

Wyoming Pregnancy Risk Assessment Monitoring System (PRAMS)

First, we would like to ask a few questions about you and the time before you got pregnant with your new baby. Please check the box next to your answer.

1. Just before you got pregnant, did you have health insurance? Do not count Medicaid.

No
Yes

2. Just before you got pregnant, were you on Medicaid?

No
Yes

3. During the month before you got pregnant with your new baby, how many times a week did you take a multivitamin or a prenatal vitamin? These are pills that contain many different vitamins and minerals.

I didn't take a multivitamin or a prenatal vitamin at all
1 to 3 times a week
4 to 6 times a week
Every day of the week

4. What is your date of birth?

[BOX] [BOX] 19[BOX]
Month Day Year

5. Just before you got pregnant with your new baby, how much did you weigh?

[BOX] Pounds OR [BOX] Kilos

6. How tall are you without shoes?

[BOX] Feet [BOX] Inches
OR [BOX] Centimeters

L11

7. **During the 3 months before you got pregnant with your new baby, did you have any of the following health problems?** For each one, circle **Y** (Yes) if you had the problem or circle **N** (No) if you did not.

	No	Yes
a. Asthma	N	Y
b. High blood pressure (hypertension).....	N	Y
c. High blood sugar (diabetes).....	N	Y
d. Anemia (poor blood, low iron)	N	Y
e. Heart problems.....	N	Y

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

No **Go to Question 11**

Yes

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

No

Yes

10. **Was the baby *just before* your new one born *more than 3 weeks* before its due date?**

No

Yes

The next questions are about the time when you got pregnant with your *new* baby.

11. **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 sooner

I wanted to be pregnant later

I wanted to be pregnant then

I didn't want to be pregnant then or at any time in the future

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

No

Yes **Go to Question 16**

- 13. 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.)

No

Yes **Go to Question 15**

- 14. What were your 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

Other Please tell us:

[BOX]

E3

- 15. When you got pregnant with your new baby, what were you or your husband or partner doing to keep from getting pregnant?** Check all that apply

Tubes tied or closed (female sterilization)

Vasectomy (male sterilization)

Pill

Condoms

Shot once a month (Lunelle[®])

Shot once every 3 months (Depo-Provera[®])

Contraceptive patch (OrthoEvra[®])

Diaphragm, cervical cap, or sponge

Cervical ring (NuvaRing[®] or others)

IUD (including Mirena[®])

Rhythm method or natural family planning

Withdrawal (pulling out)

Not having sex (abstinence)

Other Please tell us:

[BOX]

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.)

- 16. 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 or nurse said you were pregnant.)

[BOX] Weeks **OR** [BOX] Months

I don't remember

17. 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).

[BOX] Weeks OR [BOX] Months

I didn't go for prenatal care

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

No

Yes

I didn't want prenatal care Go to Question 20

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
a. I couldn't get an appointment when I wanted one.....	N	Y
b. I didn't have enough money or insurance to pay for my visits	N	Y
c. I had no way to get to the clinic or doctor's office.....	N	Y
d. I couldn't take time off from work	N	Y
e. The doctor or my health plan would not start care as early as I wanted.....	N	Y
f. I didn't have my Medicaid card.....	N	Y
g. I had no one to take care of my children	N	Y
h. I had too many other things going on	N	Y
i. I didn't want anyone to know I was pregnant	N	Y
j. Other.....	N	Y

Please tell us:

[BOX]

If you did not go for prenatal care, go to Page #, Question 24.

R15

20. Where did you go most of the time for your prenatal visits? Do not include visits for WIC. Check one answer

Hospital clinic

Health department clinic

Private doctor's office or HMO clinic

Indian Health Service Clinic

Lay Midwife

Other Please tell us:

[BOX]

21. How was your prenatal care paid for? Check all that apply

Medicaid

Personal income (cash, check, or credit card)

Health insurance or HMO (including insurance from your work or your husband’s work)

Military Coverage/TRICARE

SCHIP/Kid Care

Other Please tell us:

[BOX]

22. 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 baby.....	N	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 baby	N	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

R2

23. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about how much weight you should gain during your pregnancy?

No

Yes

24. At any time during your most recent pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)?

No

Yes

I don’t know

G3

25. Some health experts recommend taking folic acid for which one of the following reasons? Check one answer

To make strong bones

To prevent birth defects

To prevent high blood pressure

I don’t know

L13

26. Did you get a flu vaccination during your most recent pregnancy?

- No
- Yes

The next questions are about your most recent pregnancy and things that might have happened during your pregnancy.

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

- No
- Yes

28. Did you have any of these problems during your most recent pregnancy? For each item, circle **Y** (Yes) if you had the problem or circle **N** (No) if you did not.

