



# Pregnancy Risk Assessment Monitoring System

**A survey for healthier babies  
in New Jersey**

Your experiences as a new mother  
are important.

For questions or comments,  
please call toll-free 1-888-816-7929



## **Important Information About PRAMS**

### ***Please Read Before Starting the Survey***

- The Pregnancy Risk Assessment Monitoring System (PRAMS) is a research project conducted by the Bloustein Center for Survey Research at Rutgers University on behalf of the New Jersey Department of Health with support from the Centers for Disease Control and Prevention.
- The purpose of the study is to find out why some babies are born healthy and others are not.
- We are asking approximately 170 women per month in New Jersey to answer the same questions. All of your names were picked randomly by a computer from recent birth certificates.
- It takes about 20 minutes to answer all questions. Some questions may be sensitive, such as questions about smoking, drinking and domestic violence during pregnancy.
- You are free to do the survey or not. If you don't want to participate at all, or if you don't want to answer a particular question, that's okay. There is no penalty or loss of benefits for not participating or answering all questions.
- Your survey may be combined with information the health department has from other sources.
- If you choose to do the survey, your answers will be kept private to the extent allowed by law and will be used only for research. Your responses will be stripped of all personal identifiers. All computerized records will be encrypted or scrambled and kept in a secure, password-protected database at the CDC. There is a very small risk of loss of confidentiality. If you are currently in jail, your participation in the study will have no effect on parole.
- Your name will not be on any reports from PRAMS. The booklet has a number so we will know when it is returned.
- Your answers will be grouped with those from other women. What we learn from PRAMS will be used to plan programs to help mothers and babies in New Jersey.
- If you have any questions about your rights in the project, please call the Rowan University IRB Office at 856-566-2712.

If you have questions about PRAMS, or if you want to answer the questions by telephone, please call Karina Veliz, New Jersey PRAMS Project Coordinator, at toll free 1-888-816-7929 (press 6) or e-mail: [NJPRAMS@bcsr.rutgers.edu](mailto:NJPRAMS@bcsr.rutgers.edu)



## **Questions Commonly Asked About PRAMS**

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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, the Centers for Disease Control and Prevention (CDC), and the Bloustein Center for Survey Research (BCSR) at Rutgers University. 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 behaviors and experiences around the time of their pregnancy.

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

Yes—all answers are kept completely private to the extent permitted by 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.

### ***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.

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

Yes! Because of the small number of mothers picked, it is important to have everyone's answers. 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. From the information you give us, we may be able to improve health care for women and children in New Jersey. 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

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

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

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

Please call us at our toll-free number 1-888-816-7929 (press 6) 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.



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. *Before you got pregnant with your new baby, did you ever have any other babies who were born alive?*

No  Yes → **Go to Question 7**

Yes

### 5. Did the baby born *just before* your new one weigh 5 pounds, 8 ounces (2.5 kilos) or less at birth?

No  
 Yes

### 6. Was the baby *just before* your new one born *earlier* than 3 weeks before his or her due date?

No  
 Yes

### 7. 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. Epilepsy (seizures) .....
- f. Thyroid problems .....
- g. PCOS (polycystic ovarian syndrome) .....
- h. Anxiety .....

### 8. 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

### 9. 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 12**

Yes  
↓  
**Go to Page 2, Question 10**

**10. What type of health care visit did you have in the 12 months before you got pregnant with your new baby?**

**Check ALL that apply**

- Regular checkup at my family doctor's office
- Regular checkup at my OB/GYN's office
- Visit for an illness or chronic condition
- Visit for an injury
- Visit for family planning or birth control
- Visit for depression or anxiety
- Visit to have my teeth cleaned by a dentist or dental hygienist
- Other \_\_\_\_\_ → Please tell us:

**11. During any of your health care visits in the 12 months before you got pregnant, did a doctor, nurse, or other health care worker do any of the following things? For each item, check No if they did not or Yes if they did.**

- |  | No                       | Yes                      |
|--|--------------------------|--------------------------|
| a. Tell me to take a vitamin with folic acid.....  | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Talk to me about maintaining a healthy weight.....  | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Talk to me about controlling any medical conditions such as diabetes or high blood pressure ..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Talk to me about my desire to have or not have children.....                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Talk to me about using birth control to prevent pregnancy .....                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| f. Talk to me about how I could improve my health before a pregnancy .....                           | <input type="checkbox"/> | <input type="checkbox"/> |
| g. Talk to me about sexually transmitted infections such as chlamydia, gonorrhea, or syphilis.....   | <input type="checkbox"/> | <input type="checkbox"/> |
| h. Ask me if I was smoking cigarettes.....   | <input type="checkbox"/> | <input type="checkbox"/> |
| i. Ask me if someone was hurting me emotionally or physically .....                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| j. Ask me if I was feeling down or depressed.....  | <input type="checkbox"/> | <input type="checkbox"/> |
| k. Ask me about the kind of work I do .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| l. Test me for HIV (the virus that causes AIDS).....   | <input type="checkbox"/> | <input type="checkbox"/> |

