

# Wisconsin PRAMS

Pregnancy Risk Assessment Monitoring System



## Wisconsin PRAMS Quarterly Newsletter—Winter 2026

### Celebrating PRAMS accomplishments!

The year 2025 was significant for the Wisconsin PRAMS program. The following are a few key accomplishments from the past year:

- Expanded data collection to include fathers and second parents. Wisconsin fatherhood data are expected to be available in late 2026.
- Completed 20 requests for aggregate data and 19 requests for the PRAMS research dataset, sharing data widely with Wisconsin and nationwide partners.
- Shared data through one oral presentation and three poster presentations at research conferences.
- Published the data report [Wisconsin PRAMS for Native Mothers, 2020, P-02500a \(PDF\)](#).
- Supported three graduate-level students and their use of Wisconsin PRAMS data to complete internship projects.

### Looking ahead

We are excited about many things coming in 2026 for Wisconsin PRAMS, including continued data collection for both mothers and fathers!

In late summer 2026, we anticipate releasing an interactive Wisconsin PRAMS data dashboard. This dashboard will allow users to view PRAMS data across many topics and populations. Stay tuned!

### Accessing PRAMS data

Contact Wisconsin PRAMS at [DHSDPHPRAMS@dhs.wisconsin.gov](mailto:DHSDPHPRAMS@dhs.wisconsin.gov) with any requests or questions about data access!

#### Aggregate data or presentation

If you would like to request aggregate data or a presentation using PRAMS data, please email Wisconsin PRAMS with the details of your request. Aggregate data requests may require Division of Public Health Data Governance Board approval.

#### Research file

If you would like to access the PRAMS research file for your own analysis, please email Wisconsin PRAMS to request an application. Your completed application will be reviewed by the Division of Public Health Data Governance Board. Upon approval, a Data Use Agreement will be drafted granting you access to PRAMS data for your stated purpose.

#### National PRAMS data

The CDC (Centers for Disease Control and Prevention) provides the option to download PRAMS data across multiple jurisdictions. To access these data, you will need to fill out a form and create an online account. More information can be found on the [CDC PRAMS website](#).



## Data highlight: Postpartum anxiety

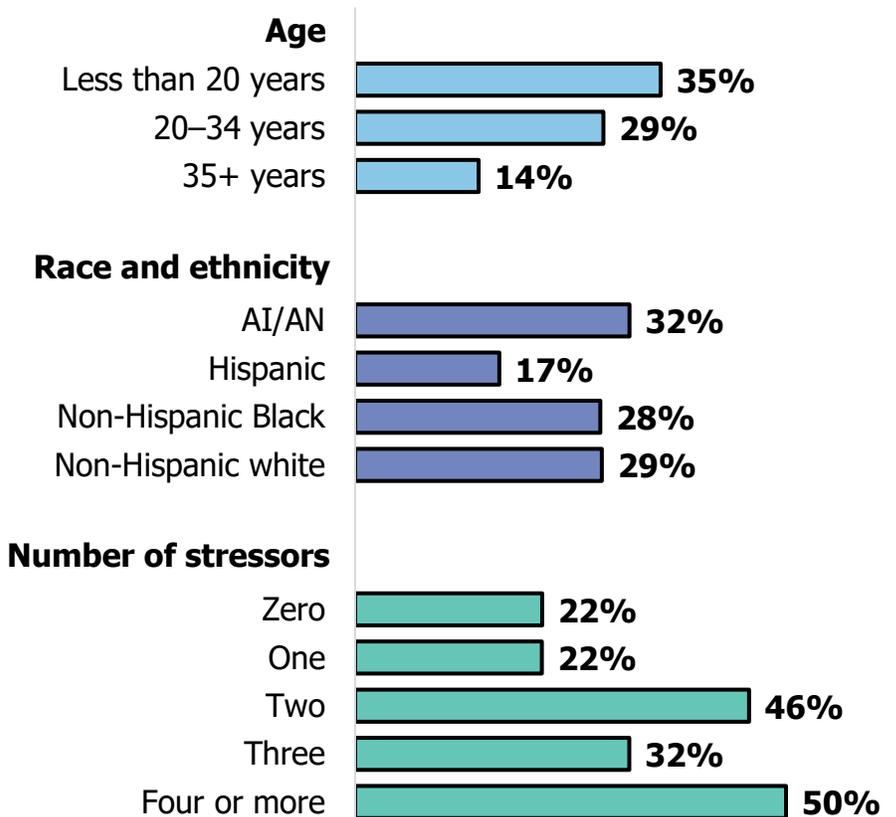
Persistent, excessive feelings of anxiety may occur during or after pregnancy. Understanding perinatal anxiety can help to inform prevention, screening, and treatment efforts. For the first time in 2023, Wisconsin PRAMS collected information on postpartum anxiety symptoms among Wisconsin mothers.

**26%** of Wisconsin mothers reported anxiety symptoms after pregnancy (2023).

Postpartum anxiety symptoms were highest among mothers who were **younger than 20 years old**, identified as **American Indian or Alaska Native (AI/AN)**, or experienced **four or more stressors** during or shortly before pregnancy (2023).



“Becoming a first time mom was very shocking and challenging in many ways. During the newborn stage I worried a lot about [sudden infant death syndrome] and keeping my newborn alive. I worried about EVERYTHING. Every time something went wrong I would panic and think it was life threatening for my baby. I felt overwhelmed with the new responsibility of being a mom. I cried every day for the first month as a result of these feelings.” - PRAMS participant



## We want to hear from you!

We are always looking for ways to bring PRAMS data to action. If you are interested in using PRAMS data for your program, we are happy to work together to help meet your needs. Please feel free to email us if you have any questions, ideas, or data needs!

### Contact us

Email: [DHSDPHPRAMS@dhs.wisconsin.gov](mailto:DHSDPHPRAMS@dhs.wisconsin.gov)  
 Website: [dhs.wisconsin.gov/stats/prams/index.htm](https://dhs.wisconsin.gov/stats/prams/index.htm)

### PRAMS website

