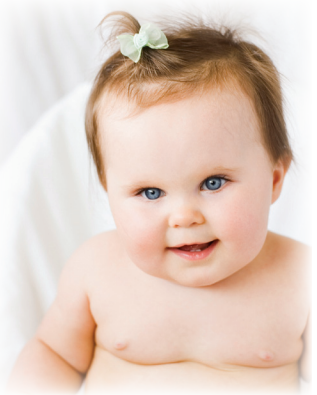

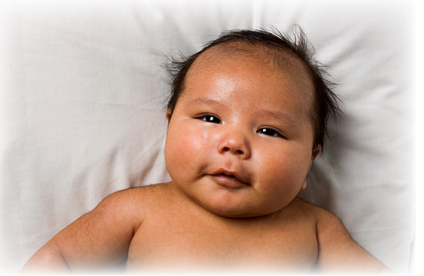

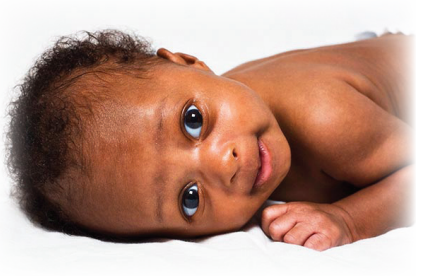

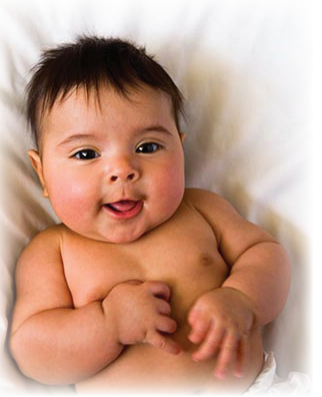

Tell us your pregnancy story and help improve the health of Wyoming babies.

Wyoming PRAMS

Pregnancy **R**isk **A**ssessment **M**onitoring **S**ystem **(PRAMS) Survey**

Important information about PRAMS. Please read before starting the Survey.

- The Pregnancy Risk Assessment Monitoring System (PRAMS) is a research project sponsored by the Centers for Disease Control and Prevention and the Wyoming Department of Health.
- The purpose of the study is to find out why some babies are born healthy and others are not.
- We are asking 3,000 women in Wyoming to answer the same questions. All of your names were picked by a computer from recent birth certificates.
- It takes about 20 minutes to answer all the questions. Some questions may be sensitive, such as questions about smoking or drinking during pregnancy.
- You are free to do the survey or not. If you don't want to participate at all, or if you don't want to answer a particular question, that's okay. There is no penalty or loss of benefits for not participating or answering all questions.
- Your survey may be combined with information the health department has from other sources.
- If you choose to do the survey, your answers will be kept private to the extent allowed by law and will be used only for research. If you are currently in jail, your participation in the study will have no effect on parole.
- Your name will not be on any reports from PRAMS. The booklet has a number so we will know when it is returned.
- Your answers will be grouped with those from other women. What we learn from PRAMS will be used to plan programs to help mothers and babies in Wyoming.
- If you have any questions about your rights in the project, please call Dr. Karl Musgrave at 307-777-5825.

If you have questions about PRAMS, please call 866-571-0944.

If you want to complete the survey by telephone, please call 1-800-293-1538 ext. 322. The call is free.

Please check the box next to your answer or follow the directions included with the question. You may be asked to skip some questions that do not apply to you.

BEFORE PREGNANCY

The first questions are about *you*.

1. How tall are *you* without shoes?

_____ Feet _____ Inches

OR _____ Centimeters

2. *Just before* you got pregnant with your *new* baby, how much did you weigh?

_____ Pounds **OR** _____ Kilos

3. What is *your* date of birth?

_____ / _____ / _____

Month Day Year

The next questions are about the time *before* you got pregnant with your *new* baby.

4. During the *3 months before* you got pregnant with your *new* baby, did you have any of the following health conditions? For each one, check **No** if you did not have the condition or **Yes** if you did.

	No	Yes
a. Type 1 or Type 2 diabetes (**not** gestational diabetes or diabetes that starts during pregnancy)	❑	❑
b. High blood pressure or hypertension	❑	❑
c. Depression	❑	❑

5. During the *month before* you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?

- ❑ I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin in the *month before* I got pregnant
- ❑ 1 to 3 times a week
- ❑ 4 to 6 times a week
- ❑ Every day of the week

6. In the *12 months before* you got pregnant with your new baby, did you have any health care visits with a doctor, nurse, or other health care worker, including a dental or mental health worker?