**12. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk to you about preparing for a pregnancy?**

- No
- Yes

**Go to Question 14**

**13. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk to you about any of the things listed below about preparing for a pregnancy? Please count only discussions, not reading materials or videos. For each item, check No if no one talked with you about it or Yes if someone did.**

- |  | No                       | Yes                      |
|--|--------------------------|--------------------------|
| a. Getting my vaccines updated before pregnancy .....                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Visiting a dentist or dental hygienist before pregnancy .....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Getting counseling for any genetic diseases that run in my family.....                | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Getting counseling or treatment for depression or anxiety .....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| e. The safety of using prescription or over-the-counter medicines during pregnancy ..... | <input type="checkbox"/> | <input type="checkbox"/> |
| f. How smoking during pregnancy can affect a baby .....                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| g. How drinking alcohol during pregnancy can affect a baby .....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| h. How using illegal drugs during pregnancy can affect a baby .....                      | <input type="checkbox"/> | <input type="checkbox"/> |

The next questions are about your *health insurance coverage* before, during, and after your pregnancy with your *new baby*.

14. During the *month before* you got pregnant with your new baby, what kind of health insurance did you have?

**Check ALL that apply**

- Private health insurance from my job or the job of my husband or partner
- Private health insurance from my parents
- Private health insurance from the Health Insurance Marketplace or HealthCare.gov
- Medicaid (such as Presumptive Eligibility or emergency Medicaid) or NJ Family Care
- Charity Care
- TRICARE or other military health care
- Other health insurance → Please tell us:
- I did not have any health insurance during the *month before* I got pregnant

If you did **not** have health insurance during the *month before* you got pregnant, go to Question 15. Otherwise, go to Question 16.

15. What was the reason that you did not have any health insurance during the *month before* you got pregnant with your new baby?

**Check ALL that apply**

- Health insurance was too expensive
- I could not get health insurance from my job or the job of my husband or partner
- I applied for health insurance, but was waiting to get it
- I had problems with the health insurance application or website
- My income was too high to qualify for Medicaid
- My income was too high to qualify for a tax credit from the Health Insurance Marketplace or HealthCare.gov
- I didn't know how to get health insurance
- Other → Please tell us:

16. During your *most recent pregnancy*, what kind of health insurance did you have for your *prenatal care*?

**Check ALL that apply**

- I did not go for prenatal care → **Go to Page 4, Question 17**
- Private health insurance from my job or the job of my husband or partner
- Private health insurance from my parents
- Private health insurance from the Health Insurance Marketplace or HealthCare.gov
- Medicaid (such as Presumptive Eligibility or emergency Medicaid) or NJ Family Care
- Charity Care
- TRICARE or other military health care
- Other health insurance → Please tell us:
- I did not have any health insurance for my *prenatal care*

**17. What kind of health insurance did you have to pay for your *delivery*?**

**Check ALL that apply**

- Private health insurance from my job or the job of my husband or partner
- Private health insurance from my parents
- Private health insurance from the Health Insurance Marketplace or HealthCare.gov
- Medicaid (such as Presumptive Eligibility or emergency Medicaid) or NJ Family Care
- Charity Care
- TRICARE or other military health care
- Other health insurance → Please tell us:

- I did not have any health insurance to pay for my *delivery*

**18. What kind of health insurance do you have *now*?**

**Check ALL that apply**

- Private health insurance from my job or the job of my husband or partner
- Private health insurance from my parents
- Private health insurance from the Health Insurance Marketplace or HealthCare.gov
- Medicaid (such as Presumptive Eligibility or emergency Medicaid) or NJ Family Care
- Charity Care
- TRICARE or other military health care
- Other health insurance → Please tell us:

- I do not have health insurance *now*

**19. Thinking back to *just before* you got pregnant with your new baby, how did you feel about becoming pregnant?**

**Check ONE answer**

- I wanted to be pregnant later
- I wanted to be pregnant sooner
- I wanted to be pregnant then
- I didn't want to be pregnant then or at any time in the future
- I wasn't sure what I wanted

**Go to Question 21**

**20. How much longer did you want to wait to become pregnant?**

- Less than 1 year
- 1 year to less than 2 years
- 2 years to less than 3 years
- 3 years to 5 years
- More than 5 years

**21. When you got pregnant with your new baby, were you trying to get pregnant?**

- No
- Yes →

**Go to Question 24**

**22. When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant?**

Some things people do to keep from getting pregnant include having their tubes tied, using birth control pills, condoms, withdrawal, or natural family planning.

- No
- Yes →

**Go to Question 24**

**Go to Question 23**



**23. What were your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant?**

**Check ALL that apply**

- I didn't mind if I got pregnant
- I thought I could not get pregnant at that time
- I had side effects from the birth control method I was using
- I had problems getting birth control when I needed it
- I thought my husband or partner or I was sterile (could not get pregnant at all)
- My husband or partner didn't want to use anything
- I forgot to use a birth control method
- Other \_\_\_\_\_ → Please tell us:

### DURING PREGNANCY

**The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy.** (It may help to look at the calendar when you answer these questions.)

