Please check the box next to your answer or follow the directions included with the question. You may be asked to skip some questions that do not apply to you.

## **BEFORE PREGNANCY** The first questions are about you. 1. How tall are *you* without shoes? Feet \_\_\_\_ Inches **OR** \_\_\_\_ Centimeters 2. Just before you got pregnant with your new baby, how much did you weigh? Pounds **OR** \_\_\_\_ Kilos 3. What is *your* date of birth? Month Day Year 4. Before you got pregnant with your new baby, did you ever have any other babies who were born alive? □ No — Go to Question 7 ☐ Yes 5. Did the baby born *just before* your new one weigh 5 pounds, 8 ounces (2.5 kilos) or less at birth? □ No ☐ Yes

6.	. Was the baby <i>just before</i> your new one born <i>earlier</i> than 3 weeks before his or her due date?				
	□ No □ Yes				
b	The next questions are about the time before you got pregnant with your new baby.				
7.	At any time during the 12 months before you got pregnant with your new baby, di you do any of the following things? For each item, check No if you did not do it or Yes if you did it.	d			
	No Ye	es			
a.	I was dieting (changing my eating habits) to lose weight	ב			
b.	I was exercising 3 or more days of the week	ב			
c.	medicines other than on the control	_			
d.	I visited a health care worker and was checked for diabetes	_			
e.	I visited a health care worker and was checked for high blood pressure	_			
f.	I visited a health care worker and was checked for depression or anxiety	_			
g.	I talked to a health care worker about my family medical history	_			
h.		_			

8.	During the month before you got pregnant with your new baby, what kind of health insurance did you have?  Check ALL that apply  Private health insurance from my job or the	11. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker tell you that you had any of the following health conditions? For each one, check No if you did not have the condition or Yes if you did.
	job of my husband, partner, or parents  ☐ Private health insurance purchased directly from an insurance company ☐ Medicaid, Medicaid Services Card (includes Healthy Options) ☐ TRICARE or other military health care ☐ Indian Health Service and/or Tribal Health	No Yes  a. Type 1 or Type 2 diabetes (NOT the same as gestational diabetes or diabetes that starts during pregnancy)  b. High blood pressure or hypertension
	Services  ☐ Some other kind of health insurance → Please tell us:	12. During the 3 months before you got pregnant with your new baby, did you have any of the following health conditions? For each one, check No if you did not have the condition or Yes if you did.
9.	☐ I did not have any health insurance during the <i>month before</i> I got pregnant  During the <i>month before</i> you got pregnant with your new baby, how many times a week did you take a multivitamin, a	a. Asthma
	prenatal vitamin, or a folic acid vitamin?  ☐ I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin in the month before I got pregnant	The next questions are about the time when you got pregnant with your new baby.
	☐ 1 to 3 times a week ☐ 4 to 6 times a week ☐ Every day of the week	13. Thinking back to <i>just before</i> you got pregnant with your new baby, how did you feel about becoming pregnant?
10.	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?	Check ONE answer  ☐ I wanted to be pregnant later ☐ I wanted to be pregnant sooner
	□ No □ Yes	☐ I wanted to be pregnant then ☐ I didn't want to be pregnant then or at any time in the future ☐ I wasn't sure what I wanted ☐ Go to Question 14

14. How much longer did you want to wait to	DURING PREGNANCY
become pregnant?  ☐ Less than 1 year ☐ 1 year to less than 2 years ☐ 2 years to less than 3 years ☐ 3 years to 5 years ☐ More than 5 years	The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about
15. When you got pregnant with your new baby, were you trying to get pregnant?	<b>pregnancy.</b> (It may help to look at the calendar when you answer these questions.)
No ☐ Yes ☐ Go to Question 18  16. When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant? Some things people do to keep	18. How many weeks <i>or</i> months pregnant were you when you had your first visit for prenatal care? Do not count a visit that was only for a pregnancy test or only for WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children).
from getting pregnant include using birth control pills, condoms, withdrawal, or natural family planning.	Weeks OR Months
No Yes — Go to Question 18	I didn't go for prenatal care  Go to Page 4, Question 20
17. What were your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant?  Check ALL that apply	19. Did you get prenatal care as early in your pregnancy as you wanted?  ☐ No ☐ Yes → Go to Page 4, Question 21
☐ I didn't mind if I got pregnant ☐ I thought I could not get pregnant at that time ☐ I had side effects from the birth control method I was using ☐ I had problems getting birth control when I needed it ☐ I thought my husband or partner or I was sterile (could not get pregnant at all) ☐ My husband or partner didn't want to use anything ☐ I forgot to use a birth control method ☐ Other	Go to Page 4, Question 20

