

W A S H I N G T O N

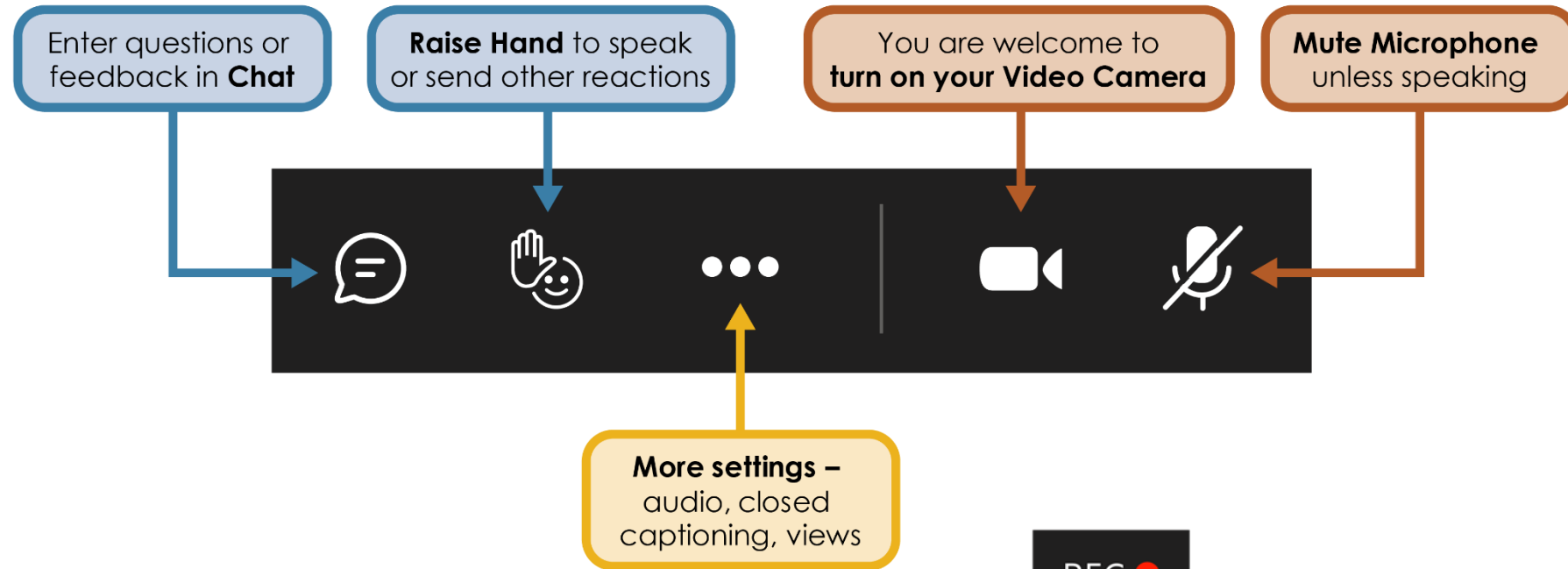


# WA PRAMS Advisory Committee

February 8, 2024



# MS Teams Features We Will Use Today



## Tips

- Try to be present
- State your name before speaking
- Speak clearly





Land Acknowledgment

POLL

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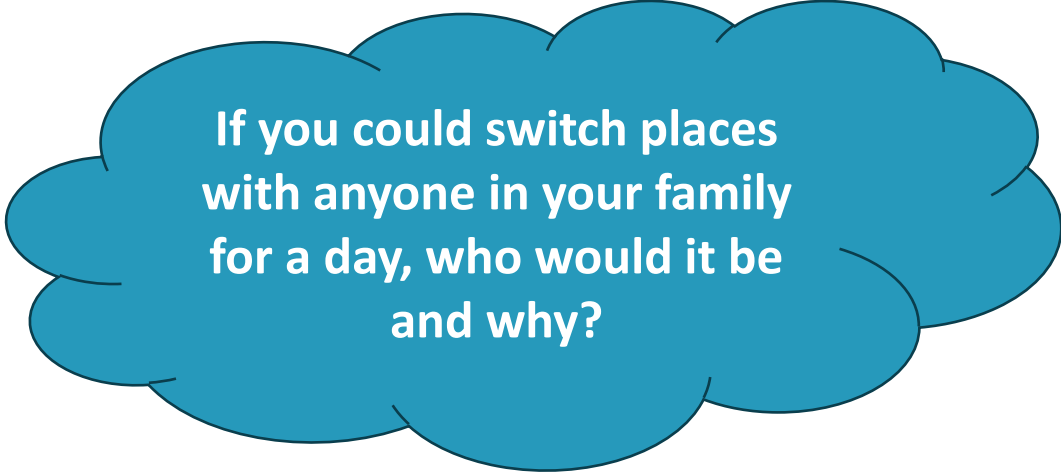
# Agenda

10:00 – 10:30	Welcome & Introductions
10:30 – 10:50	WA PRAMS Overview
10:50 – 11:00	Data Use & Availability
11:00 – 11:10	Break
11:10 – 11:30	AC Roles, Expectations, & Opportunities
11:30 – 11:45	WA PRAMS 2023-25 Priorities
11:45 – 11:55	Announcements
11:55 – Noon	Closeout

# Welcome & Introductions

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- **Welcome** to the new Washington Pregnancy Risk Assessment Monitoring System Advisory Committee → **WA PRAMS-AC**
- **Introductions:**
  - Name
  - Organization and/or Role
  - Ice Breaker



If you could switch places with anyone in your family for a day, who would it be and why?

