



June 2020

Selected Findings from the 2018 Ohio Pregnancy Assessment Survey (OPAS)

OPAS SAMPLE POPULATION

- The statistics within this fact sheet refer to women with a live birth. Analyses were not limited by age range. Respondents self-reported Medicaid coverage for their prenatal care. Non-Medicaid women include those who had private health insurance, military health care, insurance from the Ohio Health Insurance Marketplace, or were uninsured during their recent pregnancy.
- The 2018 Ohio Pregnancy Assessment Survey (OPAS) collected 6,840 completed surveys from women 2 to 6 months following a live birth.
- A majority of women with a live birth in Ohio were between 25 to 34 years old (59%); 71% were non-Hispanic whites.

HEALTH INSURANCE

- Statewide, 42% of women had Medicaid coverage for their prenatal care. There was not a significant difference between the percentage of women with Medicaid from Ohio Equity Institute (OEI) counties (43%) and non-OEI counties (41%). Ohio's three largest counties (Cuyahoga, Franklin, and Hamilton) had comparable percentages of women who reported Medicaid coverage for prenatal care (43%, 42%, 40%, respectively). In other OEI counties, 45% had Medicaid coverage for their prenatal care.

PRE-PREGNANCY HEALTH

- Statewide, 70% of women had a health care visit in the 12 months prior to pregnancy. Among women with a healthcare visit in the 12 months before their pregnancy, approximately 82% were asked if they smoked cigarettes.

- Among all women who had a healthcare visit within 12 months of pregnancy, 63% of the Medicaid women had a pre-pregnancy OB/GYN visit, compared to 72% of non-Medicaid women, and 25% of Medicaid women discussed strategies for improving health before pregnancy with their provider, compared to 30% for the non-Medicaid women.
- The percentage of women reporting a pre-pregnancy health condition (diabetes, hypertension, depression or anxiety) was very similar for those residing in OEI counties and non-OEI counties. However, a higher proportion of Medicaid women reported having pre-pregnancy hypertension compared to non-Medicaid women (6% and 4%, respectively), and a greater proportion of Medicaid women reported pre-pregnancy depression and anxiety compared to non-Medicaid women (depression: 26% and 10%, respectively; anxiety: 36% and 20%, respectively).
- The percentage of Medicaid women who took multivitamins was about half that of non-Medicaid women (31% and 60%, respectively).

SUBSTANCE USE

- Women with Medicaid coverage for their prenatal care were much more likely to have smoked during the past 2 years compared to women not enrolled in Medicaid (39% versus 13%). These differences persisted during pregnancy. Among women who had smoked within the past 2 years, 56% of Medicaid women and 27% of women not enrolled in Medicaid smoked during their last trimester.

- Among women who smoked electronic cigarettes during the past 2 years, 55% smoked electronic cigarettes in the 3 months prior to pregnancy and 16% smoked electronic cigarettes in the last 3 months of pregnancy.
- Non-Hispanic white women were more likely to drink during the past 2 years compared to non-Hispanic black women and Hispanic women (77% among non-Hispanic white women compared to 55% of non-Hispanic black women and 57% of Hispanic women). There was a significant difference by Medicaid status of women who reported drinking alcohol during the past 2 years. Sixty percent of Medicaid women compared to 79% of non-Medicaid women reported drinking alcohol during the past 2 years.
- Among women who received prenatal care, non-Hispanic black women were more likely to be asked if they were feeling down or depressed compared to non-Hispanic white women (87% versus 77%). Medicaid women were also asked about depression more often than non-Medicaid women (85% versus 76%).
- Among women who received prenatal care, a higher percentage of Medicaid women were asked if they planned to use birth control after their baby was born, compared to non-Medicaid mothers (89% compared to 77%). This percentage was also higher among non-Hispanic black and Hispanic women (91% and 92%), compared to non-Hispanic white women (78%).

PREGNANCY INTENDEDNESS & PREVENTION

- Statewide, 25% of women with a live birth reported that their pregnancy was wanted later or unwanted. Additionally, 41% of non-Hispanic black women reported their pregnancy was wanted later or unwanted, compared to 21% of non-Hispanic white women.

