With your help, more babies can be healthier.



Pregnancy Risk Assessment Monitoring System (PRAMS)

First, we would like to ask a few questions	6. How tall are you without shoes?
about you and the time before you got	
pregnant with your new baby. Please check	Feet Inches
the box next to your answer.	
1. Just before you got pregnant, did you have	OR Centimeters
health insurance? Do not count Medicaid.	7. Before you got pregnant with your new
□ No	baby, did you ever have any other babies
☐ Yes	who were born alive?
	☐ No — Go to Question 10
2. Just before you got pregnant, were you on Medicaid?	Yes
☐ No	8. Did the baby born <i>just before</i> your new one
☐ Yes	weigh 5 pounds, 8 ounces (2.5 kilos) or less at birth?
3. During the <i>month before</i> you got pregnant	□ No
with your new baby, how many times a week	Yes
did you take a multivitamin or a prenatal vitamin? These are pills that contain many	
different vitamins and minerals.	9. Was the baby <i>just before</i> your new one born
☐ I didn't take a multivitamin or	more than 3 weeks before its due date?
a prenatal vitamin at all	☐ No ☐ Yes
1 to 3 times a week	ies ies
☐ 4 to 6 times a week☐ Every day of the week	The next questions are about the time when
	you got pregnant with your new baby.
4. What is <i>your</i> date of birth?	
19	10. Thinking back to <i>just before</i> you got pregnant with your <i>new</i> baby, how did you
	feel about becoming pregnant?
Month Day Year	Check one answer
5. Just before you got pregnant with your new	
baby, how much did you weigh?	☐ I wanted to be pregnant sooner☐ I wanted to be pregnant later
	☐ I wanted to be pregnant fater☐ I wanted to be pregnant then
Pounds OR Kilos	☐ I didn't want to be pregnant then
	or at any time in the future

 11. When you got pregnant with your new baby, were you trying to get pregnant? □ No □ Yes Go to Question 14 	14. Did you receive treatment from a doctor, nurse, or other health care worker to help you get pregnant with your new baby? (This may include infertility treatments such as fertility-enhancing drugs or assisted
12. 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 not having sex at certain times [rhythm] or withdrawal, and using birth control methods such as the pill, condoms, cervical ring, IUD, having their tubes tied, or their partner having a vasectomy.)	reproductive technology.) No Yes 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 below was born to get checkurg.
□ No □ Yes	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.)
partner's reasons for not doing anything to keep from getting pregnant? Check all that apply	15. How many weeks or months pregnant were you when you were <i>sure</i> you were pregnant? (For example, you had a pregnancy test or a doctor or nurse said you were pregnant.)
☐ 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 ☐ Other	Weeks OR Months I don't remember 16. How many weeks or months pregnant were you when you had your first visit for prenatal care? Do not count a visit that was only for a pregnancy test or only for WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children).
If you were not trying to get pregnant when you got pregnant with your new baby, go to Question 15.	Weeks OR Months ☐ I didn't go for prenatal care
☐ 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 ☐ Other → Please tell us: ☐ If you were not trying to get pregnant when you got pregnant with your new baby, go to	you when you had your first visit for pr care? Do not count a visit that was only pregnancy test or only for WIC (the Spec Supplemental Nutrition Program for Wor Infants, and Children). Weeks OR Months

