

## Postpartum Care Visits – New Mexico PRAMS, 2018-2020

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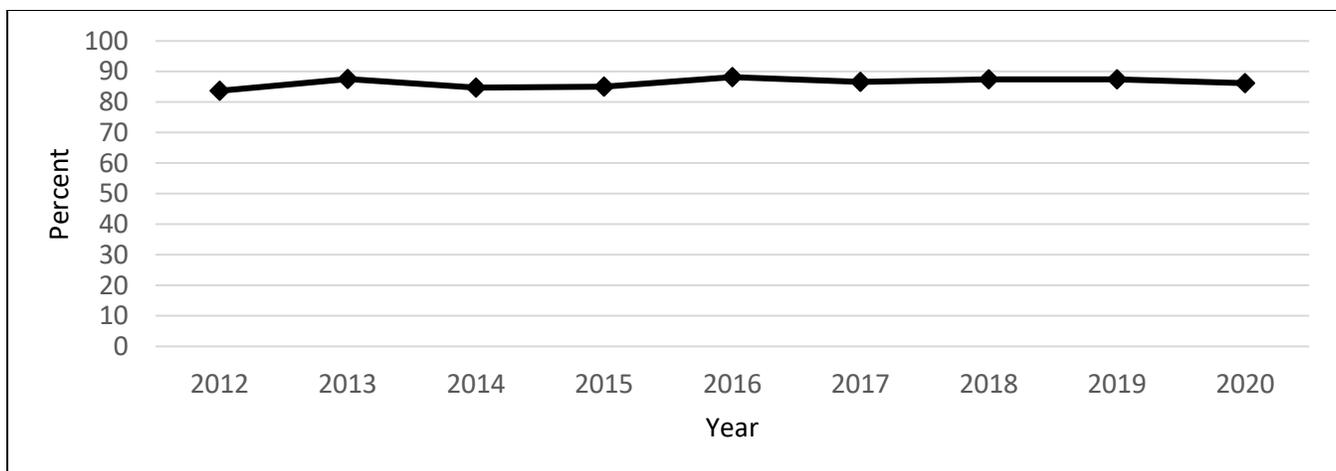
The American College of Obstetricians and Gynecologists (ACOG) had, in the past, recommended that women receive a postpartum checkup 4 to 6 weeks after giving birth. ACOG now recommends that postpartum care should be an ongoing process rather than just a one-time checkup.<sup>1</sup> Postpartum checkups involve assessing the physical and mental health of the mother, counseling her on infant care and family planning, and addressing preexisting or new-onset chronic conditions such as diabetes, hypertension, or obesity. A study found that low-income women were 50% more likely to use contraception after delivering their baby if they attended a postpartum care visit.<sup>2</sup>

Survey data from the 2007 Los Angeles Mommy and Baby (LAMB) study found that the most reported reasons for not receiving a postpartum checkup were: mothers felt fine, were too busy with the baby, had other things going on, and felt there was no need for postpartum care.<sup>3</sup>

**New Mexico Pregnancy Risk Assessment Monitoring System (NM PRAMS)** is an ongoing public health surveillance system of maternal behaviors and experiences before, during, and shortly after pregnancy. NM PRAMS provides information that is representative of NM resident women who have given live birth in NM. The surveillance system is sponsored by the Centers for Disease Control and Prevention and the NM Department of Health. PRAMS is New Mexico's only source of representative birth population data.

