

Pregnancy Risk Assessment Monitoring System

A survey for healthier babies in **New Jersey**

Your experiences as a new mother are important.

For questions or comments, please call toll-free 1-888-816-7929



Important Information About PRAMS Please Read Before Starting the Survey

- The Pregnancy Risk Assessment Monitoring System (PRAMS) is a research project conducted by the Bloustein Center for Survey Research at Rutgers University on behalf of the New Jersey Department of Health with support from the Centers for Disease Control and Prevention.
- The purpose of the study is to find out why some babies are born healthy and others are not.
- We are asking approximately 170 women per month in New Jersey to answer the same questions. All of your names were picked randomly by a computer from recent birth certificates.
- It takes about 20 minutes to answer all questions. Some questions may be sensitive, such as questions about smoking, drinking, and domestic violence during pregnancy.
- You are free to do the survey or not. If you don't want to participate at all, or if you don't want to answer a particular question, that's okay. There is no penalty or loss of benefits for not participating or answering all questions.
- Your survey may be combined with information the health department has from other sources.
- If you choose to do the survey, your answers will be kept private to the extent allowed by law and will be used only for research. If you are currently in jail, your participation in the study will have no effect on parole.
- Your name will not be on any reports from PRAMS. The booklet has a number so we will know when it is returned.
- Your answers will be grouped with those from other women. What we learn from PRAMS will be used to plan programs to help mothers and babies in New Jersey.
- If you have any questions about your rights in the project, please call the New Jersey Department of Health IRB Office at 1-866-780-4121.

If you have questions about PRAMS, or if you want to answer the questions by telephone, please contact Karyn Granholm, NJ PRAMS Project Coordinator, toll free 1-888-816-7929 (press 6) or e-mail: Karyn.Granholm@rutgers.edu.



What is PRAMS?

PRAMS (Pregnancy Risk Assessment Monitoring System) is a joint research project between the New Jersey Department of Health, the Centers for Disease Control and Prevention (CDC), and the Bloustein Center for Survey Research (BCSR). Information from PRAMS is used to help plan better health programs for New Jersey mothers and infants—such as improving access to high quality prenatal care, reduction of smoking during pregnancy, and encouraging breastfeeding. To do this, our questionnaire asks new mothers questions about their feelings and experiences around the time of their pregnancy.

Will my answers be kept private?

Yes—all answers are kept completely private according to the law. All answers given on the questionnaires will be grouped together to give us information on New Jersey mothers of new babies. In reports from this survey, no woman will be identified by name.

How was I chosen to participate in PRAMS?

Your name was picked by chance, like in a lottery, from the state birth certificate registry. You are one of a small number of women who were chosen to help us in this study.

Is it really important that I answer these questions?

Yes! Because of the small number of mothers picked, it is important to have everyone's answers. Every pregnancy is different. To get a better overall picture of the health of mothers and babies in New Jersey, we need each mother selected to answer the questions. From the information you give us, we may be able to improve health care for women and children in New Jersey. We need to know what went *right* as well as what went wrong during your pregnancy. Your help is really important to the success of our program.

Some of the questions do not seem related to health care—why are they asked?

Many things in a mother's life and pregnancy may affect her pregnancy. These questions try to get the best picture of the new mother's life and things that happened to her during pregnancy.

What if I want to ask more questions about PRAMS?

Please call us at our toll-free number (1-888-816-7929, press 6), and we will be happy to answer any other questions that you may have about PRAMS. If you prefer to complete the questionnaire over the telephone, please call us on the same number.

