

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