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 <i>you</i> .		
1.	Just before you got pregnant with your new baby, how much did you weigh?	
	Pounds OR Kilos	
2.	How tall are you without shoes?	
	Feet Inches	
	OR Centimeters	
3.	What is <u>your</u> date of birth?	
	//	
	Month Day Year	
The next questions are about any <i>past</i> pregnancy experiences you may have had.		
4. Before you got pregnant with your new baby, did you ever have any other babies who were born alive?		
Ţ	□ No → Go to Question 7 □ Yes	
Go	to Question 5	

5.	Did the baby born <i>just before</i> your weigh 5 pounds, 8 ounces (2.5 kilo at birth?	
	□ No □ Yes	
6.	Was the baby <i>just before</i> your new born <i>earlier</i> than 3 weeks <i>before</i> h due date?	
	□ No □ Yes	
b	he next questions are about the efore you got pregnant with your aby.	
7.	At any time during the 12 months you got pregnant with your new by you do any of the following things each item, check No if you did not do Yes if you did it.	aby, did ? For
		No Yes
a.	I was dieting (changing my eating habits) to lose weight	
b.	I was exercising 3 or more days of the week	
c.	I was regularly taking prescription medicines other than birth control	
d.	I visited a health care worker to be checked for diabetes	
e.	I visited a health care worker to be checked for high blood pressure.	
f.	I visited a health care worker to be checked for depression or anxiety	
g.	I talked to a health care worker about my family medical history	
h.	I had my teeth cleaned by a dentist or dental hygienist	

8. During the <i>month before</i> you got pregnant with your new baby, what kind of <i>health insurance</i> did you have?  Check ALL that apply	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?
<ul> <li>□ Private health insurance from your job or the job of your husband, partner, or parents</li> <li>□ Private health insurance purchased directly from an insurance company by you or someone else</li> <li>□ Medicaid</li> <li>□ TRICARE or other military health care</li> <li>□ Some other kind of health insurance</li> <li>→ Please tell us:</li> </ul>	Yes  Go to Question 12  11. Before you got pregnant with your new baby, 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, check No if no one talked with you about it or Yes if someone talked with you about it.
I did not have any health insurance during the <i>month before</i> I got pregnant	a. Taking vitamins with folic acid before pregnancy
9. During the month before you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?  I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin before I got pregnant 1 to 3 times a week 4 to 6 times a week Every day of the week	b. Being a healthy weight before pregnancy

12. 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.	If you wanted to be pregnant later, answer Question 15. Otherwise, go to Question 16.  15. How much longer did you want to wait to become pregnant?
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	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  16. When you got pregnant with your new
13. 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.	baby, were you trying to get pregnant?  No Yes ———— Go to Page 4, Question 19  17. When you got pregnant with your new
a. Asthma	baby, were you or your husband or partner doing anything 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.  One of the Page 4, Question 20
The next questions are about the time when you got pregnant with your new baby.	Go to Page 4, Question 18
14. Thinking back to <i>just before</i> 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	

18. What were your reasons or your husband's	DURING PREGNANCY
or partner's reasons for not doing anything to keep from getting pregnant?  Check ALL that apply	The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes
☐ 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	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.)
<ul> <li>☐ I thought my husband or partner or I was sterile (could not get pregnant at all)</li> <li>☐ My husband or partner didn't want to use anything</li> <li>☐ I forgot to use a birth control method</li> <li>☐ Other → Please tell us:</li> </ul>	<b>20.</b> 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).
If you were <u>not trying</u> to get pregnant when you got pregnant with your new baby, go to	Weeks OR Months  I didn't go for prenatal care Go to Question 24
Question 20.	21. Did you get prenatal care as early in your pregnancy as you wanted?
19. 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☐ I didn't want prenatal care
□ No □ Yes	