WA PRAMS

OVERVIEW

# What is Pregnancy Risk Assessment Monitoring System (PRAMS)?

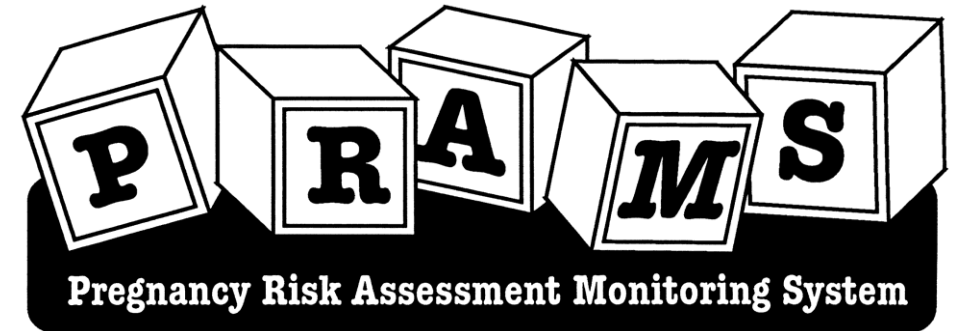
- Established in 1987 by CDC as part of an Infant Health Initiative
  - Over 30 years of data!
- Population-based surveillance system
- Self-reported maternal behaviors and experiences before, during, and after pregnancy





# WA PRAMS Background

- WA PRAMS started in 1993 (first full year of data in 1994)
- Survey of WA residents who recently gave birth in-state
  - ~2,000 birthing persons sampled annually
- 2022 unweighted response rate was 52%
  - Above CDC response rate threshold of 50%
- Voluntary participation
  - \$20 gift card for completing the survey



# How is PRAMS used?

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- To supplement birth certificate information
- To investigate emerging issues in the field of reproductive health
- To plan and assess programs and policies aimed at reducing health problems among mothers and babies



Methodology

# How is sampling done?

- Selected monthly from birth certificate records
  - Residents of WA who gave birth in WA
  - ~2-6 months old after delivery
- Stratified random sample
- Stratify by five race and ethnicity sub-groups
  - Non-Hispanic (NH) White, NH African American, NH Asian/Pacific Islanders, NH Native American, and Hispanic
  - Achieve better estimates within these populations



- Data sent to CDC to calculate analytic weights
  - Accounts for sampling, nonresponse adjustment, and omissions from the sampling frame (nonconvergence)

# Who is included in the sample?

## ● Eligible

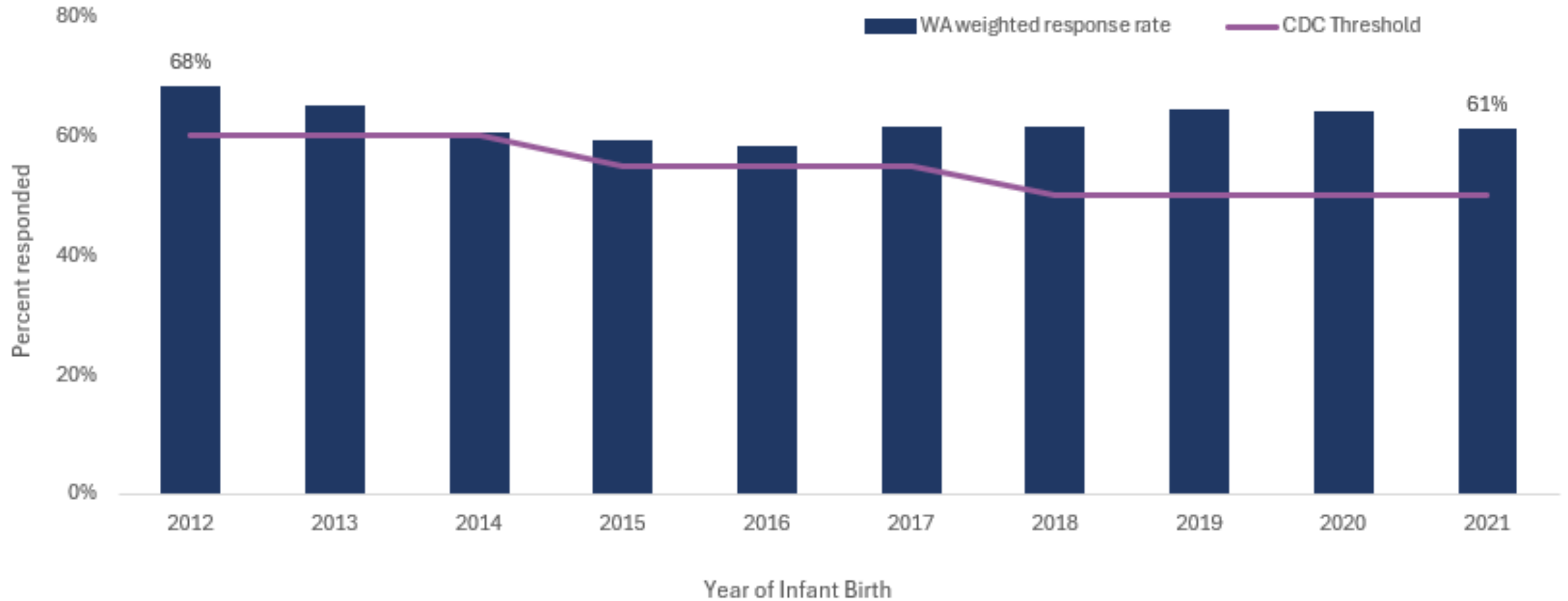
- WA residents with a live birth in WA
- Individuals whose infant died after a live birth
- Individuals of all ages (teens and older persons)
- Individuals with multiple births ( $\leq 3$ )
- Individuals whose infants are not living with them (adoption, foster care, etc.)

