

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. What is your date of birth?

/

/

MonthDayYear

2. Before you got pregnant, did you...?

For each one, check **No** or **Yes**.

- NoYes
- a. Have serious difficulty hearing, or are you deaf?

b. Have serious difficulty seeing, even when wearing glasses, or are you blind? ..

c. Have serious difficulty walking or climbing stairs?.....

d. Have serious difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional condition?

e. Have difficulty with dressing or bathing yourself?

f. Have difficulty doing errands alone such as visiting a doctor's office or shopping because of a physical, mental, or emotional condition?

The next questions are about the time before you got pregnant.

3. 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.

- NoYes
- a. Type 1 or Type 2 diabetes (**not** gestational diabetes or diabetes that starts during pregnancy)

b. High blood pressure or hypertension

c. Depression

d. Anxiety

4. In the 12 months before you got pregnant with your new baby, did you have any of the following healthcare visits?

For each one, check **No** or **Yes**.

- NoYes
- a. Regular checkup with a family doctor.....

b. Regular checkup with an OB/GYN

c. Visit for an injury, illness, or chronic condition

d. Visit to urgent care or the emergency room.....

e. Visit for family planning or to get birth control

f. Visit for depression or anxiety

g. Visit to have my teeth cleaned

h. Other

Please tell us:

If you did not have any healthcare visits in the 12 months before you got pregnant, go to Page 2, Question 6.

5. During any of your healthcare visits in the 12 months before you got pregnant, did a healthcare provider do any of the following things? For each one, check No or Yes.

	No	Yes
Talk to me about...		
a. My weight.....	<input type="checkbox"/>	<input type="checkbox"/>
b. Regularly checking my blood pressure....	<input type="checkbox"/>	<input type="checkbox"/>
c. My desire to have or not have children....	<input type="checkbox"/>	<input type="checkbox"/>
d. Birth control methods	<input type="checkbox"/>	<input type="checkbox"/>
e. How I could improve my health before a pregnancy	<input type="checkbox"/>	<input type="checkbox"/>
f. Sexually transmitted infections such as chlamydia, gonorrhea, syphilis, or HIV	<input type="checkbox"/>	<input type="checkbox"/>
Ask me...		
g. If I smoked cigarettes or used e-cigarettes ("vapes") or other smokeless tobacco	<input type="checkbox"/>	<input type="checkbox"/>
h. If someone was hurting me emotionally or physically	<input type="checkbox"/>	<input type="checkbox"/>
i. If I felt depressed or anxious	<input type="checkbox"/>	<input type="checkbox"/>

The next questions are about your health insurance.

6. 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 (paid for by me, someone else, or through a job)
- ☐ Medicaid
- ☐ Kid Care (CHIP)
- ☐ TRICARE or other military healthcare
- ☐ Indian Health Services (IHS)
- ☐ Other health insurance ———> Please tell us:
- ☐ I didn't have any health insurance during the *month before* I got pregnant

7. During your most recent pregnancy, what kind of health insurance did you have?

Check ALL that apply

- ☐ Private health insurance (paid for by me, someone else, or through a job)
- ☐ Medicaid
- ☐ Kid Care (CHIP)
- ☐ TRICARE or other military healthcare
- ☐ Indian Health Services (IHS)
- ☐ Other health insurance ———> Please tell us:
- ☐ I didn't have any health insurance *during my pregnancy*

8. What kind of health insurance do you have now?

Check ALL that apply

- ☐ Private health insurance (paid for by me, someone else, or through a job)
- ☐ Medicaid
- ☐ Kid Care (CHIP)
- ☐ TRICARE or other military healthcare
- ☐ Indian Health Services (IHS)
- ☐ Other health insurance ———> Please tell us:
- ☐ I don't have any health insurance *now*

If you have health insurance now, go to Question 10.