					•
22.	During your most recent pregnancy, what kind of health insurance did you have to pay for your prenatal care?  Check ALL that apply  Private health insurance from your job or the job of your husband, partner, or parents  Private health insurance purchased directly from an insurance company by you or		During any of your prenatal care v. did a doctor, nurse, or other health worker talk with you about any of things listed below? Please count of discussions, not reading materials of For each item, check No if no one tayou about it or Yes if someone did.  How much weight I should gain	h car the only r vide	eos.
	someone else  ☐ Medicaid	a.	during my pregnancy		
	☐ TRICARE or other military health care ☐ Some other kind of health insurance → Please tell us:	c.	How smoking during pregnancy could affect my baby		
	_	و	pregnancy could affect my baby Using a seat belt during my		_
	☐ I did not have any health insurance to pay for my <i>prenatal care</i>		pregnancy	□	
			during my pregnancy	□	
			How using illegal drugs could affect my baby		
			Doing tests to screen for birth defect or diseases that run in my family The signs and symptoms of		
			preterm labor (labor more than 3 weeks before the baby is due)	□	
			Getting tested for HIV (the virus that causes AIDS)	□	
		,	during my pregnancy or after my baby is born	□	
		l.	Physical abuse to women by their husbands or partners	□	
		24.	At any time during your most rece pregnancy or delivery, did you hav for HIV (the virus that causes AII	ve a t	test
			□ No □ Yes □ I don't know		

25. During the 12 months <i>before the delivery</i> of your new baby, did a doctor, nurse, or other health care worker <i>offer</i> you a flu shot or tell you to get one?	29. 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?
□ No □ Yes	□ No □ Yes
26. During the 12 months before the delivery of your new baby, did you get a flu shot?  Check ONE answer  □ No	30. 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.
Yes, during my pregnancy	□ No □ Yes
27. During what month and year did you get the flu shot?	
Month Year	31. During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?
☐ I don't remember	□ No □ Yes
28. This question is about the care of your teeth <u>during your most recent</u> 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.	32. 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>
a. I knew it was important to care for my teeth and gums during	pregnancy)?  — No — Go to Question 34
b. A dental or other health care worker talked with me about how to care for my teeth and gums	Go to Question 33
c. I had my teeth cleaned by a dentist or dental hygienist	
d. I had insurance to cover dental care	
e. I needed to see a dentist for	
a <b>problem</b>	
about a <b>problem</b>	

33. During <i>your most recent</i> pregnancy, when you were told that you had gestational diabetes, did a doctor, nurse, or other	36. 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.		
health care worker do any of the things listed below? For each item, check No if it was not done or Yes if it was done.	☐ 41 cigarettes or more ☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes		
a. Refer you to a nutritionist	☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ I didn't smoke then  37. How many cigarettes do you smoke on an		
delivery	average day now? 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		
The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).  34. Have you smoked any cigarettes in the past 2 years?	☐ Less than 1 cigarette ☐ I don't smoke now		
☐ No ——— Go to Page 8, Question 38  ☐ Yes			
35. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? 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 didn't smoke then			

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

38.	Have you had any alcoholic drinks in th past 2 years? A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.	e
igcup	□ No — Go to Question □ Yes	ւ 41
39.	During the <i>3 months before</i> you got pregnant, how many alcoholic drinks di you have in an average week?	d
	☐ 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☐	
40.	During the <u>last 3</u> months of your pregnancy, how many alcoholic drinks of you have in an average week?	lid
	☐ 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.

41. 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		
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 or in a car, or stay		
	in a shelter		
e.	My husband or partner lost his job	Ц	Ц
f.	I lost my job even though I wanted to go on working		
g.	My husband or partner or I had		
ъ.	work hours or pay cut back		
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		
	didn't want me to be pregnant		ч
k.	I had problems paying the rent, mortgage, or other bills		
1.	My husband or partner or I		
	went to jail		
m.	3		_
	problem with drinking or drugs		
n.	Someone very close to me died		

42. During the 12 months before your new baby was born, how often did you feel unsafe in the neighborhood where you	The next questions are about your labor and delivery.
lived?  Always  Often  Sometimes  Rarely  Never	46. When was your new baby born?  / / 20  Month Day Year
43. During the 12 months before your new baby was born, did you feel emotionally upset (for example, angry, sad, or frustrated) as a result of how you were treated based on your race?  □ No □ Yes	47. Did your doctor, nurse, or other health care worker try to induce your labor (start your contractions using medicine)?  ☐ No → Go to Page 10, Question 49 ☐ Yes ☐ I don't know → Question 49
44. During the <u>12 months before</u> 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?	48. Why did your doctor, nurse, or other health care worker try to induce your labor (start your contractions using medicine)?  Check ALL that apply  ■ My water broke and there was a fear of infection
<ul> <li>No</li> <li>Yes</li> <li>45. During <i>your most recent</i> pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?</li> </ul>	☐ I was past my due date ☐ My health care provider worried about the size of the baby ☐ My baby was not doing well and needed to be born ☐ I had a complication in my pregnancy (such
□ No □ Yes	as low amniotic fluid or preeclampsia)  ☐ Labor stopped or was not progressing ☐ I wanted to schedule my delivery ☐ I wanted to give birth with a specific health care provider ☐ Other → Please tell us:

