

WHAT IS PRAMS?

PRAMS stands for Pregnancy Risk Assessment Monitoring System. It is a survey that could be sent to mothers 2 to 6 months after the birth of their new baby. The survey asks questions about their attitudes and experiences before, during and after their most recent pregnancy. The answers play an important role on helping to make Iowa moms and babies healthier.

Iowa Department
of Public Health

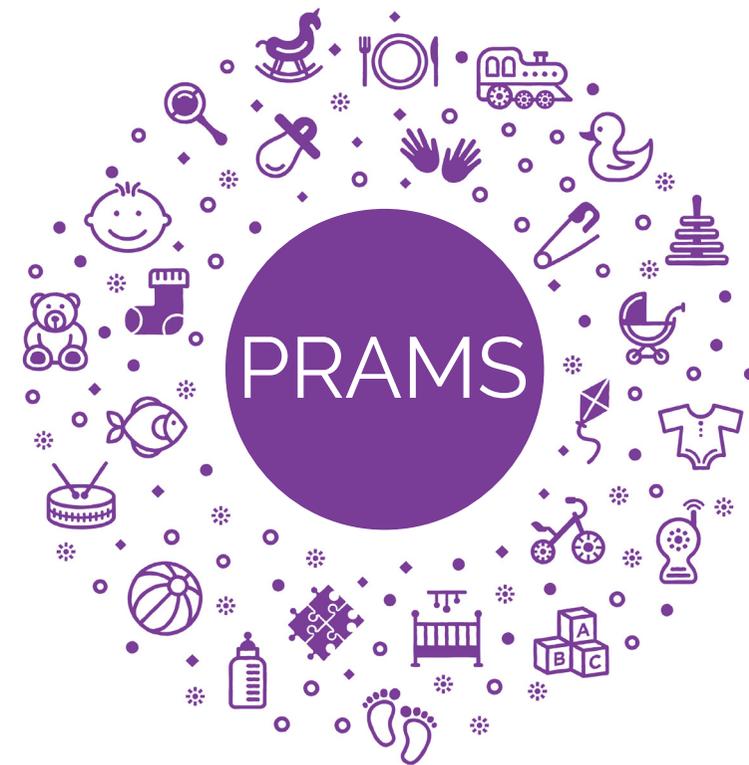
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WWW.IDPH.IOWA.GOV/PRAMS
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IDPH
IOWA Department
of PUBLIC HEALTH



Iowa Department of Public Health

Pregnancy Risk Assessment Monitoring System

Promoting the health of
Iowa moms and babies

Who is going to use the PRAMS data?

State and local governments, local service providers and researchers can all use PRAMS to plan and review maternal and child health programs.

Data can be requested by organizations or individuals to identify groups of women and infants at high risk for health problems, monitor changes in health status and measure progress towards state and federal goals.

How can you request data?

Visit the PRAMS website:
<http://idph.iowa.gov/prams/researchers>

To view current publications:
<http://idph.iowa.gov/prams/publications>

Email IDPH PRAMS Staff:
iowaPRAMS@idph.iowa.gov

Why is PRAMS important?

The PRAMS survey is important and exciting because it provides data about health behaviors of Iowa women before, during and after their pregnancy. This allows us to keep improving programs currently available to mothers and babies. Iowa's information can be compared to the other 47 participating states.

Who receives the survey?

Women are randomly selected to take the survey through the use of birth certificate data of all Iowa women who have recently had a baby. The survey is available in both English and Spanish.

Methodology

- Women chosen to complete the survey will receive the survey by mail 2 to 6 months after their baby is born.
- Those who do not complete the written survey will be contacted to complete the survey via phone.
- Those selected are actively contacted to complete the survey via mail or phone for a total of 90 days.

All selected participants receive a story book. If they choose to complete the survey, they will receive a gift certificate as a thank you for their time.

If a woman you know or see as a patient is selected, please encourage her to take the time to fill out the survey to help us make a difference in the lives of Iowa mothers and babies.

What topics are on the survey?

- *Breastfeeding*
- *Contraception*
- *Immunizations*
- *Household Characteristics*
- *Infant Health Care*
- *Injury Prevention*
- *Insurance Coverage*
- *Perinatal Substance Use*
- *Prenatal Care*
- *Psychosocial Stressors*
- *Social Support and Services*
- *and more*