- ❑ No → **Go to Page 2, Question 9**
- ❑ Yes

7. What type of health care visit did you have in the *12 months before* you got pregnant with your new baby?

Check ALL that apply

- ❑ Regular checkup at my family doctor's office
- ❑ Regular checkup at my OB/GYN's office
- ❑ Visit for an illness or chronic condition
- ❑ Visit for an injury
- ❑ Visit for family planning or birth control
- ❑ Visit for depression or anxiety
- ❑ Visit to have my teeth cleaned by a dentist or dental hygienist
- ❑ Other → Please tell us:

_____

8. During any of your health care visits in the *12 months before* you got pregnant, did a doctor, nurse, or other health care worker do any of the following things? For each item, check **No** if they did not or **Yes** if they did.

	No	Yes
a. Tell me to take a vitamin with folic acid	❑	❑
b. Talk to me about maintaining a healthy weight	❑	❑
c. Talk to me about controlling any medical conditions such as diabetes or high blood pressure	❑	❑
d. Talk to me about my desire to have or not have children	❑	❑
e. Talk to me about using birth control to prevent pregnancy	❑	❑
f. Talk to me about how I could improve my health before a pregnancy	❑	❑
g. Talk to me about sexually transmitted infections such as chlamydia, gonorrhea, or syphilis	❑	❑
h. Ask me if I was smoking cigarettes	❑	❑
i. Ask me if someone was hurting me emotionally or physically	❑	❑
j. Ask me if I was feeling down or depressed	❑	❑
k. Ask me about the kind of work I do	❑	❑
l. Test me for HIV (the virus that causes AIDS)	❑	❑

The next questions are about your *health insurance coverage* before, during, and after your pregnancy with your *new* baby.

9. During the *month before* you got pregnant with your new baby, what kind of health insurance did you have?

Check ALL that apply

- ❑ Private health insurance from my job or the job of my husband or partner
- ❑ Private health insurance from my parents
- ❑ Private health insurance from the Health Insurance Marketplace or HealthCare.gov
- ❑ Medicaid or Equality Care
- ❑ Kid Care (CHIP)
- ❑ TRICARE or other military health care
- ❑ Indian Health Service (IHS)
- ❑ Other health insurance ⟶ Please tell us: _____
- ❑ I did not have any health insurance during the *month before* I got pregnant

10. During your *most recent pregnancy*, what kind of health insurance did you have for your *prenatal care*?

Check ALL that apply

- ❑ I did not go for prenatal care ⟶ **Go to Question 11**
- ❑ Private health insurance from my job or the job of my husband or partner
- ❑ Private health insurance from my parents
- ❑ Private health insurance from the Health Insurance Marketplace or HealthCare.gov
- ❑ Medicaid or Equality Care
- ❑ Kid Care (CHIP)
- ❑ TRICARE or other military health care
- ❑ Indian Health Service (IHS)
- ❑ Other health insurance ⟶ Please tell us: _____
- ❑ I did not have any health insurance for my *prenatal care*

11. What kind of health insurance do you have *now*?

Check ALL that apply

- ❑ Private health insurance from my job or the job of my husband or partner
- ❑ Private health insurance from my parents
- ❑ Private health insurance from the Health Insurance Marketplace or HealthCare.gov
- ❑ Medicaid or Equality Care
- ❑ Kid Care (CHIP)
- ❑ TRICARE or other military health care
- ❑ Indian Health Service (IHS)
- ❑ Other health insurance ⟶ Please tell us: _____
- ❑ I do not have health insurance *now*

12. Thinking back to *just before* you got pregnant with your new baby, how did you feel about becoming pregnant?

Check ONE answer

- ❑ I wanted to be pregnant later
- ❑ I wanted to be pregnant sooner
- ❑ I wanted to be pregnant then
- ❑ I didn't want to be pregnant then or at any time in the future
- ❑ I wasn't sure what I wanted

DURING PREGNANCY

The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar when you answer these questions.)

13. How many weeks *or* months pregnant were you when you had your first visit for prenatal care?

_____ Weeks **OR** _____ Months

❑ I didn't go for prenatal care ⟶ **Go to Page 4, Question 15**

14. *During any of your prenatal care visits*, did a doctor, nurse, or other health care worker ask you any of the things listed below? For each item, check **No** if they did not ask you about it or **Yes** if they did.

	No	Yes
a. If I knew how much weight I should gain during pregnancy	❑	❑
b. If I was taking any prescription medication	❑	❑
c. If I was smoking cigarettes	❑	❑
d. If I was drinking alcohol	❑	❑
e. If someone was hurting me emotionally or physically	❑	❑
f. If I was feeling down or depressed	❑	❑
g. If I was using drugs such as marijuana, cocaine, crack, or meth	❑	❑
h. If I wanted to be tested for HIV (the virus that causes AIDS)	❑	❑
i. If I planned to breastfeed my new baby	❑	❑
j. If I planned to use birth control after my baby was born	❑	❑

15. During the 12 months *before the delivery* of your new baby, did a doctor, nurse, or other health care worker *offer* you a flu shot or *tell* you to get one?

