

Supports for Women and Families During the Postpartum Period

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DISCLAIMER



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The mindset that ALL new mothers and families need and deserve support, resources, and compassion is foundational to policy work in the postpartum space.

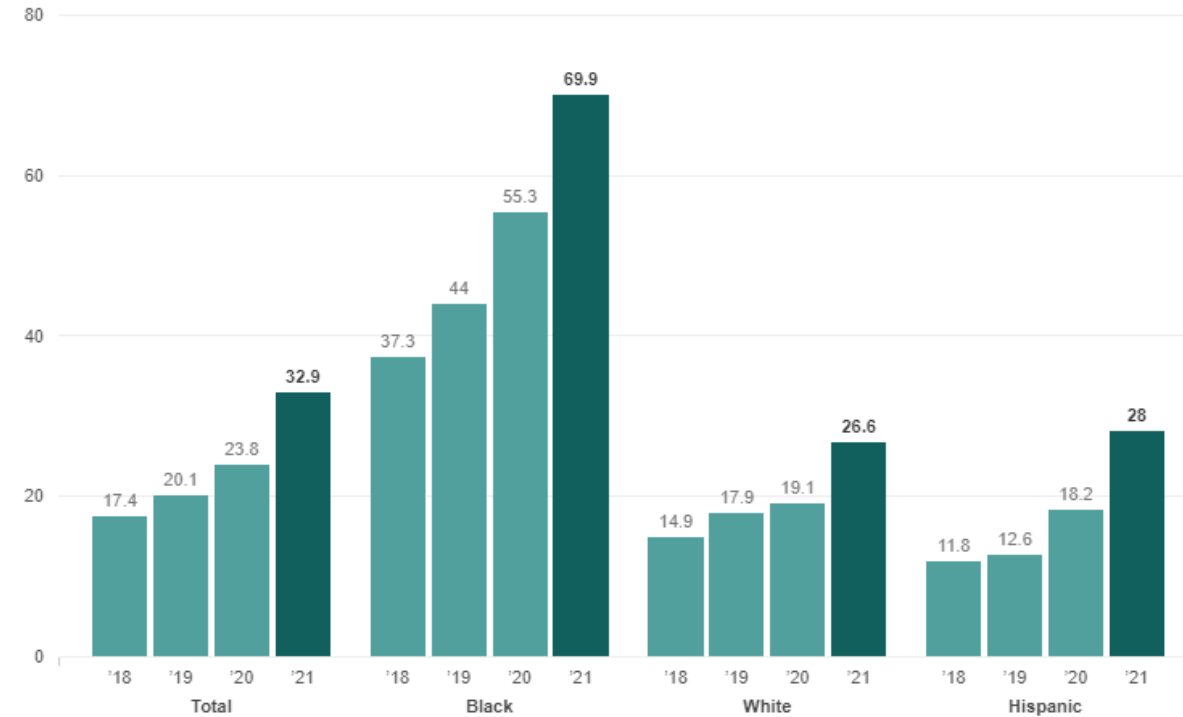


New CDC Data

- Maternal mortality rates **INCREASED 40%** in 2021 in the United States as the COVID-19 pandemic worsened a health crisis among pregnant women in the country, data from the Centers for Disease Control and Prevention (CDC).
- The mortality rate for Black women in the United States was about 3x higher than white and Hispanic women.
- The CDC's latest compilation of data from state committees that review these deaths found that 84% of pregnancy-related deaths in the U.S. were **preventable**.

