

NPM 1: POSTPARTUM VISIT

GOAL

To increase the percent of women who have a postpartum visit within 12 weeks after giving birth and received recommended care components.

SIGNIFICANCE

The postpartum period is an important time for maternal health and well-being. Untreated chronic conditions and pregnancy-related complications increase the risk of adverse health outcomes in the weeks and months following delivery. Data from Maternal Mortality Review Committees in 36 states suggest that more than half of pregnancy-related deaths occur from 7 to 365 days postpartum.¹ A comprehensive postpartum visit is an opportunity to improve maternal health by providing recommended clinical services, including screening, counseling, and management of health issues.² The American College of Obstetricians and Gynecologists (ACOG) recommends that all women have contact with their obstetrician-gynecologists or other obstetric providers within the first three weeks postpartum followed by a comprehensive postpartum visit within 12 weeks after birth.²

DEFINITION

Numerators:

- Number of women who reported attending a postpartum checkup within 12 weeks after giving birth.
- Number of women who reported attending a postpartum checkup within 12 weeks after giving birth and that a healthcare provider talked to them about birth control methods and what to do if they felt depressed or anxious.

Denominators:

- Number of women with a recent live birth.
- Number of women with a recent live birth who reported attending a postpartum checkup within 12 weeks after giving birth.

HEALTHY PEOPLE 2030 OBJECTIVE

Related to Pregnancy and Childbirth (MICH) Objective D01: Increase the proportion of women who get screened for postpartum depression (Developmental).

STATUS

As given in Figure 1, the estimated percentage of postpartum women in Delaware with a postpartum visit was slightly lower than the corresponding nationwide percentage. Moreover, the percentages of Hispanic and Black non-Hispanic postpartum women with a postpartum visit were lower than that of White non-Hispanic postpartum women. Similarly, the percentage of Medicaid-covered postpartum women with a postpartum visit was lower than the percentage of postpartum women with private insurance (Figure 2).

¹ Trost SL, Beauregard J, Njie F, et al. Pregnancy-Related Deaths: Data from Maternal Mortality Review Committees in 36 US States, 2017–2019. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2022.

² ACOG Committee Opinion No. 736: Optimizing Postpartum Care. *Obstet Gynecol.* 2018 Sept; 132(3): 784-785.

Figure 1. Estimated Percentage of Postpartum Women with a Postpartum Visit, by Selected Race/Ethnicities, PRAMS 2021.

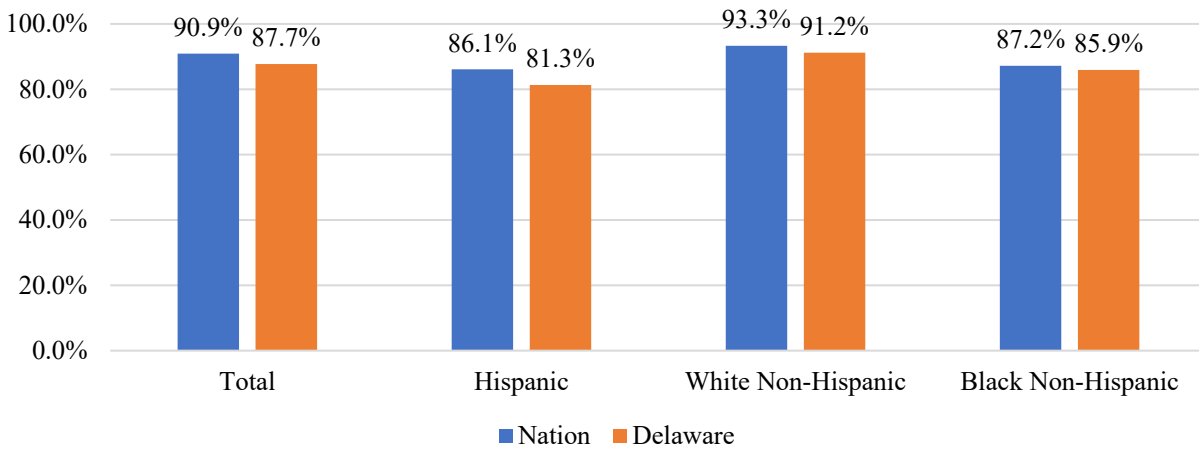


Figure 2. Estimated Percentage of Postpartum Women with a Postpartum Visit, by Health Care Coverage, PRAMS 2021.

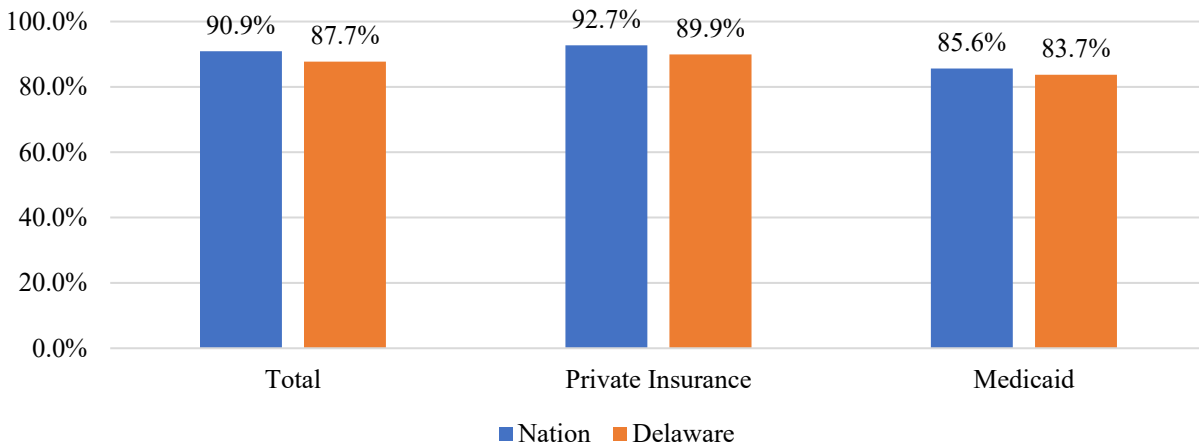


Figure 3. Estimated Percentage of Postpartum Women with a Postpartum Visit, by Age of Mother, PRAMS 2021.