9. What is the reason that you do not have any health insurance *now*?

Check ALL that apply

- ☐ Health insurance is too expensive
- ☐ I can't get health insurance from my job or the job of my spouse or partner
- ☐ I applied for health insurance, but I'm still waiting to get it
- ☐ I had problems with the health insurance application or website
- ☐ My income is too high to qualify for Medicaid
- ☐ My income is too high to qualify for a tax credit from the Health Insurance Marketplace or HealthCare.gov
- ☐ I don't know how to get health insurance
- ☐ Other _____ → Please tell us: _____

10. Thinking back to *just before* you got pregnant with your new baby, how did you feel about becoming pregnant?

Check ONE answer

- ☐ I wanted to be pregnant later
- ☐ I wanted to be pregnant sooner
- ☐ 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

DURING PREGNANCY

The next questions are about your prenatal care. This can include visits to a doctor, nurse, or other healthcare worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar to answer these questions.)

11. Did you get prenatal care during your *most recent* pregnancy?

- ☐ No → **Go to Question 13**
- ☐ Yes

12. Did you get prenatal care as early in your pregnancy as you wanted?

- ☐ No
- ☐ Yes → **Go to Page 4, Question 14**

13. Did any of these things keep you from getting prenatal care when you wanted it?
For each one, check **No** or **Yes**.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. I couldn't get an appointment when I wanted one..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. I didn't have enough money or insurance to pay for my visits..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. I didn't have any transportation to get to the clinic or doctor's office..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. The doctor or my health plan wouldn't start care as early as I wanted..... | <input type="checkbox"/> | <input type="checkbox"/> |
| e. I had too many other things going on..... | <input type="checkbox"/> | <input type="checkbox"/> |
| f. I couldn't take time off from work or school..... | <input type="checkbox"/> | <input type="checkbox"/> |
| g. I didn't have my Medicaid card..... | <input type="checkbox"/> | <input type="checkbox"/> |
| h. I didn't have anyone to take care of my children | <input type="checkbox"/> | <input type="checkbox"/> |
| i. I didn't know that I was pregnant | <input type="checkbox"/> | <input type="checkbox"/> |
| j. I didn't want anyone else to know I was pregnant | <input type="checkbox"/> | <input type="checkbox"/> |
| k. I didn't want prenatal care..... | <input type="checkbox"/> | <input type="checkbox"/> |
| l. The doctor's office was too far away | <input type="checkbox"/> | <input type="checkbox"/> |

If you did not get prenatal care, go to Question 15.

14. During any of your prenatal care visits, did a healthcare provider do any of the following things? For each one, check **No** or **Yes**.

No Yes

Talk to me about...

- a. How much weight I should gain during pregnancy ☐ ☐
- b. Doing tests to screen for birth defects or diseases that run in my family ☐ ☐
- c. The signs and symptoms of preterm labor (labor more than 3 weeks before the baby is due) ☐ ☐
- d. What to do if I feel depressed or anxious during my pregnancy or after my baby is born ☐ ☐

Ask me...

- e. If I planned to breastfeed my new baby.. ☐ ☐
- f. If I planned to use birth control after my baby was born ☐ ☐
- g. If I was taking any prescription medication..... ☐ ☐
- h. If I smoked cigarettes or used e-cigarettes ("vapes") or other smokeless tobacco ☐ ☐
- i. If I was drinking alcohol ☐ ☐
- j. If someone was hurting me emotionally or physically ☐ ☐
- k. If I was using illegal drugs ☐ ☐
- l. If I was using marijuana..... ☐ ☐
- m. If I wanted to be tested for HIV ☐ ☐

15. During the 12 months before your new baby was born, did a healthcare provider offer you the following shots or vaccinations? For each one, check **No** or **Yes**.

No Yes

- a. Flu shot..... ☐ ☐
- b. Tdap shot (protects against tetanus, diphtheria, and pertussis [whooping cough]) ☐ ☐
- c. COVID-19 shot..... ☐ ☐

16. Did you *get* the following shots or vaccinations *before or during* your pregnancy?

For each shot, check ALL that apply:

B for **3 months before** pregnancy

D for **During** pregnancy

or check **N** if you **Did not** get the shot in the 3 months before or during pregnancy

B D N

- a. Flu shot..... ☐ ☐ ☐
- b. Tdap shot..... ☐ ☐ ☐
- c. COVID-19 shot..... ☐ ☐ ☐

17. During your most recent pregnancy, did you have your teeth cleaned by a dentist or dental hygienist?

- ☐ No
☐ Yes

18. During your most recent pregnancy, did a healthcare provider tell you that you had any of the following health conditions? For each one, check **No** or **Yes**.

