



April 2018

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 born 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.

For more information about the WY PRAMS visit our [website](#).

For more information about PRAMS including questionnaires, methodology, participating states, data to action and publications, visit the [CDC website](#).

PRAMS 2016 Data Highlights

The Wyoming PRAMS team was very happy to receive the first year (2016) of Phase 8 weighted data from the CDC in March of 2018. Wyoming was one of the first states in the nation to receive 2016 data and we are working hard to examine both existing and new questions for Wyoming moms.

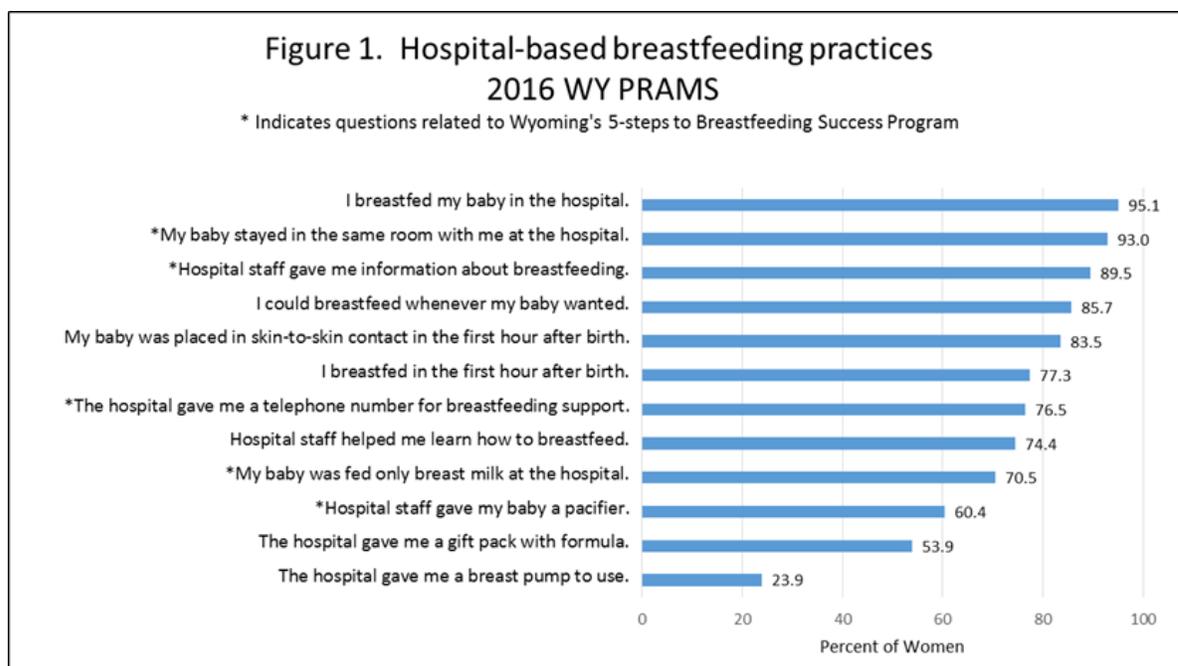
While many questions remain the same, Phase 8 brought us a series of new questions in several important areas including breastfeeding practices in hospitals, electronic cigarette use before and during pregnancy, food insecurity during the prenatal period, and drug use before pregnancy. The next issues of the PRAMS listserv will highlight some of these areas.

Hospital-based Breastfeeding Practices

In 2017, Wyoming MCH Unit launched the *5-Steps to Breastfeeding Success* initiative (Table 1), awarding four hospitals mini-grants to address five key breastfeeding practices in their facility. While our PRAMS 2016 data *predates* the start of this program, it provides baseline data about the 5-Steps targets and other breastfeeding practices in birthing hospitals used by Wyoming moms (Figure 1).

Table 1. Wyoming's 5-Steps to Breastfeeding Success

1. Mother is informed about the benefits and management of breastfeeding.
2. Infant receives no food or drink in the hospital other than breast milk, *unless medically indicated*.
3. Infant stays in the same room with the mother in the hospital.
4. Infant does not use a pacifier in the hospital.
5. Mother is given a telephone number to call for help with breastfeeding after discharge.



In 2016, the majority (95.1%) of Wyoming women reported that they breastfed their baby in the hospital. Ninety-three percent (93.0%) of new moms reported that their infant stayed in the same room with them during their hospital stay (5-Step #3) and nearly 90% of women reported that their birthing hospital provided them with breastfeeding information (5-Step #1).

How could Wyoming birthing hospitals improve? Just over 75% of women reported that their hospital provided a telephone number for breastfeeding support (5-Step #5) while 70% of new moms said that their infant was fed only breast milk at the hospital (5-Step #2).

Finally, 60% of women said that their infant was given a pacifier by hospital staff during their stay (5-Step #4).

For more information about the Wyoming 5 Steps to Breastfeeding Success contact Christina Taylor, christina.taylor@wyo.gov, the Women and Infant Health Program Manager.

More PRAMS 2016 results will be forthcoming!

Our goal with WY PRAMS continues 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.