

Missouri Child Health Assessment Program Survey (MoCHAPS) Results
VITAMIN USE

How many times a week do you take a multi-vitamin now? ¹

	%	95% CI*	
1 to 3 times a week	11.7	10.1	13.3
4 to 6 times a week	9.2	7.6	10.8
Every day of the week	29.8	27.5	32.2
Don't take a multi-vitamin	49.3	46.7	51.9

**I do not take a multi-vitamin because:
 (Among those who did not take any multi-vitamin) ¹**

	%	95% CI*	
Didn't know I should take a daily multi-vitamin	17.6	14.5	20.6
Cannot remember to take it daily	32.9	29.4	36.4
Don't think I need them	25.7	22.3	29.0
Cannot afford multi-vitamin supplements	17.2	14.2	20.1
I avoid taking pills‡	9.7	4.0	15.4
Other Reason**	10.0	7.7	12.2

‡ Question asked in 2012 only

** Other reasons include: feeling sick or constipated, forgetting to buy, “stopped after breastfeeding” and “just don’t”

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The Missouri Child Health Assessment Program Survey (MoCHAPS) is a two-year follow-up to the Missouri PRAMS survey. MoCHAPS was developed in 2007 and has since been conducted annually except for 2009. The objective of the survey is to assess the health of Missouri's toddlers and their quality of life from birth to 2 years of age. The data gathered can help inform health policy and guide maternal and child health programs to utilize resources more efficiently. MoCHAPS asks questions about health access, childcare, nutrition and physical activity, immunizations, breastfeeding, health conditions, injury, safety, exposure to secondhand smoke, breastfeeding and many other topics.

Mothers who responded to the PRAMS survey are the target population. The MoCHAPS survey is sent when their children are about 2 years of age. MoCHAPS collects data through three mailed survey batches, a total of approximately 1,000 surveys each year. For 2007, 2008-2012, the average weighted response rate was 50.2% ($n = 3,001$). MoCHAPS data are weighted to be representative of all Missouri moms with 2-year-old toddlers.

Responses include all available years for each question, excluding 2009:

1. 2008-2012

* 95% Confidence Interval (CI)



Missouri Department of Health and Senior Services • Office of Epidemiology
<http://health.mo.gov/data/mochaps/>

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