No Yes

- a. Gestational diabetes (diabetes that **started** during *this* pregnancy) ☐ ☐
- b. High blood pressure (that **started** during *this* pregnancy), pre-eclampsia, or eclampsia..... ☐ ☐
- c. Depression ☐ ☐
- d. Anxiety ☐ ☐

If you had high blood pressure before or during your pregnancy, go to Question 19. If you didn't, go to Question 20.

19. During your most recent pregnancy, did a healthcare provider do any of the following things to help you manage your high blood pressure? For each one, check **No** or **Yes**.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. Refer me to a different healthcare provider..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Tell me to regularly check my blood pressure during pregnancy..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Talk to me about getting to a healthy weight after pregnancy..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Talk to me about regularly checking my blood pressure after pregnancy | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Talk to me about the risk for having high blood pressure (chronic hypertension) and heart disease after pregnancy..... | <input type="checkbox"/> | <input type="checkbox"/> |

20. During your most recent pregnancy, did you get information about “warning signs” you should watch for during and after your pregnancy that require immediate medical attention? Some of these “warning signs” include fever, frequent or severe headaches, dizziness, or severe stomach pain.

☐ No → **Go to Question 22**

☐ Yes

21. During your most recent pregnancy, did you get information about warning signs from any of the following sources? For each one, check **No** or **Yes**.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. A healthcare provider (such as a doctor, nurse, or midwife) | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Websites or social media (such as Facebook, Instagram, or Twitter)..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Any source of information that used the slogan “ Hear Her ” (such as websites, social media, or paper handouts)..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Family or friends | <input type="checkbox"/> | <input type="checkbox"/> |

The next questions are about cigarettes, e-cigarettes, and other tobacco products.

22. Have you smoked any cigarettes in the past 2 years?

☐ No → **Go to Page 6, Question 27**

☐ Yes

23. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day?

- ☐ More than one pack (21 or more cigarettes)
- ☐ One-half to one pack (11 to 20 cigarettes)
- ☐ Less than half a pack (1 to 10 cigarettes)
- ☐ I didn't smoke then → **Go to Question 25**

24. During any of your prenatal care visits, did a healthcare provider advise you to quit smoking?

- ☐ No
- ☐ Yes
- ☐ I didn't go for prenatal care

25. In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day?

- ☐ More than one pack (21 or more cigarettes)
- ☐ One-half to one pack (11 to 20 cigarettes)
- ☐ Less than half a pack (1 to 10 cigarettes)
- ☐ I didn't smoke then

26. How many cigarettes do you smoke on an average day now?

- ☐ More than one pack (21 or more cigarettes)
- ☐ One-half to one pack (11 to 20 cigarettes)
- ☐ Less than half a pack (1 to 10 cigarettes)
- ☐ I don't smoke now

27. In the *past 2 years*, have you used e-cigarettes (“vapes”) or other electronic nicotine products?

- ☐ No
- ☐ Yes
- Go to Question 31

28. During the *3 months before* you got pregnant, on average, how often did you use e-cigarettes (“vapes”) or other electronic nicotine products?

- ☐ Every day
- ☐ Some days
- ☐ I didn’t use e-cigarettes or other electronic nicotine products then

29. During the *last 3 months* of your pregnancy, on average, how often did you use e-cigarettes (“vapes”) or other electronic nicotine products?

- ☐ Every day
- ☐ Some days
- ☐ I didn’t use e-cigarettes or other electronic nicotine products then

30. In the *past 2 years*, did you ever use e-cigarettes (“vapes”) or other electronic nicotine products as a way of cutting down or stopping cigarette smoking?

- ☐ No
- ☐ Yes

The next questions are about drinking alcohol. A drink can be 1 glass of wine, can or bottle of beer or hard seltzer, shot of liquor, or mixed drink.

31. During your most recent pregnancy, did you have any alcoholic drinks during...?
For each one, check **No** or **Yes**.

