

WHAT IS PRAMS?

PRAMS stands for Pregnancy Risk Assessment Monitoring System. It is a survey that could be sent to you 2 to 6 months after the birth of your new baby. The survey asks questions about your attitudes and experiences before, during and after your most recent pregnancy. Your answers play an important role on helping to make Iowa moms and babies healthier.

Iowa Department
of Public Health

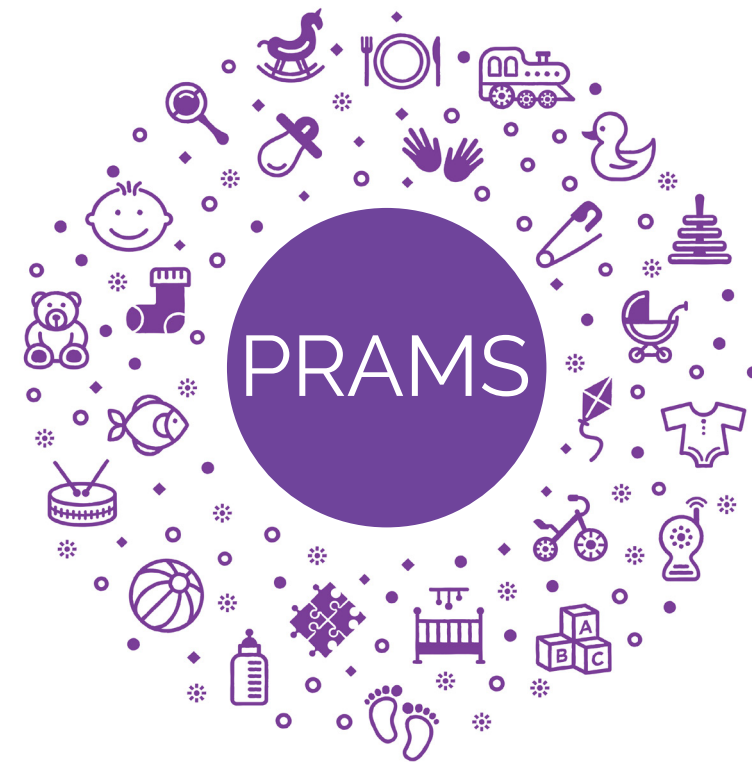
321 East 12th Street
Des Moines, Iowa 50319

Call Healthy Families Iowa:
1-800-369-2229

Call the Iowa
PRAMS Coordinator:
1-800-383-3826

WWW.IDPH.IOWA.GOV/PRAMS
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IDPH
IOWA Department
of **PUBLIC HEALTH**



Iowa Department of Public Health

Pregnancy Risk Assessment Monitoring System

Promoting the health of
Iowa moms and babies

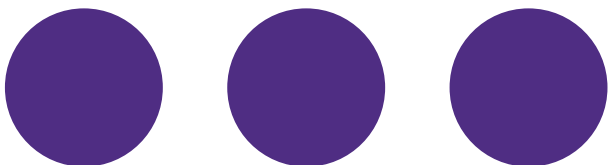
When can you expect the survey?

Moms chosen to complete the survey will receive the survey by mail 2 to 6 months after their baby is born.

If you are selected, please take the time to fill out the survey. It helps to make a difference in the lives of Iowa moms and babies.

All selected moms receive a story book. If you choose to complete and return the survey, you will receive a \$10 gift certificate for diapers as a thank you for your time.

\$10 gift certificate



“I think it's good that they do this to help us take better care of children because they are the future of the country.”

Why is PRAMS important?

The PRAMS survey provides data about health behaviors of Iowa moms before, during and after their pregnancy. Iowa's information can be compared to the other 47 participating states. PRAMS allows us to keep improving programs currently available to moms and babies.

Who receives the survey?

Moms are chosen to take the survey through a random selection process (similar to a lottery) from all Iowa moms who recently had a baby. The survey is available in both English and Spanish.

Who is going to use PRAMS data?

PRAMS data will be used by state and local agencies to plan and improve current programs aimed at reducing health problems among Iowa moms and babies.

How is PRAMS information used?

PRAMS data is maintained by the Iowa Department of Public Health. The information collected is anonymous and confidential. The information will help to identify any gaps in services and to develop new programs to make sure you and your baby can live healthy, happy lives.

What topics are on the survey?

- *Breastfeeding*
- *Prenatal Care*
- *Stress*
- *Insurance*
- *Birth Control*
- *Mental Health*
- *and many more*