

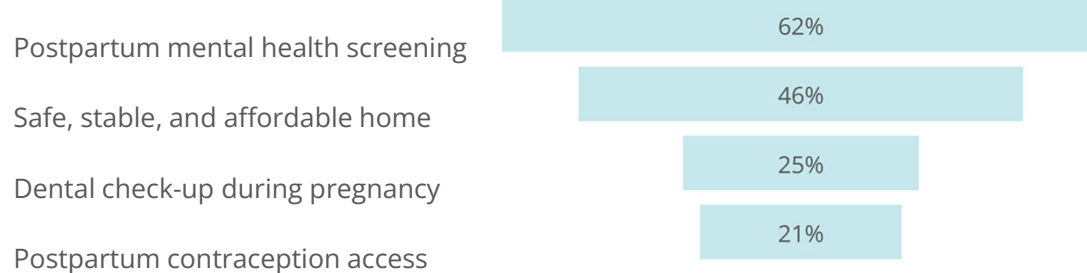
Maternal and Infant Health Domains

2025 MCH Needs Assessment

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Women's health - National Performance Measure (NPM) rankings overall

Postpartum mental health screenings, and safe, stable, affordable homes for pregnant women are top priorities overall.

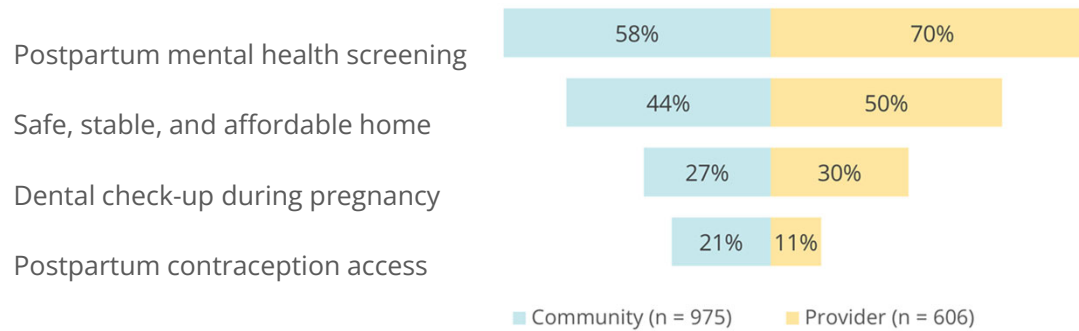


n = 1,581

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Women's health - NPM rankings for community members and providers

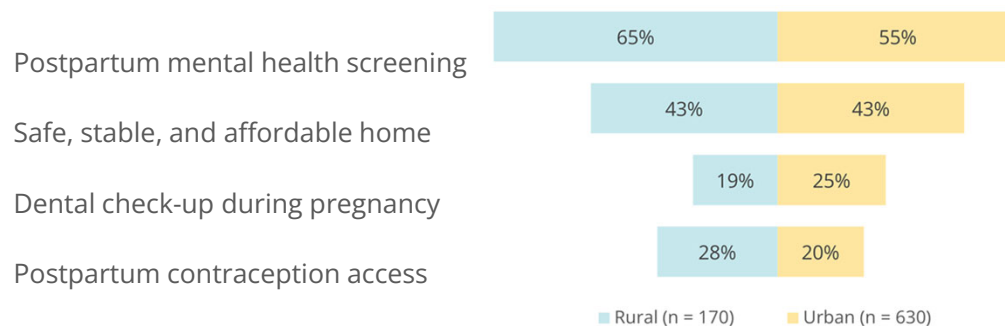
Postpartum mental health screenings, and safe, stable, affordable homes for pregnant women are priorities for providers and community members.



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Women's health - NPM rankings for rural and urban areas

Postpartum mental health screenings, and safe, stable, affordable homes for pregnant women are priorities for rural and urban community members.



4

Women's health - NPM rankings by race and ethnicity

Top NPMs for non-Hispanic non-White community members (n = 80):

1. Postpartum mental health screening (43%)
2. Safe, stable, and affordable home (41%)
3. Dental check-up during pregnancy (23%)
4. Postpartum contraception access (18%)

Top NPMs for Hispanic community members (n = 210):

1. Postpartum mental health screening (46%)
2. Safe, stable, and affordable home (36%)
3. Dental check-up during pregnancy (36%)
4. Postpartum contraception access (21%)

Top NPMs for non-Hispanic White community members (n = 568):

1. Postpartum mental health screening (63%)
2. Safe, stable, and affordable home (46%)
3. Postpartum contraception access (22%)
4. Dental check-up during pregnancy (21%)

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Women's health - other issue rankings overall

Access to affordable mental health care, healthy food, and medical care are top priorities overall.