- NoYes
- a. The first 3 months of pregnancy (1st trimester)? *This includes the time before knowing you were pregnant*.....☐☐
- b. The second 3 months of pregnancy (2nd trimester)?☐☐
- c. The last 3 months of pregnancy (3rd trimester)?☐☐

If you did not have any alcoholic drinks during your pregnancy, go to Question 33.

32. During your most recent pregnancy, did you have 4 or more alcoholic drinks in a 2-hour time span during...?
For each one, check **No** or **Yes**.

- NoYes
- a. The first 3 months of pregnancy (1st trimester)? *This includes the time before knowing you were pregnant*.....☐☐
- b. The second 3 months of pregnancy (2nd trimester)?☐☐
- c. The last 3 months of pregnancy (3rd trimester)?☐☐

Pregnancy can be a difficult time. The next questions are about things that may have happened before and during your most recent pregnancy.

33. Did any of the following things happen during the 12 months before your new baby was born? For each one, check No or Yes.

- | | No | Yes |
|---|--------------------------|--------------------------|
| a. I got separated or divorced..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. I was evicted or forced to move | <input type="checkbox"/> | <input type="checkbox"/> |
| c. I didn't have a regular place to sleep..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. I was homeless or had to sleep outside, in a car, or in a shelter..... | <input type="checkbox"/> | <input type="checkbox"/> |
| e. My spouse, partner, or I lost a job..... | <input type="checkbox"/> | <input type="checkbox"/> |
| f. My spouse, partner, or I had a cut in work hours or pay..... | <input type="checkbox"/> | <input type="checkbox"/> |
| g. I had problems paying the rent, mortgage, or other bills..... | <input type="checkbox"/> | <input type="checkbox"/> |
| h. My spouse or partner went to jail/prison .. | <input type="checkbox"/> | <input type="checkbox"/> |
| i. I went to jail/prison | <input type="checkbox"/> | <input type="checkbox"/> |
| j. Someone close to me had a problem with drinking or drugs | <input type="checkbox"/> | <input type="checkbox"/> |
| k. Someone close to me was very sick or died | <input type="checkbox"/> | <input type="checkbox"/> |

34. In the 12 months before you got pregnant with your new baby, did any of the following people push, hit, slap, kick, choke, or physically hurt you in any other way? For each one, check No or Yes.

- | | No | Yes |
|-------------------------------------|--------------------------|--------------------------|
| a. My spouse or partner..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. My ex-spouse or ex-partner | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Another family member | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Someone else | <input type="checkbox"/> | <input type="checkbox"/> |

35. During your most recent pregnancy, did any of the following people push, hit, slap, kick, choke, or physically hurt you in any other way? For each one, check No or Yes.

- | | No | Yes |
|-------------------------------------|--------------------------|--------------------------|
| a. My spouse or partner..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. My ex-spouse or ex-partner | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Another family member | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Someone else | <input type="checkbox"/> | <input type="checkbox"/> |

36. Did your current, or ex, spouse or partner do any of the following things during your most recent pregnancy? For each one, check No or Yes.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. Threatened me or made me feel unsafe in some way..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Made me afraid for my safety or my family's safety because of their anger or threats..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Tried to control my daily activities, for example, controlling who I could talk to or where I could go..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Forced me to take part in touching or any sexual activity when I didn't want to..... | <input type="checkbox"/> | <input type="checkbox"/> |

AFTER PREGNANCY

The next questions are about the time since your new baby was born.

37. After the delivery, how long did your new baby stay in the hospital?

- ☐ Less than 3 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 8, Question 40

Go to Page 8, Question 38

38. Is your baby alive now?

- ☐ No →
- ☐ Yes

We are very sorry for your loss.
Go to Question 51

39. Is your baby living with you now?

- ☐ No →
- ☐ Yes

Go to Question 49

40. How many weeks or months did you breastfeed or feed pumped milk to your new baby?

Check ONE answer

- ☐ I didn't breastfeed my baby
- ☐ I breastfed my baby for less than 1 week
- ☐ I breastfed my baby for:

week(s) **OR** month(s)

- ☐ I'm still breastfeeding or feeding pumped milk to my new baby

If your baby is still in the hospital, go to Question 49.

41. In the past 2 weeks, how did you place your new baby to sleep at night and during naps?

For each one, check **No** or **Yes**.

