



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



## National PRAMS data now available

Researchers may access data for multiple jurisdictions by downloading the datasets from the PRAMS Automated Research File (ARF). The ARF web portal provides greater and faster access to PRAMS data – over 261 users since launching on January 22, 2024.

More information about the new process for researchers can be found on the CDC PRAMS website [here](#).

Check out our updated PRAMS website: [Pregnancy Risk Assessment Monitoring System \(PRAMS\) | Washington State Department of Health](#)

## New Perinatal Dashboard

DOH is launching a **NEW** Perinatal Health Dashboard, featuring indicators from PRAMS and Birth Certificate Records. This interactive dashboard includes the following topics and indicators:

- **Birthing Person Health:** Diabetes and Hypertension
- **Pregnancy Experience:** Discrimination, Pregnancy Intention, Prenatal Vitamin Use
- **Substance Use and Pregnancy:** Alcohol, Tobacco, and Marijuana use before and during pregnancy
- **Birth Outcomes:** Maternal Age and Race
- **Postpartum & Parenting:** Breastfeeding, Postpartum Depression, Infant Sleep Position

Most indicators can be broken down by trends over time, maternal age and race, Medicaid status, and county (birth certificate only) or Accountable Communities of Health (ACH) regions (PRAMS only). There is also a data download tab for easy data exporting.

Check it out here! [WEBLINK](#)

## Advisory Committee Update

The WA PRAMS Advisory Committee reconvened in February with new members who bring a passion for maternal and child health in Washington. We have representation from local health jurisdictions, tribes and tribal organizations, community groups, health care providers, and state entities. Collectively the Committee raises voices from diverse backgrounds, communities and geographies across the state. We look forward to our journey together to learn more about PRAMS and leveraging the information to support policy and programming in Washington. Information from our meetings is available on our website - [Pregnancy Risk Assessment Monitoring System \(PRAMS\) | Washington State Department of Health](#) – scroll down to WA PRAMS Advisory Committee.



## WHY IS PRAMS IMPORTANT?

- PRAMS provides data for state, territorial, or local health officials to use to improve the health of mothers and infants.
- PRAMS allows CDC and the states, territories, or localities to monitor changes in maternal and child health indicators (e.g., unintended pregnancy, prenatal care, breastfeeding, smoking, drinking, infant health).
- PRAMS enhances information from birth certificates.
- PRAMS allows comparisons among participating sites because the same data collection methods are used in all sites.

## Coming September 2024 to Seattle

### Reaching New Heights: Strengthening MCH Across Generations

The CityMatCH Leadership & MCH Epidemiology Conference will be hosted in Seattle, September 9-11. Registration Spring 2024: [Registration – CityMatCH](#)

## DATA SPOTLIGHT

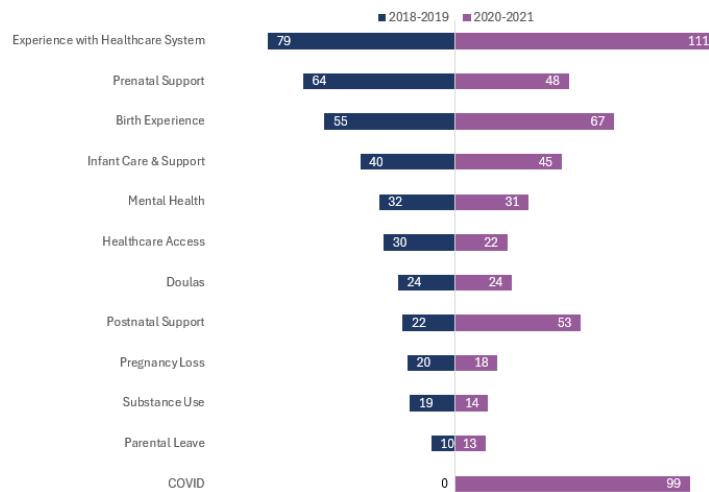
### What More Can We Learn about Pregnancy and Birth Experiences in Washington State? PRAMS Participants Told Us!

Participants can provide additional thoughts and feedback on the back page of the PRAMS survey, which supplements WA PRAMS quantitative data. WA DOH recently analyzed these open-ended comments and identified major themes.

Out of 900 comments in 2018-2021, the most common themes were **experience with healthcare system, birth experience, and prenatal care and support**. We observed a general theme of desired additional support during the prenatal and postpartum periods, especially in terms of **interactions with providers** and support for **maternal mental health**. Respondents also discussed barriers to **health insurance and healthcare costs**. 20.9% of comments in 2020-2021 referenced the **COVID-19 pandemic**, which reflects its impact felt at every stage of a birthing person's experience.

Findings shed important light on topics most salient for this population and will be used to identify unmet needs to inform programmatic work and scope of future PRAMS questions, provide insight to topics not covered in the survey questions, and pinpoint emerging issues during a PRAMS phase.

Number of WA PRAMS Comments Assigned to Top 12 Themes, 2018-2021



### ACKNOWLEDGMENTS

Funding for PRAMS is provided by the U01DP006601-01-00 Cooperative Agreement from the U.S. Centers for Disease Control and Prevention (CDC). Additional support is provided by the Title V MCH Block Grant and the Washington Foundational Public Health System funds.



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