



Pregnancy Risk Assessment Monitoring System

*“The best source of data on babies and birthing people for over 30 years”*



**WA PRAMS Celebrating 30 Years**

WA PRAMS is a unique surveillance system that gathers population-based data on the experiences of pregnant and birthing people. Supported by funding from Washington State Foundational Public Health Services and the Centers for Disease Control and Prevention.

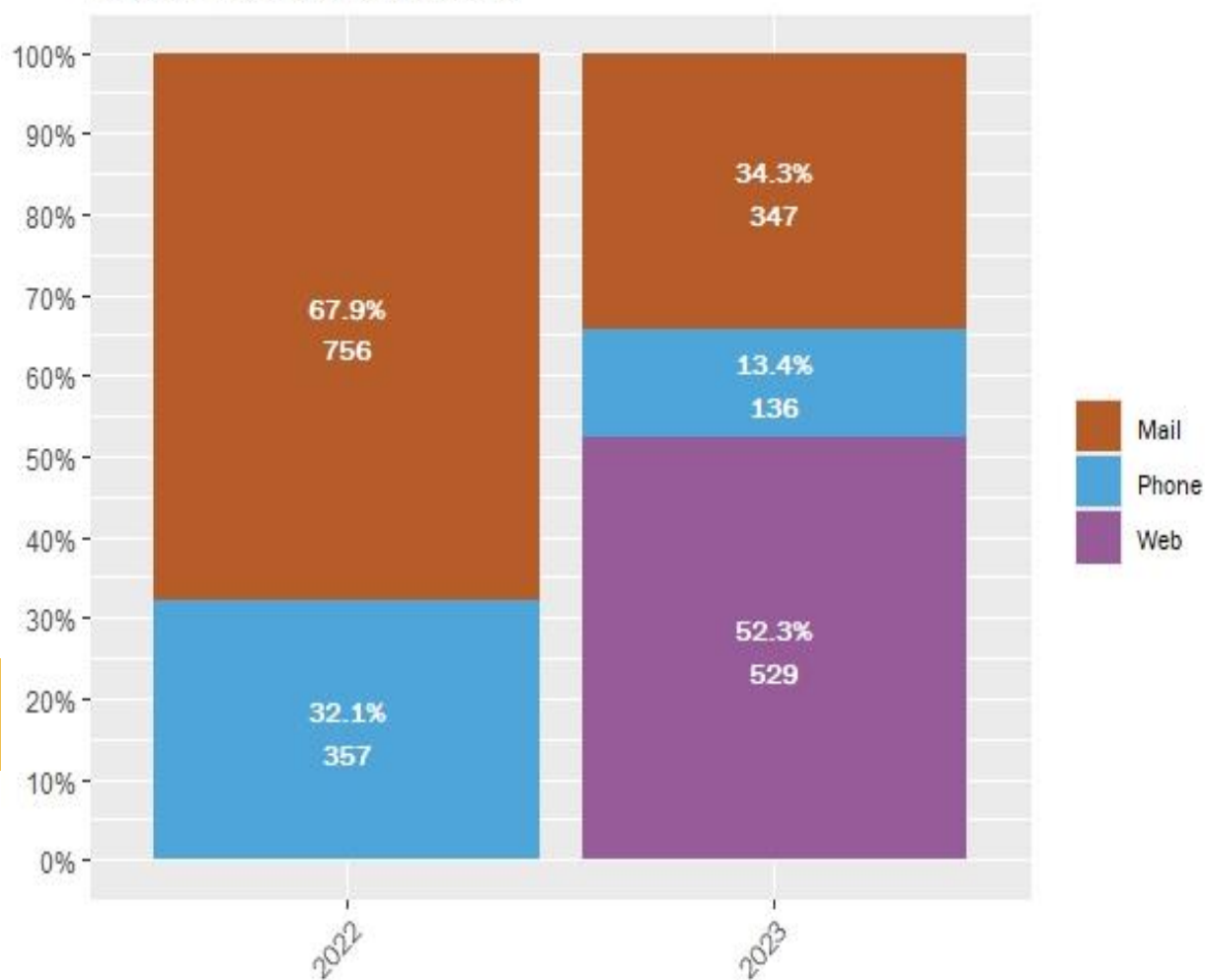
Three WA PRAMS staff were recently honored at the National PRAMS Grantee meeting. Staff recognized for 20+ years of PRAMS work: **Silbia Moreno** (20 years), **Karen Kirk** (24 years), and **Linda Lohdefinck** (28 years) pictured with Wanda Barfield of CDC.

**Prescription Opioid Use**

Since 2019, WA PRAMS has been collecting extra data on the use of prescription opioids such as hydrocodone and codeine, during pregnancy. Each year WA PRAMS decides whether to continue collecting these supplemental data. Following recommendations from the WA PRAMS Advisory Committee and DOH, the decision is to continue collecting this data through at least 2025.

**How PRAMS Participation is Changing**

Note: Web only available in 2023



Around 1,200 new birthing people in Washington State complete the PRAMS survey every year. An online option (Web) was added in 2023 to give participants a new way to complete the survey and support survey response rates. Before this, most participants completed the survey by mail (in 2022, 67.9%). Web became a popular option (52.3%) after its launch. While the Web option was used across demographic groups, younger participants especially preferred it. Even with this shift to Web, the phone call appears to be an important prompt to complete the survey. Most surveys were completed after PRAMS interviewers started calling participants who had not yet responded.

