



January 2017

What is PRAMS?

PRAMS (Pregnancy Risk Assessment Monitoring System) is a population-based risk factor surveillance system jointly sponsored by the Wyoming Department of Health and the Centers for Disease Control and Prevention (CDC). The purpose of PRAMS is to find out why some babies are both healthy and others are not. To do this, PRAMS asks a sample of Wyoming women who had a live birth infant in the past two to six months, questions about their experience and behaviors before, during, and shortly after pregnancy.

PRAMS Mission: To promote the collection, analysis, and dissemination of population-based data of high scientific quality and to support the use of data to develop policies and programs in order to decrease maternal and infant morbidity and mortality.

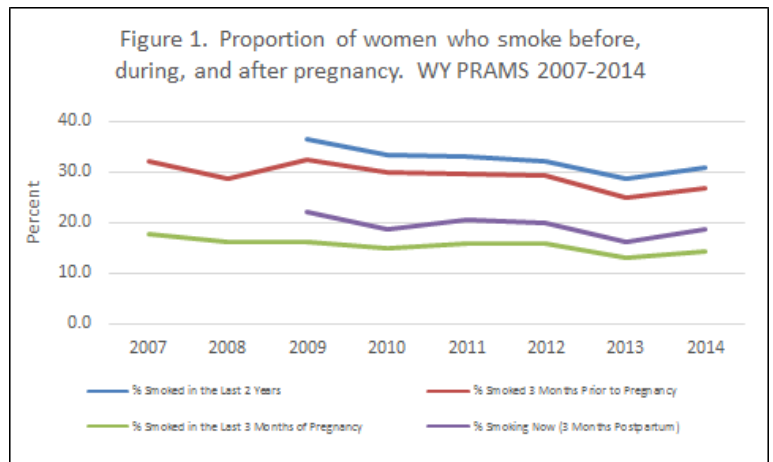
Visit our WY PRAMS website for more information:

<https://health.wyo.gov/publichealth/chronic-disease-and-maternal-child-health-epidemiology-unit/mch-epi/pregnancy-risk-assessment-monitoring-system-prams/data/>

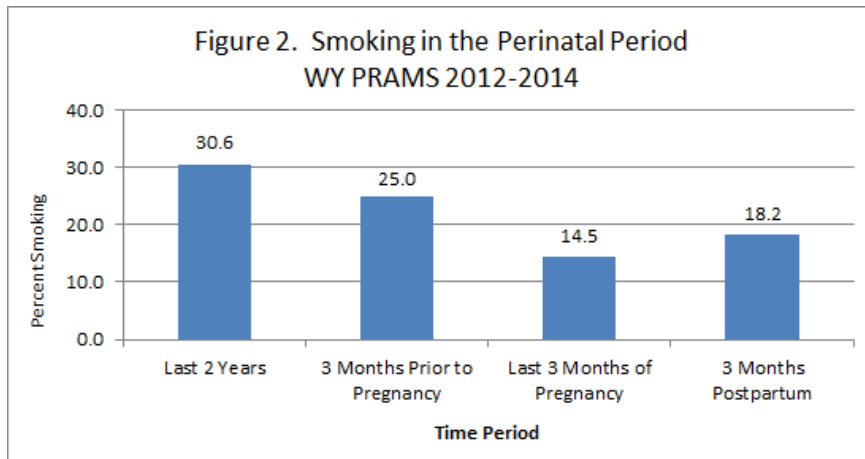
Wyoming PRAMS: Maternal Smoking During Pregnancy

Between 2009 and 2013, smoking rates two years before pregnancy and during pregnancy were declining among Wyoming women. However, 2014 PRAMS data may indicate a change in the trend (Figure 1). While the change in smoking rates between 2013 and 2014 is not statistically significant, a potential leveling or increasing of smoking rates warrant further investigation by the public health community.

PRAMS data from 2012-2014 indicates nearly one third (30.6%) of new mothers reported smoking in the two years before delivery. Smoking rates were reduced to one quarter (25.0%) in the three months prior to pregnancy with another decrease to 14.5% in the last trimester of pregnancy (Figure 2). Following delivery, reported smoking rates increased slightly.



While nearly three quarters (72.9%) of women reported that they didn't smoking during pregnancy, of those women who did, 12.6%



reported that they quit during the prenatal period and 9.9% said that they reduced the number of cigarettes smoked. Only 4.5% of women reported no change in their smoking habits during pregnancy (Figure 3).

