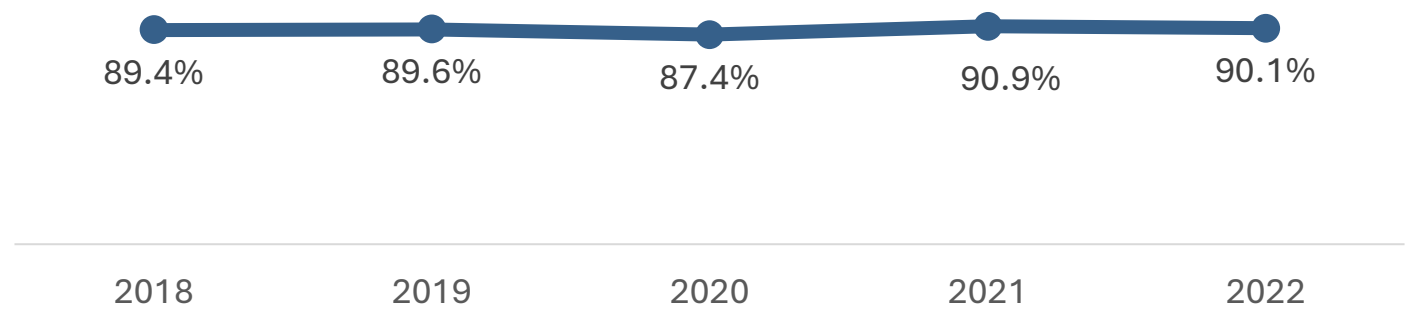


A postpartum care visit is a checkup for moms, usually 3 to 6 weeks after giving birth. It helps monitor the mother's recovery, identify any problems related to childbirth, and assess emotional health. This visit is also an opportunity to discuss infant care, receive breastfeeding support, and explore birth control options.^a

In the last five years, the percentage of moms who attended a postpartum care visit has not changed.



Only **65%**

of American Indian mothers reported a postpartum visit.

Moms who did not attend a postpartum care visit were

3 times

more likely to also report no or delayed prenatal care.

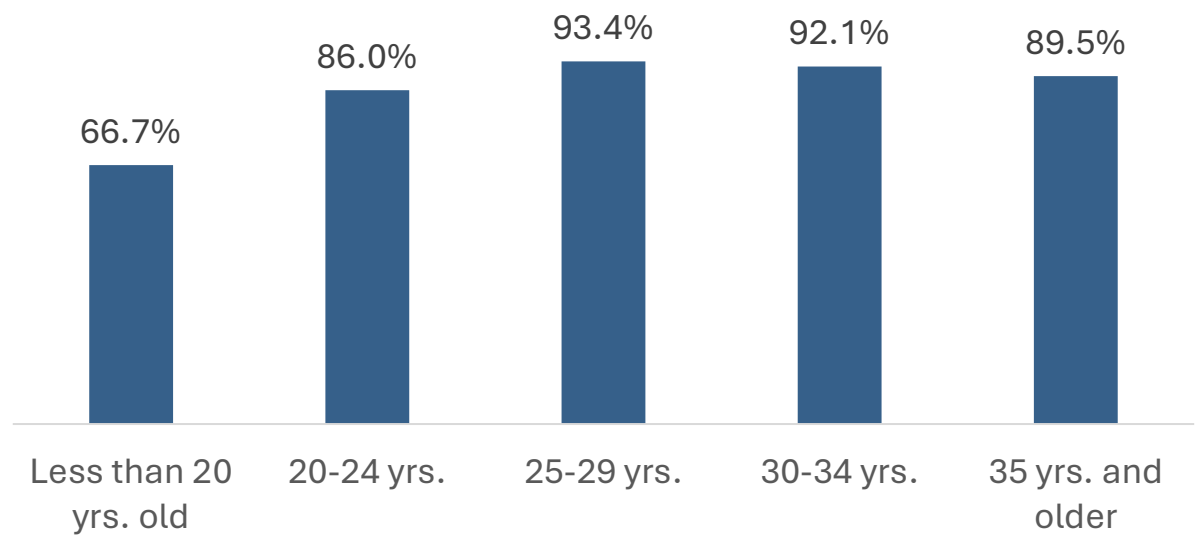
Moms who attended a postpartum care visit were

significantly more likely to say they had breastfed at least once.