**24. How many weeks or months pregnant were you when you were *sure* you were pregnant?**

For example, you had a pregnancy test or a doctor, nurse, or other health care worker said you were pregnant.

\_\_\_\_\_ Weeks **OR** \_\_\_\_\_ Months

- I don't remember

**25. How many weeks or months pregnant were you when you had your first visit for prenatal care?**

{ \_\_\_\_\_ Weeks **OR** \_\_\_\_\_ Months

- I didn't go for prenatal care →

**Go to Question 27**

**26. Did you get prenatal care as early in your pregnancy as you wanted?**

- No  
 Yes →

**Go to Page 6, Question 28**

**27. Did any of these things keep you from getting prenatal care when you wanted it?** For each item, check **No** if it did not keep you from getting prenatal care or **Yes** if it did.

- |  | No                       | Yes                      |
|--|--------------------------|--------------------------|
| a. I couldn't get an appointment when I wanted one.....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| b. I didn't have enough money or insurance to pay for my visits.....             | <input type="checkbox"/> | <input type="checkbox"/> |
| c. I didn't have any transportation to get to the clinic or doctor's office..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. The doctor or my health plan would not start care as early as I wanted.....   | <input type="checkbox"/> | <input type="checkbox"/> |
| e. I had too many other things going on.....                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| f. I couldn't take time off from work or school.....                             | <input type="checkbox"/> | <input type="checkbox"/> |
| g. I didn't have my Medicaid or NJ Family Care card.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| h. I didn't have anyone to take care of my children.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| i. I didn't know that I was pregnant.....  | <input type="checkbox"/> | <input type="checkbox"/> |
| j. I didn't want anyone else to know I was pregnant.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| k. I didn't want prenatal care.....  | <input type="checkbox"/> | <input type="checkbox"/> |

**If you did not get prenatal care, go to Page 6, Question 29.**

**28. During any of your prenatal care visits, did a doctor, nurse, or other health care worker ask you any of the things listed below?** For each item, check **No** if they did not ask you about it or **Yes** if they did.

- |  | No                       | Yes                      |
|--|--------------------------|--------------------------|
| a. If I knew how much weight I should gain during pregnancy.....         | <input type="checkbox"/> | <input type="checkbox"/> |
| b. If I was taking any prescription medication.....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| c. If I was smoking cigarettes.....                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| d. If I was drinking alcohol .....                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| e. If someone was hurting me emotionally or physically.....              | <input type="checkbox"/> | <input type="checkbox"/> |
| f. If I was feeling down or depressed.....                               | <input type="checkbox"/> | <input type="checkbox"/> |
| g. If I was using drugs such as marijuana, cocaine, crack, or meth ..... | <input type="checkbox"/> | <input type="checkbox"/> |
| h. If I wanted to be tested for HIV (the virus that causes AIDS) .....   | <input type="checkbox"/> | <input type="checkbox"/> |
| i. If I planned to breastfeed my new baby..                              | <input type="checkbox"/> | <input type="checkbox"/> |
| j. If I planned to use birth control after my baby was born.....         | <input type="checkbox"/> | <input type="checkbox"/> |

**29. During the 12 months before the delivery of your new baby, did a doctor, nurse, or other health care worker offer you a flu shot or tell you to get one?**

- No  
 Yes

**30. During the 12 months before the delivery of your new baby, did you get a flu shot?**

Check ONE answer

- No  
 Yes, before my pregnancy  
 Yes, during my pregnancy

**31. During your most recent pregnancy, did you have your teeth cleaned by a dentist or dental hygienist?**

- No  
 Yes

**32. This question is about other care of your teeth during your most recent pregnancy.** For each item, check **No** if it is not true or does not apply to you or **Yes** if it is true.

- |   | No                       | Yes                      |
|---|--------------------------|--------------------------|
| a. I knew it was important to care for my teeth and gums during my pregnancy.....                   | <input type="checkbox"/> | <input type="checkbox"/> |
| b. A dental or other health care worker talked with me about how to care for my teeth and gums..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. I had insurance to cover dental care during my pregnancy.....                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| d. I <u>needed</u> to see a dentist for a <b>problem</b> ..   | <input type="checkbox"/> | <input type="checkbox"/> |
| e. I <u>went</u> to a dentist or dental clinic about a <b>problem</b> .....                         | <input type="checkbox"/> | <input type="checkbox"/> |

**33. During your most recent pregnancy, did you take a class or classes to prepare for childbirth and learn what to expect during labor and delivery?**

- No  
 Yes

**34. 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, a health care worker, a social worker, or other person who works for a program that helps pregnant women.