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Women's health - other issue rankings for community members and providers

Top other issues for community members (n = 990):

1. Healthy, affordable food (37%)
2. High-quality, affordable mental health care (36%)
3. High-quality, affordable medical care (32%)
4. High-quality, affordable dental care (23%)
5. Domestic violence prevention (20%)

Top other issues for providers (n = 616):

1. High-quality, affordable mental health care (52%)
2. High-quality, affordable medical care (31%)
3. Domestic violence prevention (31%)
4. Affordable, reliable family planning resources (29%)
5. Healthy, affordable food (23%)

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Women's health - other issue rankings for urban and rural areas

Top other issues for rural community members (n = 170):

1. Healthy, affordable food (38%)
2. High-quality, affordable mental health care (34%)
3. High-quality, affordable medical care (31%)
4. Domestic violence prevention (29%)
5. Perinatal mental health awareness (19%)

Top other issues for urban community members (n = 630):

1. High-quality, affordable mental health care (37%)
2. Healthy, affordable food (35%)
3. High-quality, affordable medical care (32%)
4. High-quality, affordable dental care (22%)
5. Perinatal mental health awareness (19%)

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Women's health - other issue rankings by race and ethnicity

Top other issues for non-Hispanic non-White community members (n = 80):

1. Healthy, affordable food (39%)
2. High-quality, affordable medical care (35%)
3. Domestic violence prevention (28%)
4. High-quality, affordable mental health care (21%)
5. High-quality, affordable dental care (19%)

Top other issues for Hispanic community members (n = 210):

1. High-quality, affordable medical care (33%)
2. Healthy, affordable food (32%)
3. High-quality, affordable mental health care (27%)
4. High-quality, affordable dental care (27%)
5. Annual preventive medical check up (21%)

Top other issues for non-Hispanic White community members (n = 568):

1. High-quality, affordable mental health care (41%)
2. Healthy, affordable food (37%)
3. High-quality, affordable medical care (30%)
4. Social isolation (22%)
5. Perinatal mental health awareness (20%)

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Infant health - NPM rankings overall

Having a safe, stable, affordable home was the highest priority overall.

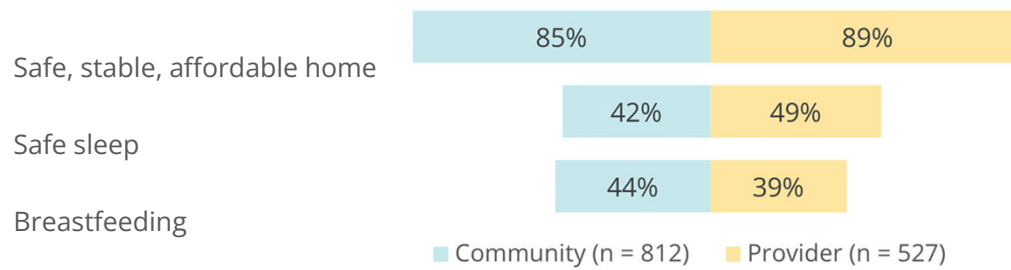


n = 1,339

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Infant health - NPM rankings for community members and providers

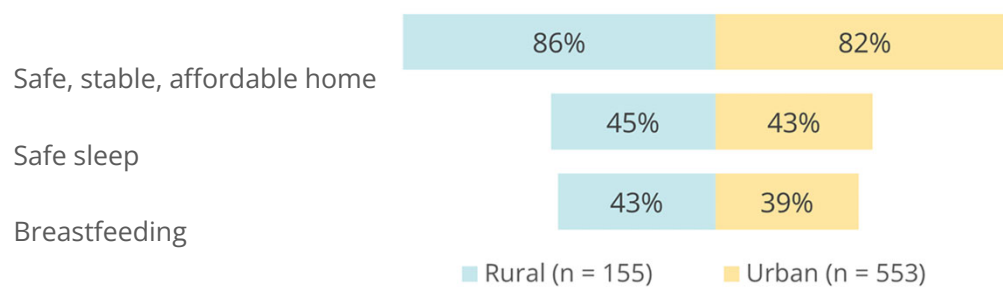
Having a safe, stable, affordable home was the highest priority for community members and providers.



