Perinatal Vitamin Use

Key Findings:

Vitamin Use

- In 2000, the Washington Pregnancy Risk Assessment Monitoring System (PRAMS), began asking mothers about multivitamin use. From 2009-2011, an estimated 51 percent of mothers responded they did not take multivitamins in the month before their pregnancy (i.e. no vitamin use). Only about 32% reported daily vitamin use.
- American Indian/Alaska Natives, Blacks, Pacific Islanders and Hispanics were more likely than other races/ethnicities to report they didn’t take any vitamins prior to pregnancy.¹
- Mothers under the age of 25 were less likely to take vitamins than those older than 25. Those over 30 were most likely to take vitamins, with an estimated 44 percent reporting taking a vitamin every day.
- Medicaid recipients, regardless of Medicaid program, were less likely to take multivitamins compared to those not covered by Medicaid.¹,²
- The Healthy People 2020 objective is for 33.1 percent of women recently giving birth to have taken multivitamins/folic acid every day in the month prior to pregnancy.³ Washington has met this objective.

Definition: Perinatal vitamin use is defined as any multivitamin, prenatal vitamin or folic acid vitamin use in the month before pregnancy. We report below on self-reported daily vitamin use, some use (less than daily) and no vitamin use.
**Race and Ethnicity**

![Graph showing race and ethnicity data]

**Maternal Age**

![Graph showing maternal age data]
**Medicaid Status**

Data Sources

2. *First Steps Database 2012* [Data file]. Olympia, WA: Washington State Department of Social and Health Services, Research and Data Analysis Division.

Endnotes

a. Medicaid women received maternity care paid for by Medicaid. Medicaid recipients were divided into three major subgroups (from highest to lowest socioeconomic status) based on program eligibility. **Pregnancy Medical** were women eligible for the pregnancy medical assistance “S” program. These women were U.S. citizens or legal US residents, and were eligible to receive Medicaid because they were pregnant and had incomes at or below 185% the federal poverty line; **TANF** were women enrolled in the Temporary Assistance for Needy Families (TANF) program. These women were very low income (generally < 50% the federal poverty level) and received cash assistance (TANF) in addition to Medicaid; and **Undocumented** were women who were not legally admitted for permanent residence, lack temporary residence status, or were not lawfully present in the U.S. They were eligible to receive Medicaid because they were pregnant and had incomes at or below 185% the federal poverty level. Undocumented women were not eligible for TANF although their incomes were often lower than women on TANF. All three Medicaid groups had incomes below most non-Medicaid women. Note that Medicaid eligibility status for pregnant legal residents who were not US Citizens changed in Spring 2009. Prior to Spring 2009, legal residents who were not US Citizens were grouped with Undocumented women (and called Non-Citizens).

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