## ● Eligible, but follow-up may not be possible:

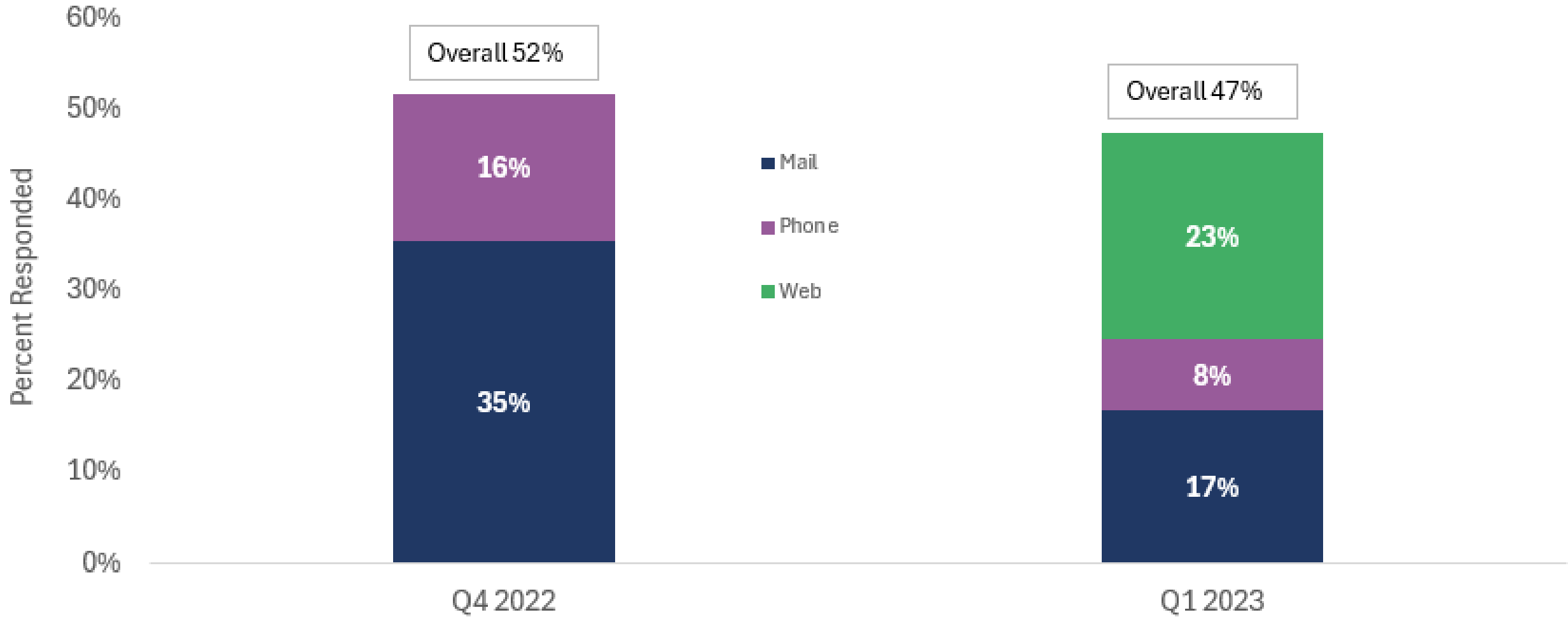
- Incarcerated persons (not allowed due to IRB restrictions)
- Individuals who do not read or speak English or Spanish



