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KDHE Reports on First State Survey of Birth Mothers

Report provides valuable insight on women before, during and after pregnancy

TOPEKA – The Kansas Department of Health and Environment (KDHE) has released its first annual report from the Kansas Pregnancy Risk Assessment Monitoring System (PRAMS). The *2017 PRAMS Summary* provides information from women who are interviewed about their experiences before, during and shortly after pregnancy. Forty-seven states participate in the PRAMS survey, covering approximately 83% of all live births in the United States. Kansas joined the PRAMS project in 2016 and began data collection in 2017.

Some notable findings from the 2017 Kansas PRAMS survey include:

- Two-thirds of mothers (67.0%) had a health care visit in the year before their pregnancy.
- More than 4 in 5 mothers (85.7%) received prenatal care during the first trimester of pregnancy.
- Almost 1 in 8 mothers (12.4%) exhibited signs of having depression in the 2 to 3 months after giving birth.
- Nearly 3 in 4 mothers (72.6%) had experienced at least one stressful life event during the year before delivery.
- Approximately 9 in 10 infants (90.1%) had been breastfed or fed breast milk, even if only for a short period of time.
- Most mothers reported placing their infants to sleep on the infant's back most frequently (80.2%), versus on his/her side, stomach, or a combination of back, side, and/or stomach.

“The data gathered by the PRAMS survey can really help identify areas for improvement that we might not have seen before” said Farah Ahmed, State Epidemiologist. “For example, more than 30% of women aren’t receiving care from a healthcare professional before they are pregnant. This is data that helps inform action at the state level in partnership with local providers and communities.”

The PRAMS survey helps shed light on issues that affect the well-being of mothers and infants. Some of these issues, such as postpartum depression and stressful life experiences, have never been studied at the statewide level in Kansas before.

“The answers and stories gathered by the survey translate to programs and policies that can make a difference,” said Rachel Sisson, Bureau of Family Health Director. “Babies born early (premature) or with low birth weight (less than 2,500 grams) have a higher risk of infant death and illness. Finding out why some babies are born healthier than others can assist us with planning a better future for mothers and their infants. KDHE works collaboratively with state and local partners to promote and increase access to comprehensive education, services and supports for the healthiest outcomes.”

The full report can be found here:

[http://www.kdheks.gov/prams/downloads/Kansas PRAMS 2017 Surveillance Report.pdf](http://www.kdheks.gov/prams/downloads/Kansas_PRAMS_2017_Surveillance_Report.pdf)

For more information about the PRAMS project in Kansas, visit: <http://www.kdheks.gov/prams/>. For more information and national statistics visit <https://www.cdc.gov/prams/index.htm>.

If you have any questions about Kansas PRAMS or are interested in special statistics email KDHE.PRAMS@ks.gov

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