	P	age 4	4, Question 23.	atal care, go to
 No Yes I didn't want prenatal care Go to Question				
have getting prenatal care. For each item circle Y (Yes) if it was a problem for you de your most recent pregnancy or circle N (No.	uring o) if		Hospital clinic Private doctor's off Neighborhood clinic clinic (MIC, CHN, Other	ic or community-based etc.)
I couldn't get an appointment when I wanted one	Y	Ца	w was your proper	al cono noid fon?
	Y 20.	но	w was your prenata	Check <u>all</u> that apply
or doctor's office	Y Y Y Y Y Y		card) Health insurance or insurance from you husband's work)	ash, check, or credit r HMO (including ir work or your are Assistance Program)
	☐ I didn't want prenatal care ☐ Go to Question Here is a list of problems some women can have getting prenatal care. For each item circle Y (Yes) if it was a problem for you design your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a problem or did not apply to your most recent pregnancy or circle N (Note it was not a	I didn't want prenatal care Go to Question 19 Here is a list of problems some women can have getting prenatal care. For each item, circle Y (Yes) if it was a problem for you during your most recent pregnancy or circle N (No) if it was not a problem or did not apply to you. No Yes I couldn't get an appointment when I wanted one	I didn't want prenatal care Go to Question 19 Here is a list of problems some women can have getting prenatal care. For each item, circle Y (Yes) if it was a problem for you during your most recent pregnancy or circle N (No) if it was not a problem or did not apply to you. No Yes I couldn't get an appointment when I wanted one	☐ Ididn't want prenatal care → Go to Question 19 Here is a list of problems some women can have getting prenatal care. For each item, circle Y (Yes) if it was a problem for you during your most recent pregnancy or circle N (No) if it was not a problem or did not apply to you. No Yes I couldn't get an appointment when I wanted one

21.	During any of your prenatal care visits, did
	a doctor, nurse, 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,
	circle Y (Yes) if someone talked with you
	about it or circle N (No) if no one talked with
	you about it.

	No	Yes
a.	How smoking during pregnancy	
	could affect my babyN	Y
b.	Breastfeeding my baby N	Y
c.	How drinking alcohol during	
	pregnancy could affect my baby N	Y
d.	Using a seat belt during	
	my pregnancy N	Y
e.	Birth control methods to use after	
	my pregnancy N	Y
f.	Medicines that are safe to take during	
	my pregnancy N	Y
g.	How using illegal drugs could affect	
	my babyN	Y
h.	Doing tests to screen for birth defects	
	or diseases that run in my family N	Y
i.	What to do if my labor starts early N	Y
j.	Getting tested for HIV (the virus	
	that causes AIDS) N	Y
k.	Physical abuse to women by their	
	husbands or partners N	Y

22.	We would like to know how you felt about
	the prenatal care you got during your most
	recent pregnancy. If you went to more than
	one place for prenatal care, answer for the
	place where you got <i>most</i> of your care. For
	each item, circle Y (Yes) if you were satisfied
	or circle N (No) if you were not satisfied.

Were you satisfied with—

	No	Yes
a.	The amount of time you had to wait	
b.	after you arrived for your visits \dots N The amount of time the doctor or	Y
	nurse spent with you during your visits	Y
c.	The advice you got on how to take	Y
d.	care of yourself N The understanding and respect that	1
	the staff showed toward you as a person	Y
23.	At any time during your most recent pregnancy or delivery, did you have a te for HIV (the virus that causes AIDS)?	est
	□ No □ Yes → Go to Question □ I don't know	27
24.	Were you <i>offered</i> an HIV test during yo most recent pregnancy or delivery?	ur
	□ No → Go to Question □ Yes	27
25.	Did you turn down the HIV test?	
	□ No — Go to Question □ Yes	27

• -						
26.	Wh	y did you turn dow	check all that apply	28.	Did you have any of these problems du your most recent pregnancy? For each circle Y (Yes) if you had the problem or compared to the problem of the problem of the problem of the problem of the problem.	item,
		for HIV I was afraid of gett	ing the result this pregnancy, and did to be tested again		N (No) if you did not. No High blood sugar (diabetes) that started before this pregnancy N High blood sugar (diabetes) that started during this pregnancy N Vaginal bleeding N Kidney or bladder (urinary tract) infection N	
rec	ent	xt questions are a pregnancy and th appened during y	ings that might	e. f. g.	Severe nausea, vomiting, or dehydration	Y Y
27.	you Nut	ring your most rece on WIC (the Speci crition Program for Children)?		h.	hypertension [PIH]), preeclampsia, or toxemia	Y
		No Yes		j.	placenta previa)	Y Y Y Y Y
					you did not have any of these problems, Page 6, Question 30.	go