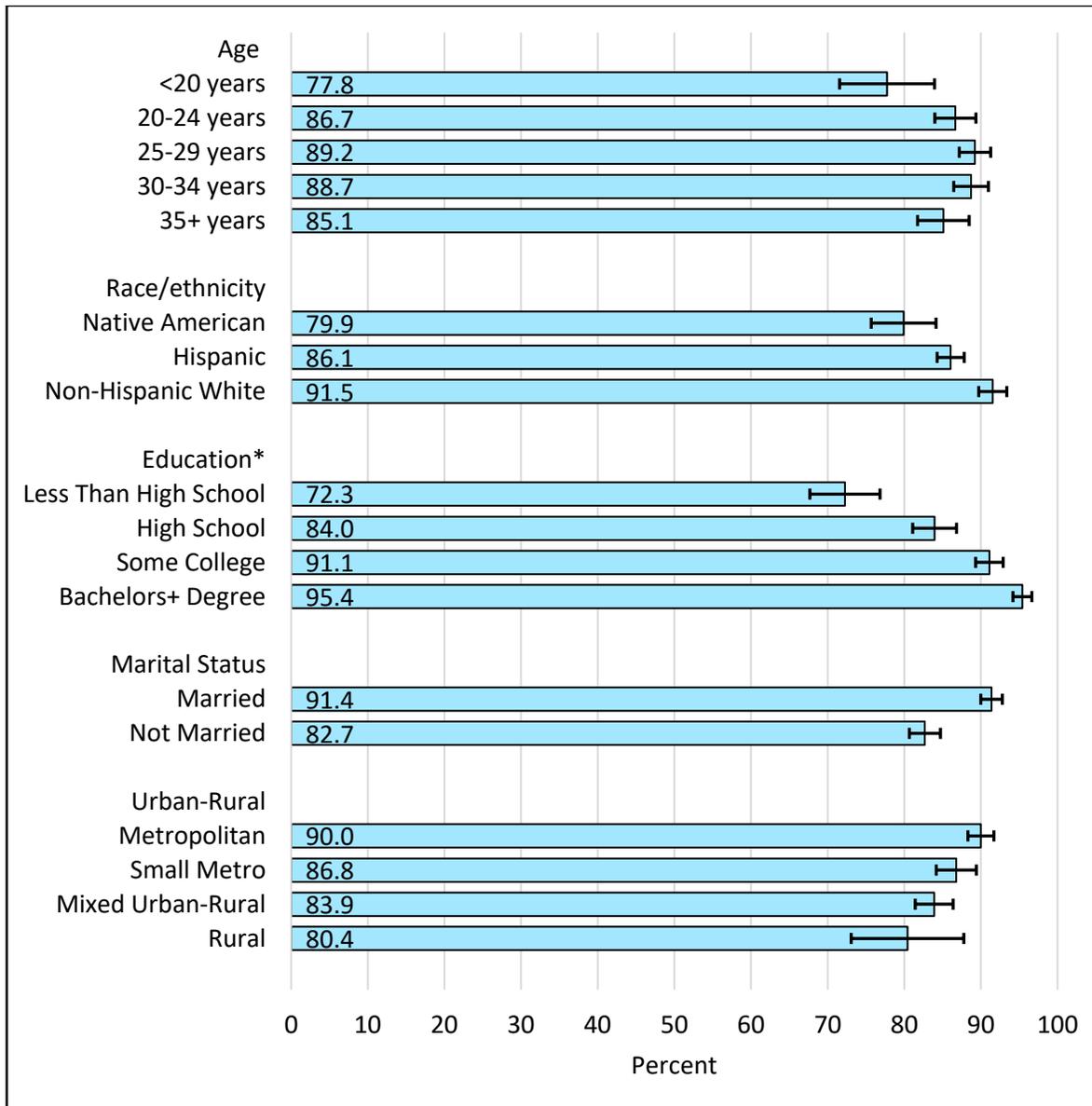
The NM PRAMS survey asked women, “Since your new baby was born, have you had a postpartum checkup for yourself? (A postpartum checkup is a regular checkup a woman has after she gives birth).” The prevalence of postpartum checkups in New Mexico for 2020 was 86.2%. In 2019 the prevalence of postpartum checkups in NM was 87.5% compared to 90.7% for all PRAMS sites in the US and the lowest among the states.<sup>4</sup> The percentage of women who received a postpartum checkup ranged from 83.7 to 88.2 during the nine-year period (Figure 1).

