Please mark your answers. Follow the directions included with the questions. If no directions are presented, check the box next to your answer or fill in the blanks. Because not all questions will apply to everyone, you may be asked to skip certain questions.

BEFORE PREGNANCY

First, we would like to ask a few questions about *you* and the time <u>before</u> you got pregnant with your new baby.

1. At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? For each item, circle Y (Yes) if you did it or circle N (No) if you did not.

	No	Yes
a.	I was dieting (changing my eating	
	habits) to lose weight N	Y
b.	I was exercising 3 or more days	
	of the week N	Y
c.	I was regularly taking prescription	
	medicines other than birth control N	Y
d.	I visited a health care worker to	
	be checked or treated for diabetes N	Y
e.	I visited a health care worker to	
	be checked or treated for high	
	blood pressureN	Y
f.	I visited a health care worker to	
	be checked or treated for depression	
	or anxiety	Y
g.	I talked to a health care worker	
	about my family medical history N	Y
h.	I had my teeth cleaned by a dentist	
	or dental hygienistN	Y

2.	During the <i>month before</i> you got pregnant with your new baby, were you covered by any of these health insurance plans?		
		Check <u>all</u> that apply	
		Health insurance from your job or the job of your husband, partner, or	
		Health insurance that you or someone else	
		I did not have any health insurance before I got pregnant	
3.	wit	ring the <i>month before</i> you got pregnant h your new baby, how many times a ek did you take a multivitamin, a enatal vitamin, or a folic acid vitamin?	
		I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin at all	
		1 to 3 times a week 4 to 6 times a week Every day of the week	
4.		at before you got pregnant with your new by, how much did you weigh?	
		Pounds OR Kilos	
5.	Ho	w tall are you without shoes?	
		Feet Inches	
		OR Meters	

6.	What is your date of birth?	The next questions are about the time when you got pregnant with your <i>new</i> baby.
	/ / 19	
_	Month Day Year	11. Thinking back to <i>just before</i> you got pregnant with your <i>new</i> baby, how did you feel about becoming pregnant?
7.	Before you got pregnant with your new baby, were you ever told by a doctor, nurse, or other health care worker that you had	Check one answer
	Type 1 or Type 2 diabetes? This is not the same as gestational diabetes or diabetes that starts during pregnancy.	☐ I wanted to be pregnant sooner☐ I wanted to be pregnant later☐ I wanted to be pregnant then☐ I wanted to be pregnant sooner☐ I wanted sooner☐ I want
	□ No □ Yes	☐ I didn't want to be pregnant then or at any time in the future
8.	Before you got pregnant with your new baby, did you ever have any other babies	12. When you got pregnant with your new baby, were you trying to get pregnant?
	who were born alive? ☐ No — Go to Question 11	No So to Question 15 Go to Question 15
lacksquare	Yes	13. When you got pregnant with your new
9.	Did the baby born <i>just before</i> your new one weigh <i>more</i> than 5 pounds, 8 ounces (2.5 kilos) at birth?	baby, were you or your husband or partner doing anything to keep from getting pregnant? (Some things people do to keep
	□ No □ Yes	from getting pregnant include not having sex at certain times [natural family planning or rhythm] or withdrawal, and using birth contr methods such as the pill, condoms, vaginal
10.	Was the baby <i>just before</i> your new one born <i>more</i> than 3 weeks before his or her due date?	ring, IUD, having their tubes tied, or their partner having a vasectomy.)
	□ No □ Yes	☐ No Yes

14.	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

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
Other — Please tell us:

If you were <u>not trying</u> to get pregnant when you got pregnant with your new baby, go to Question 16.

15. Did you take any fertility drugs or receive any medical procedures from a doctor, nurse, or other health care worker to help you get pregnant with your new baby? (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology.)

□ No □ Yes

DURING PREGNANCY

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 pregnancy. (It may help to look at the calendar when you answer these questions.)

16. How many weeks or months pregnant were you when you were *sure* you were pregnant? (For example, you had a pregnancy test or a doctor or nurse said you were pregnant.)