U.S. maternal mortality rates rise between 2018 and 2021

Maternal deaths per 100,000 live births



Notes

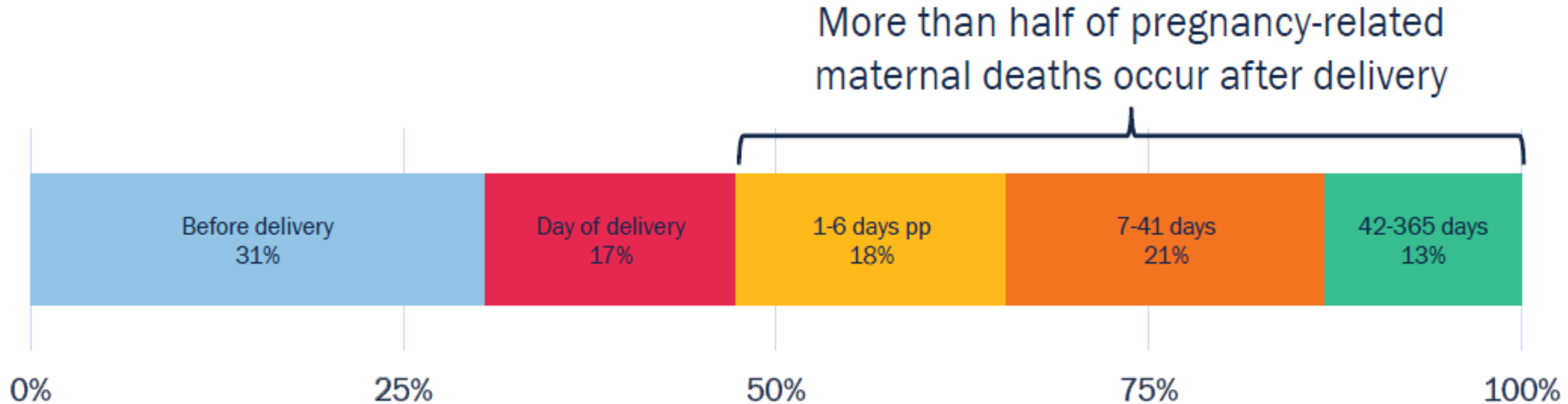
The World Health Organization defines a maternal death as the death of a woman "from any cause related to or aggravated by pregnancy or its management (excluding accidental or incidental causes) during pregnancy and childbirth or within 42 days of termination of pregnancy."

Source: National Center for Health Statistics, Centers for Disease Control and Prevention

[NewMomHealth.com](https://www.newmomhealth.com/) / [About-NC-MHI](#)



Maternal Mortality Timing



Pregnancy-Related Mortality in the United States, 2011-2013. <https://www.ncbi.nlm.nih.gov/pubmed/28697109> - NOTE Data here is old but current data is consistent with this figure.

Maternal Morbidity is Significant and Matters

Chronic Conditions → Higher Morbidity and Mortality - About 43% US women of reproductive age have at least one chronic condition

