



# Help Alabama Shine!

The Pregnancy Risk Assessment Monitoring System (PRAMS) is a joint research project between the Centers for Disease Control and Prevention (CDC) and the Alabama Department of Public Health. Its purpose is to determine why some babies are born healthy and others are not.

New mothers are randomly chosen from the state birth registry to participate in PRAMS. Surveys may be returned by mail or completed over the phone. Let your voice be heard!

“Happy to be part of this survey.”      “Thank you for checking on us!”

Actual comments from survey responses.

**Moms who complete the PRAMS survey receive their choice of a cooler bag, diapers, or manicure set!**



Responses are kept confidential to the extent of the law. For more information, please call us at **334-206-2923** or go to **alabamapublichealth.gov/PRAMS**