- | | No | Yes |
|---------------------------|--------------------------|--------------------------|
| a. On their side | <input type="checkbox"/> | <input type="checkbox"/> |
| b. On their back..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. On their stomach | <input type="checkbox"/> | <input type="checkbox"/> |

42. In the past 2 weeks, when you were sleeping, how often has your new baby slept alone in their own crib or bed?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never →

Go to Question 44

Go to Question 43

43. In the past 2 weeks, was your baby's crib or bed in the same room where you or another adult slept?

- ☐ No
- ☐ Yes

44. In the past 2 weeks, where have you placed your new baby to sleep at night or during naps? For each one, check No or Yes.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. In a crib, portable crib, or bassinet | <input type="checkbox"/> | <input type="checkbox"/> |
| b. On a twin or larger mattress or bed | <input type="checkbox"/> | <input type="checkbox"/> |
| c. On a couch, sofa, or armchair..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. In an infant car seat..... | <input type="checkbox"/> | <input type="checkbox"/> |
| e. In a swing, rocker, or other inclined sleeper | <input type="checkbox"/> | <input type="checkbox"/> |
| f. In an in-bed sleeper | <input type="checkbox"/> | <input type="checkbox"/> |
| g. In a baby board or cradleboard | <input type="checkbox"/> | <input type="checkbox"/> |
| h. Other | <input type="checkbox"/> | <input type="checkbox"/> |

Please tell us:

45. In the past 2 weeks, has your new baby been placed to sleep with the following?

For each one, check **No** or **Yes**.

- | | No | Yes |
|---|--------------------------|--------------------------|
| a. In a sleeping sack or wearable blanket..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. In a swaddled blanket..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Comforters, quilts, blankets, or non-fitted sheets..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Soft toys, cushions, or pillows, including nursing pillows | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Crib bumper pads (mesh or non-mesh)... | <input type="checkbox"/> | <input type="checkbox"/> |
| f. Other | <input type="checkbox"/> | <input type="checkbox"/> |

Please tell us:

46. Did a healthcare provider tell you to place your baby to sleep in the following ways?

For each one, check **No** or **Yes**.

- | | No | Yes |
|---|--------------------------|--------------------------|
| a. On their back to sleep..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. In a crib, bassinet, or portable crib | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Without a blanket, soft toys, cushions, or pillows in my baby's crib or bed..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Place my baby's crib, bassinet, or portable crib in my room..... | <input type="checkbox"/> | <input type="checkbox"/> |

47. Has your new baby had a well-baby checkup?

A well-baby checkup is a regular health visit for your baby usually at 1, 2, 4, and 6 months of age.

- ☐ No
☐ Yes

Go to Question 49

48. Did any of these things keep your baby from having a well-baby checkup?

Check ALL that apply

- ☐ I didn't have enough money or insurance to pay for it
☐ I had no way to get my baby to the clinic or doctor's office
☐ I didn't have anyone to take care of my other children
☐ I couldn't get an appointment
☐ My baby was too sick to go for a well-baby checkup
☐ Other _____ Please tell us:

49. 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, healthcare provider, doula, social worker, or another person who works for a program that helps families with newborns.

- ☐ No
☐ Yes

Go to Question 51

Go to Question 50

50. Who was the home visitor that came to your home since your new baby was born?

Check ALL that apply

- ☐ A nurse, nurse's aide, or midwife
☐ A teacher or health educator
☐ A doula or childbirth educator
☐ Someone else _____ Please tell us:
☐ I don't know

51. Are you or your spouse or partner doing anything now to keep from getting pregnant?

This can include having your tubes tied, using birth control pills, condoms, natural family planning, or other methods.

- ☐ No
☐ Yes

Go to Page 10, Question 53

- ☐ I'm pregnant now

Go to Page 10, Question 54

52. What are your reasons for not doing anything to keep from getting pregnant now?

Check ALL that apply

- ☐ I want to get pregnant or don't mind if I do
☐ I had my tubes tied or blocked
☐ My spouse or partner had a vasectomy
☐ I don't want to use birth control
☐ I'm worried about side effects from birth control
☐ My spouse or partner doesn't want to use condoms
☐ My spouse or partner doesn't want me to use birth control
☐ We are same-sex spouses/partners
☐ I have problems getting birth control I want
☐ I don't think I can get pregnant because I'm breastfeeding
☐ I'm not having sex
☐ Other _____ Please tell us:

If you're **not doing anything** to keep from getting pregnant **now**, go to Page 10, Question 54.