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Please check the box next to your answer or follow the directions included with the question. You may be asked to skip some	6. Was the baby <i>just before</i> your new one born <i>earlier</i> than 3 weeks before his or her due date?
questions that do not apply to you. BEFORE PREGNANCY	☐ No ☐ Yes
The first questions are about you.1. How tall are you without shoes?	The next questions are about the time <i>before</i> you got pregnant with your <i>new</i> baby.
 Feet Inches OR Centimeters 2. Just before you got pregnant with your new help here you got pregnant with your new help.	7. At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? For each item, check No if you did not do it or Yes if you did it.
baby, how much did you weigh? Pounds OR Kilos 3. What is your date of birth? Month Day Year	No Yes a. I was dieting (changing my eating habits) to lose weight □ b. I was exercising 3 or more days of the week □ c. I was regularly taking prescription medicines other than birth control □ d. I visited a health care worker and was checked for diabetes □ e. I visited a health care worker and was
 4. Before you got pregnant with your new baby, did you ever have any other babies who were born alive? □ No → Go to Question 7 ↓ Yes 	 checked for high blood pressure f. I visited a health care worker and was checked for depression or anxiety g. I talked to a health care worker about my family medical history h. I had my teeth cleaned by a dentist or dental hygienist
 5. Did the baby born <i>just before</i> your new one weigh 5 pounds, 8 ounces (2.5 kilos) or <i>less</i> at birth? No Yes 	

8. During the month before you got pregnant 9. What was the reason that you did <u>not</u> have with your new baby, what kind of *health* any health insurance during the month insurance did you have? before you got pregnant with your new baby? Check ALL that apply Check ALL that apply Private health insurance from my job or the job of my husband, partner, or parents Health insurance was too expensive Private health insurance purchased directly □ I could not get health insurance from my job or the job of my husband or partner from an insurance company □ Medicaid (such as Presumptive Eligibility □ I applied for health insurance, but was or emergency Medicaid) or NJ Family Care waiting to get it □ I applied for health insurance, but was Charity Care TRICARE or other military health care refused because of a preexisting medical condition □ Some other kind of I had problems with the health insurance health insurance - \rightarrow Please tell us: application or paperwork □ My income was too high for the public program I wanted to apply for □ I did not have any health insurance □ I didn't know how to get health insurance during the month before I got pregnant \Box Other \longrightarrow Please tell us: If you had health insurance during the month before you got pregnant with your 10. During the month before you got pregnant new baby, go to Question 10. with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin? I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin in the *month before* I got pregnant \square 1 to 3 times a week 4 to 6 times a week Every day of the week 11. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk to you about how to improve your health before pregnancy? 🗆 No -Go to Question 13 **Q** Yes Go to Question 12

2

12. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, check No if no one talked with you about it or Yes if someone talked with you about it.

		No	Yes
a.	Taking vitamins with folic acid	_	_
	before pregnancy	🗖	
b.	Being a healthy weight before		
	pregnancy	🗖	
c.	Getting my vaccines updated		
	before pregnancy	🗖	
d.	Visiting a dentist or dental		
	hygienist before pregnancy	🗖	
e.	Getting counseling for any genetic		
	diseases that run in my family	🗖	
f.			
	such as diabetes and high blood		
	pressure	🗖	
g.	Getting counseling or treatment		
-	for depression or anxiety	🗖	
h.	The safety of using prescription or		
	over-the-counter medicines during		
	pregnancy	🗖	
i.			
	can affect a baby		
j.	How drinking alcohol during		
	pregnancy can affect a baby		
k.	How using illegal drugs during		

pregnancy can affect a baby......

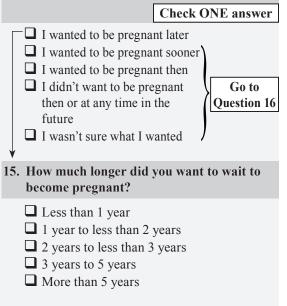
13. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker tell you that you had any of the following health conditions? For each one, check No if you did not have the condition or Yes if you did.