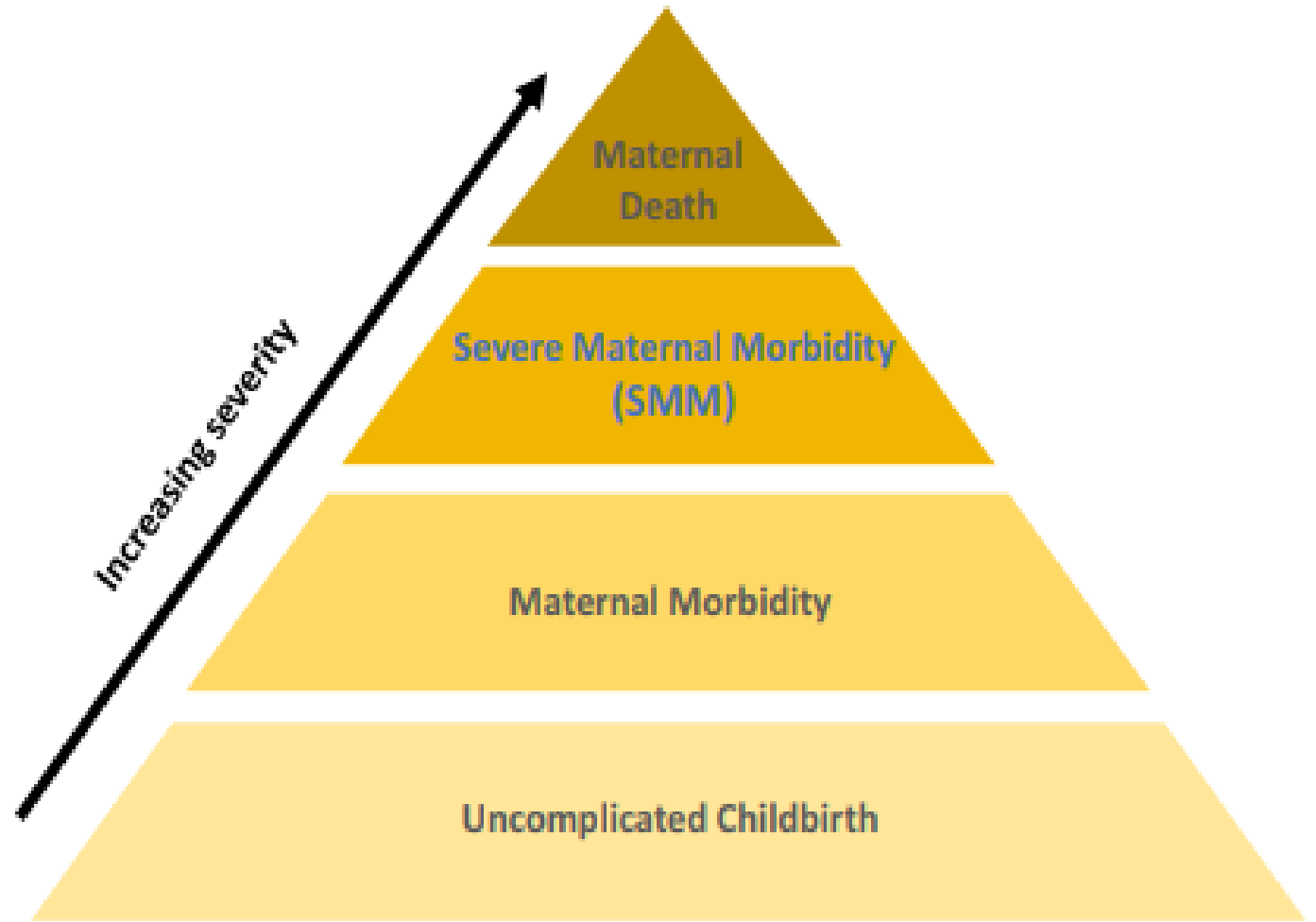
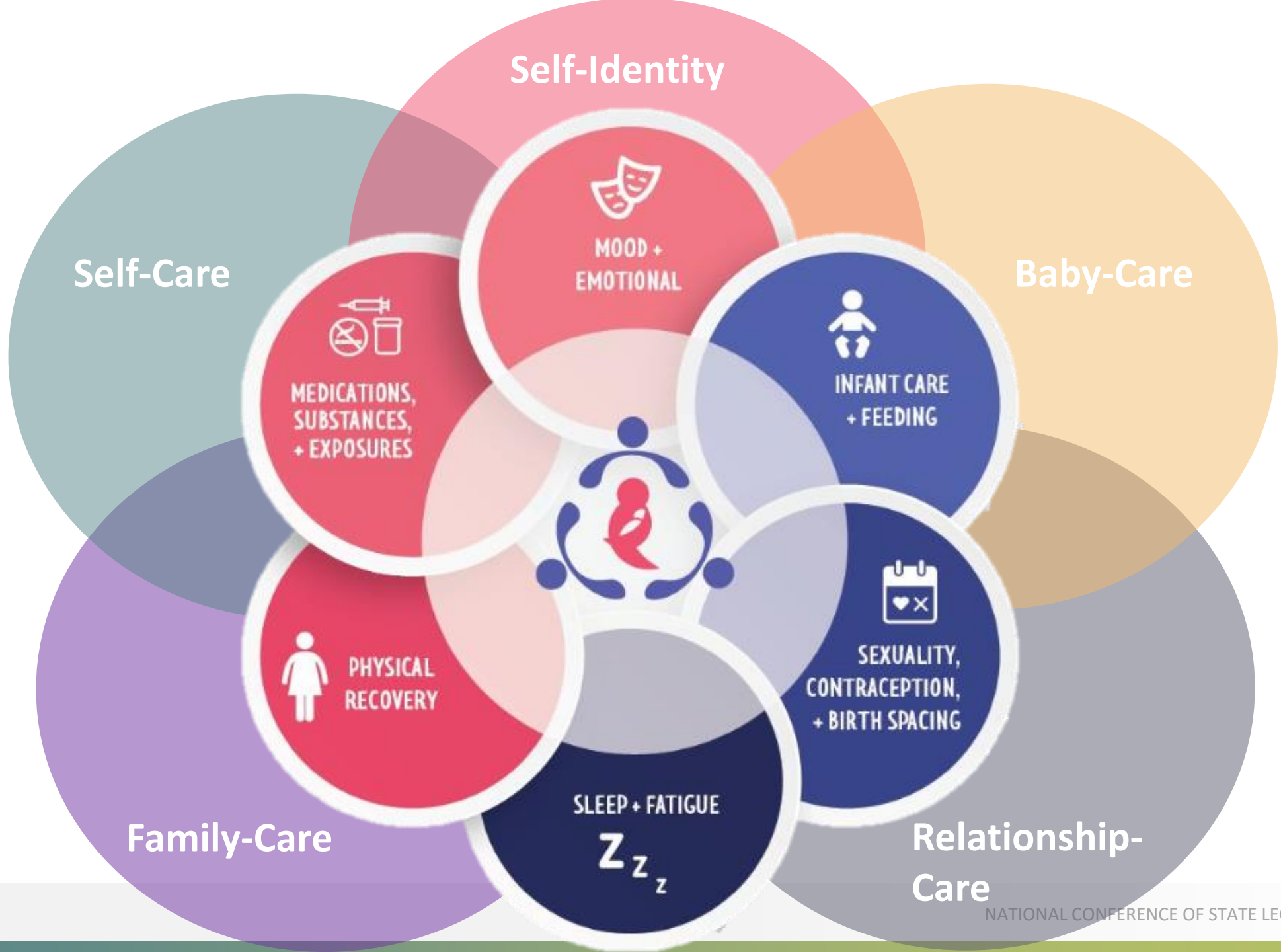