20. Did any of these things keep you from getting prenatal care when you wanted it?  For each item, check No if it did not keep you from getting prenatal care or Yes if it did.	21. During <i>your most recent</i> pregnancy, what kind of <i>health insurance</i> did you have to pay for your <i>prenatal care</i> ?  Check ALL that apply
a. I couldn't get an appointment when I wanted one	<ul> <li>□ Private health insurance from my job or the job of my husband, partner, or parents</li> <li>□ Private health insurance purchased directly from an insurance company</li> <li>□ Medicaid, Medicaid Services Card (includes Healthy Options)</li> <li>□ TRICARE or other military health care</li> <li>□ Indian Health Service and/or Tribal Health Services</li> <li>□ Some other kind of health insurance</li> <li>□ I did not have any health insurance to pay for my prenatal care</li> </ul>

22. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or video For each item, check No if no one talked wyou about it or Yes if someone did.	•
No Y a. How much weight I should gain	Yes a. Ask if I was smoking cigarettes□□ b. Ask how much alcohol I was
during my pregnancy	
b. How smoking during pregnancy could affect my baby	c. Ask if someone was hurting me emotionally or physically
c. Breastreeding my sacy	d. Ask if I was using illegal drugs
d. How drinking alcohol during pregnancy could affect my baby	(marijuana or hash, cocaine, crack, etc.)
e. Using a seat belt during my	e. Ask if I planned to use birth
pregnancy	control after my baby was born
f. Medicines that are safe to take	f. Talk with me about how eating fish
during my pregnancy	containing high levels of mercury could affect my baby
affect my baby	_
h. Doing tests to screen for birth defects	Group B Strep (or Beta Strep)
or diseases that run in my family	
i. The signs and symptoms of preterm labor (labor more than	defects that could run in my family or my partner's family
3 weeks before the baby is due)	_ '
j. Getting tested for HIV	HIV (the virus that causes AIDS)
(the virus that causes AIDS)	

k. What to do if I feel depressed

during my pregnancy or after my

1. Physical abuse to women by their

baby is born.....

husbands or partners ......

24. At any time during your most recent pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)?

□ No
□ Yes → Go to Page 6, Question 26
□ I don't know

25. Were you offered an HIV test during your most recent pregnancy or delivery?
□ No

☐ Yes

26. During the 12 months before the delivery of your new baby, did a doctor, nurse, or other health care worker offer you a flu shot or tell you to get one?	29. What were your reasons for <u>not</u> getting a flu shot during the 12 months before the delivery of your new baby? For each item, check No if it was not a reason for you or Yes if it was.
☐ Yes	a. My doctor didn't mention anything
27. During the 12 months before the delivery of your new baby, did you get a flu shot?  Check ONE answer  □ No → Go to Question 29  ∫□ Yes, before my pregnancy	about a flu shot
Yes, during my pregnancy  28. During what month and year did you get	with the flu
the flu shot?  20  Month Year	g. Other
☐ I don't remember	30. This question is about the care of your teeth <u>during</u> your most recent pregnancy.  For each item, check <b>No</b> if it is not true or does not apply to you or <b>Yes</b> if it is true.
If you got a flu shot, go to Question 30.	a. I knew it was important to care for my teeth and gums during my pregnancy

31. During <i>your most recent</i> pregnancy, did you take a class or classes to prepare for childbirth and learn what to expect during labor and delivery?	The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).
□ No □ Yes	35. Have you smoked any cigarettes in the <i>past</i> 2 years?
32. During your most recent pregnancy, did a home visitor come to your home to help you prepare for your new baby? A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps pregnant women.	☐ No ☐ Yes ☐ Go to Page 8, Question 39☐ Yes ☐ 36. In the 3 months <u>before</u> you got pregnant, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.
□ No □ Yes	☐ 41 cigarettes or more ☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes
33. During <i>your most recent</i> pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?	☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ I didn't smoke then
□ No □ Yes	37. In the <u>last 3</u> months of your pregnancy, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.
34. During <i>your most recent</i> pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during <i>this</i> pregnancy)?	☐ 41 cigarettes or more ☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes ☐ 6 to 10 cigarettes
□ No □ Yes	☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ I didn't smoke then
	<b>38.</b> How many cigarettes do you smoke on an average day <i>now</i> ? A pack has 20 cigarettes.
	☐ 41 cigarettes or more ☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes ☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ I don't smoke now

The next questions are about drinking alcohol around the time of pregnancy (before and during).