- ❑ No
- ❑ Yes

16. During the 12 months *before the delivery* of your new baby, did you *get* a flu shot?

Check ONE answer

- ❑ No
- ❑ Yes, before my pregnancy
- ❑ Yes, during my pregnancy

17. During *your most recent* pregnancy, did you have your teeth cleaned by a dentist or dental hygienist?

- ❑ No
- ❑ Yes

18. During *your most recent* pregnancy, did a home visitor come to your home to help you prepare for your new baby? A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps pregnant women.

- ❑ No
- ❑ Yes

19. During *your most recent* pregnancy, what did you think about breastfeeding your new baby?

Check ONE answer

- ❑ I knew I wanted to breastfeed
- ❑ I thought I might breastfeed
- ❑ I knew I would ***not*** breastfeed
- ❑ I didn't know what to do about breastfeeding

20. During *your most recent* pregnancy, did you have any of the following health conditions? For each one, check **No** if you did not have the condition or **Yes** if you did.

	No	Yes
a. Gestational diabetes (diabetes that **started** during *this* pregnancy)	❑	❑
b. High blood pressure (that **started** during *this* pregnancy), pre-eclampsia or eclampsia	❑	❑
c. Depression	❑	❑

The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).

21. Have you smoked any cigarettes in the *past 2 years*?

- ❑ No → **Go to Question 25**
- ❑ Yes

22. In the *3 months before* you got pregnant, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.

- ❑ 41 cigarettes or more
- ❑ 21 to 40 cigarettes
- ❑ 11 to 20 cigarettes
- ❑ 6 to 10 cigarettes
- ❑ 1 to 5 cigarettes
- ❑ Less than 1 cigarette
- ❑ I didn't smoke then

23. In the *last 3 months* of your pregnancy, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.

- ❑ 41 cigarettes or more
- ❑ 21 to 40 cigarettes
- ❑ 11 to 20 cigarettes
- ❑ 6 to 10 cigarettes
- ❑ 1 to 5 cigarettes
- ❑ Less than 1 cigarette
- ❑ I didn't smoke then

24. How many cigarettes do you smoke on an average day *now*? A pack has 20 cigarettes.

- ❑ 41 cigarettes or more
- ❑ 21 to 40 cigarettes
- ❑ 11 to 20 cigarettes
- ❑ 6 to 10 cigarettes
- ❑ 1 to 5 cigarettes
- ❑ Less than 1 cigarette
- ❑ I don't smoke now

The next questions are about using other tobacco products around the time of pregnancy.

E-cigarettes (electronic cigarettes) and other electronic nicotine products (such as vape pens, e-hookahs, hookah pens, e-cigars, e-pipes) are battery-powered devices that use nicotine liquid rather than tobacco leaves, and produce vapor instead of smoke.

A **hookah** is a water pipe used to smoke tobacco. It is not the same as an e-hookah or hookah pen.

25. Have you used any of the following products in the *past 2 years*? For each item, check **No** if you did not use it or **Yes** if you did.

	No	Yes
a. E-cigarettes or other electronic nicotine products	❑	❑
b. Hookah	❑	❑
c. Chewing tobacco, snuff, snus, or dip	❑	❑

If you used e-cigarettes or other electronic nicotine products in the *past 2 years*, go to Question 26. Otherwise, go to Question 28.

26. During the *3 months before* you got pregnant, on average, how often did you use e-cigarettes or other electronic nicotine products?

- ❑ More than once a day
- ❑ Once a day
- ❑ 2-6 days a week
- ❑ 1 day a week or less
- ❑ I did not use e-cigarettes or other electronic nicotine products then

27. During the *last 3 months* of your pregnancy, on average, how often did you use e-cigarettes or other electronic nicotine products?

- ❑ More than once a day
- ❑ Once a day
- ❑ 2-6 days a week
- ❑ 1 day a week or less
- ❑ I did not use e-cigarettes or other electronic nicotine products then

The next questions are about drinking alcohol around the time of pregnancy.

28. Have you had any alcoholic drinks in the *past 2 years*? A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.

- ❑ No → **Go to Page 6, Question 31**
- ❑ Yes

29. During the *3 months before* you got pregnant, how many alcoholic drinks did you have in an average week?

- ❑ 14 drinks or more a week
- ❑ 8 to 13 drinks a week
- ❑ 4 to 7 drinks a week
- ❑ 1 to 3 drinks a week
- ❑ Less than 1 drink a week
- ❑ I didn't drink then

30. During the *last 3 months* of your pregnancy, how many alcoholic drinks did you have in an average week?

- ❑ 14 drinks or more a week
- ❑ 8 to 13 drinks a week
- ❑ 4 to 7 drinks a week
- ❑ 1 to 3 drinks a week
- ❑ Less than 1 drink a week
- ❑ I didn't drink then

Pregnancy can be a difficult time. The next questions are about things that may have happened *before* and *during* your most recent pregnancy.