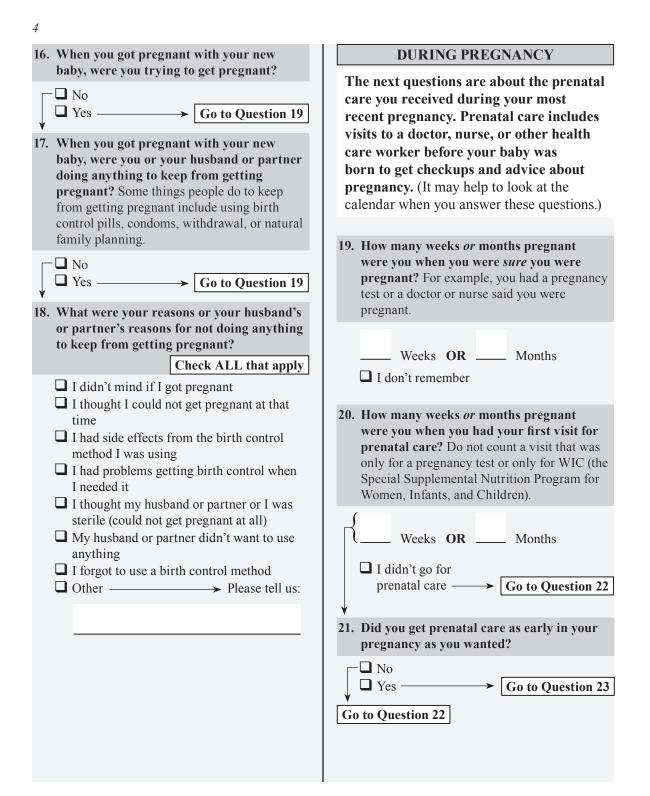
No Yes

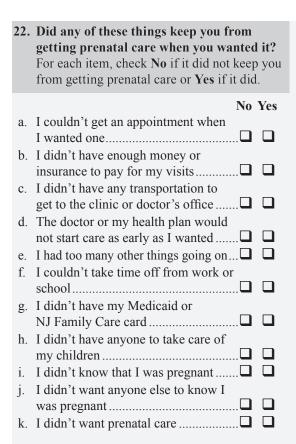
a.	Type 1 or Type 2 diabetes (<u>NOT</u>	
	the same as gestational diabetes	
	or diabetes that starts during	
	pregnancy)	
b.	High blood pressure or hypertension	
c	Depression	

The next questions are about the time when you got pregnant with your new baby.

14. Thinking back to *just before* you got pregnant with your new baby, how did you feel about becoming pregnant?







If you did not get prenatal care, go to Page 6, Question 25.

23. During *your most recent* pregnancy, what kind of *health insurance* did you have to pay for your *prenatal care*?

Check ALL that apply

- Private health insurance from my job or the job of my husband, partner, or parents
 Private health insurance purchased directly from an insurance company
 Medicaid (such as Presumptive Eligibility or emergency Medicaid) or NJ Family Care
 Charity Care
 TRICARE or other military health care
 Some other kind of health insurance —> Please tell us:
- □ I did not have any health insurance to pay for my *prenatal care*

24.	During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? <i>Please count only</i> <i>discussions</i> , not reading materials or videos.	 26. During the 12 months before the delivery of your new baby, did a doctor, nurse, or other health care worker offer you a flu shot or tell you to get one? □ No
	For each item, check No if no one talked with you about it or Yes if someone did.	Sea Yes
b. с.	No Yes How much weight I should gain Image: Constraint of the state of the stat	 27. During the 12 months before the delivery of your new baby, did you get a flu shot? Check ONE answer □ No → Go to Question 29 (□ Yes, before my pregnancy □ Yes, during my pregnancy
	pregnancy could affect my baby Using a seat belt during my pregnancy	 ✓ 28. During what month and year did you get the flu shot?
g.	Medicines that are safe to take during my pregnancy How using illegal drugs could affect my baby Doing tests to screen for birth defects	$\frac{1}{20}$ Month Year
n. i.	or diseases that run in my family The signs and symptoms of preterm labor (labor more than 3 weeks before the baby is due)	 I don't remember 29. This question is about the care of your teeth <u>during</u> your most recent pregnancy.
j.	Getting tested for HIV (the virus that causes AIDS)	For each item, check No if it is not true or does not apply to you or Yes if it is true.
k. 1.	What to do if I feel depressed during my pregnancy or after my baby is born Physical abuse to women by their	a. I knew it was important to care for my teeth and gums during
1.	husbands or partners	 b. A dental or other health care worker talked with me about how to care for my teeth and gums.
25.	At any time during <i>your most recent</i> pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)?	 c. I had my teeth cleaned by a dentist or dental hygienist d. I had insurance to cover dental care
	 No Yes I don't know 	during my pregnancy Image: Line definition e. I needed to see a dentist for a problem Image: Line definition f. I went to a dentist or dental clinic
		about a problem

30. During *your most recent* pregnancy, did you take a class or classes to prepare for childbirth and learn what to expect during labor and delivery?