29.	Did you do any of the following things because of these problems? For each item, circle Y (Yes) if you did that thing or circle	32.	In the <i>last 3 months</i> of your pregnancy, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)
a. b. c.	N (No) if you did not. No Yes I went to the hospital or emergency room and stayed less than 1 day N Y I went to the hospital and stayed 1 to 7 days		☐ 41 cigarettes or more ☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes ☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ None (0 cigarettes)
d.	I stayed in bed at home more than 2 days because of my doctor's or nurse's advice	33.	How many cigarettes do you smoke on an average day now? (A pack has 20 cigarettes.)
	e next questions are about smoking arettes and drinking alcohol.		 □ 41 cigarettes or more □ 21 to 40 cigarettes □ 11 to 20 cigarettes □ 6 to 10 cigarettes □ 1 to 5 cigarettes
30.	Have you smoked at least 100 cigarettes in the past 2 years? (A pack has 20 cigarettes.)		☐ Less than 1 cigarette ☐ None (0 cigarettes)
21	□ No — Go to Question 34 □ Yes	34.	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
31.	In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)		mixed drink.) Go to Question 37
	41 cigarettes or more		Yes Go to Question 57
	☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes ☐ 6 to 10 cigarettes	35a	n. During the <i>3 months before</i> you got pregnant, how many alcoholic drinks did you have in an average week?
	☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ None (0 cigarettes)		☐ 14 drinks or more a week ☐ 7 to 13 drinks a week ☐ 4 to 6 drinks a week ☐ 1 to 3 drinks a week ☐ Less than 1 drink a week ☐ I didn't drink then

35b. During the 3 months before you got pregnant, how many times did you drink 5 alcoholic drinks or more in one sitting?	Pregnancy can be a difficult time for some women. These next questions are about things that may have happened before and
☐ 6 or more times ☐ 4 to 5 times ☐ 2 to 3 times ☐ 1 time ☐ I didn't have 5 drinks or more in 1 sitting ☐ I didn't drink then	 37. This question is about things that may have happened during the 12 months before your new baby was born. For each item, circle Y (Yes) if it happened to you or circle N (No) if it did not. (It may help to use the calendar.)
36a. During the <i>last 3 months</i> of your pregnancy, how many alcoholic drinks did you have in an average week?	a. A close family member was very sick and had to go into the hospital N Y
☐ 14 drinks or more a week☐ 7 to 13 drinks a week☐ 4 to 6 drinks a week☐ 1 to 3 drinks a week☐ Less than 1 drink a week☐ I didn't drink then☐ I didn't drin	b. I got separated or divorced from my husband or partner
36b. During the <i>last 3 months</i> of your pregnancy, how many times did you drink 5 alcoholic drinks or more in one sitting?	more than usual
☐ 6 or more times ☐ 4 to 5 times ☐ 2 to 3 times	 i. I had a lot of bills I couldn't payN Y j. I was in a physical fightN Y k. My husband or partner or I
☐ 1 time ☐ I didn't have 5 drinks or more in 1 sitting ☐ I didn't drink then	went to jail

The next questions are about the time
during the 12 months before you got
pregnant with your new baby.

39a.	During the 12 months before you got pregnant, did an ex-husband or ex-partner push, hit, slap, kick, choke, or physically hurt you in any other way?
	□ No □ Yes
39b.	During the 12 months before you got pregnant, were you physically hurt in any way by your husband or partner?
	□ No □ Yes
	next questions are about the time
duri	ing your most recent pregnancy.
	During your most recent pregnancy, did an ex-husband or ex-partner push, hit, slap, kick, choke, or physically hurt you in any other way?
	During your most recent pregnancy, did an ex-husband or ex-partner push, hit, slap, kick, choke, or physically hurt you in any
40a.	During your most recent pregnancy, did an ex-husband or ex-partner push, hit, slap, kick, choke, or physically hurt you in any other way? No
40a.	During your most recent pregnancy, did an ex-husband or ex-partner push, hit, slap, kick, choke, or physically hurt you in any other way? No Yes During your most recent pregnancy, were you physically hurt in any way by your

The next questions are about your labor and delivery. (It may help to look at the calendar when you answer these questions.)

