



What Is PRAMS?

- PRAMS (Pregnancy Risk Assessment Monitoring System) sends a survey about the health of babies and mothers across Indiana selected at random
- Each month a few mothers who recently had a baby are chosen to participate
- The information mothers provide is used to help plan public health programs to improve health for women and children living in Indiana
- If you receive a survey, it is important that you complete and return it as soon as possible. The information you share helps researchers understand why some babies are born healthy and some are not
- All answers are kept private and you will not be identified by name



Your Story Matters

Every mother's experiences, struggles, and triumphs hold value and significance. PRAMS offers a safe space for mothers to share their stories in a world where it can often feel like our voices are overshadowed or unheard.

Your story can help us plan public health programs to improve Indiana's maternal healthcare.

PRAMS is a joint research project between the Centers for Disease Control and Prevention (CDC) and the Indiana Department of Health. Our purpose is to determine why some babies are born healthy and others are not, thereby reducing infant deaths.

New mothers are randomly chosen from the state birth registry to participate in PRAMS. Surveys may be returned by mail, completed over the phone, or filled out online. If you receive a survey, please complete it. You can make a difference!

All responses are kept confidential.

For more information please visit

<https://www.in.gov/health/mch/data/pregnancy-risk-assessment-monitoring-system-prams/>





Tell Us Your Story

Complete the survey via phone, web, or mail and receive a \$25 Walmart gift card for diapers and wipes!

How can I tell my story to PRAMS?

Names are selected by chance, like a lottery, from the state birth certificate registry. Only a small number of women, about 200 each month, will be chosen to participate in study. **When we receive your completed survey, we will send you a \$25 gift card as a token of our appreciation.**

Will my answers be kept private?

Yes - all answers are kept completely private and will be grouped together to give us information on Indiana mothers of new babies. In reports from this survey, no woman will be identified by name.

Do I really need to answer these questions?

Yes! With the information you give us, we may be able to improve health care for women and children in Indiana. We need to know what went right as well as what went wrong during your pregnancy. Your help is essential to the success of our program.



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