89% of South Dakota mothers giving birth in 2018 had a postpartum checkup. This differed by race: 94% for white, non-Hispanic mothers, 71% for American Indian mothers, and 89% of mothers of other races.

**Top Five Topics Covered at Postpartum Visit**

- Feeling down or depressed
- Birth control methods
- Emotional or physical abuse
- Smoking cigarettes
- Taking a vitamin with folic acid

**Postpartum Depressive Symptoms**

- More common among: American Indian mothers, younger mothers, mothers with less years of education, unmarried mothers, lower household income.

- Associated with higher prevalence of: Adverse childhood experiences (ACE) score, diabetes, hypertension or depression during pregnancy, emotional abuse during pregnancy, teeth not cleaned during pregnancy, smoking and illicit drug use before pregnancy.

58% or fewer of the South Dakota mothers reported the following topics were covered at a postpartum visit: healthy eating, exercise, and losing weight gained during pregnancy (58%); how long to wait before getting pregnant again (48%); gave or prescribed a contraceptive method such as the pill, patch, shot, NuvaRing, or condoms (41%); inserted an IUD or a contraceptive arm implant (23%); and were tested for diabetes (17%).

For additional information, see [https://doh.sd.gov/statistics/prams.aspx](https://doh.sd.gov/statistics/prams.aspx)