31. This question is about things that may have happened during the *12 months before* your new baby was born. For each item, check **No** if it did not happen to you or **Yes** if it did. (It may help to look at the calendar when you answer these questions.)

	No	Yes
a. A close family member was very sick and had to go into the hospital	❑	❑
b. I got separated or divorced from my husband or partner	❑	❑
c. I moved to a new address	❑	❑
d. I was homeless or had to sleep outside, in a car, or in a shelter	❑	❑
e. My husband or partner lost their job	❑	❑
f. I lost my job even though I wanted to go on working	❑	❑
g. My husband, partner, or I had a cut in work hours or pay	❑	❑
h. I was apart from my husband or partner due to military deployment or extended work-related travel	❑	❑
i. I argued with my husband or partner more than usual	❑	❑
j. My husband or partner said they didn't want me to be pregnant	❑	❑
k. I had problems paying the rent, mortgage, or other bills	❑	❑
l. My husband, partner, or I went to jail	❑	❑
m. Someone very close to me had a problem with drinking or drugs	❑	❑
n. Someone very close to me died	❑	❑

32. During the *12 months before* your new baby was born, did you ever eat less than you felt you should because there wasn't enough money to buy food?

- ❑ No
- ❑ Yes

33. During the *12 months before* your new baby was born, did you feel emotionally upset (for example, angry, sad, or frustrated) as a result of how you were treated *based on your race*?

- ❑ No
- ❑ Yes

34. In the *12 months before you got pregnant* with your new baby, did any of the following people push, hit, slap, kick, choke, or physically hurt you in any other way? For each person, check **No** if they did not hurt you during this time or **Yes** if they did.

	No	Yes
a. My husband or partner	❑	❑
b. My ex-husband or ex-partner	❑	❑
c. Another family member	❑	❑
d. Someone else	❑	❑

35. During *your most recent pregnancy*, did any of the following people push, hit, slap, kick, choke, or physically hurt you in any other way? For each person, check **No** if they did not hurt you during this time or **Yes** if they did.

	No	Yes
a. My husband or partner	❑	❑
b. My ex-husband or ex-partner	❑	❑
c. Another family member	❑	❑
d. Someone else	❑	❑

AFTER PREGNANCY

The next questions are about the time since your new baby was born.

36. When was your new baby born?

___ / ___ / 20__

Month Day Year

37. Did your doctor, nurse, or other health care worker try to induce your labor (start your contractions using medicine)?

- ❑ No → **Go to Question 39**
- ❑ Yes
- ❑ I don't know → **Go to Question 39**

38. Why did your doctor, nurse, or other health care worker try to induce your labor (start your contractions using medicine)?

Check ALL that apply

- ❑ My water broke and there was a fear of infection
- ❑ I was past my due date
- ❑ My health care provider worried about the size of the baby
- ❑ My baby was not doing well and needed to be born
- ❑ I had a complication in my pregnancy (such as low amniotic fluid or pre-eclampsia)
- ❑ I wanted to schedule my delivery
- ❑ I wanted to give birth with a specific health care provider
- ❑ Other → Please tell us:

39. How was your new baby delivered?

- ❑ Vaginally → **Go to Page 8, Question 41**
- ❑ Cesarean delivery (c-section)

Go to Page 8, Question 40

40. What was the reason that your new baby was born by cesarean delivery (c-section)?

Check ALL that apply

- ❑ I had a previous cesarean delivery (c-section)
- ❑ My baby was in the wrong position (such as breech)
- ❑ I was past my due date
- ❑ My health care provider worried that my baby was too big
- ❑ I had a medical condition that made labor dangerous for me (such as heart condition, physical disability)
- ❑ I had a complication in my pregnancy (such as pre-eclampsia, placental problems, infection, preterm labor)
- ❑ My health care provider tried to induce my labor, but it didn't work
- ❑ Labor was taking too long
- ❑ The fetal monitor showed that my baby was having problems before or during labor (fetal distress)
- ❑ I wanted to schedule my delivery
- ❑ I didn't want to have my baby vaginally
- ❑ Other → Please tell us:

_____

41. After your baby was delivered, how long did he or she stay in the hospital?

- ❑ Less than 24 hours (less than 1 day)
- ❑ 24 to 48 hours (1 to 2 days)
- ❑ 3 to 5 days
- ❑ 6 to 14 days
- ❑ More than 14 days
- ❑ My baby was not born in a hospital
- ❑ My baby is still in the hospital → **Go to Question 44**

42. Is your baby alive now?

- ❑ No → *We are very sorry for your loss.* **Go to Page 10, Question 56**
- ❑ Yes

Go to Question 43

43. Is your baby living with you now?

- ❑ No → **Go to Page 10, Question 55**
- ❑ Yes

44. *Before or after your new baby was born*, did you receive information about breastfeeding from any of the following sources? For each one, check **No** if you did not receive information from this source or **Yes** if you did.