Figure 1. Continuum of maternal morbidity, by severity. (Adapted from NYC Department of Health & Mental Hygiene. 2016. Severe Maternal Morbidity in NYC,





NewMomHealth.com

SaludMadre.com

bilingual expert-written postpartum self-care information hub



designed for new moms, by moms



@4thTrimesterProject



POLICY STRATEGIES FOR CHANGE

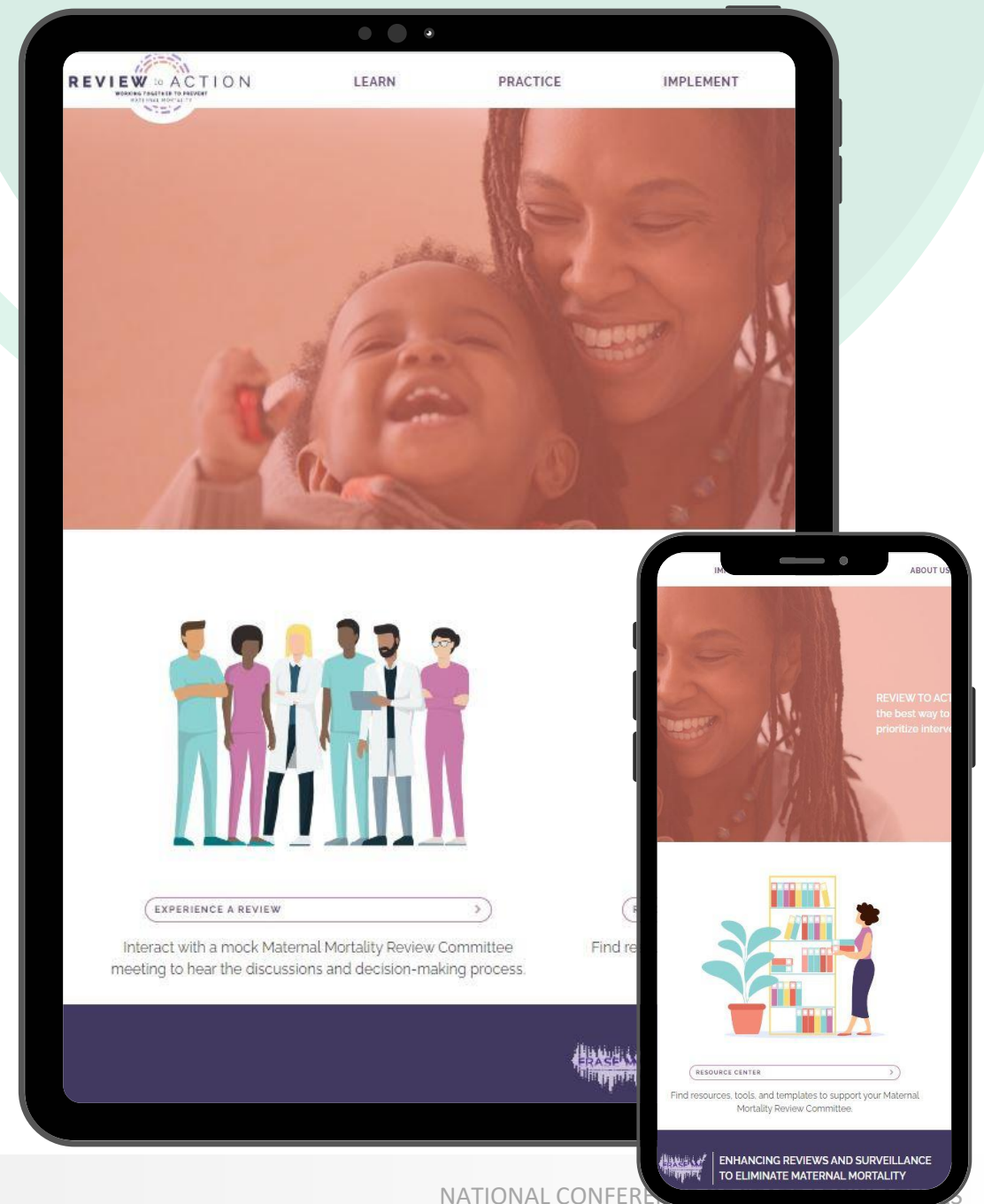
“I think it is healing behavior, to look at something so broken and see the possibility and wholeness in it.” — Adrienne Maree Brown