39.	Have you had any alcoholic drinks in the past 2 years? A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.
$\downarrow$	□ No — Go to Question 43 □ Yes
40.	During the <i>3 months <u>before</u></i> you got pregnant, how many alcoholic drinks did you have in an average week?
	14 drinks or more a week  7 to 13 drinks a week  4 to 6 drinks a week  1 to 3 drinks a week  Less than 1 drink a week  I didn't drink then → Go to Question 42
41.	During the <i>3 months <u>before</u></i> you got pregnant, how many times did you drink 4 alcoholic drinks or more in a 2 hour time span?
	☐ 6 or more times ☐ 4 to 5 times ☐ 2 to 3 times ☐ 1 time ☐ I didn't have 4 drinks or more in a 2 hour time span
42.	During the <u>last 3</u> months of your pregnancy, how many alcoholic drinks did you have in an average week?
	☐ 14 drinks or more a week ☐ 7 to 13 drinks a week ☐ 4 to 6 drinks a week ☐ 1 to 3 drinks a week ☐ Less than 1 drink a week ☐ I didn't drink then

Pregnancy can be a difficult time for some women. The next questions are about things that may have happened <u>before</u> and <u>during</u> your most recent pregnancy.

43. This question is about things that may have happened during the 12 months before your new baby was born. For each item, check No if it did not happen to you or Yes if it did. (It may help to look at the calendar when you answer these questions.)

No Yes

a.	A close family member was very sick and had to go into the hospital	П	П
1.		. —	_
b.	I got separated or divorced from my		
	husband or partner		
c.	I moved to a new address	. 🖵	
d.	I was homeless or had to sleep	_	_
	outside, in a car, or in a shelter		
e.	My husband or partner lost his job		
f.	I lost my job even though I wanted		
	to go on working		
g.	My husband, partner, or I had a cut		
	in work hours or pay		
h.	I was apart from my husband or		
	partner due to military deployment		
	or extended work-related travel		
i.	I argued with my husband or partner		
	more than usual		
j.	My husband or partner said he		
<b>J</b>	didn't want me to be pregnant		
k.	I had problems paying the rent,		
ıx.	mortgage, or other bills		
1		_	_
1.	My husband, partner, or I		
	went to jail	. 🖵	_
m.	Someone very close to me had a		
	problem with drinking or drugs		
n.	Someone very close to me died	.⊔	Ш

44. During the 12 months before your new baby was born, did you ever get emergency	49. What was the reason that your new baby was born by cesarean delivery (c-section)?		
food from a church, a food pantry, or a food bank, or eat in a food kitchen?	Check ALL that apply		
□ No □ Yes	☐ I had a previous cesarean delivery (c-section) ☐ My baby was not head down ☐ I was past my due date		
45. During the 12 months before you got pregnant with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?	<ul> <li>□ My health care provider worried that my baby was too big</li> <li>□ I had a medical condition that made labor dangerous for me (such as heart condition, physical disability)</li> </ul>		
□ No □ Yes	☐ I had a complication in my pregnancy (such as preeclampsia, placental problems, infection, preterm labor) ☐ My health care provider tried to induce my		
46. During your most recent pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?	labor, but it didn't work  Labor was taking too long  The fetal monitor showed that my baby was having problems before or during		
□ No □ Yes	labor (fetal distress)  I wanted to schedule my delivery I didn't want to have my baby vaginally		
The next questions are about your labor and delivery.	Other → Please tell us:		
47. When was your new baby born?	50. By the end of <i>your most recent</i> pregnancy, how much weight had you gained?		
/ / _20	Check ONE answer and fill in blank if needed		
Month Day Year	☐ I gained pounds		
48. How was your new baby delivered?  ☐ Vaginally → Go to Question 50 ☐ Cesarean delivery (c-section) ☐ Go to Question 49	☐ I didn't gain any weight, but I lost pounds ☐ My weight didn't change during my pregnancy ☐ I don't know		