	No	Yes
a. High blood sugar (diabetes) that started <i>before</i> this pregnancy	N	Y
b. High blood sugar (diabetes) that started <i>during</i> this pregnancy	N	Y
c. Vaginal bleeding.....	N	Y
d. Kidney or bladder (urinary tract) infection.....	N	Y
e. Severe nausea, vomiting, or dehydration.....	N	Y
f. Cervix had to be sewn shut (incompetent cervix)	N	Y
g. High blood pressure, hypertension (including pregnancy-induced hypertension [PIH], preeclampsia, or toxemia)	N	Y
h. Problems with the placenta (such as abruptio placentae or placenta previa)	N	Y
i. Labor pains more than 3 weeks before my baby was due (preterm or early labor).....	N	Y
j. Water broke more than 3 weeks before my baby was due (premature rupture of membranes [PROM])	N	Y
k. I had to have a blood transfusion.....	N	Y
l. I was hurt in a car accident	N	Y

If you did not have any of these problems, go to Question 30.

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 **N** (No) if you did not.

	No	Yes
a. I went to the hospital or emergency room and stayed less than 1 day.....	N	Y
b. I went to the hospital and stayed 1 to 7 days	N	Y
c. I went to the hospital and stayed more than 7 days	N	Y
d. I stayed in bed at home more than 2 days because of my doctor's or nurse's advice	N	Y

The next questions are about smoking cigarettes and drinking alcohol.

30. Have you smoked at least 100 cigarettes in the *past 2 years*? (A pack has 20 cigarettes.)

No **Go to Question 34**

Yes

31. 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

None (0 cigarettes)

32. 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

None (0 cigarettes)

33. 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

None (0 cigarettes)

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 mixed drink.)

No **Go to Question 37**

Yes

35a. 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
- 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?

- 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

36a. 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
- 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

36b. During the last 3 months of your pregnancy, how many times did you drink 5 alcoholic drinks or more in one sitting?

- 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

Pregnancy can be a difficult time for some women. These next questions are about things that may have happened before and during your most recent pregnancy.

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.)

	No	Yes
a. A close family member was very sick and had to go into the hospital	N	Y
b. I got separated or divorced from my husband or partner.....	N	Y
c. I moved to a new address	N	Y
d. I was homeless.....	N	Y
e. My husband or partner lost his job	N	Y
f. I lost my job even though I wanted to go on working	N	Y
g. I argued with my husband or partner more than usual	N	Y
h. My husband or partner said he didn't want me to be pregnant	N	Y
i. I had a lot of bills I couldn't pay	N	Y
j. I was in a physical fight.....	N	Y
k. My husband or partner or I went to jail.....	N	Y
l. Someone very close to me had a bad problem with drinking or drugs.....	N	Y
m. Someone very close to me died.....	N	Y

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

38a. 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

38b. During the 12 months before you got pregnant, were you physically hurt in any way by your husband or partner?

No
Yes

The next questions are about the time during your most recent pregnancy.

39a. 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

39b. During your most recent pregnancy, were you physically hurt in any way by your husband or partner?

No
Yes

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

40. When was your baby due?

[BOX] [BOX] [BOX]
Month Day Year

41. When did you go into the hospital to have your baby?

[BOX] [BOX] [BOX]
Month Day Year

I didn't have my baby in a hospital

42. When was your baby born?

[BOX] [BOX] [BOX]
Month Day Year

43. When were you discharged from the hospital after your baby was born? (It may help to use the calendar.)

[BOX] [BOX] [BOX]
Month Day Year

I didn't have my baby in a hospital

44. How was your delivery paid for? Check all that apply

- Medicaid
- Personal income (cash, check, or credit card)
- Health insurance or HMO (including insurance from your work or your husband's work)
- Military Coverage/TRICARE
- SCHIP/Kid Care
- Other Please tell us:
[BOX]

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

45. After your baby was born, was he or she put in an intensive care unit?

- No
- Yes
- I don't know

46. After your baby was born, 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 days
- 4 days
- 5 days
- 6 days or more
- My baby was not born in a hospital
- My baby is still in the hospital **Go to Question 49**

47. Is your baby alive now?

- No **Go to Question 60**
- Yes

48. Is your baby living with you now?

- No **Go to Question 60**
- Yes

49. Did you ever breastfeed or pump breast milk to feed your new baby after delivery?

- No **Go to Question 55**
- Yes

B1

50. What were your reasons for not breastfeeding your new baby? Check all that apply

My baby was sick and could not breastfeed

I was sick or on medicine

I had other children to take care of

I had too many household duties

I didn't like breastfeeding

I didn't want to be tied down

I was embarrassed to breastfeed

I went back to work or school

I wanted my body back to myself

Other Please tell us:

[BOX]