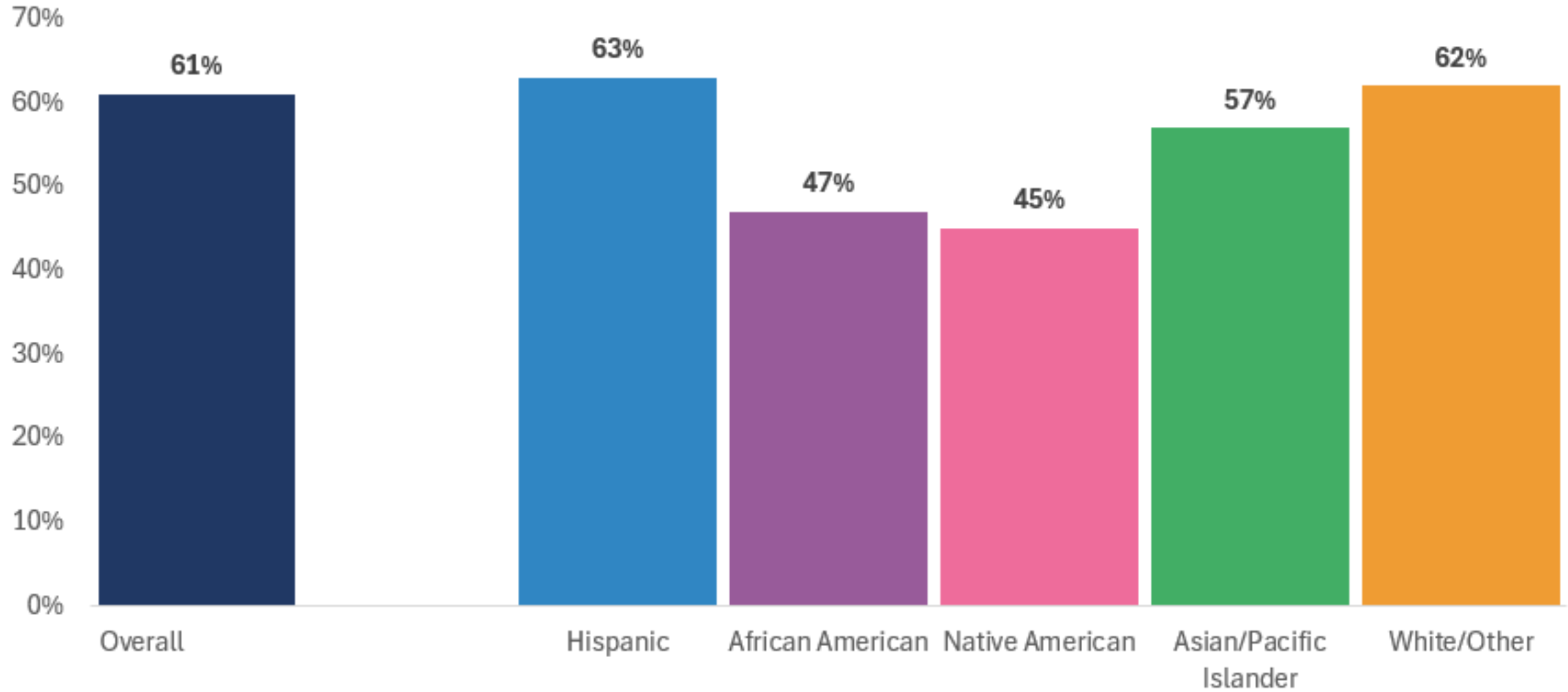
## WA PRAMS Response Rates and CDC Response Rate Threshold by Birth Cohort, 2012-2021



# WA PRAMS Unweighted Response Rates by Mode, 4th Qrt 2022 and 1st Qrt 2023



WA PRAMS Weighted Response Rates by Sampling Strata, 2021





# PRAMS Limitations

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- Selected monthly from birth certificate records
  - Not able to accurately remember (recall bias)
  - Unwilling to report behaviors accurately (social desirability bias)
- Low response rates among some sub-populations
  - Harder to reach populations less likely to respond
  - Possible results in the non-response population differ from those who responded (non-response bias)
- Small sample size
  - ~1200 respondents per year
  - Smaller sub-group analysis is usually not possible without combining groups or years of data



QUESTIONS?

# WA PRAMS

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DATA USE  
&  
AVAILABILITY

# Phase 8 (2016-2022\*) PRAMS topics

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- Attitudes and feelings about the most recent pregnancy
- Preconception/prenatal/postpartum care
- Vitamin use
- Content of prenatal care
- Breastfeeding
- Cigarette smoking, marijuana and alcohol use
- Health insurance coverage
- Physical abuse
- Infant healthcare and safety
- Contraceptive use
- Routine vaccinations during pregnancy
  - Tdap, flu
- Stressful life experiences
- Family history of cancer (2016-2020)
- Postpartum depressive symptoms
- Discrimination
- \*NEW in 2021\* COVID-19 vaccine
- Prescription opioid use (2019 on)

# \*NEW\* Phase 9 PRAMS topics

- Feelings on healthcare services received (respected/comfortable)
- Disabilities
- Home visiting services (during pregnancy and after delivery)
- Depression and anxiety (*expanded*)
- Mental health services
- Parental leave

- Discrimination (*expanded*)
- Firearms

**16. During your most recent pregnancy, did a home visitor come to your home to help you prepare for your new baby?** A home visitor is a nurse, healthcare provider, doula, childbirth program that helps you during your