49. By the end of <i>your most recent</i> pregnancy, how much weight had you gained?  Check ONE answer and fill in blank if needed	53. Is your baby living with you now?  No ——— Go to Page 12, Question 6  Yes
☐ I gained pounds ☐ I didn't gain any weight, but I lost	54. Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?
pounds  My weight didn't change during my pregnancy  I don't know	☐ No — → Go to Question 58 ☐ Yes
T don't know	55. Are you currently breastfeeding or feeding pumped milk to your new baby?
AFTER PREGNANCY  The next questions are about the time	Ves → Go to Question 58
50. After your baby was delivered, was he or	56. How many weeks or months did you breastfeed or pump milk to feed your baby?
she put in an intensive care unit (NICU)?  No Yes	Weeks OR Months
☐ I don't know  51. After your baby was delivered, how long	Less than 1 week
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 Question 54	
52. Is your baby alive now?	
☐ No → Go to Page 12, Question 62  We are very sorry for your loss.	
Go to Ouestion 53	

57.	What were your reasons for stopping breastfeeding?		If your baby is still in the hospital, go to Page 12, Question 61.		
	Check	ALL that apply			
	<ul> <li>□ My baby had difficulty latching or nursing</li> <li>□ Breast milk alone did not satisfy my baby</li> <li>□ I thought my baby was not gaining enough weight</li> <li>□ My nipples were sore, cracked, or bleeding</li> <li>□ It was too hard, painful, or too time consuming</li> <li>□ I thought I was not producing enough milk, or my milk dried up</li> <li>□ I had too many other household duties</li> <li>□ I felt it was the right time to stop breastfeeding</li> <li>□ I got sick or I had to stop for medical</li> </ul>		59. In which <i>one</i> position do you <u>most often</u> 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  60. Listed below are some things that describe how your new baby usually sleeps. For each item, check No if it doesn't usually apply to your baby or Yes if it usually applies to your		
			baby.		
	reasons  I went back to work or scho My baby was jaundiced (ye skin or whites of the eyes) Other	ellowing of the	a. My new baby sleeps in a crib or portable crib	Yes	
58.	What kind of <i>health insuran</i> baby covered by now?	ALL that apply	e. My new baby sleeps with plush or thick blankets	_	
	<ul> <li>□ Private health insurance from your job or the job of your husband, partner, or parents</li> <li>□ Private health insurance purchased directly from an insurance company by you or</li> </ul>	om your job or artner, or parents urchased directly	g. My new baby sleeps with an infant positioner	_	
	someone else  Medicaid  MIChild  TRICARE or other military  Some other kind of health insurance  I do not have any health insurance my new baby	➤ 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	If you or your husband or partner is not doing anything to keep from getting pregnant now, go to Question 65.  64. What kind of birth control are you or your husband or partner using now to keep		
	care worker, a social worker, or other person who works for a program that helps mothers of newborns.			
	□ No	from getting pregnant?  Check ALL that apply		
	☐ Yes	☐ Tubes tied or blocked (female sterilization, Essure®, Adiana®) ☐ Vasectomy (male sterilization) ☐ Birth control pill ☐ Condoms ☐ Injection (Depo-Provera®) ☐ Contraceptive implant (Implanon®)		
62.	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 using birth control pills, condoms, withdrawal, or natural family planning.			
	No Yes → Go to Question 64	☐ Contraceptive patch (OrthoEvra®) or vaginal ring (NuvaRing®) ☐ IUD (including Mirena® or ParaGard®) ☐ Natural family planning (including whather		
63.	What are your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant now?  Check ALL that apply  I am not having sex	<ul> <li>□ Natural family planning (including rhythm method)</li> <li>□ Withdrawal (pulling out)</li> <li>□ Not having sex (abstinence)</li> <li>□ Other → Please tell us:</li> </ul>		
	☐ I want to get pregnant ☐ I don't want to use birth control			
	<ul> <li>□ I am worried about side effects from birth control</li> <li>□ My husband or partner doesn't want to use anything</li> <li>□ I have problems getting birth control when</li> </ul>	65. Since your new baby was born, have you 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 need it ☐ I had my tubes tied or blocked ☐ My husband or partner had a vasectomy			
	☐ I am pregnant now ☐ Other → Please tell us:	66. Since your new baby was born, how often have you felt down, depressed, or hopeless?		
		☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never		