		No	Yes
a.	My doctor	❑	❑
b.	A nurse, midwife, or doula	❑	❑
c.	A breastfeeding or lactation specialist	❑	❑
d.	My baby's doctor or health care provider	❑	❑
e.	A breastfeeding support group	❑	❑
f.	A breastfeeding hotline or toll-free number	❑	❑
g.	Family or friends	❑	❑
h.	Other	❑	❑

Please tell us:

_____

45. Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?

- ❑ No → **Go to Question 50**
- ❑ Yes

46. Are you currently breastfeeding or feeding pumped milk to your new baby?

- ❑ No
- ❑ Yes → **Go to Question 49**

47. How many weeks or months did you breastfeed or feed pumped milk to your baby?

- ❑ Less than 1 week

_____ Weeks **OR** _____ Months

48. What were your reasons for stopping breastfeeding?

Check ALL that apply

- ❑ My baby had difficulty latching or nursing
- ❑ Breast milk alone did not satisfy my baby
- ❑ I thought my baby was not gaining enough weight
- ❑ My nipples were sore, cracked, or bleeding or it was too painful
- ❑ I thought I was not producing enough milk, or my milk dried up
- ❑ I had too many other household duties
- ❑ I felt it was the right time to stop breastfeeding
- ❑ I got sick or I had to stop for medical reasons
- ❑ I went back to work
- ❑ I went back to school
- ❑ My partner did not support breastfeeding
- ❑ My baby was jaundiced (yellowing of the skin or whites of the eyes)
- ❑ Other → Please tell us:

_____

If your baby was not born in a hospital, go to Question 50.

49. This question asks about things that may have happened at the hospital where your new baby was born. For each item, check **No** if it did not happen or **Yes** if it did.

		No	Yes
a.	Hospital staff gave me information about breastfeeding	❑	❑
b.	My baby stayed in the same room with me at the hospital	❑	❑
c.	I breastfed my baby in the hospital	❑	❑
d.	Hospital staff helped me learn how to breastfeed	❑	❑
e.	I breastfed in the first hour after my baby was born	❑	❑
f.	My baby was placed in skin-to-skin contact within the first hour of life	❑	❑
g.	My baby was fed only breast milk at the hospital	❑	❑
h.	Hospital staff told me to breastfeed whenever my baby wanted	❑	❑
i.	The hospital gave me a breast pump to use	❑	❑
j.	The hospital gave me a gift pack with formula	❑	❑
k.	The hospital gave me a telephone number to call for help with breastfeeding	❑	❑
l.	Hospital staff gave my baby a pacifier	❑	❑

If your baby is still in the hospital, go to Page 10, Question 55.

50. In which *one* position do you *most often* lay your baby down to sleep now?

Check ONE answer

- ❑ On his or her side
- ❑ On his or her back
- ❑ On his or her stomach

51. In the *past 2 weeks*, how often has your new baby slept alone in his or her own crib or bed?

- ❑ Always
- ❑ Often
- ❑ Sometimes
- ❑ Rarely
- ❑ Never → **Go to Question 53**

52. When your new baby sleeps alone, is his or her crib or bed in the same room where *you* sleep?

- ❑ No
- ❑ Yes

53. Listed below are some more things about how babies sleep. How did your new baby *usually* sleep in the *past 2 weeks*? For each item, check **No** if your baby did not *usually* sleep like this or **Yes** if he or she did.

		No	Yes
a.	In a crib, bassinet, or pack and play	❑	❑
b.	On a twin or larger mattress or bed	❑	❑
c.	On a couch, sofa, or armchair	❑	❑
d.	In an infant car seat or swing	❑	❑
e.	In a sleeping sack or wearable blanket	❑	❑
f.	With a blanket	❑	❑
g.	With toys, cushions, or pillows, including nursing pillows	❑	❑
h.	With crib bumper pads (mesh or non-mesh)	❑	❑

54. Did a doctor, nurse, or other health care worker tell you any of the following things? For each thing, check **No** if they did not tell you or **Yes** if they did.

		No	Yes
a.	Place my baby on his or her back to sleep	❑	❑
b.	Place my baby to sleep in a crib, bassinet, or pack and play	❑	❑
c.	Place my baby's crib or bed in my room	❑	❑
d.	What things should and should not go in bed with my baby	❑	❑

55. *Since your new baby was born*, has a home visitor come to your home to help you learn how to take care of yourself or your new baby? A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps mothers of newborns.

