



*July 2016*

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## 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/data/>

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## Updates ----

Wyoming PRAMS continues to evolve! New staff members are on board at the Wyoming Department of Health in Cheyenne, guided by experienced PRAMS experts.

## Staff:

**Sheli Gonzales** joined the WY PRAMS team as the **PRAMS Data Manager** in May of 2015.

- Ms. Gonzales' is responsible for PRAMS mailings, data entry, obtaining addresses and phone numbers from Maternal and Child Health (MCH) and Medicaid for returned surveys. Sheli also works as a Benefits and Eligibility Specialist for Children's Special Health.

**Lorie Wayne Chesnut, DrPH, MPH** joined the WY PRAMS team as an **MCH Epidemiologist** in June 2016.

- Dr. Chesnut will be taking over the role of **Project Coordinator** and will also be a data analyst on the project. Lorie will be responsible for maintaining contact with the stakeholders via steering committee and disseminating data for those interested in the project.

**Amy Spieker, MPH** works as the WY PRAMS as **Principal Investigator and Maternal and Child Health Epidemiology Program Manager**.

- Ms. Spieker assures compliance with PRAMS and IRB protocol and provides guidance to the program. Amy provides additional analytic and epidemiologic support to the project.

**Ashley Busacker, PhD** provides support to the WY PRAMS team as the **CDC Maternal and Child Health Epidemiology Assignee**.

- Dr. Busacker provides technical assistance to program including data analysis and dissemination. Ashley heads the state's efforts with the Tribal PRAMS Project.

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## **Our Maternal and Family Health Title V MCH Block Grant Priorities – \*\*Measured with PRAMS**

- 1. Improve Breastfeeding Duration\*\***
- 2. Improve Access to and Promote Use of Effective Family Planning\*\***
- 3. Prevent Infant Mortality\*\***
- 4. Promote Preventive & Quality Care for Children and Adolescents**
- 5. Reduce and Prevent Childhood Obesity**
- 6. Prevent Injury in Children**
- 7. Promote Healthy and Safe Relationships in Adolescents**
- 8. Promote Preventive & Quality Care for Children & Adolescents**

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## **What have we learned from the 2013 WY PRAMS Data?**

We know that it is important for women to talk to and ask questions of their health care professional *before* pregnancy, *during* the prenatal period, and *after* delivery. The Centers for Disease Control and Prevention (CDC) encourages women to make a PACT for prevention before and during their pregnancy.

**P**lan ahead

**A**void harmful substances

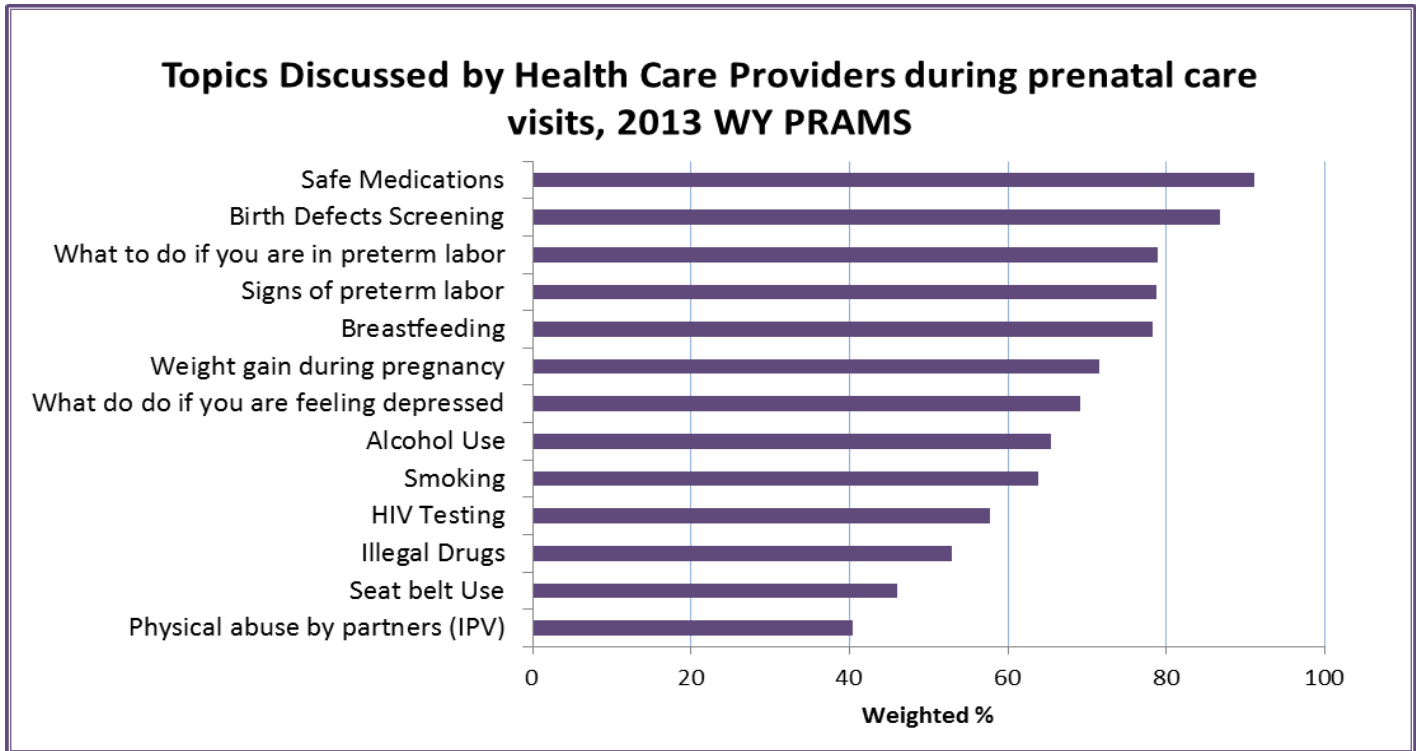
**C**hoose a healthy lifestyle

**T**alk to the healthcare provider

WY PRAMS 2013 data tells us that over 90% of providers are discussing safe medications during the prenatal visit. The majority of women are also discussing birth defects screening, preterm labor awareness, and breastfeeding with their health care providers.

Other important topics like the substance abuse (alcohol, tobacco, and illegal drugs), HIV Testing, and physical abuse by a partner during pregnancy were discussed less often with the new mothers in Wyoming.

CDC partners created a **PACT Infographic** to help providers communicate the importance of these steps to their patients. Find it and download at: <http://www.cdc.gov/ncbddd/birthdefects/infographics/pact/pact-infographic.pdf>



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### Our goals with WY PRAMS continue to be to:

- Work with **YOU** to disseminate data from WY PRAMS; to inform WY stakeholders, programs, and policies.
- Conduct and present analyses of WY PRAMS data pertaining to priorities of stakeholders and programs across the state.

**We look forward to working with you!** Keep checking your inbox for **monthly WY PRAMS** data and updates!

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

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