

OKLAHOMA

# PRAMS

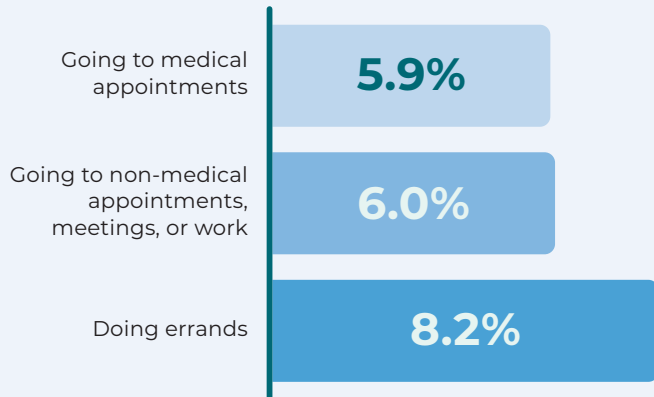
PREGNANCY RISK ASSESSMENT MONITORING SYSTEM

## 2023 Data Overview

PRAMS 2023 had a response rate of 53% and was the first year of the Phase 9 survey. Phase 9 contains several topics, including breastfeeding, infant safe sleep, maternal alcohol use, postpartum anxiety and Social Drivers of Health (SDoH). This overview presents the weighted prevalence for key indicators. Although many topics from Phase 8 are in Phase 9, some questions or answer choices have changed (indicated below by an asterisk). This means the data from prior years are not comparable.

### SDoH - Transportation

During the 12 months before their new baby was born, **the lack of transportation** kept mothers from:



### Postpartum Checkup

**86.9%**

of mothers had a **postpartum checkup** since their baby was born

### Mental Health Postpartum

Among Oklahoma mothers,

**11.9%**  
experienced postpartum **depression** symptoms

**23.1%**  
experienced postpartum **anxiety** symptoms

### SDoH - Food Insecurity

During the 12 months before birth,

**19.5%**

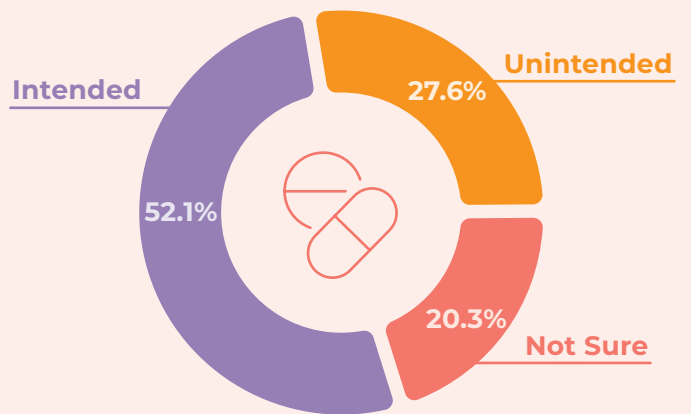
of mothers were **worried whether their food would run out** before they got money to buy more

During the 12 months before birth,

**16.1%**

of mothers felt that **the food they bought didn't last**, and didn't have money to get more

### Pregnancy Intention



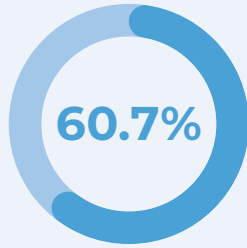
### Birth Control Use\*

**75.4%** of mothers used birth control postpartum

## Infant Safe Sleep\*

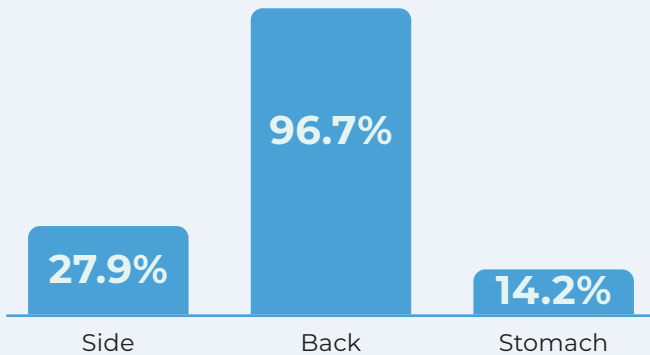
During the past two weeks before the survey,