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# DATA SPOTLIGHT

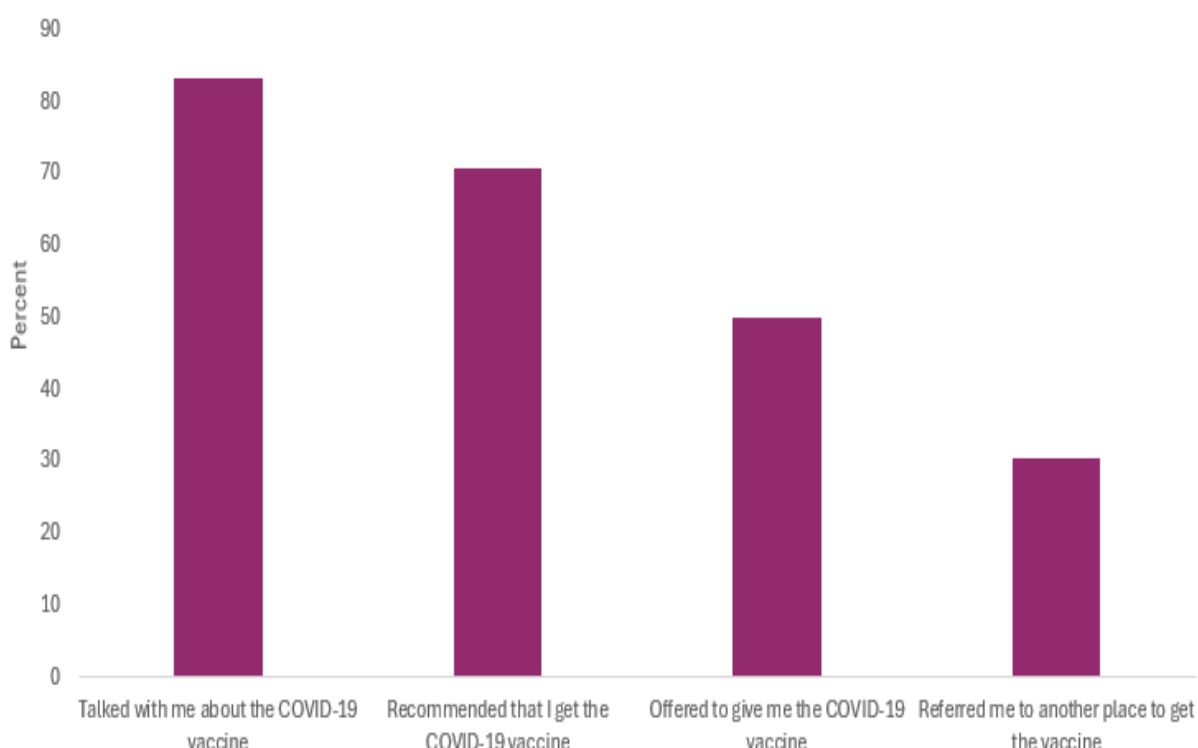
## COVID-19 Vaccination Uptake and Experience in Pregnant People in Washington State, 2021-22

Pregnant people and their infants are at risk for more severe outcomes from COVID-19. It is strongly recommended that pregnant persons be vaccinated against COVID-19 to help protect the parent and their baby. WA PRAMS collected information on experiences of COVID-19 vaccination during pregnancy from Oct 2021 through March 2023 as part of a PRAMS supplement.

Approximately half (46.4%) of post-partum people in WA reported receiving at least one dose of the COVID-19 vaccine during pregnancy in 2021-22. High uptake rates were observed in people who were married, non-Hispanic Asian, and received adequate prenatal care, as measured by the Kotelchuck Index. Reasons for not getting the vaccine during pregnancy included concerns about side effects for self and infant, rapid vaccine development, and lack of information. Over 80% of PRAMS respondents reported that a healthcare provider talked to them about the COVID-19 vaccine during pregnancy, and over 70% had it recommended to them. Half of the respondents reported that the provider offered to give them the vaccine.

WA PRAMS provides insights about healthcare provider COVID-19 vaccination recommendations and reasons pregnant people declined COVID-19 vaccinations. Findings are used along with Immunization Registry data to inform messaging and outreach to pregnant people who may experience poor health outcomes due to COVID-19 infections.

COVID-19 Vaccine Conversation with Healthcare Provider During Pregnancy  
WA PRAMS, 2021-22



### WHAT IS ON THE SURVEY?

The PRAMS survey contains core questions, asked by every state and state-specific questions, which are chosen to address each state's data needs. As a result, each state's PRAMS survey is unique. The PRAMS survey is revised periodically, and some items are changed with each new phase..

The Washington PRAMS questionnaire contains core questions about the following:

- Attitudes and feelings about the most recent pregnancy
- Preconception care
- Content of prenatal care
- Medicaid and WIC participation
- Breastfeeding
- Cigarette smoking and alcohol use
- Health insurance coverage
- Infant health care



### ACKNOWLEDGMENTS

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