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Infant health - NPMs across rural and urban areas

Rural and urban community members ranked NPMs about the same.



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Infant health - NPMs by race and ethnicity

Top NPMs for non-Hispanic non-White community members (n = 72):

1. Safe, stable, and affordable home (85%)
2. Safe sleep practices (46%)
3. Breastfeeding (43%)

Top priorities for Hispanic communities (n = 191):

1. Safe, stable, and affordable home (79%)
2. Breastfeeding (46%)
3. Safe sleep practices (38%)

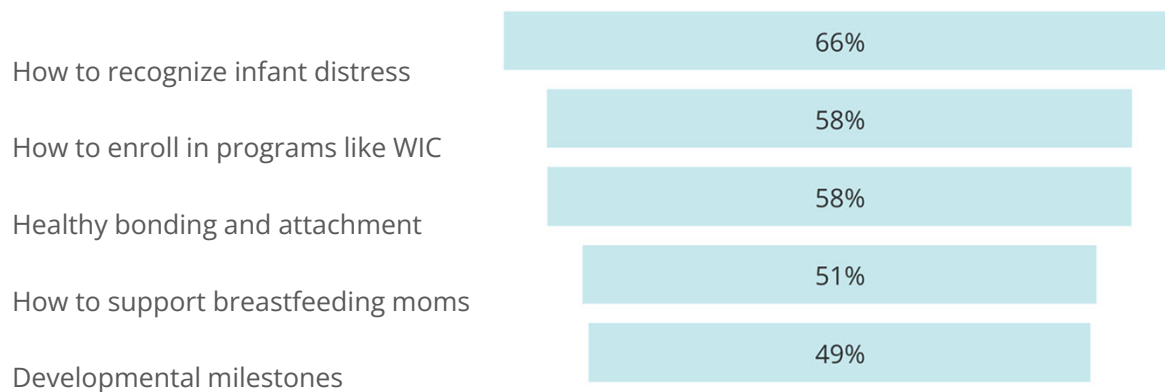
Top priorities for non-Hispanic White community members (n = 495):

1. Safe, stable, and affordable home (83%)
2. Safe sleep practices (41%)
3. Breastfeeding (41%)

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Infant health - educational topics for infant care

How to recognize infant distress was the most commonly selected educational topic overall.



n = 1,366

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Infant health - educational topics for community members and providers

Top educational topics for community members (n = 831):

1. Recognizing infant distress (66%)
2. How to enroll in programs like WIC (56%)
3. Healthy bonding and attachment (52%)
4. How to support breastfeeding moms (51%)
5. How to select and install a car seat correctly (48%)

Top educational topics for providers (n = 535):

1. Healthy bonding and attachment (67%)
2. Recognizing infant distress (66%)
3. Developmental milestones (62%)
4. How to find and enroll in newborn parenting classes (43%)
5. How to enroll in programs like WIC (57%)

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Infant health - educational topics for rural and urban areas

Top educational topics for rural community members (n = 155):

1. Recognizing infant distress (70%)
2. Healthy bonding and attachment (61%)
3. How to enroll in programs like WIC (58%)
4. How to support breastfeeding moms (58%)
5. How to select and install a car seat correctly (50%)

Top educational topics for urban community members (n = 553):

1. Recognizing infant distress (64%)
2. How to enroll in programs like WIC (57%)
3. How to support breastfeeding moms (51%)
4. Healthy bonding and attachment (51%)
5. How to select and install a car seat correctly (49%)

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Infant health - educational topics by race and ethnicity

Top priorities for non-Hispanic non-White community members (n = 72):

1. Recognizing infant distress (64%)
2. How to enroll in programs like WIC (60%)
3. Healthy bonding and attachment (56%)
4. Vaccine recommendations (51%)
5. How to find medical providers for infants (49%)

Top priorities for Hispanic community members (n = 191):

1. Recognizing infant distress (62%)
2. How to find medical providers for infants (44%)
3. How to support breastfeeding moms (43%)
4. How to enroll in programs like WIC (42%)
5. Healthy bonding and attachment (40%)

Top priorities for non-Hispanic White community members (n = 495):

1. Recognizing infant distress (67%)
2. How to enroll in programs like WIC (62%)
3. Healthy bonding and attachment (56%)
4. How to support breastfeeding moms (56%)
5. How to select and install a car seat correctly (54%)

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DHHS recommendations

Maternal domain:

- Postpartum visit (universal NPM)
- Perinatal mental health screening

Infant domain:

- Safe sleep

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Postpartum visit (universal NPM)

Goal:

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

Definition:

- A) Number of women who reported attending a postpartum checkup within 12 weeks after giving birth.
- B) Number of women who reported attending a postpartum checkup with 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.