- No  
 Yes

**35. During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?**

- No → Go to Question 37  
 Yes

**36. During your most recent pregnancy, when you went for your WIC visits, did you speak with a breastfeeding peer counselor or another WIC staff person about breastfeeding?**

- No  
 Yes

**37. During your most recent pregnancy, 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. Gestational diabetes (diabetes that <b>started</b> during <i>this</i> pregnancy) .....                  | <input type="checkbox"/> | <input type="checkbox"/> |
| b. High blood pressure (that <b>started</b> during <i>this</i> pregnancy), pre-eclampsia or eclampsia..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Depression .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Epilepsy.....   | <input type="checkbox"/> | <input type="checkbox"/> |

**If you had depression during your most recent pregnancy, go to Question 38. Otherwise, go to Question 39.**

**38. At any time during your most recent pregnancy, did you take prescription medicine for your depression?**

- No  
 Yes

**The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).**

**39. Have you smoked any cigarettes in the past 2 years?**

- No  
 Yes

Go to Question 43

**40. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.**

- 41 cigarettes or more  
 21 to 40 cigarettes  
 11 to 20 cigarettes  
 6 to 10 cigarettes  
 1 to 5 cigarettes  
 Less than 1 cigarette  
 I didn't smoke then

**41. In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.**

- 41 cigarettes or more  
 21 to 40 cigarettes  
 11 to 20 cigarettes  
 6 to 10 cigarettes  
 1 to 5 cigarettes  
 Less than 1 cigarette  
 I didn't smoke then

**42. How many cigarettes do you smoke on an average day now? A pack has 20 cigarettes.**

- 41 cigarettes or more  
 21 to 40 cigarettes  
 11 to 20 cigarettes  
 6 to 10 cigarettes  
 1 to 5 cigarettes  
 Less than 1 cigarette  
 I don't smoke now

**The next questions are about using other tobacco products around the time of pregnancy.**

**E-cigarettes (electronic cigarettes) and other electronic nicotine products** (such as vape pens, e-hookahs, hookah pens, e-cigars, e-pipes) are battery-powered devices that use nicotine liquid rather than tobacco leaves, and produce vapor instead of smoke.

A **hookah** is a water pipe used to smoke tobacco. It is not the same as an e-hookah or hookah pen.

**43. Have you used any of the following products in the past 2 years? For each item, check No if you did not use it or Yes if you did.**

- |  | No                       | Yes                      |
|--|--------------------------|--------------------------|
| a. E-cigarettes or other electronic nicotine products..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Hookah .....  | <input type="checkbox"/> | <input type="checkbox"/> |

**If you used e-cigarettes or other electronic nicotine products in the *past 2 years*, go to Question 44. Otherwise, go to Question 46.**

**44. During the *3 months before* you got pregnant, on average, how often did you use e-cigarettes or other electronic nicotine products?**

- More than once a day
- Once a day
- 2-6 days a week
- 1 day a week or less
- I did not use e-cigarettes or other electronic nicotine products then

**45. During the *last 3 months* of your pregnancy, on average, how often did you use e-cigarettes or other electronic nicotine products?**

- More than once a day
- Once a day
- 2-6 days a week
- 1 day a week or less
- I did not use e-cigarettes or other electronic nicotine products then

**The next questions are about drinking alcohol around the time of pregnancy.**

**46. Have you had any alcoholic drinks in the *past 2 years*?** A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.

- No → **Go to Question 50**
- Yes

**Go to Question 47**

**47. During the *3 months before* you got pregnant, how many alcoholic drinks did you have in an average week?**

- 14 drinks or more a week
- 8 to 13 drinks a week
- 4 to 7 drinks a week
- 1 to 3 drinks a week
- Less than 1 drink a week
- I didn't drink then → **Go to Question 49**

**48. During the *3 months before* you got pregnant, how many times did you drink 4 alcoholic drinks or more in a 2 hour time span?**

- 6 or more times
- 4 to 5 times
- 2 to 3 times
- 1 time
- I didn't have 4 drinks or more in a 2 hour time span

**49. During the *last 3 months* of your pregnancy, how many alcoholic drinks did you have in an average week?**

- 14 drinks or more a week
- 8 to 13 drinks a week
- 4 to 7 drinks a week
- 1 to 3 drinks a week
- Less than 1 drink a week
- I didn't drink then

**Pregnancy can be a difficult time. The next questions are about things that may have happened *before* and *during* your most recent pregnancy.**

**50. During the *12 months before* your new baby was born, did you feel emotionally upset (for example, angry, sad, or frustrated) as a result of how you were treated *based on your race*?**

- No
- Yes

**51. In the 12 months before you got pregnant with your new baby, did any of the following people push, hit, slap, kick, choke, or physically hurt you in any other way?** For each person, check **No** if they did not hurt you during this time or **Yes** if they did.

- No Yes**
- a. My husband or partner .....
- b. My ex-husband or ex-partner .....

**52. During your most recent pregnancy, did any of the following people push, hit, slap, kick, choke, or physically hurt you in any other way?** For each person, check **No** if they did not hurt you during this time or **Yes** if they did.

- No Yes**
- a. My husband or partner .....
- b. My ex-husband or ex-partner .....

