



OFFICE OF THE CALIFORNIA SURGEON GENERAL

September 4, 2026

The Office of the California Surgeon General (OSG) invites your school to take part in a statewide student contest that puts students at the center of a health message worth sharing. The content is made by students, for students, sparking real conversations about preconception health. This contest gives students a platform to create original work that could help someone take a real step toward a healthier pregnancy.

What the Contest Is

This is the PreMA Student Creative Contest, connected to the Preconception Medical Assessment (PreMA), a free, 8-question quiz developed by OSG that helps people understand how their current health could impact a future pregnancy.

Students choose one of two tracks:

- **General Track (#TakePreMA):** promoting PreMA broadly, any angle that connects to thinking about your health and how that may affect a future pregnancy.
- **Cardiovascular Health Track (#PreMAHeart):** promoting PreMA, connecting specifically to heart health and how that could affect a future pregnancy.

What We're Asking You to Do

We ask that you share this contest with your students through the channels your office already uses to reach them. This contest is designed to reach the widest possible student audience, so we welcome any effort to help spread the word.

What Students Do to Enter

Students create original content, a poster, graphic design, or short video, which connects to PreMA and post it publicly on Instagram or Facebook using their track's campaign tag (#TakePreMA for the General Track, #PreMAHeart for the Cardiovascular Health Track). Every entry must include the PreMA QR code or a direct link to the quiz. Posting with the tag is the entry, no separate form or submission required.

Students who don't have social media can email their entry to StrongStartAndBeyond@osg.ca.gov with their name, track, a photo of where they posted or displayed their creative, and a short description of the location. They should follow all rules of the location their creative is posted or displayed in.

Eligibility and Dates

To win, they must be a California student. Entries open now until October 31, 2026. Winners will be selected by November 6, 2026. Selected entries are chosen at OSG's discretion.

1215 O Street · MS-08 · Sacramento, CA 95814 ·
Telephone (916) 654-3454 Internet Address:

What Students Gain

One winning entry will be selected from each track. Winners will get their submission featured on OSG's official social media channels and the PreMA website, a signed letter from California Surgeon General Dr. Diana E. Ramos, and a visit from Dr. Ramos to their school, based on availability and in coordination with the school. Submission grants OSG license to share the students' work across all OSG social media channels.

Sign-Off / Contact Information

For questions about this contest, please contact The Office of the California Surgeon General at StrongStartAndBeyond@osg.ca.gov. Thank you for helping bring this opportunity to your students.

Sincerely,

A handwritten signature in black ink, appearing to read 'DRamos', is positioned above the printed name.

Diana E. Ramos, MD, MPH, MBA
California Surgeon General