**20. Overall, during my pregnancy, I felt...**  
For each one, check **No** or **Yes**.

	No	Yes
a. Comfortable asking questions about the prenatal care that I received.....	<input type="checkbox"/>	<input type="checkbox"/>
b. Comfortable declining care if I didn't want it.....	<input type="checkbox"/>	<input type="checkbox"/>
c. Comfortable accepting the options for care that my provider recommended .....	<input type="checkbox"/>	<input type="checkbox"/>
d. I was able to choose the care options that I received .....	<input type="checkbox"/>	<input type="checkbox"/>
e. My providers treated me with respect.....	<input type="checkbox"/>	<input type="checkbox"/>
f. Satisfied with the prenatal care that I received .....	<input type="checkbox"/>	<input type="checkbox"/>

**62. Were you able to get the mental health services that you needed?**

No  
 Yes

**74. Did you take leave from work after your new baby was born?**  
**Check ALL that apply**

Yes, I took *paid* leave from my job  
 Yes, I took *unpaid* leave from my job  
 No, I didn't take any leave

**Navigation:** Arrows point from question 20 to "Go to Question 20", from question 62 to "Go to Question 64", and from question 62 to "Go to Question 63".

# 2021 WA PRAMS Data Highlights\*

51%

took multivitamin at least 4x/week the month before pregnancy

5%

Reported any cigarette smoking in the last 3 months of pregnancy

12%

Reported postpartum depressive symptoms

93%

had a maternal postpartum checkup

95%

Ever breastfed

84%

laid baby most often on back to sleep

81%

reported any breastfeeding at 8 weeks postpartum

Green – significant increase compared to 2016

Yellow – no change compared to 2016

\*Presented as weighted percent

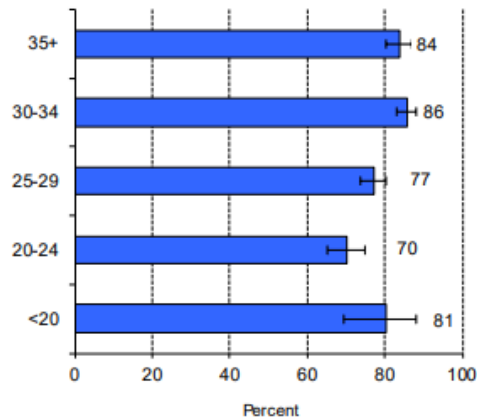
# Maternal and Child Health Report Topics

- Dives into specific topics by showing indicators by select characteristics
  - Age, Medicaid status, race/ethnicity, trend over time

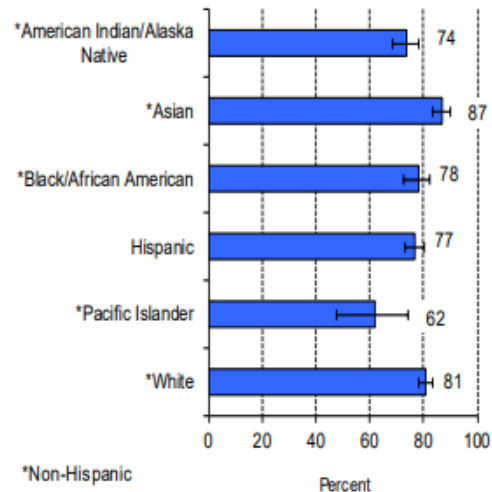
## Current Topics

- Alcohol use before and during pregnancy
- Breastfeeding
- Infant mortality
- Infant sleep position
- Low birth weight
- Oral health
- Perinatal multi-vitamin use
- Prenatal care
- Preterm delivery
- Smoking during pregnancy
- Teen pregnancy and childbearing

*Breastfeeding Eight or More Weeks by Maternal Age, 2017-2019<sup>1</sup>*



*Breastfeeding Eight or More Weeks By Maternal Race and Ethnicity, 2017-2019<sup>1</sup>*



# Process to Access PRAMS Data for External Users

Submit request through <https://redcap.link/WAPRAMSdatarequest>

```
graph TD; A[Submit request through https://redcap.link/WAPRAMSdatarequest] --> B[PRAMS Epi approves request]; B --> C[Draft Data Sharing Agreement (DSA)]; C --> D[Execute DSA]; D --> E[Start Analysis!];
```

PRAMS Epi approves request

Draft Data Sharing Agreement (DSA)

Execute DSA

Start Analysis!



# Available Resources

- PRAMS Analytic Guide
  - Project History
  - Methodology
  - Limitations
  - Sample analytic code
- Phase 8 Data Dictionary
- Survey questionnaires
  - Core
  - Supplements
- CDC Automated Research File (ARF)
  - Multi-jurisdictional data files
  - <https://www.cdc.gov/prams/prams-data/form/arf-access-form.htm>

## PRAMS Overview

### Project Purpose

The overall purpose of the Pregnancy Risk Assessment Monitoring System (PRAMS) is to find out why some infants are born healthy, and others are not. Survey answers give us information about what behaviors and factors may affect the health of the mother and their new baby. This information is used to reduce infant morbidity and mortality and improve the health of mothers in Washington State (WA). It is the only surveillance system that provides data about pregnancy and the first few months after birth.

### Survey History

PRAMS is an ongoing, population-based surveillance system designed to identify and monitor selected maternal experiences and behaviors that occur before and during pregnancy and during the child's early infancy among a stratified sample of women delivering a live birth. PRAMS was initiated in 1987 as part of the Centers for Disease Control and Prevention (CDC) initiative to reduce infant mortality and low birthweight.