____ Weeks OR ____ Months

☐ I don't remember

17. How many weeks or 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).

Weeks OR ____ Months

☐ I didn't go
for prenatal
care — Go to Page 4, Question 19

Go to Page 4, Question 18

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18. Did you get prenatal care as early in your pregnancy as you wanted?			pre	enatal care visits? I	Do not include visits
19.	Did any of these things keep you from getting prenatal care at all or as early a wanted? For each item, circle T (True) it was a reason that you didn't get prenatal days a reason that you didn't get prenatal or the second seco	as you if it care	for	Hospital clinic Health department Private doctor's off Community Health Other	fice or HMO clinic Clinic
	when you wanted or circle F (False) if it v not a reason for you or if something <u>does apply to you</u> .		_	, , , , , , , , , , , , , , , , , , ,	- 1 10400 0011 403
ì.	I couldn't get an appointment			l any of these healtl p you pay for your	
).	when I wanted one T I didn't have enough money or	F		r y cor puly cor y core	Check <u>all</u> that apply
	insurance to pay for my visits T	F			
: .	I had no transportation to get to	-		Health insurance fr	
1	the clinic or doctor's office T	F		or the job of your h	iusband, partner
l.	The doctor or my health plan would not start care as early			or parents	nat you or someone else
	as I wanted	F	_	paid for (not from a	
.	I had too many other things	1			ds, Moms and Babies
	going on	F			military health care
	I couldn't take time off from work			Other source(s) —	→ Please tell us:
	or schoolT	F			
3 .	I didn't have my Medicaid				
	card or All Kids, Moms and			I did not have healt	th insurance to help
1.	Babies card	F	_	pay for my prenata	-
1.	childrenT	F		r,, p	
	I didn't know that I was pregnant T	F			
	I didn't want anyone else to know				
	I was pregnant T	F			
ζ.	I didn't want prenatal care T	F			
	you did not go for prenatal care, go to uestion 25.				

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 videos. For each item,
	circle Y (Yes) if someone talked with you
	about it or circle N (No) if no one talked with
	you about it.

	No	Yes
a.	How smoking during pregnancy	
	could affect my babyN	Y
b.	Breastfeeding my baby N	Y
c.	How drinking alcohol during	
	pregnancy could affect my babyN	Y
d.	Using a seat belt during my	
	pregnancy N	Y
e.	Medicines that are safe to take during	
	my pregnancy N	Y
f.	How using illegal drugs could affect	
	my babyN	Y
g.	Doing tests to screen for birth defects	
	or diseases that run in my family N	Y
h.	The signs and symptoms of preterm	
	labor (labor more than 3 weeks before	
	the baby is due)N	Y
i.	What to do if my labor starts early N	Y
j.	Getting tested for HIV (the virus	
	that causes AIDS) N	Y
k.	What to do if I feel depressed during	
	my pregnancy or after my baby	
	is born	Y
1.	Physical abuse to women by their	
	husbands or partners N	Y
23.	During any of your prenatal care visits,	
	did a doctor, nurse, or other health care	•
	worker ask if you were drinking alcoho	
	beverages (beer, wine, wine cooler, or	
	liquor)?	
	☐ Ves	
	☐ Yes	

24.	During <i>your most recent</i> pregnancy, did a doctor, nurse, or other health worker talk with you about any of the things listed	
	below? Please count only discussions, not	
	reading materials or videos. For each one,	
	circle Y (Yes) if someone talked to you about	
	it or circle N (No) if no one talked with you	
	about it.	

		No	Yes
a.	Foods that are good to eat		
	during pregnancy	. N	Y
b.	How much weight to gain		
	during pregnancy	. N	Y
c.	Exercise during pregnancy	. N	Y
d.	Programs or resources to help		
	me gain the right amount of		
	weight during pregnancy	. N	Y
e.	Programs or resources to help		
	me lose weight after pregnancy	. N	Y
25.	At any time during your most recent pregnancy or delivery, did you have for HIV (the virus that causes AID)	e a te	est
	□ No		
	☐ Yes		
	☐ I don't know		
26.	Have you ever heard or read that to vitamin with folic acid can help prosome birth defects?		
	□ No		
	☐ Yes		
27.	During your most recent pregnancy you on WIC (the Special Suppleme Nutrition Program for Women, Infand Children)?	ntal	
	☐ No		
	☐ Yes		
	— 103		

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28.	During your most recent pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during this prognancy)?	The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).
	pregnancy)? No Yes	30. Have you smoked any cigarettes in the <i>past</i> 2 years?
29.	Did you have any of the following problems during your most recent pregnancy? For each item, circle Y (Yes) if you had the problem or circle N (No) if you did not.	Yes Go to Question 35 Yes 31. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)
a.b.c.d.e.	Vaginal bleeding	41 cigarettes or more 21 to 40 cigarettes 11 to 20 cigarettes 6 to 10 cigarettes 1 to 5 cigarettes Less than 1 cigarette 1 didn't smoke then 32. In the last 3 months of your pregnancy,
	hypertension [PIH]), preeclampsia, or toxemia	how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)
f. g. h.	Problems with the placenta (such as abruptio placentae or placenta previa)	☐ 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 didn't smoke then
i. j.	rupture of membranes [PROM])N Y I had to have a blood transfusionN Y I was hurt in a car accidentN Y	If you did not smoke during the 3 months before you got pregnant with your new baby, go to Question 34.