### AFTER PREGNANCY

**The next questions are about the time since your new baby was born.**

**53. When was your new baby born?**

/  /   
 Month                  Day                  Year

**54. Did your doctor, nurse, or other health care worker try to induce your labor (start your contractions using medicine)?**

- No
- Yes
- I don't know

**55. When were you discharged from the hospital after your baby was born?**

/  /   
 Month                  Day                  Year

- I didn't have my baby in a hospital

**56. How much weight did you gain during your most recent pregnancy?**

**Check ONE answer and fill in blank if needed**

- I gained  pounds **OR**  kilos
- I didn't gain any weight during my pregnancy
- I don't know

**57. After your baby was delivered, was he or she put in an intensive care unit (NICU)?**

- No
- Yes
- I don't know

**58. After your baby was delivered, how long did he or she stay in the hospital?**

- Less than 24 hours (less than 1 day)
- 24 to 48 hours (1 to 2 days)
- 3 to 5 days
- 6 to 14 days
- More than 14 days
- My baby was not born in a hospital
- My baby is still in the hospital → **Go to Page 10, Question 61**

**59. Is your baby alive now?**

- No → *We are very sorry for your loss.*
- Yes → **Go to Page 11, Question 74**

**60. Is your baby living with you now?**

- No → **Go to Page 11, Question 73**
- Yes

**Go to Page 10, Question 61**

**61. Before or after your new baby was born, did you receive information about breastfeeding from any of the following sources?** For each one, check **No** if you did not receive information from this source or **Yes** if you did.

- |   | No                       | Yes                      |
|---|--------------------------|--------------------------|
| a. My doctor .....                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| b. A nurse, midwife, or doula .....                 | <input type="checkbox"/> | <input type="checkbox"/> |
| c. A breastfeeding or lactation specialist ....     | <input type="checkbox"/> | <input type="checkbox"/> |
| d. My baby's doctor or health care provider.....    | <input type="checkbox"/> | <input type="checkbox"/> |
| e. A breastfeeding support group.....               | <input type="checkbox"/> | <input type="checkbox"/> |
| f. A breastfeeding hotline or toll-free number..... | <input type="checkbox"/> | <input type="checkbox"/> |
| g. Family or friends .....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| h. Other .....                                      | <input type="checkbox"/> | <input type="checkbox"/> |

Please tell us:

**62. Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?**

- No —————> **Go to Question 66**
- Yes

**63. Are you currently breastfeeding or feeding pumped milk to your new baby?**

- No
- Yes —————> **Go to Question 65**

**64. How many weeks or months did you breastfeed or feed pumped milk to your baby?**

- Less than 1 week

Weeks **OR**  Months

**If your baby was not born in a hospital, go to Question 66.**

**65. This question asks about things that may have happened at the hospital where your new baby was born.** For each item, check **No** if it did not happen or **Yes** if it did.

- |  | No                       | Yes                      |
|--|--------------------------|--------------------------|
| a. Hospital staff gave me information about breastfeeding .....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| b. My baby stayed in the same room with me at the hospital.....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| c. I breastfed my baby in the hospital.....  | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Hospital staff helped me learn how to breastfeed .....                            | <input type="checkbox"/> | <input type="checkbox"/> |
| e. I breastfed in the first hour after my baby was born .....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| f. My baby was placed in skin-to-skin contact within the first hour of life.....     | <input type="checkbox"/> | <input type="checkbox"/> |
| g. My baby was fed only breast milk at the hospital.....                             | <input type="checkbox"/> | <input type="checkbox"/> |
| h. Hospital staff told me to breastfeed whenever my baby wanted .....                | <input type="checkbox"/> | <input type="checkbox"/> |
| i. The hospital gave me a breast pump to use.....                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| j. The hospital gave me a gift pack with formula .....                               | <input type="checkbox"/> | <input type="checkbox"/> |
| k. The hospital gave me a telephone number to call for help with breastfeeding ..... | <input type="checkbox"/> | <input type="checkbox"/> |
| l. Hospital staff gave my baby a pacifier .....                                      | <input type="checkbox"/> | <input type="checkbox"/> |

**If your baby is still in the hospital, go to Question 73.**

**66. In which *one* position do you *most often* lay your baby down to sleep now?**

**Check ONE answer**

- On his or her side
- On his or her back
- On his or her stomach

**67. In the *past 2 weeks*, how often has your new baby slept alone in his or her own crib or bed?**

- Always
- Often
- Sometimes
- Rarely
- Never

**Go to Question 69**

**68. When your new baby sleeps alone, is his or her crib or bed in the same room where *you* sleep?**

- No
- Yes

**69. Listed below are some more things about how babies sleep. How did your new baby *usually* sleep in the *past 2 weeks*?** For each item, check **No** if your baby did not *usually* sleep like this or **Yes** if he or she did.

- |   | No                       | Yes                      |
|---|--------------------------|--------------------------|
| a. In a crib, bassinet, or pack and play .....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| b. On a twin or larger mattress or bed .....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| c. On a couch, sofa, or armchair .....                              | <input type="checkbox"/> | <input type="checkbox"/> |
| d. In an infant car seat or swing .....                             | <input type="checkbox"/> | <input type="checkbox"/> |
| e. In a sleeping sack or wearable blanket .....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| f. With a blanket .....   | <input type="checkbox"/> | <input type="checkbox"/> |
| g. With toys, cushions, or pillows, including nursing pillows ..... | <input type="checkbox"/> | <input type="checkbox"/> |
| h. With crib bumper pads (mesh or non-mesh) .....                   | <input type="checkbox"/> | <input type="checkbox"/> |

**70. Did a doctor, nurse, or other health care worker tell you any of the following things?**

For each thing, check **No** if they did not tell you or **Yes** if they did.