## AFTER PREGNANCY

The next questions are about the time

since your new baby was born.			
51.	After your baby was delivered, was he or she put in an intensive care unit (NICU)?		
	□ No □ Yes □ I don't know		
52.	After your baby was delivered, how long did he or she stay in the hospital?		
	<ul> <li>□ Less than 24 hours (less than 1 day)</li> <li>□ 24 to 48 hours (1 to 2 days)</li> <li>□ 3 to 5 days</li> <li>□ 6 to 14 days</li> <li>□ More than 14 days</li> <li>□ My baby was not born in a hospital</li> <li>□ My baby is still in the hospital</li> <li>□ Go to Question 55</li> </ul>		
53.	Is your baby alive now?		
igcup	☐ No → We are very sorry for your loss. ☐ Yes Go to Question 62		
54.	Is your baby living with you now?		
Ţ	<ul> <li>□ No</li></ul>		
55.	Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?		
Ţ	□ No ———— Go to Question 59 □ Yes		
Go	to Question 56		

Are you currently breastfeeding or feeding pumped milk to your new baby?		
— No	Question 59	
. How many weeks or months did breastfeed or pump milk to feed baby?	-	
Weeks <b>OR</b> Mon	ths	
What were your reasons for stop breastfeeding?		
Check AL	L that apply	
<ul> <li>■ My baby had difficulty latchin</li> <li>■ I thought my baby was not gain weight</li> <li>■ It was too hard, painful, or too consuming</li> <li>■ I thought I was not producing or my milk dried up</li> <li>■ I felt it was the right time to stobreastfeeding</li> <li>■ I went back to work or school</li> <li>■ My health care provider told m</li> <li>■ Other → Ple</li> </ul>	ning enough time enough milk, op	
	Pumped milk to your new baby  No  Yes → Go to G  How many weeks or months did breastfeed or pump milk to feed baby?  Weeks OR Monta  Less than 1 week  What were your reasons for stop breastfeeding?  Check ALI  My baby had difficulty latching I thought my baby was not gain weight  It was too hard, painful, or too consuming  I thought I was not producing or my milk dried up  I felt it was the right time to stop breastfeeding  I went back to work or school  My health care provider told me	

If your baby is still in the hospital, go to Question 61.	63. What are your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant <i>now</i> ?	
70 T 1:1 ' 1 ( 1	Check ALL that apply	
59. In which one position do you most often lay your baby down to sleep now?  Check ONE answer  ☐ On his or her side ☐ On his or her back ☐ On his or her stomach	☐ I am not having sex ☐ I want to get pregnant ☐ I don't want to use birth control ☐ I am worried about side effects from bir control ☐ My husband or partner doesn't want to anything	
60. How often does your new baby sleep in the same bed with you or anyone else?	☐ I have problems getting birth control when I need it	
☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never	☐ I had my tubes tied or blocked ☐ My husband or partner had a vasectomy ☐ I am pregnant now ☐ Other → Please tell us:	
61. Since your new baby was born, has a home visitor come to your home to help you learn how to take care of yourself or your new baby? A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps mothers of newborns.	If you or your husband or partner is not doing anything to keep from getting pregnant now, go to Page 12, Question 65.	
□ No □ Yes		
<b>62.</b> Are you or your husband or partner doing anything <i>now</i> to keep from getting pregnant? Some things people do to keep from getting pregnant include using birth control pills, condoms, withdrawal, or natural family planning.		
No   Yes		

64. What kind of birth control are you or your husband or partner using <i>now</i> to keep from getting pregnant?  Check ALL that apply	67. Since your new baby was born, how often have you had little interest or little pleasure in doing things?	
☐ Tubes tied or blocked (female sterilization, Essure®, Adiana®) ☐ Vasectomy (male sterilization) ☐ Birth control pill ☐ Condoms	☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never	
☐ Injection (Depo-Provera®) ☐ Contraceptive implant (Implanon®) ☐ Contraceptive patch (OrthoEvra®) or vaginal ring (NuvaRing®) ☐ IUD (including Mirena® or ParaGard®) ☐ Natural family planning (including rhythm method) ☐ Withdrawal (pulling out) ☐ Not having sex (abstinence) ☐ Other	68. What kind of health insurance do you have now?  Check ALL that apply  Private health insurance from my job or the job of my husband, partner, or parents  Private health insurance purchased directly from an insurance company  Medicaid, Medicaid Services Card (includes Healthy Options)  TRICARE or other military health care  Indian Health Service and/or Tribal Health Services  Some other kind of health insurance → Please tell us:	
had a postpartum checkup for yourself? A postpartum checkup is the regular checkup a woman has about 4-6 weeks after she gives birth.  No Yes	☐ I do not have health insurance <i>now</i>	
66. Since your new baby was born, how often have you felt down, depressed, or hopeless?		
☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never		

## OTHER EXPERIENCES

The next questions are on a variety of topics.

