

# PRAMS

Oklahoma **P**regnancy **R**isk **A**ssessment **M**onitoring **S**ystem

*The best source of data on mothers and babies for over 30 years*

## WHAT?

Oklahoma PRAMS collects statewide, population-based data on maternal attitudes, behaviors, and experiences before, during, and shortly after pregnancy. PRAMS is currently in 47 states.

## WHY?

- Understand groups of women and infants at high risk for health problems
- Help improve health care
- Help mothers learn more about health during pregnancy
- Develop health programs and policies to make better use of resources

## HOW CAN PROVIDERS HELP?

Let pregnant women know they may receive this survey in the mail after delivery and how important it is.



**Preconception Health**



**Tobacco Use**



**Contraception Use**



**Breastfeeding Practices**



**Maternal Mental Health**

**AND MORE**

**VISIT OUR WEBSITE TO LEARN MORE ABOUT PRAMS OR TO ACCESS ONLINE REPORTS, PUBLICATIONS, AND REQUEST CUSTOM DATA SETS**

**PRAMS.HEALTH.OK.GOV**



Oklahoma State  
Department of Health  
Creating a State of Health