

Nebraska PRAMS

Pregnancy Risk Assessment Monitoring System

PRAMS Data Availability and Use

What is PRAMS?

PRAMS is a research project sponsored by the Centers for Disease Control and Prevention and the Nebraska Department of Health and Human Services. The purpose of the study is to find out why some babies are born healthy and others are not with the larger goal of improving the health of mothers and infants in Nebraska.

One of the primary functions of PRAMS is to provide data. PRAMS data is available for each year between 2000 and 2016. Nebraska stratifies its sample by race/ethnicity and can provide generalizable state-level data for non-Hispanic Caucasian, African-American, Native American, Asian/Pacific Islander, and Hispanic births.

Each year PRAMS surveys 10% of resident births and asks 2,500 women in Nebraska to answer questions about maternal behaviors and experiences before, during, and right after pregnancy. Surveyed women were picked by a computer from recent birth certificates.

What Data are Available?

PRAMS has data on a variety of topics about maternal and child health such as:

- **Prenatal Care** (timing of 1st prenatal care, barriers to accessing care, content of prenatal care visits, etc.)
- **Family Planning** (contraceptive use pre and postpartum, pregnancy intention, previous pregnancy outcomes, etc.)
- **Maternal Experiences** (abuse, stress in the 12 months prior to delivery, etc.)
- **Delivery** (payment, length of hospital stay, etc.)
- **Infant Health** (breastfeeding, child care, well checks, morbidity and mortality, sleep behaviors, etc.)
- **Maternal Behavior and Health** (alcohol and tobacco use, mental health, morbidity, nutrition, reproductive history, etc.)
- **Demographics** (household demographics, infant, mother's age, race/ethnicity, # of previous live births, etc.)
- **Socioeconomic Status (SES) / Service Use** (WIC use, health insurance, barriers to care, had a home visitor, income, etc.)

How Can I Get PRAMS Data?

PRAMS data can be prepared for you. You can request...

- Annual estimates
- Data on changes over time
- Demographic data for race/ethnicity, age, marital status, etc.
- Tests of associations between multiple variables

PRAMS data can be prepared for you. You can request...

- Are you a researcher or student interested in running your own analysis?
- To access de-identified PRAMS data we have an application to complete your request. PRAMS staff are also able to give advice and share code to support your work with PRAMS.

For more information, contact:

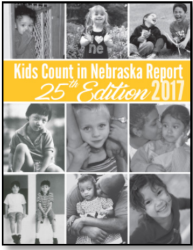
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Turn Over for Data Use Examples



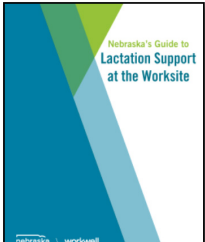
How are PRAMS Data Being Used?

Annual Reports



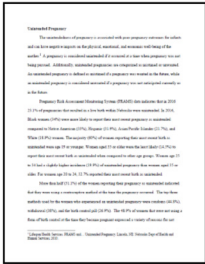
Voices for Children uses PRAMS data in their annual Kids Count in Nebraska report. This report is a comprehensive source of data on the well-being of children in Nebraska. It covers population, health, education, economic stability, child welfare, and juvenile justice topics. PRAMS data used in the report includes folic acid use, mother's BMI, pregnancy intention, alcohol and tobacco use during pregnancy, maternal depression during pregnancy, breastfeeding, and more. This report is sent to policy makers around the state to support families in Nebraska.

Toolkits, Fact Sheets, Info Briefs



The Nebraska Safety Council uses PRAMS data in their Nebraska's Guide to Lactation Support toolkit. The toolkit uses this data to show state specific breastfeeding numbers and data to help support their call to businesses to support breastfeeding employees. The current toolkit used PRAMS data about breastfeeding intention and continuation 2-4 and 5-8 weeks after birth. The toolkit is used by employers around Nebraska.

Needs Assessments and Grant Applications



Nebraska Reproductive Health has used PRAMS data in recent years in needs assessments within their applications for federal funding. Reproductive Health has used data on pregnancy intention, contraceptive use prior to pregnancy, and contraception use after pregnancy. They have reported on how pregnancy intention varies by age and race and used this to justify Nebraska's need for reproductive health services that can be provided by Title X funding.



The Title V Maternal & Child Health Block Grant Needs Assessment is done every five years in Nebraska. A group of stakeholders convenes to review data on the health of pregnant women, infants, children (including adolescents), children with special health care needs, women of childbearing age, and their families. PRAMS topics reviewed in the 2015 Needs Assessment included among others pregnancy intention, post-partum depression, and tobacco and alcohol use before or during pregnancy. The data is used to identify priorities for Title V for the next five years.

Presentations



Nikki Roseberry-Keiser incorporated PRAMS data into her 2017 presentation at the Current Practices of Maternal Behavioral Health Conference. She and co-presenter Chris Wagner presented "SBIRT: Screening, Brief Intervention, and Referral to Treatment." In the presentation Ms. Roseberry-Keiser used PRAMS data about alcohol use prior to and during pregnancy by race/ethnicity and reports of binge drinking prior to pregnancy. PRAMS data supports the need for SBIRT screening during prenatal care visits in order to identify women in need of treatment.