



PREGNANCY RISK ASSESSMENT MONITORING SYSTEM  
A survey for healthier babies in New Jersey

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### ***What is PRAMS?***

PRAMS (Pregnancy Risk Assessment Monitoring System) is a joint research project between the New Jersey Department of Health and Senior Services, the Centers for Disease Control and Prevention (CDC), and the Bloustein Center for Survey Research. Information from PRAMS is used to help plan better health programs for New Jersey mothers and infants—such as improving access to high quality prenatal care, reduction of smoking during pregnancy, and encouraging breastfeeding. To do this, our questionnaire asks new mothers questions about their feelings and experiences around the time of their pregnancy.

### ***Will my answers be kept private?***

Yes—all answers are kept completely private according to the law. All answers given on the questionnaires will be grouped together to give us information on New Jersey mothers of new babies. In reports from this survey, no woman will be identified by name.

### ***Is it really important that I answer these questions?***

Yes! Only one out of every 48 new mothers is picked for the survey, and every pregnancy is different. To get a better overall picture of the health of mothers and babies in New Jersey, we need each mother selected to answer the questions. We need to know what went *right* as well as what went wrong during your pregnancy. Your help is really important to the success of our program.

### ***How was I chosen to participate in PRAMS?***

Your name was picked by chance, like in a lottery, from the state birth certificate registry. You are one of a small number of women who were chosen to help us in this study.

### ***Some of the questions do not seem related to health care—why are they asked?***

Many things in a mother's life and pregnancy may affect her pregnancy. These questions try to get the best picture of the new mother's life and things that happened to her during pregnancy.

### ***Can I get any services for my baby through PRAMS?***

PRAMS staff are only doing this survey, but if you have any needs or questions about programs for your baby's health or your own, please call the New Jersey Family Health Line at 1-800-328-3838.

### ***What if I want to ask more questions about PRAMS?***

Please call us at our toll-free number (1-888-816-7929), and we will be happy to answer any other questions that you may have about PRAMS. If you prefer to complete the questionnaire over the telephone, please call us on the same number.