WA joined PRAMS in 1991 and WA Department of Health (DOH) began data collection in 1993. The questionnaire is revised periodically. With each revision or new phase, some of the questions change. Although most indicators can be compared across phases, it is often easier to analyze data within a single phase. To add questions between phases, supplements can be appended to the core survey to address emerging topics of interest. For more information on questions asked during each phase, please visit: <https://doh.wa.gov/data-statistical-reports/health-behaviors/pregnancy-risk-assessment-monitoring-system/researchers>

Table 1: PRAMS Phases and Birth Cohort Years

Phase	Birth Cohort Years
Phase 2	1993-1995
Phase 3	1996-1999
Phase 4	2000-2003
Phase 5	2004-2008
Phase 6	2009-2011
Phase 7	2012-2015
Phase 8	2016-2022
Phase 9	2023-Present

### PRAMS Population of Interest

The population of interest for PRAMS is all birthing persons who are residents of and delivered a live-born infant within WA each year. WA's vital records birth certificate file serves as the best available source of the sampling frame representing live births, including infants who have died during infancy. Infant deaths are identified before initial contact with the mother (see Figure 1 below). A separate letter is used to express sympathy for their loss. The following groups are excluded from the sampling frame:

- Out-of-state births to residents

Please check the box next to your answer or follow the directions included with the question. You may be asked to skip some questions that do not apply to you.

### BEFORE PREGNANCY

The first questions are about you.

#### 1. How tall are you without shoes?

\_\_\_ Feet \_\_\_ Inches

OR \_\_\_ Centimeters

#### 2. Just before you got pregnant with your new baby, how much did you weigh?

\_\_\_ Pounds OR \_\_\_ Kilos

#### 3. What is your date of birth?

\_\_\_ / \_\_\_ / \_\_\_  
Month Day Year

The next questions are about the time **before** you got pregnant with your new baby.

#### 4. During the 3 months before you got pregnant with your new baby, did you have any of the following health conditions? For each one, check No if you did not have the condition or Yes if you did.

- No Yes
- a. Type 1 or Type 2 diabetes (**not** gestational diabetes or diabetes that starts during pregnancy).....
  - b. High blood pressure or hypertension.....
  - c. Depression.....
  - d. Asthma.....
  - e. Thyroid problems.....
  - f. Anxiety.....

#### 5. During the month before you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?

- I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin in the month before I got pregnant
- 1 to 3 times a week
- 4 to 6 times a week
- Every day of the week

#### 6. In the 12 months before you got pregnant with your new baby, did you have any health care visits with a doctor, nurse, or other health care worker, including a dental or mental health worker?

- No  Yes

Go to Page 2, Question 7

Variable Name	Type	Description	Data Source	In 2016	In 2017	In 2018	In 2019	In 2020	In 2021	CHS Historical Field Name (1980-2011)	OFCHI Name	Notes
cigarettes_smoked_1st_tr	Num	Number Cigarettes Smoked during 1st Trimester	Birth Certificate	X	X	X	X	X	X	cigs_1 <sup>st</sup>	cigs_1st	
cigarettes_smoked_2nd_tr	Num	Number Cigarettes Smoked during 2nd Trimester	Birth Certificate	X	X	X	X	X	X	cigs_2 <sup>nd</sup>	cigs_2nd	
cigarettes_smoked_3_months_prior	Num	Number Cigarettes Smoked 3 Months Before Preg	Birth Certificate	X	X	X	X	X	X	cigs_def	cigs_def	
cleft_lip	Char	Congenital Malformations, Cleft Lip ***Began 2017, replaced malF3-**** Character: Max Length = 1 Y - Yes N - No U - Unknown	Birth Certificate	X	X	X	X	X	X	malF3 - malF7	CleftLip	
cleft_palate	Char	Congenital Malformations, Cleft Palate ***Began 2017, replaced malF3-**** Character: Max Length = 1 Y - Yes N - No U - Unknown	Birth Certificate	X	X	X	X	X	X	malF3 - malF7	CleftPalate	
congenital_anomaly_none	Char	Congenital Malformations, None of the Above ***Began 2017, replaced malF3-**** Character: Max Length = 1 Y - Yes N - No U - Unknown	Birth Certificate	X	X	X	X	X	X	malF3 - malF7	CongenitalAnomalyNone	
congenital_anomaly_unknown	Char	Congenital Malformations, Unknown ***Began 2017, replaced malF3-**** Character: Max Length = 1 Y - Yes N - No U - Unknown	Birth Certificate	X	X	X	X	X	X	malF3 - malF7	CongenitalAnomalyUnknown	
congenital_heart	Char	Congenital Malformations, Cyanotic Congenital Heart Disease ***Began 2017, replaced malF3-**** Character: Max Length = 1 Y - Yes N - No U - Unknown	Birth Certificate	X	X	X	X	X	X	malF3 - malF7	CongenitalHeart	
congenital_hernia	Char	Congenital Malformations, Congenital Diaphragmatic Hernia ***Began 2017, replaced malF3-**** Character: Max Length = 1 Y - Yes N - No U - Unknown	Birth Certificate	X	X	X	X	X	X	malF3 - malF7	CongenitalHernia	
delivery_method_calculation	Num	Delivery Method, CalculatedNumeric, Max Length = 1	Birth Certificate	X	X	X	X	X	X	dmeth1	dmeth1	