53. What kind of birth control are you or your spouse or partner using *now* to keep from getting pregnant?

Check ALL that apply

- ☐ Tubes tied or blocked
- ☐ My spouse or partner had a vasectomy
- ☐ Birth control pills
- ☐ Condoms
- ☐ Shots or injections
- ☐ Contraceptive patch or vaginal ring
- ☐ IUD
- ☐ Contraceptive implant in the arm
- ☐ Withdrawal (pulling out)
- ☐ Natural family planning or fertility awareness methods (such as rhythm or calendar method or fertility apps)
- ☐ Breastfeeding for birth control (Lactational Amenorrhea Method or LAM)
- ☐ Other —————→ Please tell us:

54. Since your new baby was born, have you had a postpartum checkup for yourself? A postpartum checkup is a regular health checkup you have up to 12 weeks after giving birth.

☐ No

☐ Yes —————→

Go to Question 56

55. Did any of these things keep you from having a postpartum checkup?

Check ALL that apply

- ☐ I didn't know I needed one
- ☐ I didn't have enough money or insurance to pay for the visit
- ☐ I felt fine and didn't think I needed to have a visit
- ☐ I couldn't get an appointment when I wanted one
- ☐ I didn't have any transportation to get to the clinic or doctor's office
- ☐ I had too many other things going on
- ☐ I couldn't take time off from work or school
- ☐ I didn't have anyone to take care of my children
- ☐ The doctor's office was too far away
- ☐ Other —————→ Please tell us:

If you did not have a postpartum checkup, go to Question 57.

56. During your postpartum checkup, did a healthcare provider do any of the following things? For each one, check **No** or **Yes**.

No Yes

Talk to me about...

- a. Healthy eating, exercise, and losing weight gained during pregnancy..... ☐ ☐
- b. How long to wait before getting pregnant again..... ☐ ☐
- c. Birth control methods..... ☐ ☐
- d. Warning signs of medical problems I might be at risk for due to my pregnancy..... ☐ ☐
- e. Regularly checking my blood pressure.... ☐ ☐
- f. What to do if I feel depressed or anxious..... ☐ ☐

Ask me...

- g. If I was smoking cigarettes or using e-cigarettes ("vapes") or other smokeless tobacco..... ☐ ☐
- h. If someone was hurting me emotionally or physically..... ☐ ☐

A healthcare provider...

- i. Tested me for diabetes..... ☐ ☐
- j. Prescribed me medication for depression or anxiety..... ☐ ☐

57. Since your new baby was born, how often have you felt down, depressed, or hopeless?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

58. Since your new baby was born, how often have you had little interest or little pleasure in doing things?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

59. Since your new baby was born, how often have you felt nervous, anxious, or on edge?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

60. Since your new baby was born, how often have you not been able to stop or control worrying?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

61. Has a healthcare provider asked you a series of questions, in person or on a form, to know if you were feeling down, depressed, anxious, or irritable during the following time periods? For each one, check **No** or **Yes**.

No Yes

- a. During my most recent pregnancy ☐ ☐
- b. Since my new baby was born ☐ ☐

62. Since your new baby was born, have you felt that you've needed mental health services such as counseling, medications, or support groups to help with feelings of anxiety, depression, grief, or other issues?