### Co-Sleeping



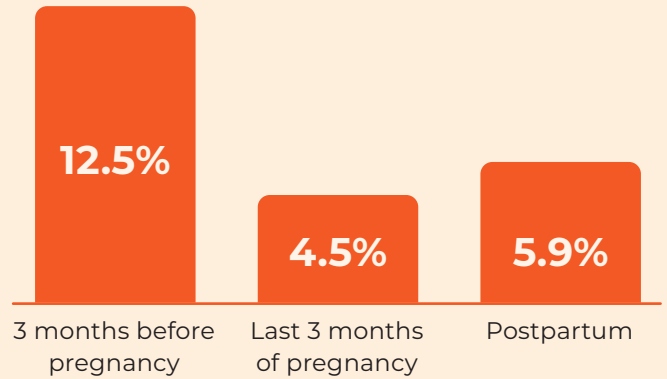
of infants always **slept separately in their own crib or bed**

### Sleep Position



## Tobacco Use\*

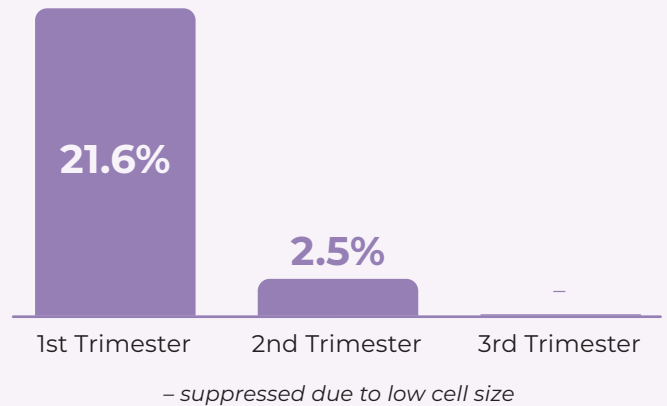
Tobacco use refers to any use of cigarettes, e-cigarettes, and other tobacco products.



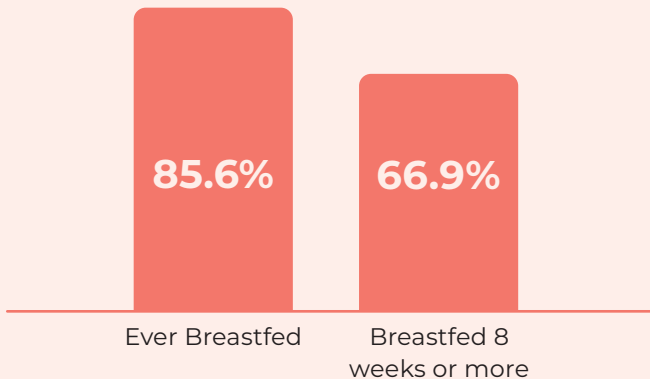
## Alcohol Use\*

Alcohol use refers to drinking one glass of wine, can or bottle of beer or hard seltzer, shot of liquor, or mixed drink.

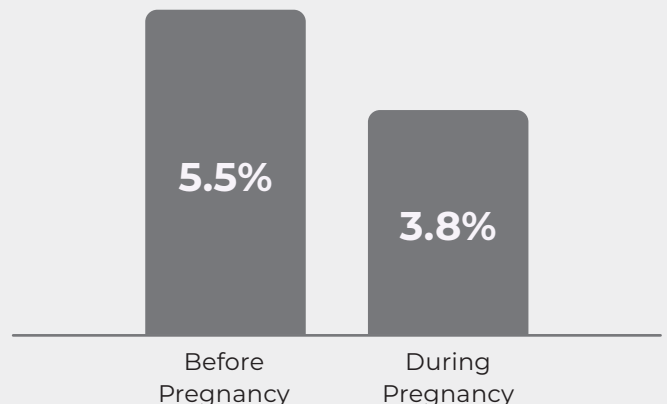
### Alcohol use during pregnancy by trimester



## Breastfeeding\*



## Experienced Physical Violence\*



\*Wording changes in PRAMS Phase 9 impacted these measures, and data from prior years are not comparable.

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PRAMS collects population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy. Approximately 250 Oklahoma mothers are randomly selected each month to participate and can respond via mail, phone, or web survey in either English or Spanish. Information included in the birth registry is used to develop analysis weights that adjust for selection probability and non-response. Prevalence rates were calculated using SAS callable SUDAAN. The response rate for 2023 was 53%. Special assistance for this publication was provided by Ayesha Lampkins, DPA; April Lopez, MPH; Binitha Kunnel, MS; and Rebekah Rodriguez. Funding was made possible by PRAMS, grant number U01DP006591, and by the Maternal and Child Health Bureau, Department of Health and Human Services, Maternal and Child Health Services Title V Block Grant. This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at [www.documents.ok.gov](http://www.documents.ok.gov) | Issued March 2026