**Figure 1.** Prevalence of Postpartum Checkup, NM PRAMS 2012-2020



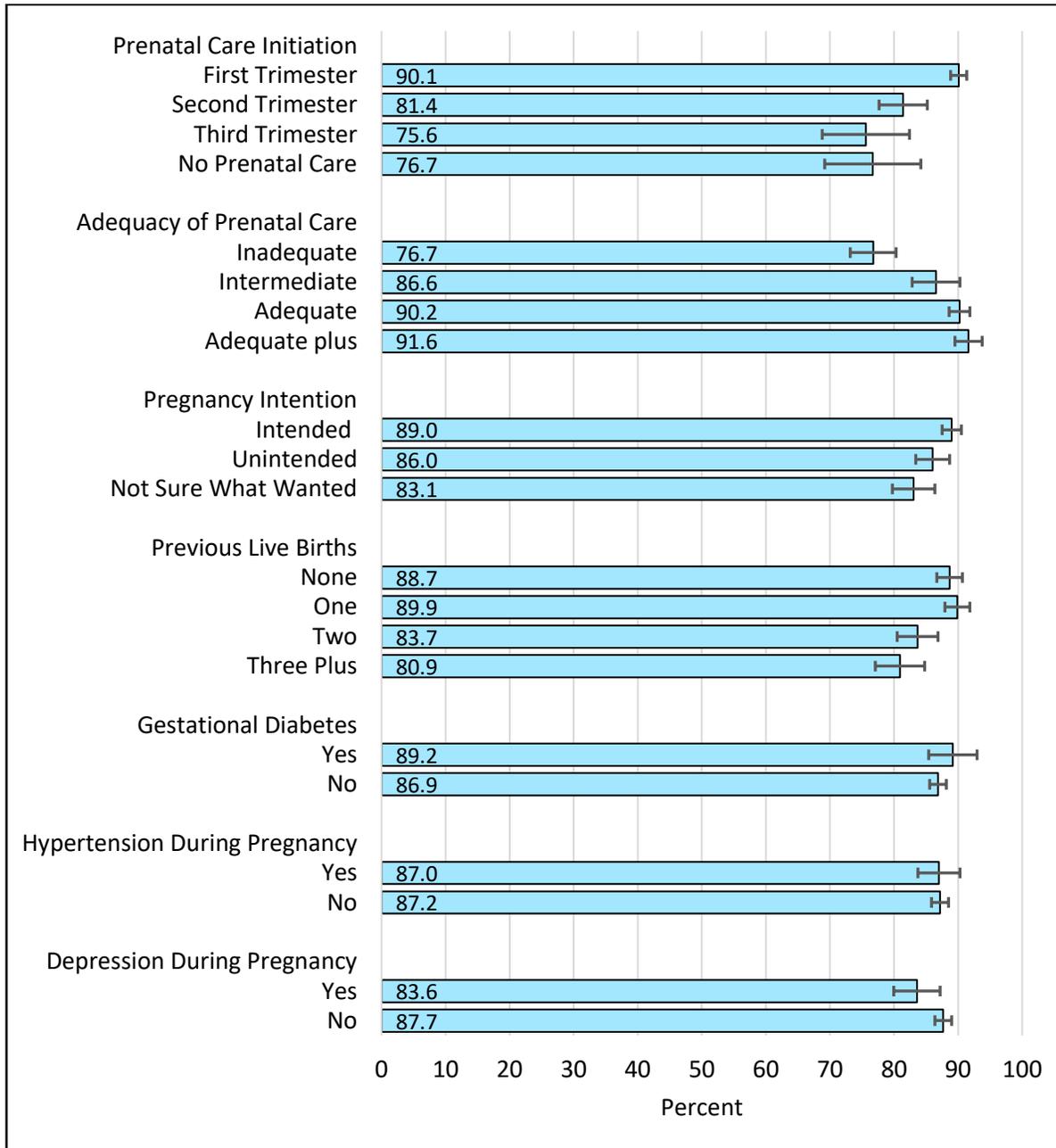
Women more likely to receive a postpartum checkup were between 25 and 34 years of age, non-Hispanic white, have a college education, be married, or live in a metropolitan area (Figure 2).

**Figure 2.** Postpartum Checkup by Maternal Demographics, NM PRAMS, 2018-2020



Women with the following characteristics during pregnancy were more likely to receive a postpartum checkup: started prenatal care in the first trimester, had adequate or adequate plus prenatal care, had an intended pregnancy, had gestational diabetes, and did not report having depression during pregnancy (Figure 3).