- |   | No                       | Yes                      |
|---|--------------------------|--------------------------|
| a. Place my baby on his or her back to sleep .....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Place my baby to sleep in a crib, bassinet, or pack and play ..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Place my baby's crib or bed in my room ..                          | <input type="checkbox"/> | <input type="checkbox"/> |
| d. What things should and should not go in bed with my baby .....     | <input type="checkbox"/> | <input type="checkbox"/> |

**71. Was your new baby seen by a doctor, nurse, or other health care worker for a *one week* *checkup* after he or she was born?**

- No
- Yes
- My baby was still in the hospital at that time

**72. Has your new baby had a well-baby checkup?**

A well-baby checkup is a regular health visit for your baby usually at 1, 2, 4, and 6 months of age.

- No
- Yes

**73. *Since your new baby was born*, has a home visitor come to your home to help you learn how to take care of yourself or your new baby?** A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps mothers of newborns.

- No
- Yes

**74. Are you or your husband or partner doing anything *now* to keep from getting pregnant?**

Some things people do to keep from getting pregnant include having their tubes tied, using birth control pills, condoms, withdrawal, or natural family planning.

- No
- Yes

**Go to Page 12, Question 76**

**Go to Page 12, Question 75**

**75. What are your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant now?**

**Check ALL that apply**

- I want to get pregnant
- I am pregnant now
- I had my tubes tied or blocked
- I don't want to use birth control
- I am worried about side effects from birth control
- I am not having sex
- My husband or partner doesn't want to use anything
- I have problems paying for birth control
- Other \_\_\_\_\_ → Please tell us:

**If you or your husband or partner is not doing anything to keep from getting pregnant now, go to Question 77.**

**76. What kind of birth control are you or your husband or partner using now to keep from getting pregnant?**

**Check ALL that apply**

- Tubes tied or blocked (female sterilization or Essure®)
- Vasectomy (male sterilization)
- Birth control pills
- Condoms
- Shots or injections (Depo-Provera®)
- Contraceptive patch (OrthoEvra®) or vaginal ring (NuvaRing®)
- IUD (including Mirena®, ParaGard®, Liletta®, or Skyla®)
- Contraceptive implant in the arm (Nexplanon® or Implanon®)
- Natural family planning (including rhythm method)
- Withdrawal (pulling out)
- Not having sex (abstinence)
- Other \_\_\_\_\_ → Please tell us:

**77. Since your new baby was born, have you had a postpartum checkup for yourself?** A postpartum checkup is the regular checkup a woman has about 4-6 weeks after she gives birth.

- No
- Yes

**Go to Question 79**

**78. During your postpartum checkup, did a doctor, nurse, or other health care worker do any of the following things?** For each item, check **No** if they did not do it or **Yes** if they did.

- |  | No                       | Yes                      |
|--|--------------------------|--------------------------|
| a. Tell me to take a vitamin with folic acid ...   | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Talk to me about healthy eating, exercise, and losing weight gained during pregnancy.....                             | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Talk to me about how long to wait before getting pregnant again.....  | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Talk to me about birth control methods I can use after giving birth.....  | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Give or prescribe me a contraceptive method such as the pill, patch, shot (Depo-Provera®), NuvaRing®, or condoms..... | <input type="checkbox"/> | <input type="checkbox"/> |
| f. Insert an IUD (Mirena®, ParaGard®, Liletta®, or Skyla®) or a contraceptive implant (Nexplanon® or Implanon®).....     | <input type="checkbox"/> | <input type="checkbox"/> |
| g. Ask me if I was smoking cigarettes.....   | <input type="checkbox"/> | <input type="checkbox"/> |
| h. Ask me if someone was hurting me emotionally or physically.....   | <input type="checkbox"/> | <input type="checkbox"/> |
| i. Ask me if I was feeling down or depressed.....  | <input type="checkbox"/> | <input type="checkbox"/> |
| j. Test me for diabetes.....   | <input type="checkbox"/> | <input type="checkbox"/> |

**79. Since your new baby was born, how often have you felt down, depressed, or hopeless?**

- Always
- Often
- Sometimes
- Rarely
- Never



**80. Since your new baby was born, how often have you had little interest or little pleasure in doing things you usually enjoyed?**

- Always
- Often
- Sometimes
- Rarely
- Never

### OTHER EXPERIENCES

**The next questions are on a variety of topics.**

**81. Have you ever taken medicine on a regular basis to control seizures or epilepsy?**

- No → **Go to Question 83**
- Yes

**82. During your most recent pregnancy, did you take medicine on a regular basis to control seizures or epilepsy?**

- No
- Yes

**83. At any time during your most recent pregnancy, did a doctor, nurse, or other health care worker tell you that you had anxiety?**

- No → **Go to Question 85**
- Yes

**84. At any time during your most recent pregnancy, did you take prescription medicine for your anxiety?**

- No
- Yes

**85. Have any of your close family members who are related to you by blood (mother, father, sisters, or brothers) had any of the conditions listed below?** For each item, check **No** if no one in your family has the condition, check **Yes** if someone in your family has the condition, or check **DK** if you don't know.

