



PRAMS

THE BEST SOURCE OF DATA ON MOTHERS AND BABIES

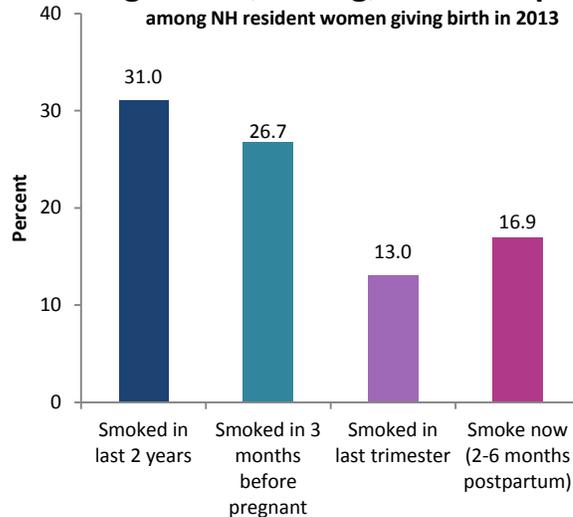
New Hampshire

NH PRAMS 2013 survey results are now available

NH PRAMS collects data on several topics pertaining to Title V Maternal and Child Health priorities including access to care, safe sleep practices, and substance misuse.

Some Highlights

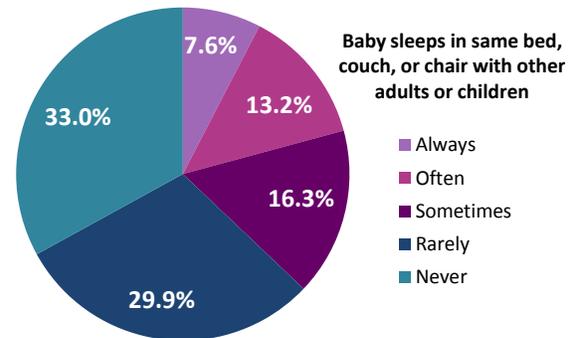
Smoking before, during, and after pregnancy



Safe Sleep Practices

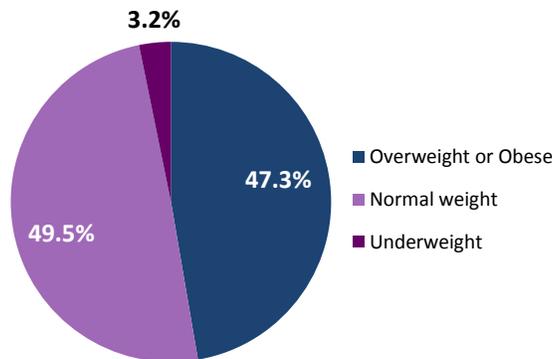
among NH resident women giving birth in 2013
88.8% of babies are put to sleep on their backs

Co-sleeping Behavior



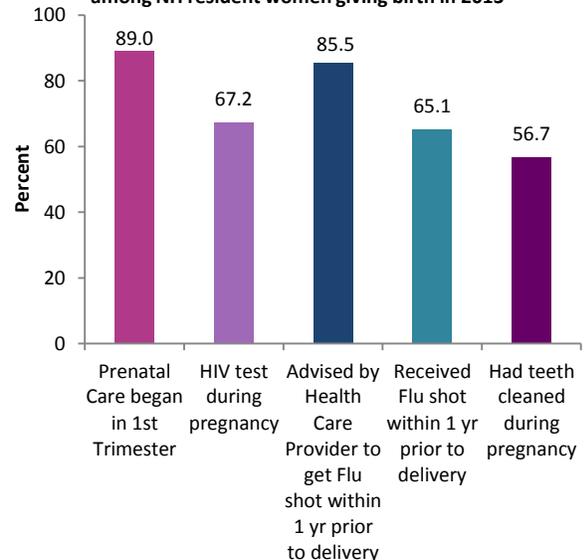
Pre-pregnancy Body Mass Index (BMI)

among NH resident women giving birth in 2013



Prenatal Care

among NH resident women giving birth in 2013



What is PRAMS?

The Pregnancy Risk Assessment Monitoring System (PRAMS) was developed in 1987 by the Centers for Disease Control and Prevention (CDC) as part of an initiative to reduce infant mortality and low birth weight.

New Hampshire joined the PRAMS project and began data collection in 2013. NH staff work in the Maternal & Child Health Section of the Division of Public Health Services.

PRAMS was designed to supplement vital records data by providing state-specific information on maternal behaviors and experiences just before, during, and just after pregnancy, to be used for planning and assessing perinatal health programs.

Because PRAMS uses standardized data collection methods nationwide, data can be compared among states.

How does PRAMS work?

NH PRAMS questionnaire booklets are mailed each month to approximately one of every 12 New Hampshire resident women who have recently given birth and have been randomly selected from State birth certificate records.

All information is strictly confidential and all answers are grouped together. Each mailing includes an Informed Consent document, a FAQ sheet, and a Resource List with useful phone numbers and websites. In the near future respondents will have the option of completing the survey online.

Every woman's experience and perspective is different. Participation is voluntary but since only a small number of women are selected to participate it is important that each one complete the survey for the data to be representative of the entire population of New Hampshire women who give birth.

Information collected by PRAMS will help the Department of Health and Human Services to develop and improve programs for new moms and babies.

NH PRAMS data is now available

The NH PRAMS 2013 Databook is now available online: <http://www.dhhs.nh.gov/dphs/bchs/mch/prams.htm>

Researchers may also request NH PRAMS data by submitting a request through the NH PRAMS web page.

CDC's PRAMS data from participating states is available online at: <http://www.cdc.gov/prams/pramstat/>



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