

46.4% of women ages 18-44 have had a discussion with their physician regarding how to prepare for a healthy pregnancy.

16.2% of women of childbearing age reported having four or more drinks on one occasion (binge drinking) in the past 30 days.

28% of women of childbearing age (18-44 years) were current smokers.

Preconception Health & Family Planning in Indiana

In 2011, the Indiana Behavioral Risk Factor Surveillance System (BRFSS) survey included the Preconception Health and Family Planning module, which was asked of female respondents ages 18-44 years (childbearing age).

OVERVIEW OF PRECONCEPTION HEALTH

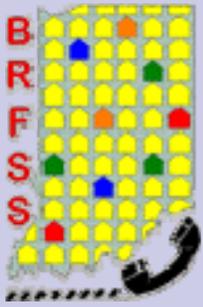
- ◆ In 2011, 46.4% of females ages 18-44 years reported having a discussion about ways to prepare for a healthy pregnancy and baby that occurred as part of a routine health care visit. There were no differences by race (non-Hispanic white, non-Hispanic black).
- ◆ According to the Centers for Disease Control and Prevention, not smoking or drinking alcohol, and maintaining a healthy weight prior to pregnancy increase the chances of having a healthy baby. Taking 400 micrograms of folic acid every day at least one month before and during pregnancy can help prevent major birth defects of the infant's brain and spine.

TIMING OF PREGNANCY/RISK FACTORS

- ◆ Respondents were asked how they felt about having a child now or sometime in the future. Only 10.2% of females ages 18-44 reported wanting to have a child within a year, 8.5% wanted a child in one to two years, 15.1% in two to five years, 23.1% in five or more years, and 43.2% did not want to have a child.
- ◆ Overall, 3.4% of females ages 18-44 years were considered underweight based on their body mass index, 41.7% were considered normal weight, 25.7% were considered overweight and 29.2% were considered obese.
- ◆ Overall, 28% of women ages 18-44 years were current smokers. For those women wanting to have a child within one year, 26.9% were current smokers. Twenty percent of those wanting a child within the next one to two years were current smokers.
- ◆ Overall, 16.2% of women ages 18-44 years reported having four or more drinks on one occasion (binge drinking) in the past 30 days.
- ◆ 49.7% of females ages 18-44 reported they did not take a multivitamin, prenatal vitamin or folic acid vitamin in the past week, 11.1% took vitamins 1-3 times per week, 6.4% took vitamins 4-6 times per week, and 32.8% took vitamins daily.



Indiana State
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Preconception Health & Family Planning in Indiana

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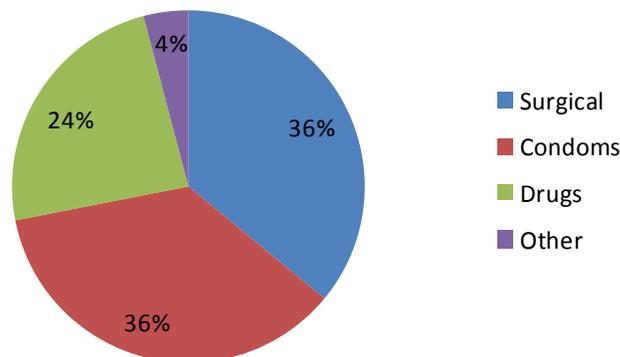
FAMILY PLANNING

About half of the respondents reported they did something to prevent pregnancy the last time they had intercourse.

For additional information, please visit the Indiana State Department of Health's Maternal and Child Health program at <http://www.in.gov/isdh/19571.htm>

Respondents were asked if they or their husband/partner did anything to prevent pregnancy the last time they had intercourse. Almost half (49.1%) reported yes, 38.3% reported no, and 12.3% reported they were not sexually active. The majority of respondents reported using either a surgical method or condoms/(see graph below). Surgical method includes tubal ligation or vasectomy, contraceptive implant or intrauterine device (IUD). Drugs include shots or birth control pills. Condoms include diaphragm or contraceptive ring.

**Method Used to Prevent Pregnancy
Indiana BRFSS, 2011**



Respondents who reported not doing anything to prevent pregnancy were asked about the main reason they did not do anything. Approximately one third (31.8%) reported they or their husband/partner had had sterilization or that they had had a hysterectomy; 23.3% reported they wanted to get pregnant or were already pregnant, 8.8% didn't think about it, and 4.3% reported that the reason involved not wanting or liking birth control. Almost 30% (28.7%) reported other reasons and 3.1% did not provide a response.