51. Are you still breastfeeding or feeding pumped milk to your new baby?

No

Yes **Go to Question 46**

52. How many weeks or months did you breastfeed or pump milk to feed your baby?

[BOX] Weeks **OR** [BOX] Months

Less than 1 week

B2

53. What were your reasons for stopping breastfeeding? Check all that apply

My baby had difficulty nursing

Breast milk alone did not satisfy my baby

I thought my baby was not gaining enough weight

My baby got sick and could not breastfeed

My nipples were sore, cracked, or bleeding

I thought I was not producing enough milk

I had too many other household duties

I felt it was the right time to stop breastfeeding

I got sick and could not breastfeed

I went back to work or school

I wanted or needed someone else to feed the baby

My baby was jaundiced (yellowing of the skin or whites of the eyes)

Other Please tell us:

[BOX]

54. How old was your baby the first time you fed him or her anything besides breast milk? Include formula, baby food, juice, cow's milk, water, sugar water, or anything else you fed your baby.

[BOX] Weeks OR [BOX] Months

My baby was less than 1 week old

I have not fed my baby anything besides breast milk

If your baby is still in the hospital, go to Page ##, Question 60.

55. About how many hours a day, on average, is your new baby in the same room with someone who is smoking?

[BOX] Hours

Less than 1 hour a day

My baby is never in the same room with someone who is smoking

56. How 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

F1

57. How often does your new baby sleep in the same bed with you or anyone else?

Always

Often

Sometimes

Rarely

Never

58. Was your new baby seen by a doctor, nurse, or other health care worker during the first week after he or she left the hospital?

No

Yes

59. Has your new baby had a well-baby checkup? (A well-baby checkup is a regular health visit for your baby usually at 2, 4, or 6 months of age.)

No

Yes

60. 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 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.)

No

Yes **Go to Question 62**

61. What are your or your husband's or partner's reasons for not doing anything to keep from getting pregnant *now*? Check all that apply

I am not having sex

I want to get pregnant

I don't want to use birth control

My husband or partner doesn't want to use anything

I don't think I can get pregnant (sterile)

I can't pay for birth control

I am pregnant now

Other Please tell us:

[BOX]

L8

62. 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.)

No

Yes

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

63. During the *12 months before* your new baby was born, what were the sources of your household's income? Check all that apply

Paycheck or money from a job

Money from family or friends

Money from a business, fees, dividends, or rental income

Aid such as Temporary Assistance for Needy Families (TANF), welfare, WIC, public assistance, general assistance, food stamps, or Supplemental Security Income

Unemployment benefits

Child support or alimony

Social security, workers' compensation, disability, veteran benefits, or pensions

Other Please tell us:

[BOX]

64. During the 12 months before your new baby was born, what was your total household income before taxes? Include your income, 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.) Check one answer

- Less than \$10,000
- \$10,000 to \$14,999
- \$15,000 to \$19,999
- \$20,000 to \$24,999
- \$25,000 to \$34,999
- \$35,000 to \$49,999
- \$50,000 or more

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

[BOX] People

AA3

66. Listed below are some things about smoking that a doctor, nurse, or other health care worker might have done during any of your prenatal care visits. For each thing, circle **Y** (Yes) if it applied to you during any of your prenatal care visits or circle **N** (No) if it did not.

During any of your prenatal care visits, did a doctor, nurse, or other health care worker—

	No	Yes
a. Spend time with you discussing how to quit smoking.....	N	Y
b. Suggest that you set a specific date to stop smoking	N	Y
c. Prescribe a nicotine nasal spray or nicotine inhaler	N	Y
d. Prescribe a pill like Zyban [®] (also known as Wellbutrin [®] or Bupropion [®]) to help you quit	N	Y
e. Recommend using nicotine gum.....	N	Y
f. Recommend using a nicotine patch	N	Y
g. Suggest you attend a class or program to stop smoking	N	Y
h. Provide you with booklets, videos, or other materials to help you quit smoking on your own.....	N	Y
i. Refer you to counseling for help with quitting	N	Y
j. Ask if a family member or friend would support your decision to quit.....	N	Y
k. Refer you to a national or state quit line	N	Y

G7

67. During the last 3 months of your most recent pregnancy, about how many servings of fruits or vegetables did you have in a day? Check one answer

- Less than 1 serving per day
- 1 or 2 servings per day
- 3 or 4 servings per day
- 5 or more servings per day

EE1
68. During your most recent pregnancy, did a doctor, nurse, or other health care worker tell you that you had a urinary tract infection (UTI), a sexually transmitted disease (STD), or any vaginal infection, including bacterial vaginosis or Group B Strep (Beta Strep)?