67. Since your new baby was born, how often have you had little interest or little pleasure in doing things?	70. Does anyone in your family have sickle cell disease or sickle cell trait?		
☐ Always ☐ Often ☐ Sometimes	□ No □ Yes □ I don't know		
☐ Rarely ☐ Never	71. During your most recent pregnancy, did you receive counseling or were you informed about sickle cell disease?		
68. What kind of <i>health insurance</i> do <u>you</u> have now?  Check ALL that apply	□ No □ Yes		
☐ Private health insurance from your job or the job of your husband, partner, or parents	72. At any time during <i>your most recent</i> pregnancy, did you work at a job for pay?		
☐ Private health insurance purchased directly from an insurance company by you or someone else ☐ Medicaid	☐ No ——— Go to Page 14, Question 76 ☐ Yes		
☐ TRICARE or other military health care ☐ Some other kind of	73. Have you returned to the job you had during your most recent pregnancy?		
health insurance	Check ONE answer		
	☐ No —— Go to Page 14, Question 76		
☐ I do not have health insurance <i>now</i>	No, but I will be returning  Yes, I have returned to work		
OTHER EXPERIENCES  The next questions are on a variety of	74. Which of the following describes the leave or time you took off from work <i>after</i> your new baby was born?		
topics.	Check ALL that apply		
69. Which of the following statements best	☐ I took <i>paid</i> leave from my job☐ I took <i>unpaid</i> leave from my job☐		
describes the rules about smoking <i>inside</i> your home during <i>your most recent</i> pregnancy, even if no one who lived in your	Go to Page 14, Question 76		
home was a smoker?  Check ONE answer	75. How did you feel about the amount of time you were able to take off <i>after</i> the birth of your new baby?		
No one was allowed to smoke anywhere	Check ONE answer		
inside my home ☐ Smoking was allowed in some rooms or at	☐ Too little time		
some times	☐ Just the right amount of time		
☐ Smoking was permitted anywhere inside	Too much time		
my home	— 100 much time		

76.	The Michigan BioTrust for Health is a program that uses leftover dried blood spots from newborn screening for health research. While pregnant, where did you hear or read anything about the BioTrust?		The last questions are about the time during the <i>12 months before</i> your new baby was born.		
	Check ALL that apply  Childbirth education class  Prenatal clinic or doctor's office Information packet from the hospital Health or baby fair Newspaper or magazine Other  I did not hear or read about the BioTrust while pregnant		baby was born, what was your yearly total household income before taxes? Include your income, your husband's or partner's income, and any other income you may have received. <i>All information will be kept private</i> and will not affect any services you are now getting.		
			\$\square\$ \$0 to \$15,000 \$\square\$ \$15,001 to \$18,000		
77.	Around the time of your delivery, did the hospital staff or midwife give you a booklet about the Michigan BioTrust for Health, a program that uses leftover dried blood spots from newborn screening for health research?  Check ONE answer		□ \$18,001 to \$22,000 □ \$22,001 to \$26,000 □ \$26,001 to \$29,000 □ \$29,001 to \$37,000 □ \$37,001 to \$44,000 □ \$44,001 to \$52,000		
	<ul> <li>No, I was not given the booklet</li> <li>Yes, I was given the booklet, and it was very easy to understand</li> <li>Yes, I was given the booklet, and it was somewhat easy to understand</li> <li>Yes, I was given the booklet, but it was not easy to understand</li> <li>Have any of your close family members who are related to you by blood (mother, father, sisters or brothers) had any of the conditions listed below? For each item, check No if no one in your family has the condition, check Yes if someone in your family has the condition or check DK if you don't know.</li> </ul>		□ \$52,001 to \$55,000 □ \$55,001 to \$66,000 □ \$66,001 to \$77,000 □ \$77,001 or more		
70			b. During the 12 months before your new baby was born, how many people, including yourself, depended on this		
78.			income?  People		
			. What is today's date?		
c. d.	No Yes DK Diabetes		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 Michigan.

Thanks for answering our questions!

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