



September 2016

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/>

NEW! Additional Fact Sheets have been posted to the PRAMS Website. See 2012-2013 information on Long Acting Reversible Contraception (LARC) and Breastfeeding Information for Hospitals. More to come!

What have we learned from the 2012-2013 WY PRAMS Data?

Stressful Events Before and During Pregnancy (divorce, homelessness, job loss, etc.) are common among women in Wyoming and across the United States. Nationally, 42% of women report 1 or 2 stressful events during the twelve months before delivery as compared to 46% of Wyoming women.

What did PRAMS data tell us about the five most commonly reported stressful events affecting Wyoming women one year before their most recent birth?

- 40.0% of women reported moving to a new address
- 24.2% of women reported arguing more with their partner
- 22.6% of women said that a family member was very sick and had to be hospitalized
- 20.4% of women had bills that they couldn't pay
- 19.7% of women had their work hours or pay-cut

PRAMS asks new mothers questions about emotional, financial, partner-related, and traumatic stress in their lives. Responses were examined by Medicaid status with significant differences for all but one (Emotional Stress) of the four categories (Figure 1, below).

Categories of Stress

Financial Stress:

- Husband/partner lost their job
- Mom lost her job
- Moved
- Couldn't pay bills.

Emotional Stress:

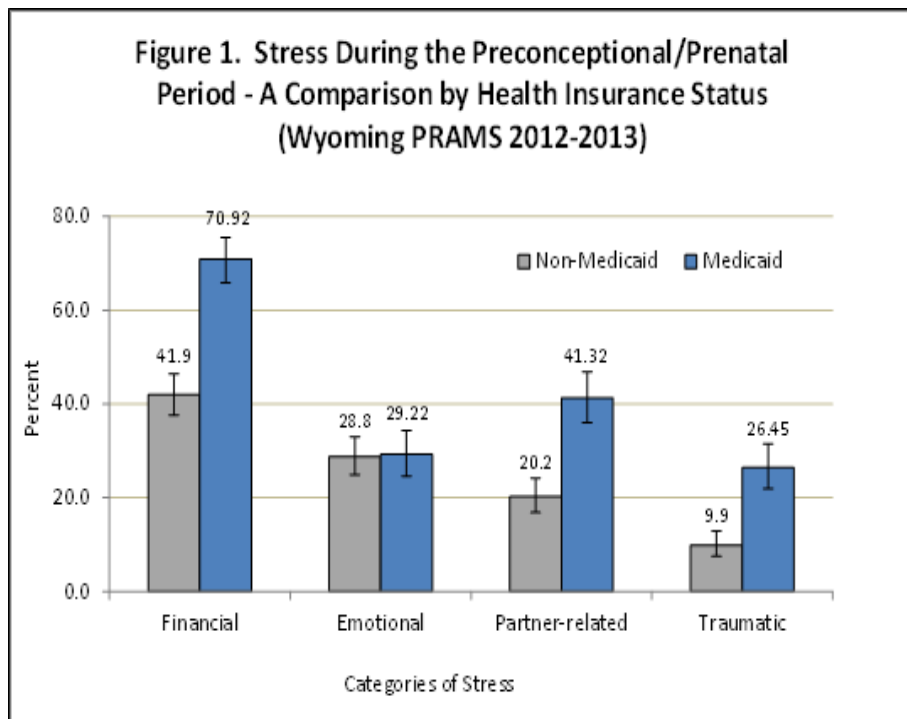
- Someone close died
- Family member seriously ill.

Partner-related Stress:

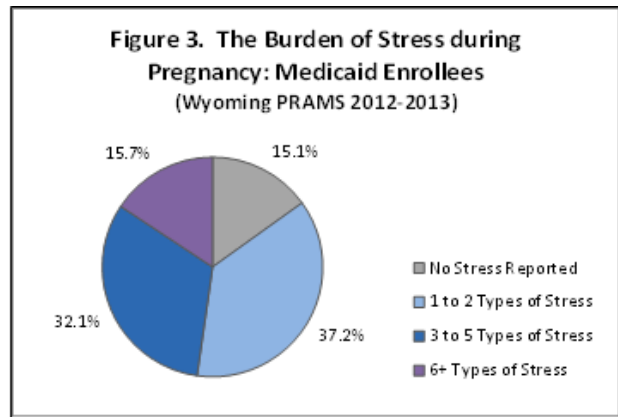
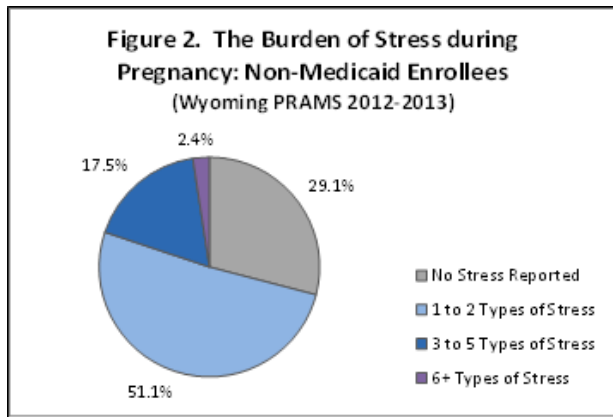
- Divorce
- Argued with husband/partner
- Husband/partner didn't want pregnancy.

Traumatic Stress:

- Homeless
- Husband/partner/self in jail
- Someone close had a drinking or drug problem.



Fourteen (14) stress-related questions were included on the 2012-2013 Wyoming PRAMS survey. Figures 2 and 3 below illustrate the differences in the burden of stress of women by Medicaid status. Most women experienced some stress during the preconceptional/prenatal period but women enrolled in Medicaid reported experiencing three or more types of stress at a substantially higher level as compared to non-Medicaid women.



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!

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.