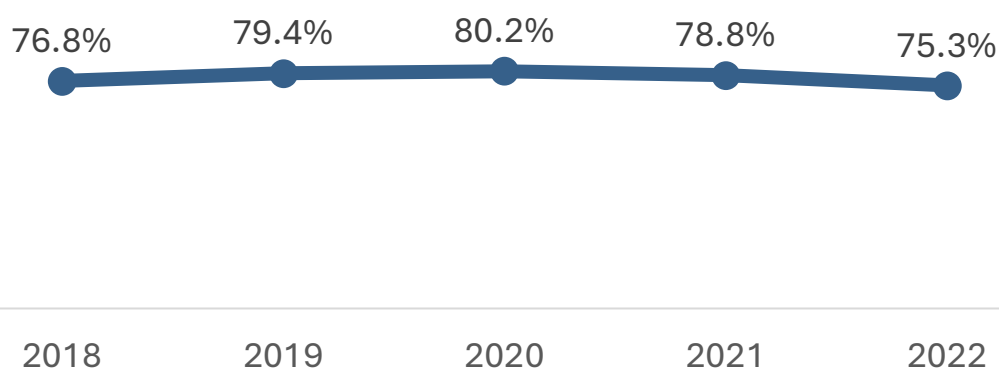
White moms are much more likely to report a postpartum care visit than other racial groups ($p < 0.001$).



Younger moms, particularly those under 20, are less likely to attend a postpartum care visit ($p < 0.001$).



Three-quarters of moms reported using postpartum birth control in 2022, with no significant change over the past 5 years.



Among those not using birth control, 57% of moms said they 'did not want to use' birth control and 26% 'worried about side effects' from birth control.

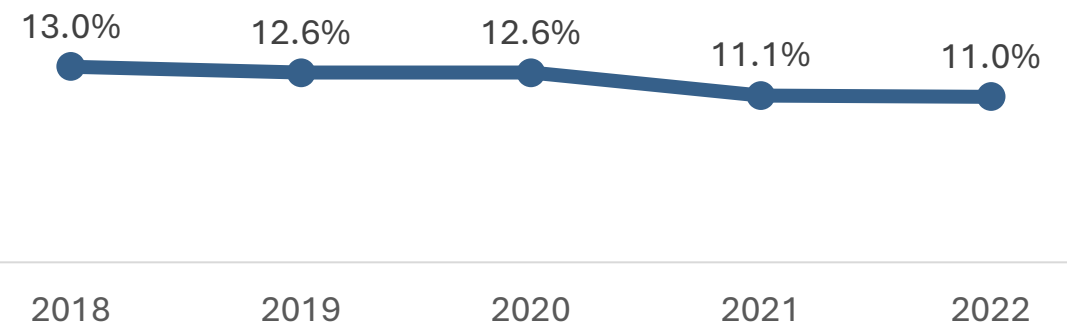
Among moms who attended a postpartum visit, type of care received:

- Asked about feeling down or depressed 91.2%
- Discussed birth control methods 90.8%
- Asked about smoking cigarettes 66.8%
- Asked if someone was being abusive either emotionally or physically 64.7%
- Told to take a vitamin with folic acid 60.1%
- Discussed how long to wait before getting pregnant again 49.9%
- Discussed healthy eating, exercise, and losing weight gained during pregnancy 48.5%
- Tested for diabetes 15.9%

Postpartum depression is a common condition that can happen after giving birth. It includes feelings of sadness, crying a lot, worrying, and having trouble sleeping. About 1 in 7 new moms (or 15%) experience postpartum depression. During postpartum care visits, doctors check for signs of postpartum depression, and treatments are available to help.^b