33. During any of your prenatal care vidid a doctor, nurse, or other health worker advise you to quit smoking	care pregnant, how many alcoholic drinks
 □ No □ Yes □ I had quit smoking before my fin prenatal care visit □ I didn't go for prenatal care 	1 to 3 drinks a week Less than 1 drink a week I didn't drink
34. How many cigarettes do you smoke average day now? (A pack has 20 c	garettes.)
 □ 41 cigarettes or more □ 21 to 40 cigarettes □ 11 to 20 cigarettes □ 6 to 10 cigarettes 	37b. During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.
☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ I don't smoke now	4 to 5 times 2 to 3 times 1 time I didn't have 4 drinks or more
35. Which of the following statements describes the rules about smoking your home <i>now</i> ?	nside
Check one	38a. During the <u>last 3</u> months of your pregnancy, how many alcoholic drinks did you have in an average week?
 □ No one is allowed to smoke any inside my home □ Smoking is allowed in some roo at some times □ Smoking is permitted anywhere my home 	ns or nside 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 Page 8, Question 39
The next questions are about drink alcohol around the time of pregnan (before, during, and after).	38b. During the <u>last 3</u> months of your pregnancy, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.
36. Have you had any alcoholic drinks past 2 years? A drink is 1 glass of w cooler, can or bottle of beer, shot of 1 mixed drink.	in the ne, wine 6 or more times
No → Go to Page 8, Que	I didn't have 4 drinks or more in 1 sitting
Go to Question 37a	

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.

39.	. This question is about things that may have				
	happened during the 12 months before you				
	new baby was born. For each item, circle				
	Y (Yes) if it happened to you or circle N (No)				
	if it did not. (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 N	Y
b.	I got separated or divorced from my	
	husband or partner N	Y
c.	I moved to a new address N	Y
d.	I was homeless N	Y
e.	My husband or partner lost his job N	Y
f.	I lost my job even though I wanted	
	to go on workingN	Y
g.	I argued with my husband or partner	
	more than usualN	Y
h.	My husband or partner said he	
	didn't want me to be pregnant N	Y
i.	I had a lot of bills I couldn't pay N	Y
j.	I was in a physical fight N	Y
k.	My husband or partner or I	
	went to jail N	Y
1.	Someone very close to me had a	
	problem with drinking or drugs N	Y
m.	Someone very close to me died N	Y
40.	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 oth	
	way?	
	□ No	
	☐ Yes	
	— 168	

41.	During your most recent pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?		
	□ No □ Yes		
and	e next questions are about your labor delivery. (It may help to look at the endar when you answer these questions.)		
42.	When was your baby due?		
	$\frac{1}{\text{Month}} / \frac{1}{\text{Day}} / \frac{20}{\text{Year}}$		
43.	When did you go into the hospital to have your baby?		
	Month Day / 20 Year ☐ I didn't have my baby in a hospital		
44.	When was your baby born?		
	$\frac{1}{\text{Month}} / \frac{1}{\text{Day}} / \frac{20}{\text{Year}}$		
	How was your <i>new</i> baby delivered?		
↓	☐ Vaginally ☐ Go to Question 47 ☐ Cesarean delivery (c-section)		
Go to Question 46			

