



Pregnancy Risk Assessment Monitoring System

**Please call us if you have
more questions about
Florida PRAMS
1-800-922-7475
or visit our website at
www.floridachronicdisease.org**



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**Working to
improve the
Health of
mothers and
infants in**

**1-800-922-7475
www.floridachronicdisease.org**



If you are a mother of a young baby, share your story to help other moms and babies in Florida.



What is PRAMS?

Florida PRAMS is an ongoing public health project to improve health services for moms and babies. Every month a small number of moms are chosen to do a survey that asks questions about the lives and health of moms and babies around the time of pregnancy.

Even though many babies are born healthy, too many babies in Florida are not. We want to find out why. **You can help by telling us about your pregnancy and baby.**

How can you help?

If you receive a PRAMS survey in the mail, complete the survey and return it to us in the postage-paid envelope that came with it. Or you can do the survey over the phone by calling 1-800-922-7475.

If you know a mom who recently gave birth, tell her about the PRAMS survey.

Some of the things we have learned from PRAMS (from 2010):

- 58% of moms received WIC benefits during pregnancy
- 22% of moms did not get prenatal care as early as they wanted
- 46% of mom's pregnancies were either too early or unplanned
- 40% of moms breastfed their babies for at least three months
- 66% of moms have experienced postpartum depression
- 62% of moms put their babies to sleep on their backs



Is it really important for women to do the survey?

Each mom's answers are very important, no matter how her pregnancy went. If you receive a PRAMS survey in the mail, you can help improve health care for your family and for other families in Florida by completing the survey and returning it to us. The survey should take about 20 minutes to do.

Will answers be kept private?

Yes. All answers will be kept completely private to the extent permitted by law. No names will ever be included in reports from this project.

What do women get for doing the survey?

Moms who do the survey get to choose a free gift to thank them for their time.