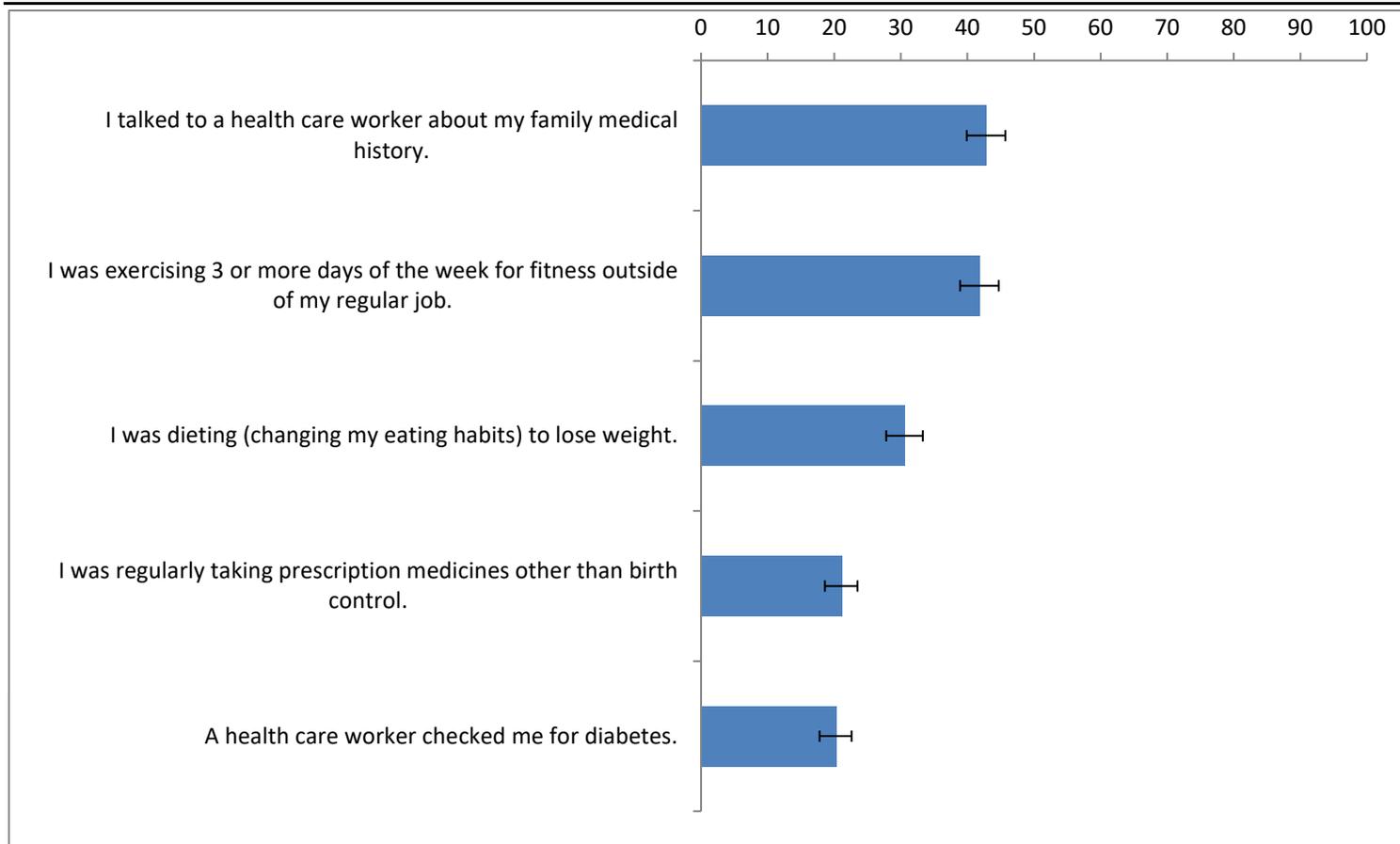


Health Behaviors

Percentage (%) of recent mothers in Illinois who reported doing the following activities 12 months before pregnancy

Survey Question 4: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? Response: Yes



|  | Percentage <sup>1</sup> | 95% CI <sup>2</sup> |      | Respondents <sup>3</sup> | Estimated Population Affected <sup>4</sup> |
|--|-------------------------|---------------------|------|--------------------------|--|
| I talked to a health care worker about my family medical history.                  | 42.8                    | 39.9                | 45.7 | 1,302                    | 58,333                                     |
| I was exercising 3 or more days of the week for fitness outside of my regular job. | 41.8                    | 38.9                | 44.7 | 1,305                    | 57,040                                     |
| I was dieting (changing my eating habits) to lose weight.                          | 30.6                    | 27.9                | 33.4 | 1,302                    | 41,637                                     |
| I was regularly taking prescription medicines other than birth control.            | 21.2                    | 18.9                | 23.8 | 1,304                    | 28,988                                     |
| A health care worker checked me for diabetes.                                      | 20.3                    | 18.0                | 22.8 | 1,299                    | 27,560                                     |

<sup>1</sup>Percentage = Weighted percentage

<sup>2</sup>CI = Confidence interval lower/upper bounds

-- Indicates denominator <30 respondents or numerator <6 respondents

<sup>3</sup>Respondents = The total number who responded to the survey question

<sup>4</sup>Estimated population affected = Estimated number of Illinois mothers/infants with characteristic or condition