No

Yes

31. During *your most recent* **pregnancy, did a home visitor come to your home to help you prepare for your new baby?** A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps pregnant women.

No
¥7.

- Yes
- 32. During *your most recent* pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?

- **Y**es
- **33.** During *your most recent* pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during *this* pregnancy)?

🛛 No

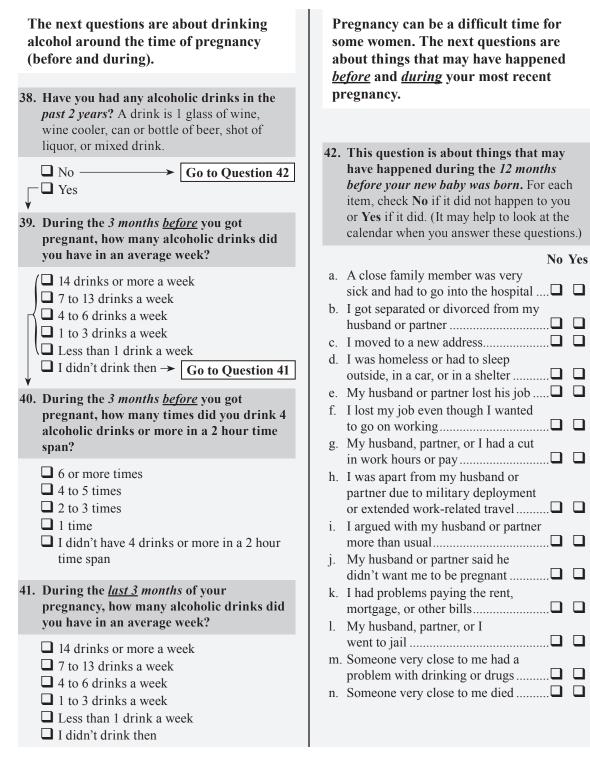
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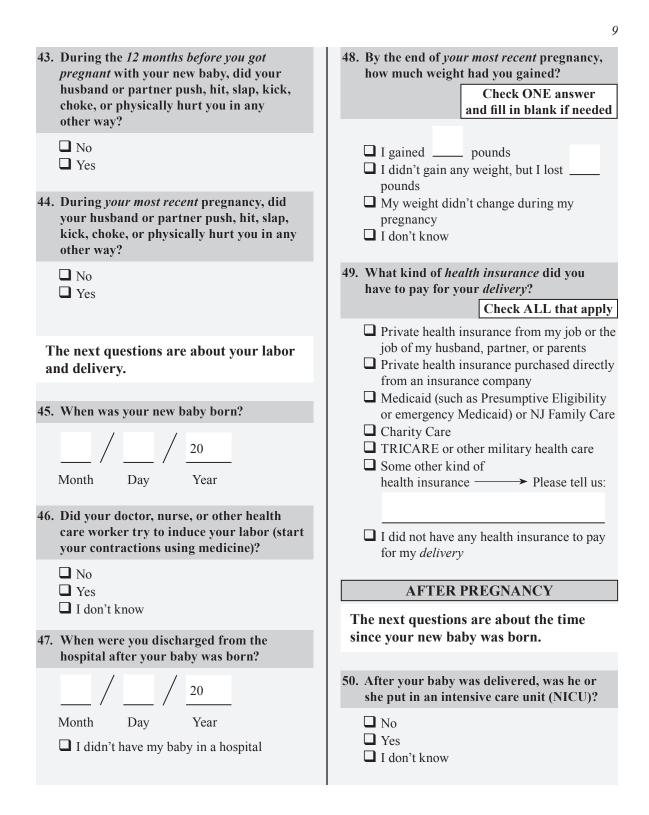
The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).

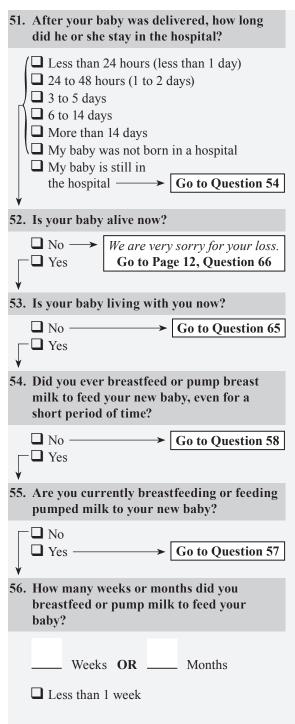
34. Have you smoked any cigarettes in the *past 2 years*?