# PRAMS ARF Process

1. Researchers will submit a brief form and be invited to set up a CDC SAMS account
2. Once registered in SAMS, researcher will receive an email with SAMS login info
3. Once logged into SAMS, researcher must first review and sign a data sharing agreement
4. Then they have access to the ARF portal where they can select the datasets to download

# PRAMS ARF Portal Screen

**CDC** Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

PRAMS

Home user@med.com | Logout

## PRAMS Automated Research File [ARF] Portal

### Search Dataset

Selections can only be made within one phase (time spans of PRAMS data) and one type (PRAMS ARF, standard, site-specific, or supplement) of dataset at a time. Once you select and download the datasets within one selection, you may return to select and download datasets from additional phases and types. The PRAMS ARF dataset contains all core PRAMS variables and should be sufficient for most analyses.

**Phase**  
Phase 8 (2016-2020)

**Questionnaire Type**  
Select one

- Select one
- PRAMS ARF
- Standard
- State-Specific
- Supplemental

### Key Resources

- Variables
- Questionnaires Available
- Years of Data Available
- Site-Specific Response Rates



QUESTIONS?

**BREAK**



# Advisory Committee

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## ROLES, EXPECTATIONS & OPPORTUNITIES

# Advisory Committee: Recruitment

## Representatives

### ❖ Community Voices

- Birthing support; LGBTQ, immigrant communities

### ❖ Tribal Organizations & Tribes

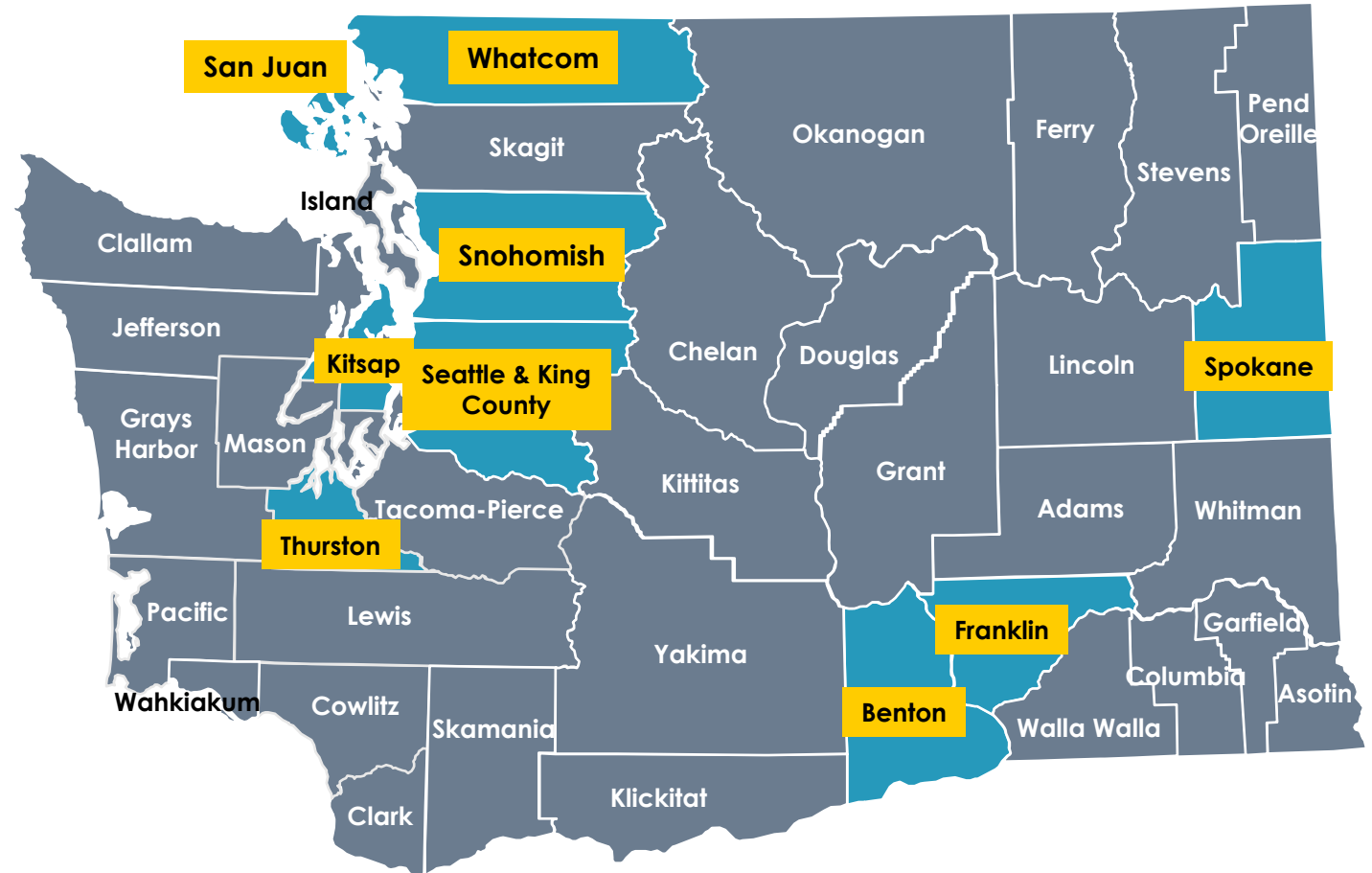
- American Indian Health Commission
- Həłmxiłp Indigenous Birth Justice
- Urban Indian Health Institute / Seattle Indian Health Board