- |  | No                       | Yes                      | DK                       |
|--|--------------------------|--------------------------|--------------------------|
| a. Diabetes .....                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Heart attack before age 55.....             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. High blood pressure<br>(hypertension) ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Breast cancer before age 50.....            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Ovarian cancer.....                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**86. When you first learned you were pregnant with your new baby, did you prefer it be delivered vaginally (naturally) or by cesarean delivery?**

- Vaginally
- By cesarean

**If you did not get prenatal care, go to Question 88.**

**87. During any of your prenatal care visits, did your doctor, nurse, or any other health care worker talk with you about the risks and benefits of vaginal (natural) versus cesarean delivery?**

- No
- Yes

**88. How was your new baby delivered?**

- Vaginally
- I went into labor but had to have a cesarean delivery
- I didn't go into labor and had a cesarean delivery

**If your baby is not alive, is not living with you, or is still in the hospital, go to Question 91.**

- 89. Since your new baby was born, did a doctor, nurse, home visitor, or other health care worker talk with you about any of the things listed below?** Please count only discussions, not reading materials or videos. For each item, check **No** if no one talked with you about it or **Yes** if someone did.

- |  | No                       | Yes                      |
|--|--------------------------|--------------------------|
| a. Whether I've been feeling sad or anxious .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| b. What to do when my baby cries excessively and won't stop.....   | <input type="checkbox"/> | <input type="checkbox"/> |
| c. That shaking or hitting my baby can cause serious harm .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Putting my baby to sleep safely on his/her back and in his/her own crib.....  | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Sharing information about topics like shaking babies, crying babies, and safe sleep with people who help me care for my baby, like my husband or partner, a family member, babysitter, or caregiver ..... | <input type="checkbox"/> | <input type="checkbox"/> |

**If you did not breastfeed your new baby, go to Question 91.**

- 90. Since your new baby was born, did a doctor, nurse, home visitor, or other health care worker talk with you about any of the things listed below?** For each item, check **No** if no one talked with you about it or **Yes** if someone did.

- |  | No                       | Yes                      |
|--|--------------------------|--------------------------|
| a. Whether I or my baby are having any problems with breastfeeding ..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. How to contact breastfeeding support groups.....                      | <input type="checkbox"/> | <input type="checkbox"/> |

**The next questions are about the time during the 12 months before your new baby was born.**

- 91. During the 12 months before your new baby was born, what was your yearly total household income before taxes?** Include your income, your husband's or partner's income, and any other income you may have received. *All information will be kept private and will not affect any services you are now getting.*

- \$0 to \$16,000  
 \$16,001 to \$20,000  
 \$20,001 to \$24,000  
 \$24,001 to \$28,000  
 \$28,001 to \$32,000  
 \$32,001 to \$40,000  
 \$40,001 to \$48,000  
 \$48,001 to \$57,000  
 \$57,001 to \$60,000  
 \$60,001 to \$73,000  
 \$73,001 to \$85,000  
 \$85,001 or more

- 92. During the 12 months before your new baby was born, how many people, including yourself, depended on this income?**

People

- 93. What is today's date?**

/  /  20  
 Month Day Year

**These next questions are about Zika virus. Zika virus infection is an illness that is most often spread by the bite of a mosquito but may also be spread by having sex with a man who has the Zika virus.**

**Z1. During *your most recent* pregnancy, how worried were you about getting infected with Zika virus?**

**Check ONE answer**

- Very worried
- Somewhat worried
- Not at all worried
- I had never heard of Zika virus during my most recent pregnancy →

**Go to Question Z5**

**Z2. At any time during *your most recent* pregnancy, did you talk with a doctor, nurse, or other health care worker about Zika virus?**

- No
- Yes, a health care worker talked with me without my asking about it
- Yes, a health care worker talked with me, but only AFTER I asked about it

**Z3. During *your most recent* pregnancy, did you get a blood test for Zika virus?**

- No
- Yes

**The next questions are about travel during *your most recent* pregnancy.**

**Z4. During *your most recent* pregnancy, were you aware of recommendations that pregnant women should avoid travel to areas with Zika virus?**

- No
- Yes

**Z5. At any time during *your most recent* pregnancy, did you live or travel outside the 50 United States?**

- No → **Go to Page 16, Question Z9**
- Yes

**Z6. When did you live or travel outside the 50 United States during *your most recent* pregnancy and for how long? It may help to use a calendar. If you can't remember the exact date, please just write down the month and year. If you took more than 2 trips, please fill in the information below for the **FIRST** two trips during your most recent pregnancy.**

**Trip Number 1**

Location (country or territory): \_\_\_\_\_

First day of trip:  /  /  20  
 Month Day Year

Length of stay (number of days):

**Trip Number 2**

Location (country or territory): \_\_\_\_\_

First day of trip:  /  /  20  
 Month Day Year

Length of stay (number of days):

**Z7. Did the place you lived in or travelled to have a tropical climate?** These tend to be hot and humid places.

- No → **Go to Question Z9**  
 Yes

**Z8. How often did you do things to try to avoid mosquito bites while you were living in or traveling to the places you listed above?**

Some things that people do to avoid mosquito bites include wearing long-sleeved shirts and long pants, using mosquito repellent, and staying inside places with air conditioning or screened windows and doors.