46.	What was the reason that your <i>new</i> baby was born by cesarean delivery (c-section)?	48. Did any of these health insurance plans help you pay for the <i>delivery</i> of your new baby?				
	Check <u>all</u> that apply	Check <u>all</u> that apply				
	☐ I had a previous cesarean delivery (c-section) ☐ My baby was in the wrong position ☐ I was past my due date ☐ My health care provider worried that my baby was too big ☐ I had a medical condition that made labor dangerous for me ☐ My health care provider tried to induce my labor, but it didn't work ☐ Labor was taking too long	 □ Health insurance from your job or the job of your husband, partner, or parents □ Health insurance that you or someone else paid for (not from a job) □ Medicaid or All Kids, Moms and Babies □ TRICARE or other military health care □ Other source(s) → Please tell us: 				
	The fetal monitor showed that my baby	pay for my delivery				
	was having problems during labor I wanted to schedule my delivery I didn't want to have my baby vaginally Other reason(s) → Please tell us:	AFTER PREGNANCY				
47.	When were you discharged from the hospital after your baby was born?	The next questions are about the time since your new baby was born. 49. After your baby was born, was he or she put in an intensive care unit?				
	$\frac{1}{\text{Month}} / \frac{1}{\text{Day}} / \frac{20}{\text{Year}}$	□ No □ Yes □ I don't know				
	☐ I didn't have my baby in a hospital	50. After your baby was born, how long did he or she stay in the hospital?				
		Less than 24 hours (less than 1 day) 24 to 48 hours (1 to 2 days) 3 to 5 days 6 to 14 days More than 14 days My baby was not born in a hospital My baby is still in the hospital → Go to Page 10, Question 53 Go to Page 10, Question 51				

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51.	Is your baby alive now?	56. How many weeks or months did you breastfeed or pump milk to feed your baby?
lacksquare	□ No → Go to Page 12, Question 66 □ Yes	Weeks OR Months
52.	Is your baby living with you now?	Less than 1 week
Ų —	□ No → Go to Page 12, Question 66 □ Yes	57. What were your reasons for stopping breastfeeding?
53.	Did you ever breastfeed or pump breast milk to feed your new baby after delivery,	Check <u>all</u> that apply
	even for a short period of time? No Go to Question 55	My baby had difficulty latching or nursingBreast milk alone did not satisfy my baby
∀ 54.	What were your reasons for not	☐ I thought my baby was not gaining enough weight☐ My nipples were sore, cracked, or
	breastfeeding your new baby? Check <u>all</u> that apply	bleeding It was too hard, painful, or too time consuming
	 □ My baby was sick and was not able to breastfeed □ I was sick or on medicine □ I had other children to take care of 	☐ I thought I was not producing enough milk ☐ I had too many other household duties ☐ I felt it was the right time to stop
	☐ I had too many household duties☐ I didn't like breastfeeding☐ I tried but it was too hard☐ I didn't want to	breastfeeding I got sick and was not able to breastfeed I went back to work or school My baby was jaundiced (yellowing of the
	 □ I was embarrassed to breastfeed □ I went back to work or school □ I wanted my body back to myself □ Other → Please tell us: 	skin or whites of the eyes) Other — Please tell us:
	you did not breastfeed your new baby, go to uestion 58b.	58a. How old was your new baby the first time he or she drank liquids other than breast milk (such as formula, water, juice, tea, or cow's milk)?
55.	Are you currently breastfeeding or feeding pumped milk to your new baby?	Weeks OR Months
G	No Yes Go to Question 58a o to Question 56	☐ My baby was less than 1 week old ☐ My baby has not had any liquids other than breast milk

58b	. How old was your new baby the first time he or she ate food (such as baby cereal, baby food, or any other food)?	or	Vas your new baby seen by a doctor, nurse, r other health care worker for a <i>one week heck-up</i> after he or she was born?		
	Weeks OR Months		l No l Yes		
	My baby was less than 1 week old My baby has not eaten any foods your baby is still in the hospital, go to uestion 64.	ch he	(as your new baby had a well-baby (heckup? (A well-baby checkup is a regular ealth visit for your baby usually at 1, 2, 4, and 6 months of age.)		
	59. In which <i>one</i> position do you <i>most often</i> lay your baby down to sleep now?		I No ───────────────────────────────────		
	Check one answer	fo	or well-baby checkups?		
	On his or her side		Check <u>one</u> answer		
60.	On his or her back On his or her stomach Listed below are some things that describe how your new baby usually sleeps. For each item, circle T (True) if it usually applies to your baby or circle F (False) if it doesn't usually apply to your baby.		Health department clinic Private doctor's office or HMO clinic Community Health Clinic		
	True False	64. D	o you have health insurance or Medicaid		
a.	My new baby sleeps in a crib		or your new baby?		
b.	or portable crib T F My new baby sleeps on a firm or	☐ No → Go to Page 12, Questi			
	hard mattress T F	│	Yes		
c.	My new baby sleeps with pillows	Go to	Page 12, Question 65		
d.	My new baby sleeps with				
	bumper pads T F				
e.	My new baby sleeps with plush blankets T F				
f.	My new baby sleeps with				
œ	stuffed toysT F My new baby sleeps with				
g.	another person				