### ❖ Local Health Jurisdictions

- Benton-Franklin
- San Juan
- Snohomish
- Whatcom

### ❖ State Agencies / Entities

- DOH – MCH, Genetics, HEZ
- DSHS – WA Fatherhood Council
- HCA – Medicaid maternity programs
- UW – MCH epi



# Advisory Committee: Charter

**Purpose:** Provide input on strategic direction and planning of the WA PRAMS survey and findings

## Scope:

- Identify priority public health topics:
  - Emerging health concerns
  - Initiatives needing monitoring or evaluation
  - Key policy issues
- Advise on questionnaire content, optional supplemental survey modules, and methodological questions as needed
- Advise on application of findings and dissemination of data and results
- Identify champions to lead data dissemination and encourage participation in the survey

## Authority & Decision Making:

- Recommendations from the Committee will be reached by consensus, backup by majority vote
- All recommendations from the Committee will be considered by the WA PRAMS team
- Decisions relating to implementation of the Committee's recommendations will rest with the PRAMS Principal Investigator



# Advisory Committee: Charter

**Purpose:** Provide input on strategic direction and planning of the WA PRAMS survey and findings

## Membership & Expectations:

- Membership is intended to reflect the voices of maternal and child health professionals and communities across Washington. Members may be recruited from community groups, maternal and infant health advocates, universities, Tribal organizations, and local and state public health.
  - Meetings will be held annually (minimum) with in-person and virtual attendance options
  - Members will receive periodic updates from the DOH WA PRAMS Team
  - Members should prepare for meetings in advance by reading provided materials and/or consulting with experts within their own organizations and communities
- Attendance at meetings by non-members is welcome

# Advisory Committee: Opportunities & Considerations

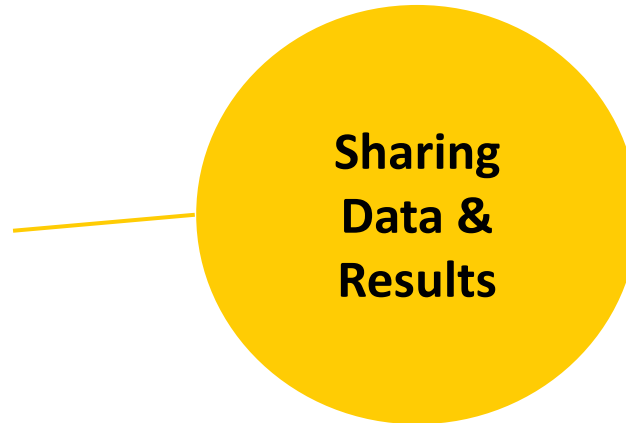
- Meeting Frequency
- Technical Workgroup
- Presentations to Others
  - Recommendations for outreach
  - Supports needed to be a PRAMS Data Champion
- Communications –
  - Share or keep private the Membership list and Contacts?
  - Postings on WA PRAMS website?

WA PRAMS

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STRATEGIC PRIORITIES

# WA PRAMS Strategic Priorities 2023-2025



# WA PRAMS Strategic Priorities 2023-2025



## Partner Engagement

- ✓ Advisory Committee
- ✓ Tribal Partnerships
- ✓ LHJ Partnerships

## Sharing Data & Results

- ✓ Annual Data Sharing
- ✓ New Data Linkages
- ✓ Small Area Estimation
- ✓ Data Briefs / Dashboard

## Participant Recruitment

- ✓ Phase 9 web survey
- ✓ WA PRAMS Website refresh
- ✓ Parent Communications



QUESTIONS?

Advisory Committee

ANNOUNCEMENTS

# Upcoming National Conferences



## PRAMS National Grantee Mtg

- September 5-6, 2024
- Seattle, WA
- Share outstanding PRAMS work
- Abstract deadline: March 4
- <https://citymatchconference.secure-platform.com/prams/>



## CityMatCH Conference

- September 9-11, 2024
- Seattle, WA
- Abstract deadline: March 4
- <https://www.citymatch.org/conference>





# Advisory Committee Meeting

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## **Next Meeting:**

- Date & Time - TBD
- In-person or Virtual - preference

## **Potential Topics for next meeting:**

- WA PRAMS Research Agenda
- AIAN PRAMS
- Methods Discussion:
  - Small Area Estimation Methods; and/or
  - Sampling Strata for WA PRAMS
- AC member presentation
- Other interests or ideas....

## WA PRAMS Team



Coordinator	Linda Lohdefinck
Survey Operations	Kevin Beck
	Silbia Moreno
	Karen Kirk
	Vacancy
Epidemiologist	Teal Bell
Principal Investigator	Martha Skiles

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