

## How PRAMS responses are shaping support for babies and parents:

- Comprehensive insurance coverage for 12 months following end of pregnancy, including birth control.
- Postpartum mental health resources:

Scan



Call

1-888-404-7763



*For more Information:*



Scan the QR code to the left to visit our website

email: [WAPRAMS@doh.wa.gov](mailto:WAPRAMS@doh.wa.gov)  
call: (877) 867-7267  
or (360) 236-3576



**DOH 160-195 CS August 2024**

To request this document in another format, call 1-800-525-0127.  
Deaf or hard of hearing customers, please call 711 (Washington Relay)  
or email [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).



## *Your stories matter*

Sharing your birth experiences helps parents and babies thrive.

## What is the Washington Pregnancy Risk Assessment Monitoring System?

Washington Pregnancy Risk Assessment Monitoring System (PRAMS) is a survey that collects information from people who recently gave birth in Washington. We want to learn about what it was like for you before, during, and after your recent pregnancy. PRAMS is run by the Department of Health with support from the Centers for Disease Control and Prevention (CDC).

## How does PRAMS choose who takes part in the survey?

PRAMS selects a small number of new parents each month from the Washington state birth certificate registry. Participation is by chance, like a lottery. If we select you, you will receive a survey request in the mail with the option to complete it by mail, online, or phone. We thank all survey participants with a \$20 gift card.

## Does PRAMS keep my answers confidential?

Yes, we keep your answers private. We combine them with others to understand the experiences of people who recently gave birth in Washington. Our survey reports do not include names or other private details. Your privacy is important to us.

## Why is it important that I answer the survey questions?

All birth experiences are important and help more Washington babies and parents thrive. Your answers help us create policies and practices that benefit everyone. We learn from each unique pregnancy and birthing experience. And we hope you share your story with us.



## What previous participants say:

### On hospital experience

"I was treated very well and was taken care of by all the doctors and nurses, and I also want to thank you for asking these questions."



### On Postpartum depression (PPD):

"There was a lot of talk about PPD, which was great. I would have liked to see the hospital or other service offer a PPD support group for new mothers that is open or acceptable to bring newborns to."

"It would be good to offer more information or resources on PPD, not just when leaving the hospital, but weeks after the baby is born. I didn't begin experiencing PPD symptoms until my baby was almost 2 months after my checkup. It didn't last long, but seeing my provider helped me."

*Postpartum depression is a type of depression that happens after someone gives birth.*

### More after care for parents and babies

"I'd like to see more after care for mothers when they have the baby, both mentally and physically for the mother. There is so much care for the baby but not much for mothers. Even a phone call, aside from the post-partum checkup would be good. At least once a week for the first 6 weeks."