- 35. In the *3 months <u>before</u>* you got pregnant, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.
 - □ 41 cigarettes or more
 - □ 21 to 40 cigarettes
 - □ 11 to 20 cigarettes
 - □ 6 to 10 cigarettes
 - □ 1 to 5 cigarettes
 - Less than 1 cigarette
 - I didn't smoke then
- 36. In the *last 3 months* of your pregnancy, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.
 - □ 41 cigarettes or more
 - □ 21 to 40 cigarettes
 - □ 11 to 20 cigarettes
 - \Box 6 to 10 cigarettes
 - \Box 1 to 5 cigarettes
 - Less than 1 cigarette
 - I didn't smoke then
- **37. How many cigarettes do you smoke on an average day** *now***?** A pack has 20 cigarettes.
 - □ 41 cigarettes or more
 - □ 21 to 40 cigarettes
 - □ 11 to 20 cigarettes
 - □ 6 to 10 cigarettes
 - □ 1 to 5 cigarettes
 - Less than 1 cigarette
 - I don't smoke now







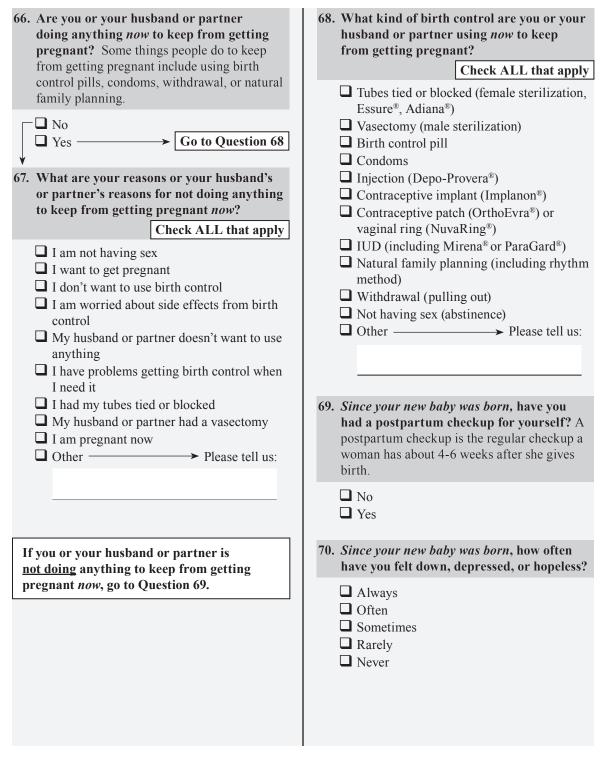
Q	uestion 58.		
7.	This question asks about things the have happened at the hospital when new baby was born. For each item, if it did not happen or Yes if it did has	re yo chec	our k No
		No	Yes
a.	Hospital staff gave me information about breastfeeding	🗖	
b.	My baby stayed in the same room with me at the hospital	🗖	
с.			
d.	I breastfed in the first hour after my baby was born		
e.	I breastfed my baby in the hospital		
f.	My baby was fed only breast milk at the hospital	🗖	
g.	Hospital staff told me to breastfeed whenever my baby wanted	🗖	
h.	The hospital gave me a breast pump to use	🗖	
i.	The hospital gave me a gift pack with formula		
j.	The hospital gave me a telephone number to call for help with		
	breastfeeding		
k.	Hospital staff gave my baby a pacifier	🗖	