41.	When wa	as your ba	aby due?	
	Month	Day	Year	
42.		d you go i	nto the hospital to h	ave
	your bab	y?		
	Month	Day	Year	
	☐ I dida	n't have m	y baby in a hospital	
43.	When wa	as your ba	aby born?	
	Month	Day	Year	
44.			scharged from the house born? (It may help	
	the calend	lar.)		
	•	lar.)		
	the calend		Year	
	Month	Day	Year y baby in a hospital	
	Month	Day	1001	
	Month	Day	1001	
	Month	Day	1001	
	Month	Day	1001	
	Month	Day	1001	
	Month	Day	1001	
	Month	Day	1001	

45.	Hov	How was your delivery paid for?			Is y	our bab	y liv	ing with	you now?	
			Check all that apply			No —	~	Go to Pa	ige 11, Ques	tion 61
		card) Health insurance or insurance from you husband's work)	r work or your re Assistance Program)		Did mill	No — Yes	l you → [r new ba	or pump bro by after del age 10, Ques ag or feeding w baby?	ivery? tion 55
						No Yes —	-	Go to Pa	ige 10, Ques	tion 54
		xt questions are a ew baby was borr	bout the time since	52.		•			nths did you to feed you	r baby?
46.		er your baby was b in an intensive car						OR	Months	
		No Yes I don't know			_	Less tha	an I	week		
47.		er your baby was b she stay in the hosp	orn, how long did he ital?							
		Less than 24 hours 24 to 48 hours (1 to 3 days 4 days 5 days 6 days or more My baby was not b My baby is still in the hospital	o 2 days)							
48.	Is y	our baby alive now	?							
		No — Go to	Page 11, Question 61							

☐ Breast mill	ad difficulty nursing alone did not satisfy my baby was not gaining	55. This question asks about things that may
☐ Breast milk ☐ I thought m	alone did not satisfy my baby	-
☐ My baby g		have happened at the hospital where your new baby was born. For each item, circle Y (Yes) if it happened or circle N (No) if it did not happen.
bleeding	s were sore, cracked, or	a. Hospital staff gave me information
☐ I thought I milk	was not producing enough	about breastfeeding
	nany other household duties	with me at the hospital
breastfeedi	_	c. I breastfed my baby in the hospitalN Yd. I breastfed my baby in the first hour
☐ I went back	nd could not breastfeed to work or school needed someone else to feed	e. Hospital staff helped me learn how to breastfeed
the baby		to breastfeed
skin or whi	vas jaundiced (yellowing of the ites of the eyes)	at the hospital Y g. Hospital staff told me to breastfeed
☐ Other —	→ Please tell us:	whenever my baby wanted N Y h. The hospital gave me a gift pack
54		i. The hospital gave me a telephone number to call for help
fed him or her	our baby the first time you anything besides breast formula, baby food, juice,	with breastfeeding
	ter, sugar water, or anything	the hospital
		If your baby is still in the hospital, go to Question 61.
Weeks	OR Months	Question or
	vas less than 1 week old fed my baby anything besides	56. About how many hours a day, on average, is your new baby in the same room with someone who is smoking?
		 ── Hours ☐ Less than 1 hour a day ☐ My baby is never in the same room with someone who is smoking

57.	How do you most often to sleep now?	lay your baby down Check one answer	par	What are your or your husband's or partner's reasons for not doing anything seep from getting pregnant now?			
	 □ On his or her side □ On his or her back □ On his or her stoma 			I am not having sex I want to get pregna	ant		
58.	How often does your n same bed with you or a Always Often Sometimes Rarely Never			I don't want to use My husband or part use anything I don't think I can g I can't pay for birth I am pregnant now Other	get pregnant (sterile)		
59.	Was your new baby see or other health care we week after he or she less No Yes	orker during the first	anythi go to I	ing to keep from ge Page 12, Question 6 at kind of birth cor	ntrol are you or your		
60.	Has your new baby had (A well-baby checkup is your baby usually at 2, 4,	a regular health visit for		band or partner us ting pregnant?	ing <i>now</i> to keep from Check <u>all</u> that apply		
61	☐ No ☐ Yes Are you or your husban	nd or partner doing	0	Vasectomy (male st Pill	d (female sterilization) erilization)		
vi.	anything now to keep fit (Some things people do pregnant include not have times [rhythm] or with do control methods such as cervical ring, IUD, having their partner having a variable. No Yes	rom getting pregnant? to keep from getting ving sex at certain rawal, and using birth the pill, condoms, ng their tubes tied, or		Contraceptive patch Diaphragm, cervica Cervical ring (Nuva IUD (including Min	months (Depo-Provera®) in (OrthoEvra®) il cap, or sponge inRing® or others) irena®) inatural family planning ig out) stinence)		

