The goal of PRECONCEPTION CARE is to reduce the risk of adverse health effects and poor pregnancy outcomes for mothers & their infants.

Percent of Women with Health Conditions During the 3 Months Before Pregnancy

![Diabetes and High Blood Pressure](image)

![Depression](image)

Health Behaviors Before Pregnancy

- **Was checked for diabetes**: 9 (White, non-Hispanic) 9 (American Indian) 31 (Statewide)
- **Talked to a health care worker about family medical history**: 22 (White, non-Hispanic) 24 (American Indian) 14 (Other races) 36 (Statewide)
- **Exercised 3 or more days per week**: 46 (White, non-Hispanic) 46 (American Indian) 42 (Other races) 44 (Statewide)
- **Was dieting to lose weight**: 30 (White, non-Hispanic) 30 (American Indian) 30 (Other races) 30 (Statewide)
- **Took prenatal vitamins**: 23 (White, non-Hispanic) 24 (American Indian) 34 (Other races) 45 (Statewide)
- **Was regularly taking prescription medicines other than birth control**: 23 (White, non-Hispanic) 21 (American Indian) 21 (Other races) 22 (Statewide)

69% of mothers had a health care visit in the 12 months before pregnancy. They were more likely to be:

- White
- Non-Hispanic
- More years of education
- Older
- Married
- Higher household income

TOP 3 TOPICS COVERED IN HEALTH CARE VISITS 12 MONTHS BEFORE PREGNANCY:

- Asked if the mother was smoking (82%)
- Asked if the mother was feeling down or depressed (68%)
- Asked if mother was being emotionally or physically abused (68%)

For additional information, see [https://doh.sd.gov/statistics/prams.aspx](https://doh.sd.gov/statistics/prams.aspx)