



HELP OTHER  
MOTHERS



YOU HOLD  
*the keys*

Take the PRAMS survey. [▶](#)

# What is PRAMS?

PRAMS (Pregnancy Risk Assessment Monitoring System) is a joint research project between the Delaware Division of Public Health and the Centers for Disease Control and Prevention (CDC).

Our purpose is to find out why some babies are born healthy and others are not. To do this, our questionnaire asks new mothers about their behaviors and experiences around the time of their pregnancy.

Each year in Delaware there are hundreds of babies born with serious health problems. Many of these babies die. We need your help to find out why.

No matter how your pregnancy went, your answers will help us learn more about ways to improve the chances for future mothers and babies in Delaware.

## It's Confidential!



## GET YOUR GIFT!

Mail in your completed survey along with the rewards card to receive a gift card to Walgreens!

# The PRAMS surveyry is easy!

These are the simple steps:

1



The survey will come in the mail about 2 months after your baby is born.

2



It takes about 10 minutes to complete the survey.

3

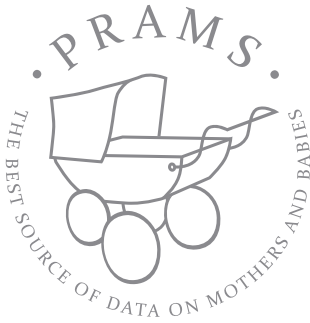


Fill out the reward card.

4



Send the survey and reward card back to us in the envelope we provide.



## **Pregnancy Risk Assessment Monitoring System**



**Division of Public Health**

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