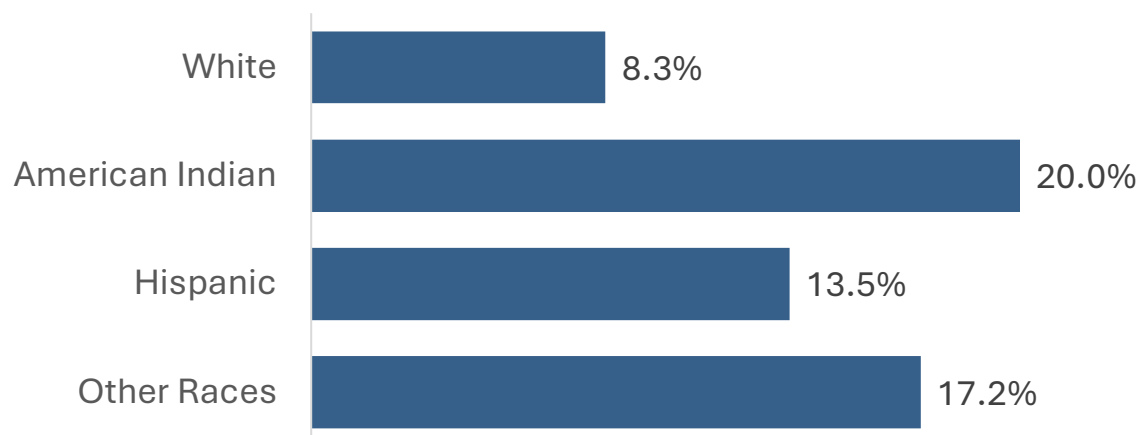
The PRAMS survey asks two questions to check for symptoms of postpartum depression. These questions ask if moms have lost interest in things they usually enjoy and how often they feel down, depressed, or hopeless.

The percentage of moms experiencing postpartum depression symptoms has not changed over the past 5 years.

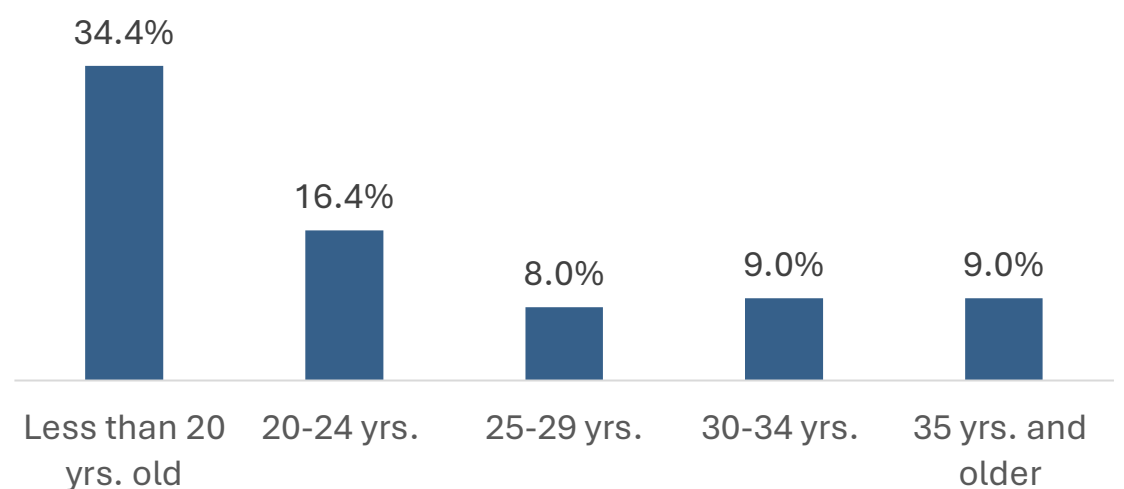


In 2022, **11%** of mothers reported postpartum depressive symptoms.

American Indian, Hispanic and moms of other races were more likely to report postpartum depression symptoms than White moms ($p < 0.001$).



Moms under 20 years of age reported significantly higher postpartum depressive symptoms than those in older age groups ($p < 0.001$).



Moms who reported postpartum depressive symptoms at the time of the survey were more likely to report:

- smoking in the three months before pregnancy
- using illicit drugs in the three months before pregnancy
- experiencing emotional abuse during pregnancy
- having an ACE (adverse childhood experiences) score of 4 or higher

Moms who reported postpartum depression symptoms were more likely to report delayed or no prenatal care and attend less than 80% of their prenatal care visits ($p < 0.001$).