Maternal Mortality Review Committees



ReviewToAction.org





Access to Health Care & Services

- Postpartum Medicaid Expansion
- Comprehensive benefits including behavioral health, substance use treatment, lactation support and connection to food, transportation
- Address policies and procedures to support ease of access
- Support breastfeeding supplies, support and community spaces for nursing babies

Access to Health Care & Services

- Increase access to care via telehealth - specialty care, blood pressure monitoring, support groups, mental health
- Rural communities – access to broad band
- Support birth centers – esp in underserved areas
- Support human milk banks
- Family planning options for new families & LARCs postpartum – including removal



Support Community Leaders and Work

- Help resources flow to community organizations who are trusted and provide care to new parents.
- Meet your constituents who run these organizations.
- Attend events if invited.



Build the Perinatal Work Force

- ✓ Increase Doulas & Community Health Workers & Lactation Supporters & Peer Support
- ✓ Support Livable Wages – Including payments to providers via Medicaid
- ✓ Support different models of care such as group care and mom/baby wellness visits
- ✓ Address trauma, healing, and mental & physical wellness for the health care workforce



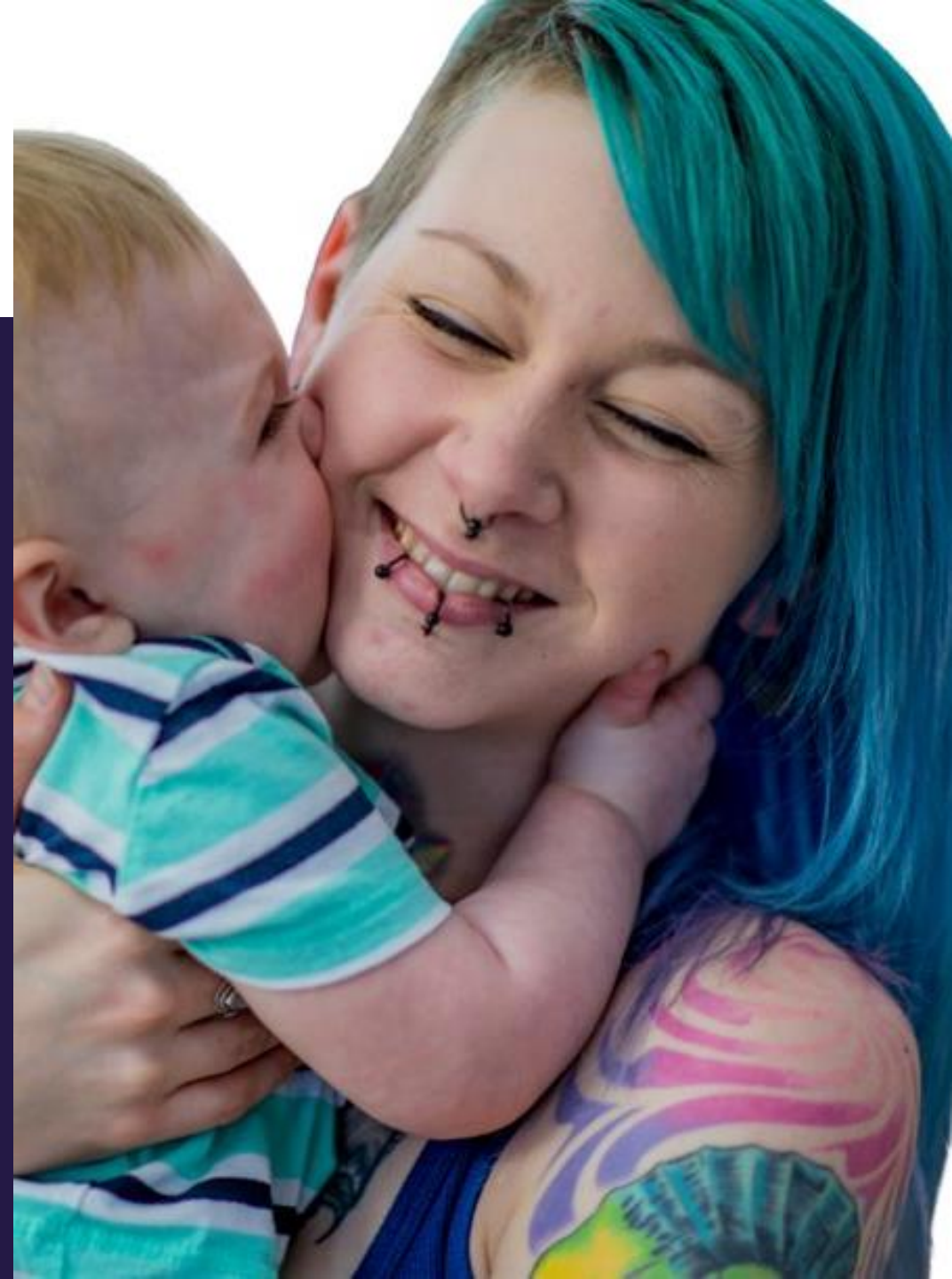
Supports for Mothers@ Work

- Paid Family Leave & Paid Sick Leave
- Pregnant & Postpartum Worker Rights (e.g., Pregnant Worker's Fairness Act and the PUMP Act)
- Subsidies for childcare costs
- Attention to Earned Income Tax Credit (EITC) – federal, state and child tax credits



Keep Moms and Babies Together

- Jails and prisons are not healthy places for pregnant and new mothers.
- For those who are incarcerated, consider North Carolina's bi-partisan Dignity Act as well as creating supervised spaces for moms and babies / supporting the provision of breastmilk.
- Consider working with child welfare leaders on Plans of Safe Care and providing increased supports to new mothers.



A Few More Ideas to Consider

- Read and align with your state's maternal health strategic plan (if you have one) then support the plan and flow of funds to fund it as best as you can. Support your MMRC.
- Support programs that address interpersonal violence and reproductive coercion.
- Support diaper banks