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Postpartum visit data

- 77% of Utah women had a postpartum visit during 2021 and 2022.
- Of those women,
 - 92% had a discussion with their provider about birth control methods.
 - 91% were asked if they felt down or depressed.

PRAMS, 2021-2022

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Postpartum visit data

- Some groups had particularly low reports of a postpartum visit.
 - Women whose birth occurred out of a hospital (45%).
 - Women whose baby was born at 27 weeks or less (53%).
 - Women who had 5+ previous live births (59%).

PRAMS, 2021-2022

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Postpartum mental health screening

Goal:

To increase the percent of women who receive postpartum depression or anxiety screening.

Definition:

Number of women who reported that a healthcare provider asked a series of questions, in person or on a form, to know if they were feeling down, depressed, anxious, or irritable since their new baby was born.

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Postpartum mental health screening data

- Nationally,
 - 1 in 5 moms are impacted by mental health conditions.
 - Mental health conditions are the leading cause of maternal deaths.
 - 75% of individuals impacted by maternal mental health conditions remain untreated, increasing the risk of long-term negative impacts on mothers, babies, and families.
- In Utah, 30% of moms report symptoms of depression or anxiety during the postpartum period (PRAMS, 2023).

National data from the Maternal Mental Health Leadership Alliance

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Safe infant sleep

Goal:

To increase the percent of infants placed to sleep on their backs and in a safe sleep environment.

Definition:

- A) Percent of infants placed to sleep on their backs.
- B) Percent of infants placed to sleep on a separate approved sleep surface.
- C) Percent of infants placed to sleep without soft objects or loose bedding.
- D) Percent of infants room-sharing with an adult.

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Safe sleep significance

Sleep-related infant deaths, also called Sudden Unexpected Infant Deaths (SUID), account for the largest share of infant deaths after the first month of life. SUID includes Sudden Infant Death Syndrome (SIDS), ill-defined deaths, and accidental suffocation and strangulation in bed.

There is a higher risk of SIDS when infants are placed to sleep in side (lateral) or stomach (prone) sleep positions. The American Academy of Pediatrics (AAP) recommends the back (supine) sleep position. The AAP also recommends having a safe sleep environment by using a firm non-inclined sleep surface (crib or bassinet), room-sharing without bed-sharing, and avoiding soft bedding and overheating.

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Utah SUIDs from 2019 to 2022

- 84.5% were found sleeping with soft bedding in their sleep space.
 - Blankets, comforters, pillows, cushions, sleep positioners, bumpers, loose clothes, stuffed animals, nursing pillows, etc.
- 68% were found in places not approved for infant sleep.
 - Adult/toddler bed, couch, swing, carseat, stroller, etc.
- 52% were sleeping with another person or animal.

National Center for Fatality Review and Prevention

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Breastfeeding

- Breastfeeding performance measure goal is to increase the percent of infants who are breastfed and who are breastfed exclusively for 6 months.
- From 2019 to 2022,
 - 93% of Utah babies had ever been breastfed.
 - 69% of Utah babies were breastfeeding at the time of PRAMS survey (2 to 4 months after birth).

PRAMS, 2019-2022

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Breastfeeding continued

- Stepping Up for Utah Babies helps hospitals implement the WHO's Ten Steps to Successful Breastfeeding and will remain in place no matter what performance measures are chosen.
- Partners such as WIC and the Utah Breastfeeding Coalition do important work related to breastfeeding.

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UTAH TITLE V BLOCK GRANT BREAKOUT SESSION DISCUSSIONS

Women & Infant Health

Facilitator: Shahpar Najambadi, PhD, MPH



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March, 2025

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DISCUSSION QUESTIONS

1



What are your thoughts about the results? **What are one or two of your top priorities** or issues you would like to discuss?

2



What do you think about the UDHHS recommendations? **Do you support the direction?** Are there other more important priorities?

3



What do you recommend? What **strategies** are needed for complex systems change? Are there **opportunities** (or low-hanging fruit) that could be addressed sooner than later? How?

4



Who needs participate? What is your/your agency's role in any of these areas? Are there existing partnerships that need to expand? New **partnerships** needed?

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