- ❑ No
- ❑ Yes

56. Are you or your husband or partner doing anything *now* to keep from getting pregnant? Some things people do to keep from getting pregnant include having their tubes tied, using birth control pills, condoms, withdrawal, or natural family planning.

- ❑ No
- ❑ Yes → **Go to Question 58**

57. What are your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant *now*?

Check ALL that apply

- ❑ I want to get pregnant
- ❑ I am pregnant now
- ❑ I had my tubes tied or blocked
- ❑ I don't want to use birth control
- ❑ I am worried about side effects from birth control
- ❑ I am not having sex
- ❑ My husband or partner doesn't want to use anything
- ❑ I have problems paying for birth control
- ❑ Other → Please tell us:

_____

If you or your husband or partner is not doing anything to keep from getting pregnant *now*, go to Question 59.

58. What kind of birth control are you or your husband or partner using *now* to keep from getting pregnant?

Check ALL that apply

- ❑ Tubes tied or blocked (female sterilization or Essure®)
- ❑ Vasectomy (male sterilization)
- ❑ Birth control pills
- ❑ Condoms
- ❑ Shots or injections (Depo-Provera®)
- ❑ Contraceptive patch (OrthoEvra®) or vaginal ring (NuvaRing®)
- ❑ IUD (including Mirena®, ParaGard®, Liletta®, or Skyla®)
- ❑ Contraceptive implant in the arm (Nexplanon® or Implanon®)
- ❑ Natural family planning (including rhythm method)
- ❑ Withdrawal (pulling out)
- ❑ Not having sex (abstinence)
- ❑ Other → Please tell us:

_____

59. *Since your new baby was born*, have you had a postpartum checkup for yourself? A postpartum checkup is the regular checkup a woman has about 4-6 weeks after she gives birth.

- ❑ No → **Go to Question 61**
- ❑ Yes

Go to Question 60

60. *During your postpartum checkup*, did a doctor, nurse, or other health care worker do any of the following things? For each item, check **No** if they did not do it or **Yes** if they did.

		No	Yes
a.	Tell me to take a vitamin with folic acid	❑	❑
b.	Talk to me about healthy eating, exercise, and losing weight gained during pregnancy	❑	❑
c.	Talk to me about how long to wait before getting pregnant again	❑	❑
d.	Talk to me about birth control methods I can use after giving birth	❑	❑
e.	Give or prescribe me a contraceptive method such as the pill, patch, shot (Depo-Provera®), NuvaRing®, or condoms	❑	❑
f.	Insert an IUD (Mirena®, ParaGard®, Liletta®, or Skyla®) or a contraceptive implant (Nexplanon® or Implanon®)	❑	❑
g.	Ask me if I was smoking cigarettes	❑	❑
h.	Ask me if someone was hurting me emotionally or physically	❑	❑
i.	Ask me if I was feeling down or depressed	❑	❑
j.	Test me for diabetes	❑	❑

61. *Since your new baby was born*, how often have you felt down, depressed, or hopeless?

- ❑ Always
- ❑ Often
- ❑ Sometimes
- ❑ Rarely
- ❑ Never

62. *Since your new baby was born*, how often have you had little interest or little pleasure in doing things you usually enjoyed?

- ❑ Always
- ❑ Often
- ❑ Sometimes
- ❑ Rarely
- ❑ Never

OTHER EXPERIENCES

The next questions are on a variety of topics.

63. During any of the following time periods, did your husband or partner threaten you, limit your activities against your will, or make you feel unsafe in any other way? For each time period, check **No** if it did not happen then or **Yes** if it did.

	No	Yes
a. During the 12 months before I got pregnant	❑	❑
b. During my most recent pregnancy	❑	❑
c. Since my new baby was born	❑	❑

64. During the *month before* you got pregnant, did you take or use any of the following drugs for any reason? Your answers are strictly confidential. For each item, check **No** if you did not use it or **Yes** if you did.

	No	Yes
a. Over-the-counter pain relievers such as aspirin, Tylenol®, Advil®, or Aleve®	❑	❑
b. Prescription pain relievers such as hydrocodone (Vicodin®), oxycodone (Percocet®), or codeine	❑	❑
c. Adderall®, Ritalin®, or another stimulant	❑	❑
d. Marijuana or hash	❑	❑
e. Synthetic marijuana (K2, Spice)	❑	❑
f. Methadone, naloxone, subutex, or Suboxone®	❑	❑
g. Heroin (smack, junk, Black Tar, *Chiva*)	❑	❑
h. Amphetamines (uppers, speed, crystal meth, crank, ice, *agua*)	❑	❑
i. Cocaine (crack, rock, coke, blow, snow, *nieve*)	❑	❑
j. Tranquilizers (downers, ludes)	❑	❑
k. Hallucinogens (LSD/acid, PCP/angel dust, Ecstasy, Molly, mushrooms, bath salts)	❑	❑
l. Sniffing gasoline, glue, aerosol spray cans, or paint to get high (huffing)	❑	❑