65.	What kind of health insurance plan is your new baby covered by? Check all that apply			68. Below is a list of feelings and experiences that women sometimes have after childbirth				
				Read each item to determine how well it describes your feelings and experiences. Then, write on the line the number of the choice that best describes how often you have felt or experienced things this way since your new baby was born. Use the scale when answering:				
	 Health insurance from your job or the job of your husband, partner, or parents Health insurance that you or someone else pays for (not from a job) 							
		TRICARE or other	ds, Moms and Babies military health care ➤ Please tell us:	1 Never	2 Rarely		4 Often	5 Always
		I do not have health new baby	n insurance for my	a. b. c.	I felt hop	wn, depressed, peless wed down		
66.	Are you or your husband or partner doing anything now to keep from getting pregnant? (Some things people do to keep from getting pregnant include not having sex		d. e.		iless			
	at certain times [natural family planning or rhythm] or withdrawal, and using birth control				OTH	ER EXPERII	ENCES	
	methods such as the pill, condoms, vaginal ring, IUD, having their tubes tied, or their partner having a vasectomy.)			The n	_	ions are on a	variety	of
√ 67.	No Yes → Go to Question 68 What are your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant now?		wa ho su As	as born, di ousehold a ch as welf	2 months beform d you or any repply for gover are, TANF (Teor Needy Familiance?	nember o nment pa mporary	of your nyments	
		I am not having sex	Check <u>all</u> that apply		No Yes			
	 □ I want to get pregnant □ I don't want to use birth control □ My husband or partner doesn't want to use anything □ I don't think I can get pregnant (sterile) □ I can't pay for birth control 		befor	re you got	moke during t pregnant, go t get prenatal ca	o Questio		
		I am pregnant now	→ Please tell us:	Ques				

70	smoking that a doctor, nurse, or other health care worker might have done during any of your prenatal care visits. For each thing, circle	during your most recent pregnancy. For each item, circle Y (Yes) if it is true or circle N (No) if it is not true.
á	Y (Yes) if it applied to you during any of your prenatal care visits or circle N (No) if it did not. During any of your prenatal care visits, did a doctor, nurse, or other health care worker— No Yes a. Spend time with you discussing how to quit smoking N Y	a. I needed to see a dentist for a problem
	b. Suggest that you set a specific date to stop smoking	you, go to Page 14, Question 77.
(program to stop smoking N Y d. Provide you with booklets, videos, or other materials to help you quit smoking on your own N Y	73. Have you ever heard or read about what can happen if a baby is shaken? No Yes
	e. Refer you to counseling for help with quitting	74. Do you have an infant car seat(s) that you can use for your new baby?
1	g. Refer you to a national or state quit line	☐ No → Go to Page 14, Question 76 Yes
i. j. k.	Prescribe a nicotine nasal spray or nicotine inhalerN Y	75. How did you learn to install and use your infant car seat(s)? Check <u>all</u> that apply
	(also known as Wellbutrin® or Bupropion®) or Chantix (also known as Varenicline) to help you quit	☐ I read the instructions ☐ A friend or family member showed me ☐ A health or safety professional showed me ☐ I figured it out myself ☐ I already knew how to install it because
	71. At any time during your most recent pregnancy, did a doctor, nurse, or other health care worker tell you that you had depression?	I have other children Some other way → Please tell us
	□ No □ Yes	

14 76. Since your new baby was born, have you The last questions are about the time used WIC services for yourself or your new during the 12 months before your new baby baby? was born. ☐ No Yes, both my new baby and I use WIC 80. During the 12 months before your new baby services was born, what was your yearly total Yes, only my new baby uses WIC services household income before taxes? Include Yes, only I am using WIC services your income, your husband's or partner's income, and any other income you may have received. (All information will be kept private 77. Since your new baby was born, has a doctor, nurse, or other health care worker told you and will not affect any services you are now getting.) that you had depression? ☐ Less than \$10,000 Go to Question 80 ■ \$10,000 to \$14,999 ☐ Yes ■ \$15,000 to \$19,999 ■ \$20,000 to \$24,999 78. Since your new baby was born, have you **\$25,000 to \$34,999** taken prescription medicine for your ■ \$35,000 to \$49,999 depression? ■ \$50,000 to \$74,999 ■ No ■ \$75,000 or more Yes 81. During the 12 months before your new baby 79. Since your new baby was born, have you was born, how many people, including gotten counseling for your depression? yourself, depended on this income? No Yes People 82. What is today's date? 20 Month Day Year

Please use this space for any additional comments you would like to make about the health of mothers and babies in Illinois.

Thanks for answering our questions!

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