024]
5. Centers for Disease Control and Prevention, Vaccine Safety for Moms-To-Be - [Vaccine Safety for Moms-to-Be | CDC](https://www.cdc.gov/vaccines/imz/moms-to-be/) [Accessed on July 20th, 2023]
6. American College of Obstetricians and Gynecologists, Optimizing Postpartum Care, [Optimizing Postpartum Care \(acog.org\)](https://www.acog.org/optimizing-postpartum-care/) [Accessed on July 20th, 2023]
7. March of Dimes: What is a postpartum checkup, and why is it important? [Your postpartum checkups | March of Dimes](https://www.marchofdimes.com/postpartum-checkup/) [Accessed on July 20th, 2023]
8. CDC. Selected 2016-2022 Maternal and Child Health (MCH) Indicators. Pregnancy Risk Assessment Monitoring System (PRAMS). Published May 20, 2024. <https://www.cdc.gov/prams/php/data-research/mch-indicators-by-site.html>
9. NJSHAD - NJ Pregnancy Risk Assessment Monitoring System Data. Nj.gov. Published 2022. Accessed December 12, 2024. <https://www-doh.nj.gov/doh-shad/query/selection/prams/PRAMSSelection.html>

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/>



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