65. Who lives in the same house with you *now*?

Check ALL that apply

- ❑ My husband or partner
- ❑ Children aged less than 12 months → How many children? ____
- ❑ Children aged 1 year to 5 years → How many children? ____
- ❑ Children aged 6 years and over → How many children? ____
- ❑ My mother
- ❑ My father
- ❑ My husband's or partner's parent(s)
- ❑ Friend or roommate
- ❑ Other family member or relative
- ❑ Other → Please tell us: _____
- ❑ I live alone

66. Are you a member of an American Indian tribe?

- ❑ No → **Go to Question 68**
- ❑ Yes

67. What is your tribal enrollment or your tribal affiliation?

- ❑ Eastern Shoshone
- ❑ Northern Arapahoe
- ❑ Sioux
- ❑ Crow
- ❑ Northern Cheyenne
- ❑ Shoshone Bannock
- ❑ Other → Please tell us: _____

The next questions are about the time during the *12 months before* your new baby was born.

68. During the *12 months before* your new baby was born, what was your yearly total household income before taxes? Include your income, your husband's or partner's income, and any other income you may have received. *All information will be kept private* and will not affect any services you are now getting.

- ❑ $0 to $16,000
- ❑ $16,001 to $20,000
- ❑ $20,001 to $24,000
- ❑ $24,001 to $28,000
- ❑ $28,001 to $32,000
- ❑ $32,001 to $40,000
- ❑ $40,001 to $48,000
- ❑ $48,001 to $57,000
- ❑ $57,001 to $60,000
- ❑ $60,001 to $73,000
- ❑ $73,001 to $85,000
- ❑ $85,001 or more

69. During the *12 months before* your new baby was born, how many people, *including yourself*, depended on this income?

____ People

70. What is today's date?

____ / ____ / 20____

Month Day Year

The next questions are about the use of pain relievers *during* pregnancy.

O1. *During your most recent pregnancy*, did you use any of the following *over-the-counter* pain relievers? Over-the-counter pain relievers are those *usually* available without a prescription. For each one, check **No** if you did not use it *during* your pregnancy or **Yes** if you did.

	No	Yes
a. Acetaminophen (like regular Tylenol®, Tylenol Extra Strength®, or Tylenol PM®)	❑	❑
b. Ibuprofen (like Motrin® or Advil®), including high dose pills that may be prescribed	❑	❑
c. Aspirin (like Bayer® or Ecotrin®)	❑	❑
d. Naproxen (like Aleve® or Midol®)	❑	❑

O2. *During your most recent pregnancy*, did you use any of the following *prescription* pain relievers? For each one, check **No** if you did not use it *during* your pregnancy or **Yes** if you did. Do *not* include pain relievers you used *only* during labor and delivery.

	No	Yes
a. Hydrocodone (like Vicodin®, Norco®, or Lortab®)	❑	❑
b. Codeine (like Tylenol® #3 or #4, not regular Tylenol®)	❑	❑
c. Oxycodone (like Percocet®, Percodan®, OxyContin®, or Roxicodone®)	❑	❑
d. Tramadol (like Ultram® or Ultracet®)	❑	❑
e. Hydromorphone or meperidine (like Demorol®, Exalgo®, or Dilaudid®)	❑	❑
f. Oxymorphone (like Opana®)	❑	❑
g. Morphine (like MS Contin®, Avinza®, or Kadian ®)	❑	❑
h. Fentanyl (like Duragesic®, Fentora®, or Actiq®)	❑	❑

If you checked "*Yes*" for any of the options in Question O2, continue with the next question. If not, go to Page 15, Question O10.

The next questions are only about the use of *prescription* pain relievers listed in Question O2.

O3. Where did you get the *prescription* pain relievers that you used *during* your most recent pregnancy?

Check ALL that apply

- ❑ OB-GYN, midwife, or prenatal care provider
- ❑ Family doctor or primary care provider
- ❑ Dentist or oral health care provider
- ❑ Doctor in the emergency room
- ❑ I had pain relievers left over from an old prescription
- ❑ Friend or family member gave them to me
- ❑ I got the pain relievers without a prescription some other way
- ❑ Other → Please tell us:

O4. What were your reasons for using *prescription* pain relievers *during* your most recent pregnancy?