No Go to Question 70

Yes

EE2
69. What disease or infection were you told you had? Check all that apply

Genital warts (HPV)

Herpes

Chlamydia

Gonorrhea

Pelvic inflammatory disease (PID)

Syphilis

Group B Strep (Beta Strep)

Bacterial vaginosis

Trichomoniasis (Trich)

Yeast infections

Urinary tract infection (UTI)

Other Please tell us:

[BOX]

Oklahoma Developed #1 [Phase 5:OK68]

70. How much weight did you gain during your pregnancy?

[BOX] Pounds OR [BOX] Kilos

I LOST weight during your pregnancy

I don't know

M2
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 depression?

No

Yes

V1

72. During your most recent pregnancy, did you get any of these services? For each one, circle **Y** (Yes) if you got the service or circle **N** (No) if you did not get it.

	No	Yes
a. Childbirth classes	N	Y
b. Parenting classes	N	Y
c. Classes on how to stop smoking	N	Y
d. Visits to your home by a nurse or other health care worker	N	Y
e. Food stamps	N	Y
f. TANF (welfare)	N	Y

Wyoming Developed #1

73. Where did you deliver your baby?

In Wyoming → Go to Question 75
Out-of-state

Wyoming Developed #2

74. Which statement best describes why you delivered your baby out-of-state? Check all that apply

- The physicians, nurses, and other medical staff are believed to be better out-of-state
 - The medical facilities are believed to be better out-of-state
 - My doctor is located out-of-state
 - It was closer to deliver in an out-of-state hospital than in a Wyoming hospital
 - My baby was born in a Level III Neonatal Intensive Care Unit (NICU)
 - I was transported out of state due to medical conditions of pregnancy
 - Other → Please tell us:
-

S1

75. Listed below are some statements about safety. For each one, circle **Y** (Yes) if it applies to you or circle **N** (No) if it does not.

	No	Yes
a. My infant was brought home from the hospital in an infant car seat.....	N	Y
b. My baby always or almost always rides in an infant car seat	N	Y
c. My home has a working smoke alarm	N	Y
d. There are loaded guns, rifles, or other firearms in my home	N	Y

C1

76. Are you currently in school or working outside the home?

No
Yes

Wyoming Developed #3

77. How old was your baby at the time you were visited at home by your Public Health Nurse?

- Less than 1 week old
 More than 1 week old, but less than 2 weeks old
 More than 2 weeks old
 We were not visited at home → Go to Question 79

Wyoming Developed #4

78. What part of the home visit was most helpful? Check all that apply

- Having someone to offer me support and reassurance
 Answering my questions about care of my baby
 Having someone check to make sure my baby is healthy
 Weighing and measuring my baby
 Help with breastfeeding
 Help with bottle-feeding
 Information on programs and services that are available
 Help and information on my baby's special needs (prematurity, cleft lip/palate, cardiac condition, etc.)
 Checking up on my own health
 Birth control information
 Nothing in the visit was helpful
 Other → Please tell us:

V5

79. Did you or any member of your household apply for government payments such as welfare, TANF (Temporary Assistance for Needy Families), or other public assistance?

No

Yes **Go to Question 81**

V6

80. Did any of these things keep you from applying for government help? Check all that apply

I didn't think I could get help because my household made too much money

I didn't know how to apply

There was too much paperwork

I didn't want to use up my benefits

I didn't think I could get help because I am from another country

Other Please tell us:

[BOX]

V9

81. Did you get TANF (welfare)?

No

Yes **Go to Question 83a**

V10

82. Why didn't you get TANF (welfare)? Check all that apply

I was ineligible because of my income

I had reached my time limit

I had to fulfill work or other requirements

I had to return on another day to apply

I had previously lost TANF for another reason (administrative reasons, sanctions, etc.)

I am not a U.S. citizen

Other Please tell us:

[BOX]

M1a

83a. Since your new baby was born, how often have you felt down, depressed, or hopeless?

Always

Often

Sometimes

Rarely

Never

M1b

83b. Since your new baby was born, how often have you had little interest or little pleasure in doing things?

Always

Often

Sometimes

Rarely

Never

M6

84. Since your new baby was born, did you seek help for depression from a doctor, nurse, or other health care worker?

No

Yes

Y1

85. This question is about the care of your teeth during your most recent pregnancy. For each item, circle **Y** (Yes) if it is true or circle **N** (No) if it is not true.

- | | No | Yes |
|---|-----------|------------|
| a. I needed to see a dentist for a problem..... | N | Y |
| b. I went to a dentist or dental clinic | N | Y |
| c. A dental or other health care worker talked with me about how
to care for my teeth and gums | N | Y |

86. What is today’s date?

[BOX] [BOX] [BOX]
Month Day Year

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

Thanks for answering our questions!

Your answers will help us work to make Wyoming mothers and babies healthier.