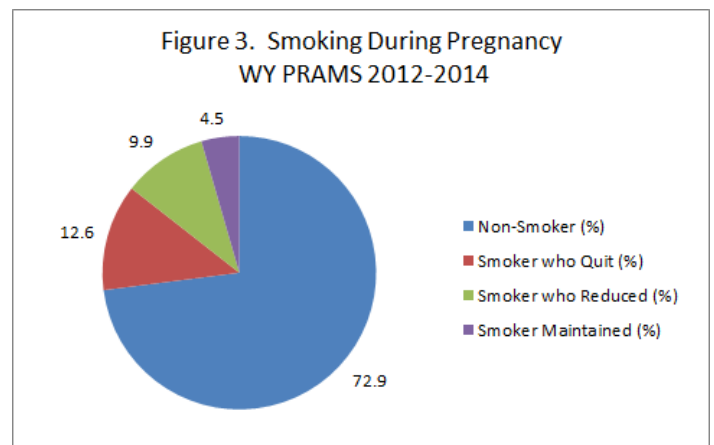
Among smokers, the majority (75.3%) said that they tried to quit on their

own (i.e. "cold turkey") with 25.7% noting that they set a quit date to help them stop. Fewer women reported using booklets, videos, or other materials (7.5%); nicotine patch, gum, lozenge, nasal spray (6.0%), or the Quitline or Quitnet (4.7%).

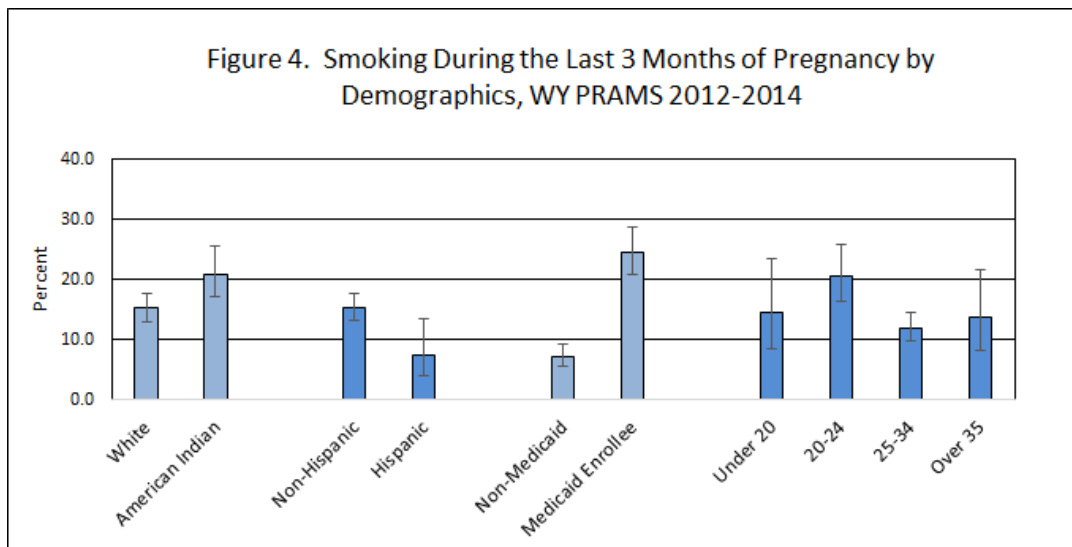
The top five barriers to cessation reported were cravings (72.9%); peer smoking (66.7%); concerns about the ability to handle stress (60.8%); worsening anxiety (39.6%); and the cost of medicines or products (29.8%).

Characteristics of Women Who Smoke During Pregnancy.

Significant differences exist in two demographic factors for women who report smoking during pregnancy. First, women enrolled in Medicaid were significantly more likely to report smoking in the last three months of pregnancy when compared to women who were not Medicaid enrollees. Second,



women in the 20-24 year range were significantly more likely to report smoking during the last three months of pregnancy than women in the 25-34 age group. There was no statistical significance between the proportion of White women and American Indian women who reported smoking or between women who reported either Hispanic or non-Hispanic ethnicity (Figure 4).



Smoking Cessation Resources for Public Health Professionals

The Wyoming Department of Health, Tobacco Prevention and Control Program is excited to release the Pregnancy and Postpartum Protocol (PPP) brochure. The brochure will ease health and human service professionals referral of pregnant women to a special quitline. The PPP quitline is designed to specifically help pregnant women quit, and stay quit postpartum. This program is free to Wyoming residents and offers telephone counseling and quit medications at no cost. The program also provides incentives to women quitting with up to \$65 in pre-paid visa cards.

For more information and to obtain the “We Can Help You Quit Smoking” brochure, please contact Vitaliy Kroychik, CHES, CTTS, Tobacco Prevention Specialist, Wyoming Department of Health at vitaliy.kroychik@wyo.gov.

Our goals with WY PRAMS continue to be to:

1. To work with YOU to disseminate data from WY PRAMS
2. To inform WY stakeholders, programs, and policies.
3. To conduct and present analyses of WY PRAMS data pertaining to priorities of stakeholders and programs across the state.

If you would like more information please contact the WY PRAMS Project (wdh-wyprams@wyo.gov)

To Subscribe to the WY PRAMS Listserv: Please encourage anyone you feel would be interested in participating in PRAMS activities to subscribe to the Wyoming PRAMS Listserv. To subscribe, send an email to sympa@lists.health.wyo.gov. In the subject line of the email please type "subscribe wyoprams" , and in the body of the email, please provide your first and last name.

To unsubscribe send an email to sympa@lists.health.wyo.gov. In the subject line of the email please type "unsubscribe wyoprams", and in the body of the email please provide your first name and last name.