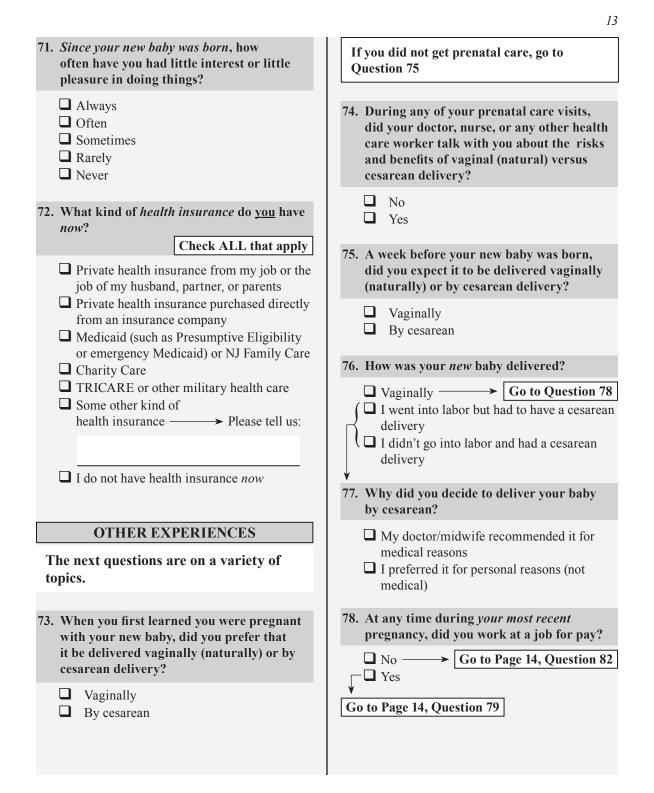
If your baby was not born in a hospital, go to

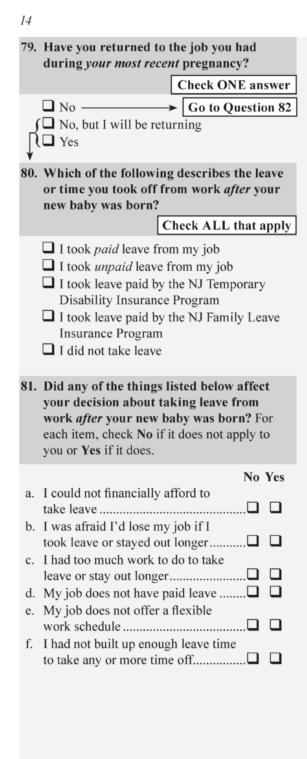
- 58. Did a doctor, nurse, or other health care worker talk with you about how to lay your new baby down to sleep?
 - NoYes

62. Was your new baby seen by a doctor, If your baby is still in the hospital, go to nurse, or other health care worker for **Ouestion 65.** a one week checkup after he or she was born? 59. In which one position do you most often lay D No your baby down to sleep now? **V**Yes **Check ONE answer** □ My baby was still in the hospital at that time • On his or her side • On his or her back 63. Has your new baby had a well-baby • On his or her stomach **checkup?** A well-baby checkup is a regular health visit for your baby usually at 1, 2, 4, 60. How often does your new baby sleep in the and 6 months of age. same bed with you or anyone else? Go to Question 65 🗖 No -□ Always **Y**es **O**ften □ Sometimes 64. How many times has your new baby Rarely been to a doctor or nurse for a well-baby Never **checkup?** (It may help to use the calendar.) 61. Listed below are some things that describe Times how your new baby usually sleeps. For each item, check **No** if it doesn't usually apply to 65. Since your new baby was born, has a home your baby or Yes if it usually applies to your visitor come to your home to help you baby. learn how to take care of yourself or your **new baby?** A home visitor is a nurse, a health No Yes care worker, a social worker, or other person a. My new baby sleeps in a crib or who works for a program that helps mothers portable crib of newborns. b. My new baby sleeps on a firm or hard mattress D No c. My new baby sleeps with pillows...... \Box □ Yes d. My new baby sleeps with bumper pads 🔲 🔲 e. My new baby sleeps with plush or thick blankets f. My new baby sleeps with stuffed toys..... 🔲 🔲 g. My new baby sleeps with an infant positioner h. My new baby sleeps with me or another person.

11







The next questions are about the time during the *12 months before* your new baby was born.

- 82. During the 12 months before your new baby was born, what was your yearly total household income before taxes? Include your income, your husband's or partner's income, and any other income you may have received. All information will be kept private and will not affect any services you are now getting.
 - \$0 to \$15,000
 \$15,001 to \$19,000
 \$19,001 to \$22,000
 \$22,001 to \$26,000
 \$26,001 to \$29,000
 \$29,001 to \$37,000
 \$37,001 to \$44,000
 \$44,001 to \$52,000
 \$52,001 to \$56,000
 \$56,001 to \$67,000
 \$67,001 to \$79,000
 \$79,001 or more
- 83. During the *12 months before* your new baby was born, how many people, *including yourself*, depended on this income?