Check ALL that apply

- ❑ To relieve pain from an injury, condition, or surgery I had **before** pregnancy
- ❑ To relieve pain from an injury, condition, or surgery that happened **during** my pregnancy
- ❑ To relax or relieve tension or stress
- ❑ To help me with my feelings or emotions
- ❑ To help me sleep
- ❑ To feel good or get high
- ❑ Because I was "hooked" or I had to have them
- ❑ Other → Please tell us:

O5. In each of the following time periods *during* your pregnancy, for how many weeks or months did you use *prescription* pain relievers? Please write the total number of weeks or months in each time period.

a. In the **first** 3 months of pregnancy

_____ Weeks **OR** _____ Months

- ❑ Less than a week
- ❑ Never

b. In the **second** 3 months of pregnancy

_____ Weeks **OR** _____ Months

- ❑ Less than a week
- ❑ Never

c. In the **last** 3 months of pregnancy

_____ Weeks **OR** _____ Months

- ❑ Less than a week
- ❑ Never

O6. *During your most recent pregnancy*, did you want or need to cut down or stop using *prescription* pain relievers?

- ❑ No → **Go to Question O10**
- ❑ Yes

O7. *During your most recent pregnancy*, did you have trouble cutting down or stopping use of the *prescription* pain relievers?

- ❑ No
- ❑ Yes

O8. *During your most recent pregnancy*, did you get help from a doctor, nurse, or other health care worker to cut down or stop using *prescription* pain relievers?

- ❑ No → **Go to Question O10**
- ❑ Yes

O9. *During your most recent pregnancy*, did you receive medication-assisted treatment to help you stop using *prescription* pain relievers? This is when a doctor prescribes medicines such as methadone, buprenorphine, Suboxone®, Subutex®, or naltrexone (Vivitrol®).

- ❑ No
- ❑ Yes

O10. Do you think the use of *prescription* pain relievers *during pregnancy* could be harmful to a *baby's* health?

Check ONE answer

- ❑ Not harmful at all
- ❑ Not harmful, if taken as prescribed
- ❑ Harmful, even if taken as prescribed

O11. Do you think the use of *prescription* pain relievers could be harmful to a woman's *own* health?

Check ONE answer

- ❑ Not harmful at all
- ❑ Not harmful, if taken as prescribed
- ❑ Harmful, even if taken as prescribed

O12. At any time *during your most recent pregnancy*, did a doctor, nurse, or other health care worker talk with you about how using *prescription* pain relievers during pregnancy could affect a baby?

- ❑ No
- ❑ Yes

The last question is about the use of other medications or drugs during pregnancy.

O13. *During your most recent pregnancy*, did you take or use any of the following medications or drugs for any reason? For each item, check **No** if you did not take or use it or **Yes** if you did.

	No	Yes
a. Medication for depression (like Prozac®, Zoloft®, Lexapro®, Paxil®, or Celexa®)	❑	❑
b. Medication for anxiety (like Valium®, Xanax®, Ativan®, Klonopin®, or other "benzos" (benzodiazepines))	❑	❑
c. Methadone, Subutex®, Suboxone®, or buprenorphine	❑	❑
d. Naloxone	❑	❑
e. Cannabidiol (CBD) products	❑	❑
f. Adderall®, Ritalin®, or another stimulant	❑	❑
g. Marijuana or hash	❑	❑
h. Synthetic marijuana (K2, Spice)	❑	❑
i. Heroin (smack, junk, Black Tar, or *Chiva*)	❑	❑
j. Amphetamines (uppers, speed, crystal meth, crank, ice, or *agua*)	❑	❑
k. Cocaine (crack, rock, coke, blow, snow, or *nieve*)	❑	❑
l. Tranquilizers (downers or ludes)	❑	❑
m. Hallucinogens (LSD/acid, PCP/angel dust, Ecstasy, Molly, mushrooms, or bath salts)	❑	❑
n. Sniffing gasoline, glue, aerosol spray cans, or paint to get high (huffing)	❑	❑

Please turn the page to share more comments with us.

Please use this space for any additional comments you would like to make about your experiences around the time of your pregnancy or the health of mothers and babies in Wyoming.

Due to the confidential nature of this survey, PRAMS staff are not able to directly respond to your comments or questions but your feedback is greatly appreciated. If you have questions about any of our programs, please call our toll-free number (866-571-0944) or call the PRAMS Coordinator directly at 307-777-6304. Thank you.

Thanks for answering our questions!

Your answers will help us work to keep mothers and babies in Wyoming healthy.

2018

January							February							March							April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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2019

January							February							March							April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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28	29	30	31				25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

2020

January							February							March							April							May							June						
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							30	31																																	

For more information about the survey, call 866-571-0944
Email: wdh-wyprams@wyo.gov
Website: www.health.wyo.gov

Mail completed survey to:

Wyoming Department of Health
Community and Public Health Epidemiologist
6101 Yellowstone Road, Suite 420
Cheyenne, WY 82002

Wyoming Department of Health partners with Market Decisions Research to collect data for the Wyoming PRAMS Project.

Wyoming Department of Health

www.health.wyo.gov