



November 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/pregnancy-risk-assessment-monitoring-system-prams/data/>

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

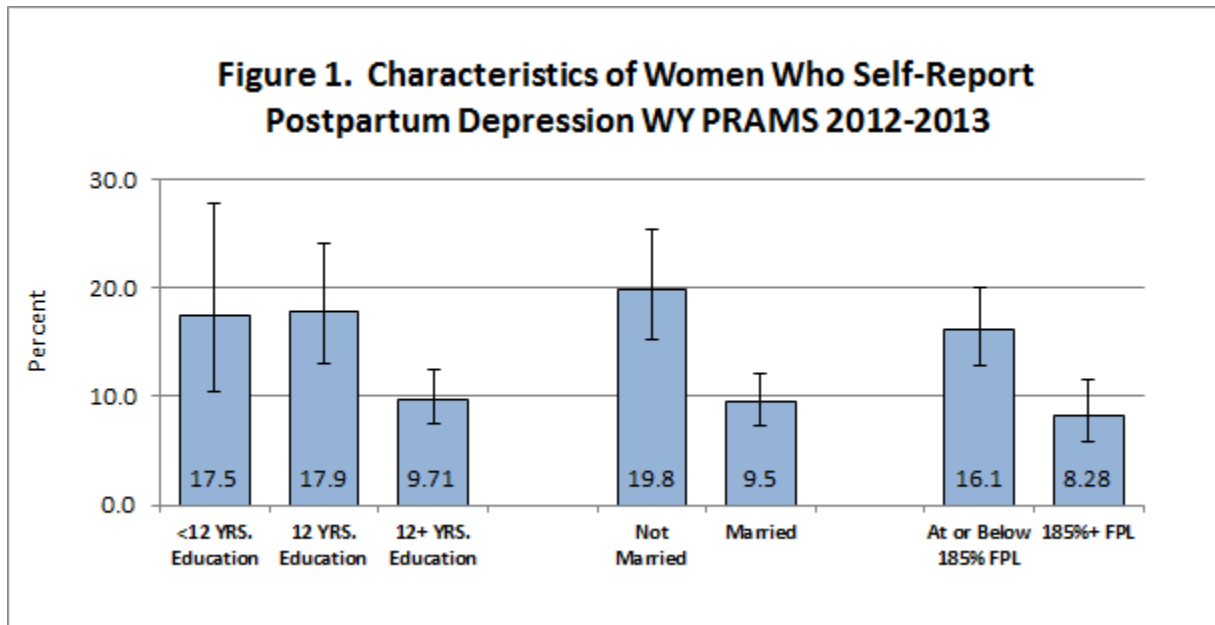
Maternal Depression. The Centers for Disease Control and Prevention (CDC) reports that depression affects as many as 1 in 10 women (aged 18-44) before, during, or after pregnancy (1). Signs and symptoms of depression are different for every person and may occur more or less often, for longer or shorter periods, with variation in intensity (1). To view a list of symptoms and to learn more about resources for both the public and health professionals, visit the CDC Division of Reproductive Health website: <https://www.cdc.gov/reproductivehealth/depression/>

Data from WY PRAMS 2012-2013 reports that nearly 13% of Wyoming women (12.9%; 95% CI 10.7%, 15.4%) self-report postpartum depression, placing it higher than the average of 11.7% reported by other PRAMS states.

The PRAMS survey asks respondents two questions that are considered to be reliable indicators of depression (2). Those women who responded “always” or “often” to at least one of the two questions below were classified as having self-reported postpartum depression.

1. Since your new baby was born, how often have you felt down, depressed, or hopeless? (*Always, Often, Sometimes, Rarely, Never*)
2. Since your new baby was born, how often have you had little interest or little pleasure in doing things? (*Always, Often, Sometimes, Rarely, Never*)

Figure 1 (below) illustrates the three demographic/socioeconomic characteristics that significantly influenced the risk of self-reported postpartum depression for Wyoming women: *maternal education, marital status, and income*. In Wyoming, there was no significant difference in the risk of postpartum depression by race, ethnicity, or maternal age.



Nationally, risk factors for postpartum depression include stress, low social support, multiple births, and being a teen mother (1). Women who have a preterm infant (< 37 weeks gestation), experience a pregnancy or birth complication, have an infant with birth defects, or lose an infant are also at higher risk of postpartum depression (1). Women who have unintended pregnancies are twice as likely (19.0% versus 8.7%) to experience depression as compared to those who intend to become pregnant. But even women who have planned and healthy births can experience depression (1).

(1). Centers for Disease Control and Prevention, Reproductive Health. Depression Among Women. Accessed 10/25/2016 at

<https://www.cdc.gov/reproductivehealth/depression/>

(2). Whooley MA, Avins AL, Miranda J, Browner WS. (1997). Case-Finding Instruments for Depression. J Gen Intern Med. 12:439-445.

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 wyoprms" , 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 wyoprms", and in the body of the email please provide your first name and last name.
