

MAINE PRAMS

Pregnancy Risk Assessment Monitoring System

Helping Maine Become a Healthier Place for Parents and Babies

What is PRAMS?

PRAMS is a population health surveillance system administered jointly by the U.S. and Maine Centers for Disease Control and Prevention. Annually, about 10% of parents who recently gave birth are selected to participate. The survey asks about their experiences around the time of pregnancy and is one of the main sources of information on perinatal health.

How are PRAMS Data Used?

PRAMS data are used at the state and national level to support programs and policies to improve perinatal health. PRAMS data are also used by researchers to investigate emerging health and public health issues affecting birthing parents and infants.

Recent examples of how PRAMS data have been used in Maine:

- Testimony to the legislature to advocate for MaineCare expansion to 1-year postpartum
- Testimony to the legislature to advocate for Maine's Paid Family Leave Program
- Maine's Safe Sleep Initiative which has resulted in all of Maine's birthing hospitals becoming safe sleep certified
- Maine's Maternal and Child Health 5-Year Needs Assessment and priorities, including maternal mental health and breastfeeding

How Can I Help?

We need your help! Nationally and in Maine the response rate to PRAMS has been declining and overtime this can result in less representative data.

Additionally, certain groups of people are less likely to participate and therefore are less represented in the data, including parents who identify as Black, Indigenous, and People of Color (BIPOC); parents who are New Mainers, parents with less than a college education; and younger parents.

You can help by encouraging new parents to complete the survey. As a thank-you, parents may receive a gift such as a certified State of Maine birth certificate, gift bag with baby items, or gift card. You can also partner with PRAMS by including PRAMS brochures and other information at your hospital, clinic, or practice.

How Can I Learn More?

To learn more and find Maine and national PRAMS data, visit: www.maine.gov/dhhs/prams

