

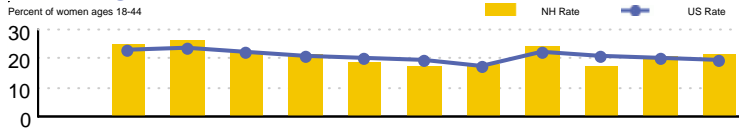
PERINATAL DATA SNAPSHOTS:

New Hampshire Trends in Risk Indicators

Selected Risk Indicators 1-3

Women of childbearing age can take steps before and during pregnancy to improve birth outcomes. Some steps include adopting a healthy lifestyle that includes moderate exercise and a healthy diet; reducing stress; and avoiding exposure to smoking, alcohol, illegal drugs, and some medications that can harm a developing fetus. Women can also achieve a healthy weight before pregnancy to increase their chances of having a healthy baby. Examples of trends in smoking, binge alcohol use, and obesity are shown below.

Smoking

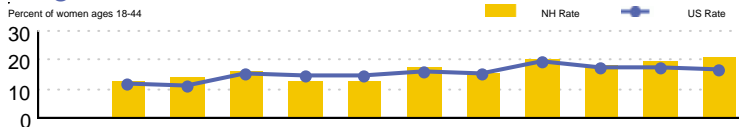


Note: Data after 2010 are not comparable to earlier years due to methodological changes. Details: see calculations page.

Year	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
NH Rate	25.3	26.8	22.3	21.7	18.7	17.3	18.3	24.3	17.4	21.2	21.6
US Rate	22.8	23.5	22.4	21.2	20.0	19.6	17.6	22.5	20.8	20.5	19.2

- In New Hampshire in 2014, 21.6% of women ages 18-44 reported smoking, compared to 19.2% overall in the U.S.
- Smoking is an important determinant of health status and a major contributor to prematurity and low birthweight.

Binge Alcohol Use

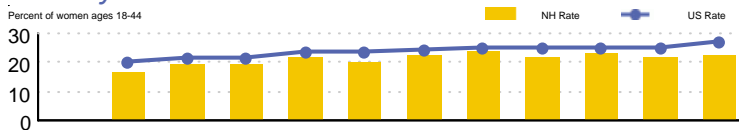


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Year	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
NH Rate	12.9	14.2	15.7	12.8	12.5	17.6	15.5	20.3	17.9	19.8	21.2
US Rate	12.0	11.4	15.5	14.6	14.8	15.7	15.4	19.5	17.4	17.6	16.9

- In New Hampshire in 2014, 21.2% of women ages 18-44 reported binge drinking in the past month, compared to 16.9% overall in the U.S.
- Drinking alcohol during pregnancy particularly binge drinking can cause birth defects and mental retardation.

Obesity



Note: Data after 2010 are not comparable to earlier years due to methodological changes. Details: see calculations page.

Year	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
NH Rate	16.8	19.7	19.6	21.5	19.9	22.3	23.5	21.7	22.7	21.9	22.3
US Rate	20.2	21.4	21.7	23.6	23.7	24.4	25.1	24.9	25.1	25.2	27.2

- In New Hampshire in 2014, 22.3% of women ages 18-44 were obese, compared to 27.2% overall in the U.S.
- Obesity increases the risk of poor pregnancy outcomes. Obesity can cause serious pregnancy-related medical complications such as hypertension and diabetes that contribute to prematurity and increase the likelihood of cesarean section.

Footnotes

- Smoking is defined as current smokers who have ever smoked >100 cigarettes.
- Binge alcohol use is defined as ≥ 4 drinks on at least 1 occasion in the past month beginning in 2006, and ≥ 5 drinks on at least 1 occasion in the past month prior to 2006.
- Obesity is defined as a Body Mass Index of 30 or more.
- Hawaii did not conduct BRFSS surveillance in 2004 and is not included in the U.S. rate for this year.

Sources

- 1 Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention.
- 2 Smoking during Pregnancy Fact Sheet by March of Dimes available at <http://www.marchofdimes.org/pregnancy/alcohol-during-pregnancy.aspx>.
- 3 Drinking Alcohol during Pregnancy Fact Sheet by March of Dimes available at <http://www.marchofdimes.org/pregnancy/alcohol-during-pregnancy.aspx>.
- 4 Maternal Obesity and Pregnancy Fact sheet by March of Dimes available at www.marchofdimes.org/pregnancy/overweight-and-obesity-during-pregnancy.aspx.