- ☐ No —————→ **Go to Page 12, Question 65**
- ☐ Yes

63. Were you able to get the mental health services that you needed?

- ☐ No
- ☐ Yes —————→ **Go to Page 12, Question 65**

Go to Page 12, Question 64

64. Which of these statements explains why you did not get the mental health services you needed?

Check ALL that apply

- ☐ I couldn't afford the cost
- ☐ I couldn't get an appointment as soon as I needed
- ☐ My health insurance doesn't cover any type of mental health services
- ☐ My health insurance doesn't pay enough for mental health services
- ☐ I didn't know where to go to get services
- ☐ I was concerned that the information I shared might not be kept confidential
- ☐ I didn't want others to find out that I needed treatment
- ☐ I was concerned that I might be committed to a psychiatric hospital
- ☐ I was concerned that I might have to take medicine
- ☐ I had no transportation, treatment was too far away, or the hours were not convenient
- ☐ I didn't have time (because of a job, childcare, or other commitments)
- ☐ Other _____→ Please tell us:

65. Has your current, or ex, spouse or partner done any of the following things since your new baby was born?

For each one, check No or Yes.

- NoYes
- a. Threatened me or made me feel unsafe in some way.....

☐☐
- b. Made me afraid for my safety or my family's safety because of their anger or threats.....

☐☐
- c. Tried to control my daily activities, for example, controlling who I could talk to or where I could go.....

☐☐
- d. Forced me to take part in touching or any sexual activity when I didn't want to.....

☐☐

OTHER EXPERIENCES

The next questions are on a variety of topics.

66. Please tell us how often each of the following happened during the 12 months before your new baby was born.

- a. I worried whether my food would run out before I got money to buy more

☐ Often☐ Sometimes☐ Never
- b. The food that I bought just didn't last, and I didn't have money to get more

☐ Often☐ Sometimes☐ Never

67. During the 12 months before your new baby was born, did lack of transportation keep you from any of the following?

For each one, check No or Yes.

- NoYes
- a. Going to medical appointments

☐☐
- b. Going to non-medical appointments, meetings, or work

☐☐
- c. Doing errands.....

☐☐

68. During the month before you got pregnant, did you take or use any of the following medications or drugs for any reason? Your answers are strictly confidential. For each one, check **No** or **Yes**.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. Medication for depression..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Medication for anxiety | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Prescription pain relievers such as hydrocodone (Vicodin®), oxycodone (Percocet®), or codeine | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Adderall®, Ritalin®, or another stimulant.. | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Benzodiazepines (Valium®, Ativan®, Xanax®) or Tranquilizers (downers or ludes)..... | <input type="checkbox"/> | <input type="checkbox"/> |
| f. Methadone, Subutex®, Suboxone®, or buprenorphine..... | <input type="checkbox"/> | <input type="checkbox"/> |
| g. Naloxone..... | <input type="checkbox"/> | <input type="checkbox"/> |
| h. Marijuana or cannabis in any form (not including hemp or CBD-only products)... | <input type="checkbox"/> | <input type="checkbox"/> |
| i. CBD products..... | <input type="checkbox"/> | <input type="checkbox"/> |
| j. Synthetic marijuana (K2 or Spice)..... | <input type="checkbox"/> | <input type="checkbox"/> |
| k. Kratom..... | <input type="checkbox"/> | <input type="checkbox"/> |
| l. Fentanyl or heroin (smack, junk, Black Tar or Chiva) | <input type="checkbox"/> | <input type="checkbox"/> |
| m. Amphetamines (uppers, speed, crystal meth, crank, ice or <i>agua</i>) | <input type="checkbox"/> | <input type="checkbox"/> |
| n. Cocaine (crack, rock, coke, blow, snow or <i>nieve</i>) | <input type="checkbox"/> | <input type="checkbox"/> |
| o. Hallucinogens (LSD/acid, PCP/angel dust, Ecstasy, Molly, mushrooms, or bath salts) | <input type="checkbox"/> | <input type="checkbox"/> |

69. Listed below are some statements about safety. For each one, check **No** if it does not apply to you or **Yes** if it does.

