



Multivitamin Use Before Pregnancy New Jersey — PRAMS, 2017-2021



Background

Adequate vitamin and mineral intake are essential for the health of women of childbearing age and their infants.¹ Deficiencies in some vitamins and minerals early in pregnancy can permanently damage the fetus.² The Centers for Disease Control and Prevention (CDC) recommends a routine low-dose iron and folic acid supplement for all pregnant women, beginning at the first prenatal visit.³ These supplements, particularly the folic acid supplement, help prevent birth defects. Moreover, the US Public Health Service recommends that all women capable of becoming pregnant consume 400 micrograms of folic acid per day, either as a supplement, from fortified foods, or both.⁴

Pregnancy Risk Assessment Monitoring System (PRAMS)

NJ PRAMS is a joint project of the NJ Department of Health (NJ DOH) and the Centers for Disease Control and Prevention (CDC). Information from PRAMS is used to help plan better health programs for NJ mothers and infants. One out of every 50 mothers is sampled each month when newborns are 2-6 months old. Survey questions address their feelings and experiences before, during, and after pregnancy. The PRAMS sample design oversamples smokers and minorities. Data are weighted to give representative estimates of proportions in specific categories and of actual persons. Almost 30,000 NJ mothers were included between 2002-2021, with an average response rate of 70%.

National Goal to Increase the Proportion of Women of Childbearing Age Who Get Enough Folic Acid (*Prenatal Multivitamin*)

National Goal	Healthy People 2030 Objective
Healthy People 2030 Objective	MICH-12: Increase the proportion of women of childbearing age who get enough folic acid to 86.2%

Prenatal Multivitamin Use Rates

PRAMS data are used to assess progress on Healthy People 2030 prenatal folic acid consumption objective.

PRAMS Indicators	New Jersey % (95% CI)*					Overall PRAMS Sites [†] % (95% CI)
	2017	2018	2019	2020	2021	2020
Multivitamin use ≥ 4 times a week during the month before pregnancy	44.5 (41.6- 47.5)	46.9 (43.9-49.9)	45.6 (42.5-48.7)	52.5 (49.3-55.6)	55.0 (51.6-58.4)	43.6 (42.9-44.4)

* Weighted Percentage

[†] PRAMS sites aggregated for 2020: Alabama, Alaska, Arizona, Arkansas, Colorado, Connecticut, Delaware, District of Columbia, Florida, Georgia, Hawaii, Illinois, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, New Hampshire, New Jersey, New Mexico, New York City, North Dakota, Oregon, Pennsylvania, Puerto Rico, South Dakota, Tennessee, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming that met the required 50% response rate threshold for inclusion.

New Jersey PRAMS: Multivitamin Use Before Pregnancy

Who Takes Multivitamin ≥ 4 times a week during the month before pregnancy?

Women who reported taking multivitamin ≥ 4 times a week during the month before pregnancy— New Jersey, 2021



Abbreviations: WIC = Special Supplemental Nutrition Program for Women, Infants, and Children

PNC = Prenatal Care Insurance Coverage

‡ < 30 respondents; data may not be reliable and is suppressed.

New Jersey PRAMS: Multivitamin Use Before Pregnancy

Summary of Results

Multivitamin Use Before Pregnancy

- In 2021, fifty-five percent (55%) of NJ PRAMS respondents reported taking a multivitamin, prenatal vitamin, or folic acid vitamin at least 4 times per week in the month before pregnancy.
- This percentage has increased over the past five years, from forty-four percent (44%) in 2016 to fifty-five percent (55%) in 2021.

Race/Ethnicity

- The percentage is higher for White, NH (63%) and Asian, NH (62%) respondents than for Black, NH (45%) and Hispanic (44%).

Age and Educational Attainment

- The percentage was lower (37%) for mothers under 25 years of age.
- The percentage was higher (61%) for respondents with 13+ years of education.

WIC

- The percentage was lower (40%) for respondents who were WIC recipients during pregnancy.

PNC

- The percentage was lower (40%) for respondents with prenatal care covered by Medicaid and those who were uninsured.

Resources

Healthy People 2030: [Increase the proportion of women of childbearing age who get enough folic acid — MICH-12 - Healthy People 2030 | health.gov](#)

Centers for Disease Control and Prevention- [Folic Acid | CDC](#)

National Institute of Health- [Folate - Health Professional Fact Sheet \(nih.gov\)](#)

References

1. Centers for Disease Control and Prevention, Key Findings: Daily Multivitamin Use among Women of Reproductive Age Declines, <https://www.cdc.gov/ncbddd/folicacid/features/Daily-Multivitamin-Use-among-Women.html> [Accessed on July 14th, 2023]
2. Butterworth CE Jr, Bendich A. Folic acid and the prevention of birth defects. Annu Rev Nutr. 1996;16:73-97. doi: 10.1146/annurev.nu.16.070196.000445. PMID: 8839920. [Accessed on July 14th, 2023]
3. Centers for Disease Control and Prevention, Folic Acid <https://www.cdc.gov/ncbddd/folicacid/about.html> [Accessed on July 14th, 2023]
4. Healthy People 2030, [Folic Acid for the Prevention of Neural Tube Defects: Preventive Medication - Healthy People 2030 | health.gov](#) [Accessed on July 14th, 2023]

To learn more about PRAMS methods and to see data availability by state and year visit: <https://www.cdc.gov/prams>
For more information on NJ PRAMS: <https://www.nj.gov/health/fhs/maternalchild/mcheipi/prams/>

