

If you are chosen for **PRAMS**, you will get this packet in the mail; please complete it and return it.

ALABAMA PUBLIC HEALTH

PRAMS · THE BEST SOURCE OF DATA ON MOTHERS AND BABIES

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Help Alabama **Shine!**

PRAMS

Pregnancy
Risk
Assessment
Monitoring
System

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The Pregnancy Risk Assessment Monitoring System (PRAMS) is a joint research project between the Centers for Disease Control and Prevention (CDC) and the Alabama Department of Public Health (ADPH). Its purpose is to find out why some babies are born healthy and others are not.

New mothers are randomly chosen to participate in PRAMS and receive surveys in the mail. Surveys may be returned in the postage-paid envelope, via web or completed over the phone. If you are selected to receive a survey, please complete it. Your experiences can help improve the health of all our moms and babies and help Alabama shine!

Responses are kept confidential.

Participating moms will receive a gift as a token of our appreciation.

For more information please call us at 1-800-654-1385 or visit AlabamaPublicHealth.gov/prams or cdc.gov.

What are Alabama mothers saying about PRAMS?

"Thank you for this survey! I hope this helps mothers or expecting mothers receive awareness of proper prenatal care!"

"I had a normal pregnancy & I now have a beautiful Baby Boy. I hope this helps. God Bless! & Roll Tide."

"Thank you for checking on us."

"Happy to be a part of this survey."

"Please contact me if more info is needed. I'd be more than happy to help!"

"I had PID, was told 40-60% can't get pregnant. My baby is my miracle baby. I'm very blessed."

"[Hospital] took excellent care of us both. They were very supportive of breastfeeding and provided great support, even while I was in ICU recovering."

"Breastfeeding is not pushed and supported enough in hospitals, but would be better introduced in the OB office."

"I had three previous miscarriages before my son was born. We found out much of my problem was hypothyroidism – I wish I had known this could cause such problems earlier, it would have saved me and my husband a lot of heartache."

"Motherhood and breastfeeding classes at [hospital] were very helpful."

"I have learned a lot getting support from a Facebook group dedicated to exclusive breastfeeding. I will probably breastfeed longer because of this group."

"[Insurance] has a program to support pregnant mothers where I spoke with a nurse several times during/after pregnancy and I appreciated their support."