- | | No | Yes |
|---|--------------------------|--------------------------|
| a. I always used a seatbelt during my most recent pregnancy..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. My home has a working smoke alarm | <input type="checkbox"/> | <input type="checkbox"/> |
| c. My home has a working carbon monoxide detector | <input type="checkbox"/> | <input type="checkbox"/> |
| d. I have received information about infant products that should be taken off the market (product recalls) since my new baby was born | <input type="checkbox"/> | <input type="checkbox"/> |

70. Since your new baby was born, have you received information about warning signs of postpartum complications from any of the following sources? For each one, check **No** or **Yes**.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. A healthcare provider (such as a doctor, nurse, or midwife) | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Websites or social media (such as Facebook, Instagram, or Twitter)..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Any source of information that used the slogan “ Hear Her ” (such as a website, social media, or paper handout)..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Family or friends | <input type="checkbox"/> | <input type="checkbox"/> |

71. While getting healthcare during your pregnancy, at delivery, or at postpartum care, did you experience discrimination or were you prevented from doing something, hassled, or made to feel inferior? For each one, check **No** if you did not experience discrimination because of it or **Yes** if you did.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. My race, ethnicity, or skin color | <input type="checkbox"/> | <input type="checkbox"/> |
| b. My disability status | <input type="checkbox"/> | <input type="checkbox"/> |
| c. My immigration status..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. My age | <input type="checkbox"/> | <input type="checkbox"/> |
| e. My weight..... | <input type="checkbox"/> | <input type="checkbox"/> |
| f. My income..... | <input type="checkbox"/> | <input type="checkbox"/> |
| g. My sex or gender | <input type="checkbox"/> | <input type="checkbox"/> |
| h. My sexual orientation..... | <input type="checkbox"/> | <input type="checkbox"/> |
| i. My religion | <input type="checkbox"/> | <input type="checkbox"/> |
| j. My language or accent | <input type="checkbox"/> | <input type="checkbox"/> |
| k. My type or lack of health insurance..... | <input type="checkbox"/> | <input type="checkbox"/> |
| l. My use of substances (alcohol, tobacco, or other drugs)..... | <input type="checkbox"/> | <input type="checkbox"/> |
| m. My involvement with the justice system (jail or prison) | <input type="checkbox"/> | <input type="checkbox"/> |
| n. Another reason..... | <input type="checkbox"/> | <input type="checkbox"/> |
- Please tell us:

72. During your life until now, how often have you been discriminated against, prevented from doing something, hassled, or made to feel inferior because of your race, ethnicity, or skin color?

- ☐ Very often
- ☐ Somewhat often
- ☐ Not very often
- ☐ Never

73. Have you ever been treated unfairly due to your race, ethnicity, or skin color in any of the following situations?
For each one, check **No** or **Yes**.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. Job (hiring, promotion, firing)..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Housing (renting, buying, mortgage) | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Police (stopped, searched, threatened) | <input type="checkbox"/> | <input type="checkbox"/> |
| d. In the courts | <input type="checkbox"/> | <input type="checkbox"/> |
| e. At school or my child's school | <input type="checkbox"/> | <input type="checkbox"/> |
| f. Getting medical care..... | <input type="checkbox"/> | <input type="checkbox"/> |

74. Are you a member of an American Indian tribe?

- ☐ No —————→ **Go to Question 76**
- ☐ Yes

75. What is your tribal enrollment or your tribal affiliation?

- ☐ Eastern Shoshone
- ☐ Northern Arapaho
- ☐ Sioux
- ☐ Crow
- ☐ Northern Cheyenne
- ☐ Shoshone Bannock
- ☐ Other —————→ Please tell us:

The next questions are about the time during the 12 months before your new baby was born.

76. During the 12 months before your new baby was born, what was your yearly total household income before taxes? Include your income, your spouse or partner's income, and any other income you may have received. *All information will be kept private* and will not affect any services you are getting now.

- ☐ \$0 to \$18,000
- ☐ \$18,001 to \$23,000
- ☐ \$23,001 to \$27,000
- ☐ \$27,001 to \$32,000
- ☐ \$32,001 to \$37,000
- ☐ \$37,001 to \$42,000
- ☐ \$42,001 to \$48,000
- ☐ \$48,001 to \$57,000
- ☐ \$57,001 to \$60,000
- ☐ \$60,001 to \$73,000
- ☐ \$73,001 to \$85,000
- ☐ \$85,001 or more

77. During the 12 months before your new baby was born, how many people, including yourself, depended on this income?

Number of people

78. What is today's date?

/ /
Month Day Year

**We would love to hear more about your story!
Is there anything else you would like to share with us about your experiences
around the time of your pregnancy? Please use this space to tell us.**

Thanks for answering our questions!

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