The last questions are about the time since your new baby was born.

85. Since your new baby was born, did a doctor, nurse, home visitor, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, check No if no one talked with you about it or Yes if someone did.

No Yes

a.	Whether you've been feeling sad or	
	anxious	
b.	What to do when your baby cries	
	excessively and won't stop	
c.	That shaking or hitting your baby	
	can cause serious harm	
d.	Putting your baby to sleep safely	
	on his/her back and in his/her	
	own crib	
e.	Sharing information about shaking	
	babies, crying babies, and safe sleep	
	with others who help you care for	
	your babydad, partner, family,	
	babysitter, caregiver	

If you tried to breastfeed after you left the hospital, please answer Question 86.

86. Since your new baby was born, did a doctor, nurse, home visitor, or other health care worker talk with you about any of the things listed below?

		No	Yes
a.	Whether you or your baby are		
	having any problems with		
	breastfeeding		
b.	How to contact breastfeeding		
	support groups		

Please use this space for any additional comments you would like to make about your experiences around the time of your pregnancy or the health of mothers and babies in New Jersey.

Thanks for answering our questions!

Your answers will help us work to make New Jersey mothers and babies healthier.



Pregnancy Risk Assessment Monitoring System A survey for healthier babies in New Jersey

STATE AND LOCAL RESOURCES

 NJ211- A place to turn to when you need to find state or local health and human service information.

 Within NJ Dial: 2-1-1
 Outside NJ: 1-877-652-1148
 Website: http://www.nj211.org/

NJ Parent Link - New Jersey's Early Childhood, Parenting and Professional Resource Center. Website: http://www.njparentlink.nj.gov/

HealthLink- New Jersey's comprehensive healthcare consumer information website providing instant access to healthcare information for families, children, seniors and healthcare professionals.

Website: http://www.nj.gov/njhealthlink/

 Family Health Line Operational 24/7 and is available anywhere in New Jersey. Trained phone counselors provide information and referrals for health screening and treatment.

 1-800-328-3838

 Website: http://www.nj.gov/health/fhs/primarycare/health_line.shtml

Speak Up When You Are Down - Perinatal mood disorders (PMD) can affect any woman of any age, race or economic background who is pregnant or who has recently had a baby, stopped breastfeeding, or ended a pregnancy or miscarried. PMD are treatable, but many people do not know the facts. 1-800-328-3838 (24/7) Website: http://www.nj.gov/health/fhs/postpartumdepression/index.shtml

 Special Child Health and Early Intervention Services has information and resources for infants, children, youth and young adults with special health care needs and for infants and toddlers with developmental delays/disabilities. Newborn screening information and resources are also available.

 1-609-984-0755
 Website: http://www.nj.gov/health/fhs/sch/index.shtml

 Women's Referral Central is the primary source of information about programs of interest to women in New Jersey. Available 24 hours a day, it assists women in areas as diverse as sexual harassment, child support and custody, consumer law and safety, to personal growth and development, education, medical referrals, homelessness, personal safety and domestic violence.

 1-800-322-8092
 Website: http://www.state.nj.us/dcf/women/programs/wrch.html

PHONE NUMBERS FOR ADDITIONAL INFORMATION AND ASSISTANCE

Family Helpline 24/7 - If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who will provide empathic listening about parenting and refer you to resources in your community. 1-800-THE-KIDS (843-5437)

Addictions Hotline of NJ provides trained clinically supervised telephone specialists who are available 24/7 to educate, assist, interview and/or refer individuals and families battling addictions. 1-800-238-2333

Quit Smoking: 1-866-NJSTOPS; 1-866-657-8677

NJ Women, Infant, and Children Services (WIC): 1-866-44-NJWIC; 1-800-328-3838











RUTGERS

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This survey is sponsored by the New Jersey Division of Family Health Services and conducted by the Bloustein Center for Survey Research Edward J. Bloustein School of Planning and Public Policy Rutgers, The State University of New Jersey