- Incentivize collaboration in areas such as:
 - Medicaid, Rural Health, Chronic Conditions, Interpersonal Violence, Substance Use Treatment and Support, Emergency Preparedness, Home Visiting



The White House Blueprint for Addressing the Maternal Health Crisis

5 Goals with more than 50 actionable strategies/actions

1. Increase Access to and Coverage of Comprehensive High-Quality Maternal Health Services, Including Behavioral Health Services
2. Ensure Those Giving Birth are Heard and are Decision makers in Accountable Systems of Care
3. Advance Data Collection, Standardization, Harmonization, Transparency, and Research
4. Expand and Diversify the Perinatal Workforce
5. Strengthen Economic and Social Supports for People Before, During, and After Pregnancy

Black Maternal Health MOMNIBUS Act 2021



- Make investments in **social determinants of health** that influence maternal health outcomes, like housing, transportation, and nutrition.
- Provide **funding to community-based organizations** that are working to improve maternal health outcomes and promote equity.
- Comprehensively study the unique maternal health risks facing pregnant and postpartum **veterans** and support VA maternity care coordination programs.
- Grow and **diversify the perinatal workforce** to ensure that every mom in America receives culturally congruent maternity care and support.
- **Improve data collection processes and quality measures** to better understand the causes of the maternal health crisis in the United States and inform solutions to address it.
- Support moms with **mental health conditions & substance use disorders**.
- Improve maternal health care and support for **incarcerated moms**.
- Invest in **digital tools** like telehealth to improve maternal health outcomes in underserved areas.
- Promote innovative **payment models** to incentivize high-quality maternity care and non-clinical perinatal support.
- Invest in federal programs to address the unique risks for and effects of **COVID-19** during and after pregnancy and to advance respectful maternity care in future public health emergencies.
- Invest in community-based initiatives to reduce levels of and exposure to climate change-related risks for moms and babies.



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Questions?

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