PRENATAL CARE

- In 2018, 98% of Ohio women with a live birth received prenatal care at some point during their pregnancy. Of these women, 95% were asked by a health care provider if they smoked cigarettes, 96% were asked if they drank alcohol at any point during pregnancy, and 97% discussed prescription medication use. There were no differences by Medicaid status in the frequency of prenatal care discussions with providers about cigarette use, alcohol use, or prescription medication use.
- Among women who received prenatal care, 89% had their first visit for prenatal care in the first trimester, 10% in the second trimester, and 1% in the third trimester. Approximately 86% of women covered by Medicaid had their first prenatal care visit in the first trimester compared to 96% of women covered by private insurance.

- Additionally, a higher percentage of Medicaid women compared to non-Medicaid women were asked by a provider about drug use (90% versus 81%), and if they intended to breastfeed (93% versus 89%).
- During the 12 months before the delivery of their new baby, 45% of mothers enrolled in Medicaid and 62% of mothers not enrolled in Medicaid received a flu shot.

BREASTFEEDING

- The gap of breastfeeding initiation by race has narrowed, with 85% non-Hispanic white women reporting ever breastfeeding their baby and 87% of non-Hispanic black women reporting ever breastfeeding their baby in 2018.
- Approximately 63% of women who were living with their infant, or whose infant was still in the hospital, were breastfeeding at 8 weeks following delivery. Breastfeeding was higher among women not enrolled in Medicaid (73%) than women enrolled in Medicaid (49%).
- The most commonly cited reason for discontinuing breastfeeding was that mothers thought they were not producing enough milk, or their milk had dried up (62%).

- Among women who had breastfed but were no longer breastfeeding, 20% reported that they stopped because they went back to work. There was a slight difference by Medicaid status (20% non-Medicaid and 22% Medicaid), but the percentage of women reporting return to work as a reason for discontinuing breastfeeding was higher among non-Hispanic black women than non-Hispanic white women (30% compared to 18%).

SAFE SLEEP

- Among mothers whose baby was alive and living with them, 87% reported that they most often put their baby to sleep on his or her back (versus on his/her side or on his/her stomach).
- Among mothers whose baby was alive and living with them, two-thirds reported that their baby usually slept alone in the past 2 weeks. There were no differences by Medicaid status.
- Among mothers whose baby was alive and living with them, most reported that in the past 2 weeks their baby slept in a crib (93%) and that their babies did not sleep with toys or cushions (94%). Additionally, 9% reported that their baby slept with bumper pads in the past 2 weeks.
- Among mothers whose baby was alive and living with them, a total of 28% reported following the ABCs of safe sleep (alone, placed on back, and in a crib).

POSTPARTUM CARE

- Approximately 9% of all women had no postpartum visit. Among women with no postpartum visit, 46% said they felt fine and did not think they needed to have a visit, and 14% said they did not have any transportation to get to the clinic or doctor's office.
- Among the 91% of women who did have a postpartum visit, about half said a health care professional talked to them about how long to wait before getting pregnant again, and 89% women said that their health care provider talked

about the types of birth control they could use.

- Women enrolled in Medicaid were more likely to report feeling depressed after delivery compared to women not enrolled in Medicaid (11% and 5%, respectively).

POSTPARTUM PREGNANCY PREVENTION

- Statewide, 78% of women reported they or their partner were currently doing something to prevent themselves from getting pregnant. There was no variation by geography or Medicaid status, but 80% of non-Hispanic white women reported using birth control currently compared to 74% of non-Hispanic Black women.
- Among women not using birth control, 16% indicated they wanted to be pregnant. This percentage was lower among Medicaid mothers than non-Medicaid mothers (13% versus 18%). The percentage of non-Hispanic white women (18%) who wanted to be pregnant was higher than non-Hispanic black or Hispanic women (12%).
- Among women who were using postpartum birth control, a higher percentage of Medicaid mothers reported their tubes were tied (tubal ligation) compared to non-Medicaid mothers (12% versus 7%). A higher percentage of Medicaid mothers also reported receiving a birth control shot (i.e., Depo-Provera) (13%) compared to non-Medicaid moms (4%).

CHANGE OVER TIME

- The percentage of women with a health care visit in the 12 months before pregnancy decreased 4 percentage points from 74% in 2016 to 70% in 2018.
- The percentage of Medicaid women who were breastfeeding at 8 weeks following delivery increased 19 percentage points from 30% in 2009 to 49% in 2018.
- The percentage of Medicaid women who placed their baby on their back to sleep increased 19 percentage points from 67% in 2009 to 86% in 2018.