- Every day  
 Some days  
 Never  
 There were no mosquitoes

**The last questions are about your husband or any male partner.**

**Z9. At any time in the 6 months before your most recent pregnancy *or* during your pregnancy, did your husband or any male partner live or travel outside the 50 United States?**

- No → **Go to Question Z11**  
 Yes

**Z10. Did the place your husband or any male partner lived in or travelled to have a tropical climate?** These tend to be hot and humid places.

- No  
 Yes  
 I don't know

**Z11. During *your most recent* pregnancy, how often did you use condoms when you had sex with your husband or any male partner?**

- Every time → **Go to the end**  
 Sometimes  
 Never  
 I didn't have sex during my pregnancy → **Go to the end**

**Z12. What were your reasons for not using condoms during *your most recent* pregnancy?**

**Check ALL that apply**

- I didn't think I needed to use condoms during pregnancy  
 I didn't know you can get Zika virus from having sex  
 I didn't think my husband or male partner had Zika virus  
 I was not worried about getting Zika virus  
 I didn't want to use condoms  
 My husband or male partner didn't want to use condoms  
 Other → Please tell us:

**Thank you for answering these questions!  
 Your answers will help us learn more about  
 how to keep pregnant women and their  
 babies healthy.**

**Please use this space for any additional comments you would like to make about your experiences around the time of your pregnancy or the health of mothers and babies in New Jersey.**

***Thanks for answering our questions!***

***Your answers will help us work to keep mothers and babies in New Jersey healthy.***

Pregnancy Risk Assessment Monitoring System  
A survey for healthier babies in New Jersey



**STATE AND LOCAL RESOURCES**

**NJ211-** A place to turn to when you need to find state or local health and human service information.

Within NJ Dial: 2-1-1 Outside NJ: 1- 877- 652-1148

**Website:** <http://www.nj211.org/>

**NJ Parent Link** - New Jersey's Early Childhood, Parenting and Professional Resource Center.

**Website:** <http://www.njparentlink.nj.gov/>

**HealthLink**- New Jersey's comprehensive healthcare consumer information website providing instant access to healthcare information for families, children, seniors and healthcare professionals.

**Website:** <http://www.nj.gov/njhealthlink/>

**Family Health Line** Operational 24/7 and is available anywhere in New Jersey. Trained phone counselors provide information and referrals for health screening and treatment.

1- 800-328-3838

**Website:** [http://www.nj.gov/health/fhs/primarycare/health\\_line.shtml](http://www.nj.gov/health/fhs/primarycare/health_line.shtml)

**Speak Up When You Are Down** - Perinatal mood disorders (PMD) can affect any woman of any age, race or economic background who is pregnant or who has recently had a baby, stopped breastfeeding, or ended a pregnancy or miscarried. PMD are treatable, but many people do not know the facts.

1-800- 328-3838 (24/7)

**Website:** <http://www.nj.gov/health/fhs/postpartumdepression/index.shtml>

**Special Child Health and Early Intervention Services** has information and resources for infants, children, youth and young adults with special health care needs and for infants and toddlers with developmental delays/disabilities. Newborn screening information and resources are also available.

1-609-984-0755

**Website:** <http://nj.gov/health/fhs/sch/index.shtml>

**Women's Referral Central** is the primary source of information about programs of interest to women in New Jersey. Available 24 hours a day, it assists women in areas as diverse as sexual harassment, child support, and custody, consumer law and safety, to personal growth and development, education, medical referrals, homelessness, personal safety and domestic violence.

1-800-322-8092

**Website:** <http://www.state.nj.us/dca/divisions/dow/programs/wrch.html>

**PHONE NUMBERS FOR ADDITIONAL INFORMATION AND ASSISTANCE**

**Family Helpline 24/7** - If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who will provide empathic listening about parenting and refer you to resources in your community.

1-800-THE-KIDS (843-5437)

**Addictions Hotline of NJ** provides trained clinically supervised telephone specialists who are available 24/7 to educate, assist, interview and/or refer individuals and families battling addictions.

1-800-238-2333

**Quit Smoking: 1-866-NJSTOPS; 1-866-657-8677**

**NJ Women, Infant, and Children Services (WIC): 1-866-44-NJWIC; 1-800-328-3838**





**RUTGERS**

Edward J. Bloustein School  
of Planning and Public Policy

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