69.	In the <i>12 months before</i> you got pregnant with your new baby, did you have a personal doctor or health care provider?
	<ul><li>No</li><li>Yes, only one person</li><li>Yes, more than one person</li><li>I don't know</li></ul>
70.	During the 12 months before your new baby was born, did you experience discrimination, harassment, or were you made to feel inferior because of the things listed below? For each item, check No if you did not experience these things or Yes if you did experience them.
a. b. c. d. e.	My race, ethnicity, or culture

7	1.	This question is about things that may have happened during <i>your most recent</i> pregnancy. For each thing, check <b>No</b> if it did not happen to you or <b>Yes</b> if it did.
		No Yes
	ι.	My husband or partner threatened me or made me feel unsafe in some way
	). :	I was frightened for my safety or my family's safety because of the anger or threats of my husband or partner
C	1.	control my daily activities, for example, controlling who I could talk to or where I could go
		I did not want to (including touch that made me uncomfortable)
7:	2.	During your most recent pregnancy, would you have had the kinds of help listed below if you needed them? For each one, check No if you would have not had it or Yes if you would have had it.
8	ì.	Someone to loan me \$50
ł	).	Someone to help me if I were sick and needed to be in bed $\square$
(	÷.	Someone to take me to the clinic or doctor's office if I needed a ride
(	l.	Someone to talk with about my problems

If you did not have a postpartum checkup,

go to Page 14, Question 74.

73. At your postpartum checkup, did a doctor, nurse, or other health care worker talk to you or ask you about any of the things listed below? For each item, check No if no one asked or talked with you about it or Yes	75. Since your new baby was born, have you received counseling for depression or anxiety?  □ No
if someone did.	☐ Yes
a. Advise you to take a multivitamin, a prenatal vitamin, or a folic acid vitamin	The last questions are about the time during the 12 months before your new baby was born.
b. Talk to you about healthy eating, exercise, and losing weight gained during pregnancy	76. During the 12 months before your new baby was born, what was your yearly total
c. Talk to you about birth control methods that you can use after giving birth	household income before taxes? Include your income, your husband's or partner's income,
d. Talk to you about how long to wait before getting pregnant again	and any other income you may have received.  All information will be kept private and will not affect any services you are now getting.
e. Ask if you've been feeling down or depressed since your baby was born	
f. Treat you for any health care conditions	\$0 to \$15,000 \$15,001 to \$19,000
that developed during your pregnancy (diabetes, high blood pressure, etc.)	\$19,001 to \$22,000 \$22,001 to \$26,000
<ul><li>g. Ask if you were smoking cigarettes </li><li>h. Talk to you about resources in your</li></ul>	\$26,001 to \$29,000 \$29,001 to \$37,000
community for help getting insurance or medical care for you or your baby,	\$37,001 to \$44,000 \$44,001 to \$52,000
WIC, or help caring for your baby	□ \$52,001 to \$56,000
If you had a postpartum checkup, go to Question 75.	□ \$56,001 to \$67,000 □ \$67,001 to \$79,000 □ \$79,001 or more
74. Did any of these things keep you from having a postpartum visit?  Check ALL that apply	77. During the 12 months before your new baby was born, how many people, including yourself, depended on this income?
☐ I didn't think I needed a checkup	yoursey, depended on this mediae.
<ul><li>☐ I didn't have enough money or insurance to pay for visit</li><li>☐ I was too busy</li></ul>	People
☐ I didn't have a way to get to the visit	78. What is today's date?
☐ I didn't have child care ☐ Other — → Please tell us:	/ 20
	Month Day Year

Please use this space for any additional comments you would like to make about your experiences around the time of your pregnancy or the health of mothers and babies in Washington.

Thanks for answering our questions!

Your answers will help us work to make Washington mothers and babies healthier.