64.	After your new baby was born, did a doctor, nurse, or other health care worker talk with you about using birth control?	67. During the 12 months before your new baby was born, what was your total household income before taxes? Include your income,					
	□ No □ Yes	your husband's or partner's income, and any other income you may have used. (All information will be kept private and will not affect any services you are now getting.)					
65.	Since your new baby was born, have you had a postpartum checkup for yourself? (A postpartum checkup is the regular checkup a woman has after she gives birth.)	Check one answer Less than \$10,000 \$10,000 to \$14,999					
	□ No □ Yes	\$15,000 to \$19,999 \$20,000 to \$24,999 \$25,000 to \$34,999					
du	e next few questions are about the time ring the 12 months before your new baby s born.	\$35,000 to \$49,999 \$50,000 to \$74,999 \$75,000 or more					
66.	During the 12 months before your new baby was born, what were the sources of your household's income?	68. During the 12 months before your new baby was born, how many people, including yourself, depended on this income?					
	Check <u>all</u> that apply	People					
	 □ Paycheck or money from a job □ Money from family or friends □ Money from a business, fees, dividends, or rental income 	The next few questions are on a variety of topics.					
	☐ Aid such as Temporary Assistance for Needy Families (TANF), welfare, WIC, public assistance, general assistance, food stamps, or Supplemental Security Income	69. Before you got pregnant with your new baby, had you ever heard or read about emergency birth control (the "morning-					
	 ☐ Unemployment benefits ☐ Child support or alimony ☐ Social security, workers' compensation, 	after pill')? This combination of pills is used to prevent pregnancy up to 3 days after unprotected sex.					
	disability, veteran benefits, or pensions Other Please tell us:	□ No □ Yes					
		70. At any time during your most recent pregnancy, did a doctor, nurse, or other health care worker <i>diagnose</i> you with depression?					
		□ No					

71.	At any time during your most recent pregnancy or after delivery, did a doctor, nurse, or other health care worker talk with you about "baby blues" or postpartum				wo	Did a doctor, nurse, or other health care worker talk with you about how to lay your new baby down to sleep?			
		ression?	r or postpartum				No Yes		
		No Yes					he <i>last month</i> , when	re did your new b	aby
72.	com help you	ring your most rece ald have helped you be up? (For example and you if you needed got sick and had to ks?)	if a problem had e, who would have ed to borrow \$50 or	· if al			In a crib, cradle, or On an adult bed or On a sofa or couch In a car seat or infa Someplace else —	mattress nt seat	
		My husband or part My mother, father, Other family memb A friend Someone else	or in-laws per or relative			llo	s your new baby usows or stuffed toys? No Yes		any
73.	Dur you	No one would have ring your most receive have had the kinds needed them? For	nt pregnancy, woul	w if	nu	ırs u	e your new baby we se, or other health with depression?		
a. b. c.	Som Som and Som doct Som	neone to loan me \$50 neone to help me if I needed to be in bed neone to take me to a tor's office if I needed neone to talk with abproblems	No O				Yes		
		new baby is not alou, go to Question		3					

78.	78. Who lives in the same house with you <i>now?</i>			81.	What is to	oday's da	te?	
			Check <u>all</u> that apply					
		My husband or part Children aged 5 yea and under → Hov Children aged 6 yea and over → Hov My mother My father My husband's or pa Friend or roommate Other family memb	ars w many? ars w many? artner's parent(s) e per or relative		Month	Day	Year	
		I live alone						
79.		ich rooms are in th railer where you liv	e house, apartment, ve? Check <u>all</u> that apply					
		Living room Separate dining roo Kitchen Bathroom(s) Recreation room, de Finished basement Bedrooms	en, or family room					
80.	Wh	at is your marital s	tatus?					
		Married Living with a stead common-law married Divorced Separated Single, never marrie Other	age ed					

Please use this space for any additional comments you would like to make about the health of mothers and babies in New York City.

Thanks for answering our questions!

Your answers will help us work to make New York City mothers and babies healthier.