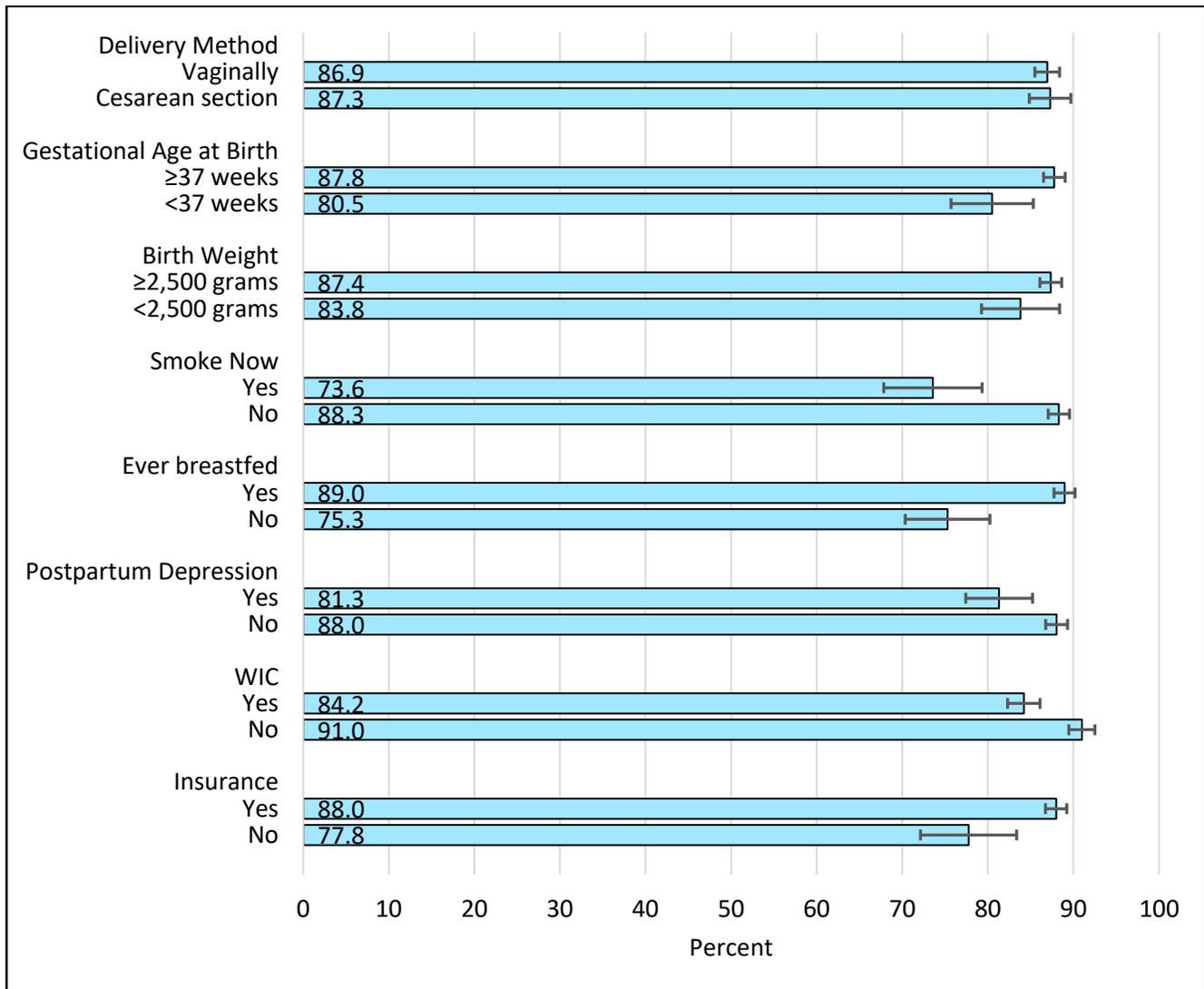
**Figure 3.** Postpartum Checkup by Maternal Characteristics During Pregnancy, NM PRAMS 2018-2020



Women with the following characteristics after pregnancy were more likely to have a postpartum checkup: did not smoke cigarettes, initiated breastfeeding, did not have postpartum depression, did not receive WIC services, and had insurance at the time of the survey (Figure 4).

Excluding women who reported they were not using postpartum birth control because they wanted to get pregnant, 89.6% (95% CI: 88.4-90.9) of women who were using a birth control method postpartum had a postpartum checkup compared to 74.7% (95% CI: 70.4-79.1) of women who were not using a birth control method.

**Figure 4.** Postpartum Checkup by Maternal Characteristics After Pregnancy and Infant Characteristics, NM PRAMS 2018-2020



**References:**

1. The American College of Obstetricians and Gynecologists (ACOG). Committee opinion number 736: Optimizing postpartum care, May 2018
2. Saba W. Masha, et al. Postpartum Visit Attendance Increases the Use of Modern Contraceptives, Journal of Pregnancy, Volume 2016
3. Jessica N. DiBari, et al., Use of Postpartum Care: Predictors and Barriers, Journal of Pregnancy, Vol. 2014
4. Centers for Disease Control and Prevention, Prevalence of Selected Maternal and Child Health Indicators for All PRAMS Sites, [https://www.cdc.gov/prams/prams-data/mch-indicators/states/pdf/2019/All-Sites\\_PRAMS\\_Prevalence-of-Selected-Indicators\\_2016-2019\\_508.pdf](https://www.cdc.gov/prams/prams-data/mch-indicators/states/pdf/2019/All-Sites_PRAMS_Prevalence-of-Selected-Indicators_2016-2019_508.pdf)